

## Spa membership

San Ging provides guests with 4 memberships at Armathwaite Hall Spa, Bassenthwaite. These can be used any number of times during your stay from Monday – Saturday, 7am – 9pm, and Sunday, 8.00am - 8.00pm.

To use the Spa and leisure facilities at Armathwaite Hall Spa you will need to:

- Provide proof that you are currently staying at San Ging, eg email, letter of confirmation/receipt
- Treatments need to be booked in advance, please mention San Ging when booking, Tel. 017687 88900. For an up to date range of treatments and prices please see the Spa website.
- If you require additional passes for further members of your group please contact the Spa for details and prices.

The Spa facilities include

- 16m infinity edge pool, 1.2m deep and overlooking beautiful gardens.
- Wallow pool ideal for those not so confident in water. 1m deep.
- Outdoor hot-tub overlooking beautiful gardens.
- Hydrotherapy pool with hydro jets under side benches, neck shower and mood lighting.
- Aroma room: with heated walls a cross between and steam room and a Tepidarium. Periodic jets of steam and essence provide a relaxing and soothing experience enhanced by the feature lighting and stunning Snow Quartz Crystal. Kneipp hoses to cool down as required. The perfect warm up to prepare your body for the more intense heat treatment to follow. Some guest also like to use this room as a 'cool down' room after the Sauna.
- Steam room: a traditional and spacious steam room with stunning Amethyst Madonna Crystal Cave and feature lighting centrepiece, essences and Kneipp hoses to cool down and refresh as required.
- Traditional sauna with windows overlooking the decked patio and garden.
- Tropical shower: a hot or cold option with lights and essence for further enjoyment.
- Rain dance shower: a pulsating water sensation to refresh and revive.
- Dance/exercise studio: from circuits to Yoga to relaxation - something for everyone.
- State of the art gymnasium with Life Fitness Elevation series and USB work out memory.
- Personal training, fitness assessments and MOT health indicator tests.
- Disabled changing rooms, toilets and treatment room.
- Spa lounge with feature central fireplace and dining area.
- 10 luxurious treatment rooms including one couples room with whirlpool bath.
- Hush tranquillity room with veranda looking over gardens and fells.
- Dedicated manicure and make-up area.



For further information see [www.armathwaite-hall.com](http://www.armathwaite-hall.com)

Directions: From the junction with A66 at Crossthwaite roundabout, Keswick, take A591 signposted Carlisle. Follow for 8 miles to Castle Inn junction, turn left and Armathwaite Hall is 300 yards ahead on the right. Approx. 15 mins drive from San Ging.

Swimming times for children are: Monday to Saturday 8.30am-10.30am and 4.30pm-6.30pm, Sunday 8.30am-10.30am and 2.00pm-6.30pm. Children are not allowed in all areas of the spa. Please check with reception.