

The logo for Ammara Spa is centered within a white square, which is itself set against a background of a repeating pattern of light blue and white stylized feather or chevron shapes. The logo consists of a large, elegant, cursive 'AS' monogram in a brown color. Below the monogram, the words 'Ammara Spa' are written in a brown, serif font. Underneath the name, the text '— KESWICK REACH —' is displayed in a smaller, brown, sans-serif font, flanked by short horizontal lines.

AS
Ammara Spa
— KESWICK REACH —



beauty is about
enhancing what you
have to shine through



always make more
room for beauty
in your life

*almost everything works
again if you unplug it
for a few moments...
...including you*

Ammara Spa has perfected the art of relaxation by ensuring that unwinding and taking it easy becomes second nature. This sensibility has been lovingly applied to Ammara Spa at Keswick Reach, making it the perfect sanctuary for relaxation and well-being.

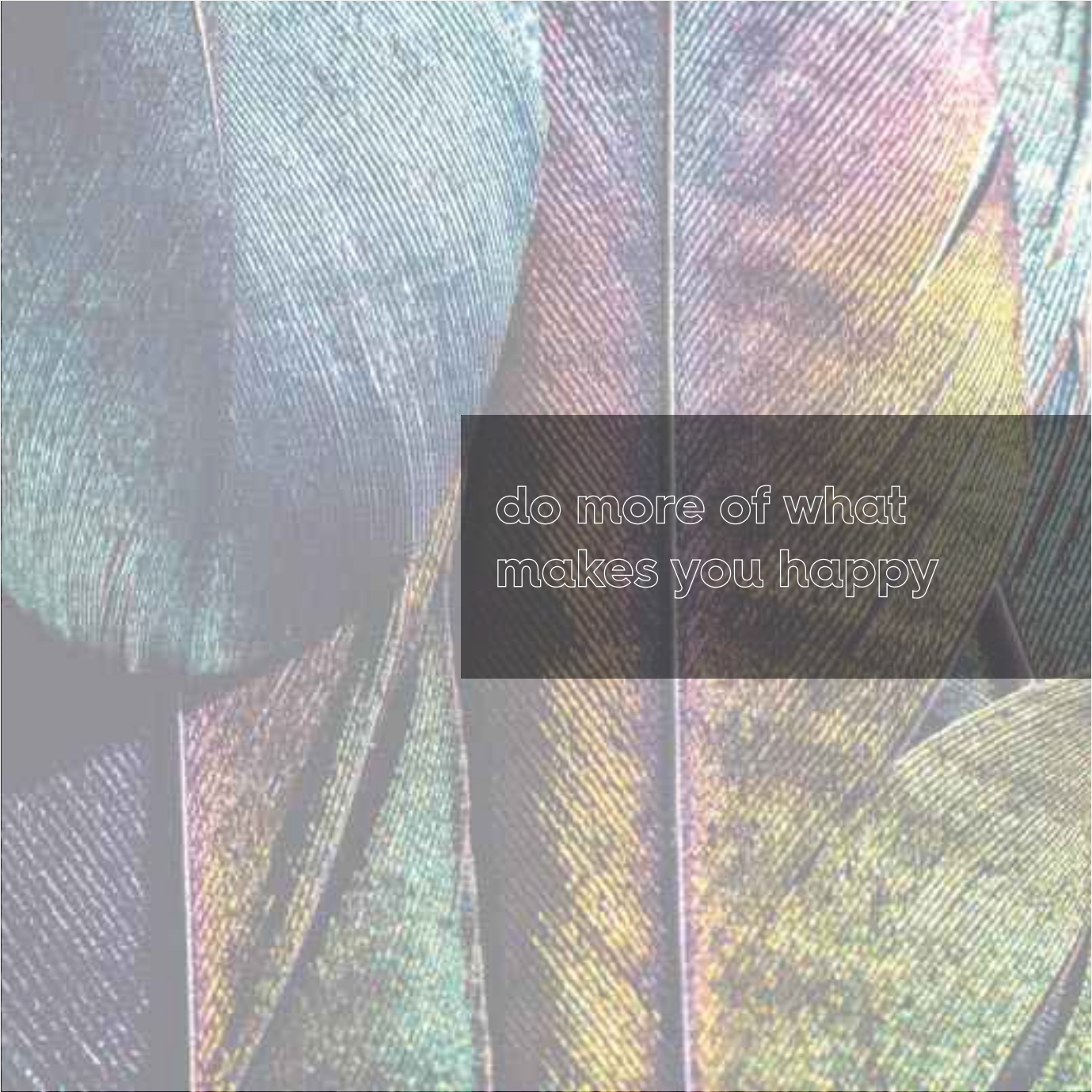
If you are looking for a little pampering or a soothing massage our highly trained therapists are on hand to offer a range of Aromatherapy Associates treatments and therapies suited for any emotional or physical need.

Ammara Spa also has a choice of luxurious treatments for the hands and feet through our partnership with Jessica Nails, providing manicures and pedicures for both men and women.

So if you wish to unwind, release a bit of tension, experience a rejuvenating facial or simply need a pedicure or manicure, a trip to Ammara Spa will do wonders and so much more.

AS
Ammara Spa
— KESWICK REACH —





do more of what
makes you happy

booking information

Spa Packages and Individual treatments will require 100% payment at the time of booking.

Please ensure that you arrive at the spa at least 10 minutes prior to your appointment in order to make full use of your treatment time and consultation

cancellation policy

Spa treatments must be cancelled within 24 hours prior to booking.

Spa Packages and group bookings must be cancelled within 48 hours prior to booking.

If notice is not given the full cost of the treatment will be charged.

spa etiquette

We politely request that you respect other guests and the ethos of the spa. Please switch your phone to silent during your visit. Please leave your personal belongings and valuables in lockers.

medical & allergy information

Some treatments are not suitable for certain medical conditions, please inform us on booking of any pre-existing medical conditions and we strongly recommend you consult your doctor before booking any treatments.

You must declare any surgery that has taken place in the last 12 months before your appointment. If surgery had taken place in the last 12 months your treatment may be cancelled.

Any conditions requiring life maintaining medication will not be accepted.

A patch test may be required 24 hours prior to certain treatments, please consult our spa therapists if you have any skin conditions, such as Psoriasis or Eczema, as well as any other allergies or conditions that may affect your treatment, for example a nut allergy. To avoid disappointment please consult a medical professional and bring a Doctor's note clearing you for any treatments.

Treatments may be cancelled at the discretion of our spa therapists.

terms and conditions

The minimum age requirement for spa treatments, Jessica Nail treatments and use of spa facilities is 16.

When concerning our range of treatments available for minors under the age of 18, there must be parent's written consent. Parents must sit in the room with their child for the full duration of the treatment. Treatments will not go ahead without parent's written consent.

If you are thought to be under the influence of alcohol or drugs you will be refused your treatment.

massages

ultimate
back massage

During this tension easing massage your therapist will use carefully applied pressures to the back, neck and shoulders helping to stimulate the nervous system while relieving muscular tension, aches and pains.

treatment time	30 minutes
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intensive
muscle release

This deeply restorative treatment is specifically designed for tight, stressed and aching muscles. Swedish and cross muscle fibre massage techniques, with stretching and draining, are combined with essential oils known for their beneficial effects on the circulation.

An intensive massage that works deep into stiff, tight aching muscles to instantly release pain and tension.

treatment time	full body - 70 minutes back only - 40 minutes
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ayurvedic
scalp massage

Using essential oils the head, upper arms, neck and shoulders are massaged to provide instant relief from tension and stress and induce a state of calm, peace and tranquillity.

treatment time	30 minutes
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couples massage

You will both be treated to the Ultimate Aromatherapy Experience whereby your therapists will use carefully applied pressures to stimulate the nervous system, Swedish and neuromuscular techniques to relieve muscular tension, and lymphatic drainage to encourage healthy circulation. This treatment works from your head to your toes, it will dissolve away stress and tension. This is an intense massage ritual drawn from a fusion of Eastern and Western techniques enabling the therapist to work on your body, mind and spirit.

treatment time	60 minutes
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hot stones massage

Using a combination of different sizes of heated volcanic stones and hand pressure, the treatment initially promotes a relaxed state which allows for a deeper massage working the muscles and alleviating stress, whilst also helping to relieve aches and pains. A soothing and refreshing treatment for everyone to enjoy, but those who suffer from back pain, stress, anxiety, insomnia or depression will benefit greatly.

treatment time	full body - 70 minutes back only - 30 minutes
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ultimate rose
pregnancy massage

Feel nurtured and supported in a time of constant change.

Choose from a selection of three oils each safely formulated to be used during pregnancy to nourish and care for your expanding skin. Using the traditional aromatherapy pressure point massage for the upper back and paying particular attention to tight shoulders, this massage helps to relieve stress and tension. The legs are massaged to ease the heavy feeling that can come with pregnancy and a full scalp and facial massage, with treatment oil chosen specifically for your skin type, completes this top to toe treatment.

Back only massage also available.

14 weeks + only. Please talk to a spa therapist before booking.

treatment times	full body - 60 minutes back only - 30 minutes
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massages

tension
releasing
and calm
inducing
paradise





fall in love with
taking care of
yourself

ultimate detox reviver

This invigorating treatment is specifically designed for those looking for an intensive body detox. The perfect therapy when you are dieting, feeling sluggish and lacking energy.

The original Revive Morning blend of refreshing grapefruit, stimulating rosemary and diuretic juniper leaves you feeling truly revitalised and your skin will appear bright, smooth and silky.

treatment time	60 minutes
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revive & tone

The complete, full body detox with five key treatment stages. Begins with dry body brushing followed by a stimulating exfoliation using a fusion of sea salt and green coffee oil to slough away dead skin cells. A freshwater mud mask & wrap brightens and refines skin while tension is diffused with a scalp or foot reflex massage. Following this a deeply invigorating massage works to brighten and tone legs. This advanced treatment is completed by coating the skin with 3 stage regime packed with high powered essential oils to revive your body, nourish your skin and reset your mind.

treatment time	full body - 90 minutes targeted zones - 60 minutes
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intensely nourishing hair treatment

Restore health and shine to dull, lifeless hair. This enriching treatment is based on pure essential oils of rosemary, geranium, ylang ylang and patchouli combined with coconut oil. Known for their beneficial effect on the scalp and hair, these richly scented oils encourage circulation and balance sebaceous activity, helping to promote healthy, conditioned hair.

A nourishing hair oil is massaged into the hair and scalp as part of an Ayurvedic head massage. Working on the muscles and pressure points of the head, tension is released and a deep state of relaxation follows.

treatment time	15 minutes
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bespoke skin polish

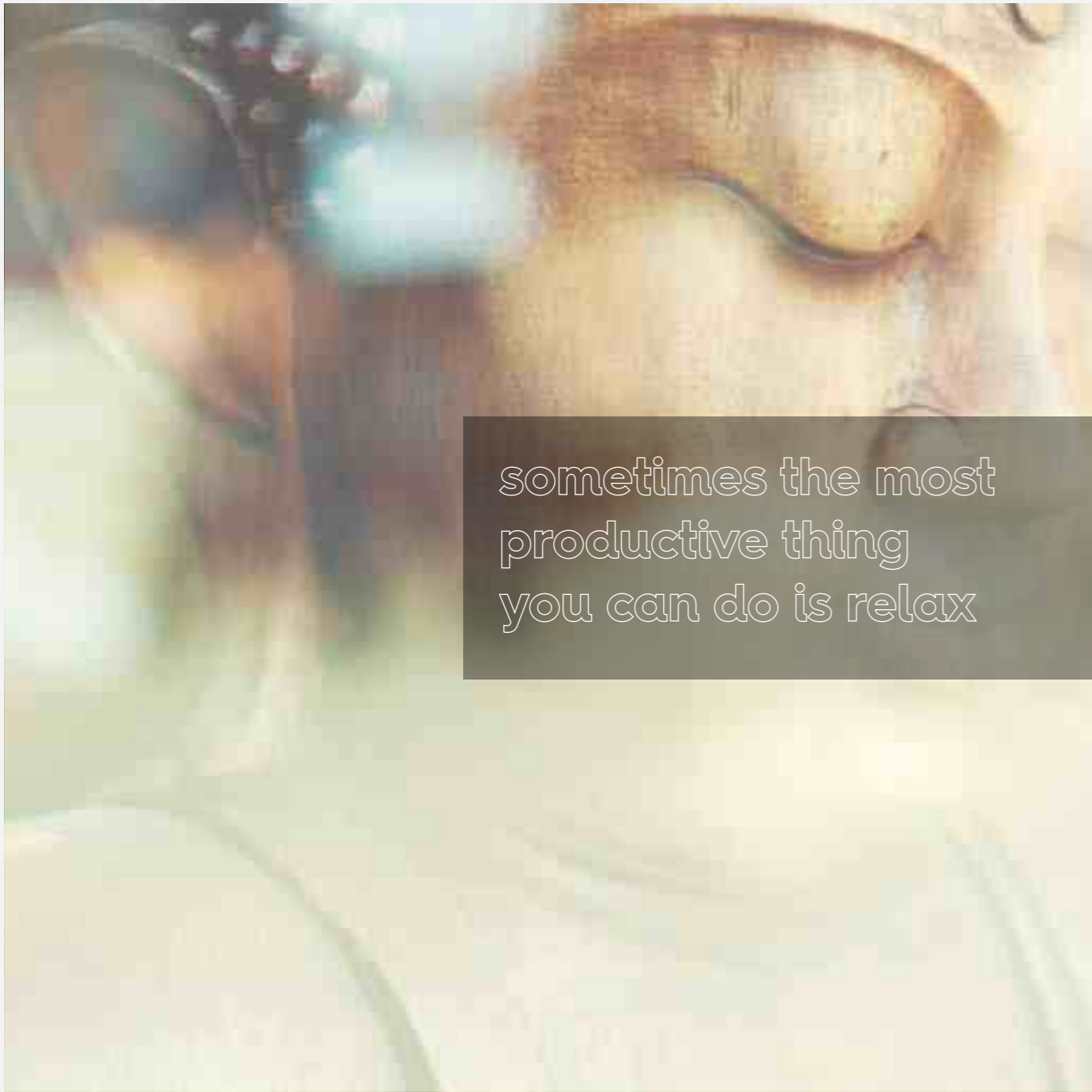
A relaxing all over exfoliation and layering of richly nourishing products, to leave the skin looking radiant and feeling wonderfully smooth.

treatment time	30 minutes
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body treatments

invigorating
oils and
gentle
touches
leaving
you bright
and silky
smooth





sometimes the most
productive thing
you can do is relax

ultimate aromatherapy facial

A bespoke facial, designed to suit your individual skin needs. A combination of the finest pure essential oils and plant extracts are applied with specifically designed massage techniques, to restore and recondition the skin, leaving the complexion smooth and luminous.

treatment times	30 minutes 60 minutes
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essential rose facial

This calming treatment begins with frankincense inhalation and a scalp massage to release muscular tension. Your skin is then cleansed and toned, followed by a traditional aromatherapy pressure point massage combined with lymphatic drainage to release facial tension and congestion. Then, while a hydrating facial mask goes to work, your arms and hands are massaged and your skin is finally treated with a deeply moisturising facial oil and moisturiser.

treatment time	60 minutes
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deep cleanse facial

The perfect treatment for oily and combination skin. Cleansing and exfoliation is followed by steaming, extraction and a hot towel compress to refine the pores. A facial massage using drainage techniques improves circulation and helps eliminate toxins whilst special pressure points ease tension and stress. A freshwater mud mask then draws out dirt and harmful impurities. This treatment also includes a scalp massage and hand and arm massage for complete care and ultimate relaxation.

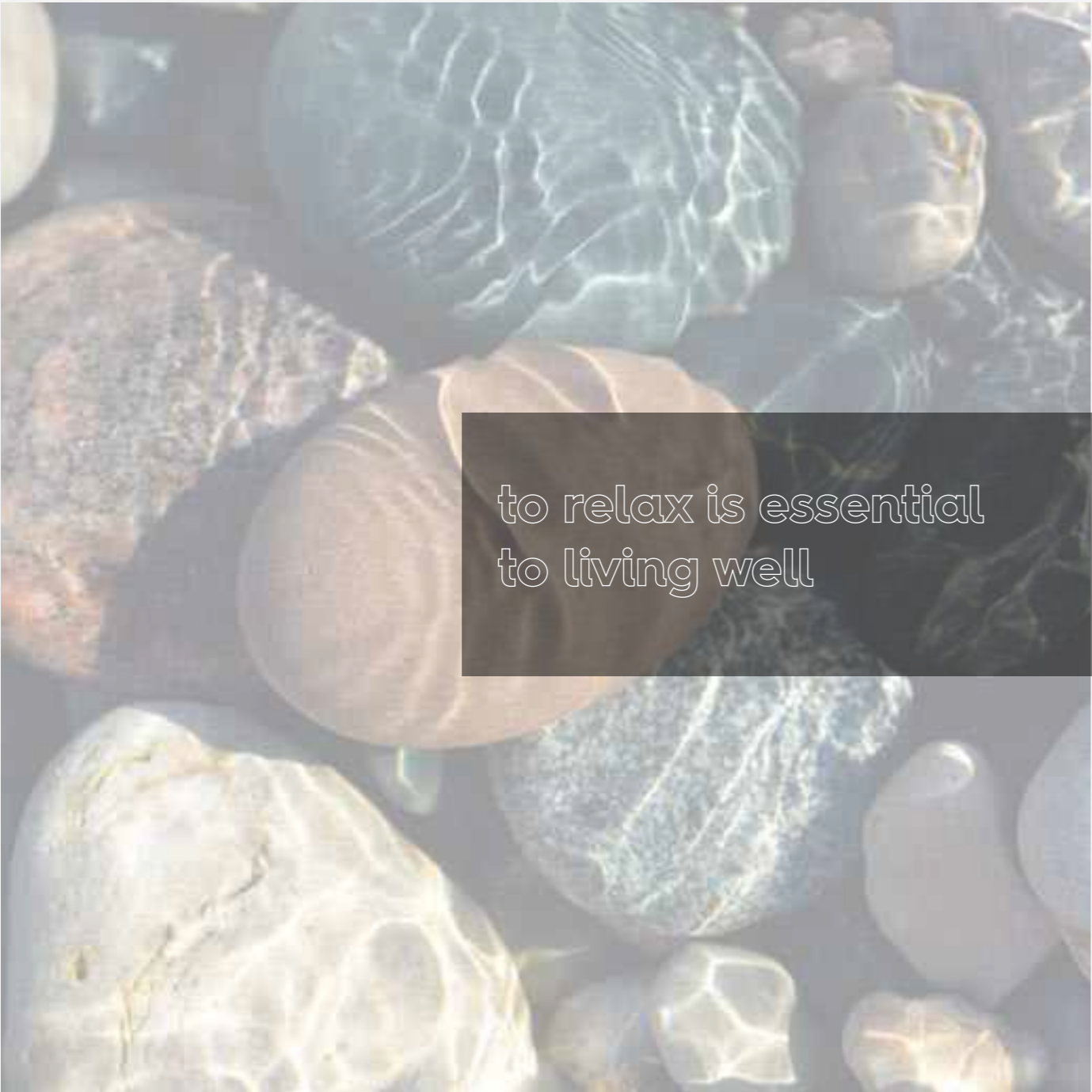
treatment time	60 minutes
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facial treatments

natural
skin care for
a renewed
and smooth
appearance



All facials suitable from day 1 of pregnancy.



to relax is essential
to living well

intensive
muscle release

This deeply restorative treatment is specifically designed for tight, stressed and aching muscles. Swedish and cross muscle fibre massage techniques, with stretching and draining, are combined with essential oils known for their beneficial effects on the circulation.

treatment time	full body 70 minutes back only 40 minutes
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ultimate back massage

During this tension easing massage your therapist will use carefully applied pressures to the back, neck and shoulders helping to stimulate the nervous system while relieving muscular tension, aches and pains.

treatment time	30 minutes
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ultimate aromatherapy
experience

This hero treatment starts with an aroma test to allow you to choose the oil most suitable for you.

With your chosen oil, your therapist will use carefully applied pressures to stimulate the nervous system, Swedish and neuromuscular techniques to relieve muscular tension, and lymphatic drainage to encourage healthy circulation. This treatment works from your head to your toes, it will dissolve away all your stress and tension. This is an intense massage ritual drawn from a fusion of eastern and western techniques enabling the therapist to work on your body, mind, and spirit.

treatment time	60 minutes 90 minutes
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the refinery
ultimate facial

A deep cleansing facial using the finest essential oils is also performed to rebalance, clarify and hydrate the skin, leaving it bright, thoroughly clean and refreshed.

treatment times	60 minutes
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gentleman's
hand treatment

Hands are exfoliated to remove dryness and massaged with treatment creams. Cuticles are conditioned and groomed and nails are trimmed and shaped.

treatment time	40 minutes
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gentleman's
foot treatment

A relaxing and grooming foot and leg treatment; hard skin is removed, feet and legs are massaged with deep conditioning creams leaving them softer and smoother. Cuticles will be made neat and tidy and toe nails will be perfectly shaped.

treatment time	45 minutes
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men's
treatments

release tension
and feel
invigorated in
body and mind





the greatest gift
is a little of your
own attention

jessica luxury manicure

The ultimate in hand and nail care. All the benefits of the LeRemedi Hand Treatment combined with Jessica's Prescriptive Manicure, plus heated mittens.

treatment time	60 minutes
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jessica prescriptive manicure

Jessica's prescriptive manicure includes exfoliation, massage and cuticle care. Nails are beautifully shaped and treated with a prescriptive basecoat before finishing with the perfect polish.

treatment time	45 minutes
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geleration file & polish

Nails are filed, shaped and finished with Jessica's GELeration gel polish.

treatment time	45 minutes
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extras

gel removal

treatment time	15 minutes
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gel manicure / pedicure

treatment time	15 minutes
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Upgrade from polish to Gel Polish.

luxury zenspa pedicure

Jessica's ZenSpa pedicure with the luxurious added benefits of Thermal Heated Booties for deeper penetration of oils and creams. Excellent for increasing circulation and relieving stiff, painful joints. Colour polish of choice will be added.

treatment time	75 minutes
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zenspa pedicure

A luxury foot and leg treatment, where hard skin will be removed and you will be massaged with deep conditioning creams. Skin will be left smoother and softer, while cuticles groomed and nails trimmed and colour polish of your choice will be added

treatment time	60 minutes
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file & polish

Nails are filed, shaped and finished with your choice of colour from Jessica's nail polish.

treatment time	30 minutes
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children's file & polish

From ages 8 to 16 years.

treatment time	30 minutes
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pedicures and manicures

dazzling hands and feet with a touch of colour to suit your mood



spa packages

treat yourself to a little me time



spa relax package

Use of our Relaxation Suite for 60 minutes with prosecco and strawberries or cream tea in our Copper Fells Brasserie (Maximum 6 people - Thursdays, Fridays & Saturdays Only).

pamper package

Treat yourself to a 30 minute treatment, use of the relaxation suite for 60 minutes and a choice of prosecco and strawberries or cream tea. Treatment choices: Aromatherapy Associates Facial, Ultimate Back Massage, Bespoke Skin Polish, Ayurvedic Scalp Massage or GEleration File & Polish. (Thursdays, Fridays & Saturdays Only).

treatment time	half day
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spa romance package

Relax with a 30 minute treatment, including a choice of: Ultimate Aromatherapy Associates facial, Ultimate back massage, Bespoke skin polish or Ayurvedic scalp massage. Plus full use of the Relaxation Suite for 60 minutes. Enjoy a 2 course meal in our Copper Fells Bar and Brasserie along with a bottle of fizz. (Thursdays, Fridays & Saturdays Only).

treatment time	approx - 90 minutes with spa and evening meal
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Sunday Package

Treat yourself to a 30 minute treatment either The Ultimate Back Massage or Ultimate Aromatherapy Facial 30 mins, use of the relaxation suite for 60 minutes and Enjoy a 1 course Sunday Lunch in our Copper Fells Bar & Brasserie. (Available Sundays Only).



Packages must be pre-booked minimum 48 hours in advance. Subject to availability.



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