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FOR IMMEDIATE RELEASE

LAKE DISTRICT HOTEL LAUNCHES SWEET SPA-TEEN

The opportunity to catch up and have a girly day of relaxation took the imagination of friends Emma Sandham aged 14 and Lucy Fulton aged 12, who were amongst the first to experience the brand new range of treatments specifically designed for under 18's. Sweet Spa-Teen launched last month at The Spa at Armathwaite Hall Country House Hotel in the English Lake District, uses the most natural and gentle products suitable for teenage skin.

The recently opened Spa development offers a relaxed and friendly atmosphere. Sweet Spa-Teen treatments include a gentle back massage, skin care lessons, organic facials and shape and paint nail treatments.

“The therapist gave me advice on how to look after my skin and how to do my makeup, the new spa was such a beautiful place with a very relaxed atmosphere, it was a great day out.”

-Emma Sandham aged 14

The Spa at Armathwaite Hall adopts a 'how to' approach for young people, aiming to educate them on the best way to care for their skin.

“I really enjoyed my experience at Armathwaite Spa, the staff were really kind and helpful. I learned a lot, how to put my make up on and how to take it off. It was great fun.”

-Lucy Fulton aged 12

Two ranges of treatments are available Mini Teen Spa ages 12-14 years and Teen Spa 14-18 years. Teen Spa and Mini Teen Spa are available daily between 4.30pm and 6.30pm, all

under 18 year olds must be accompanied by an adult. For a full list of treatments available or to book your place call The Spa at Armathwaite Hall 017687 88900 or email thespa@armathwaite-hall.com

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About Armathwaite Hall Country House and Spa

One of the original stately homes of England Armathwaite Hall Country House Hotel and Spa is as romantic as the surrounding countryside. This Luxury 4 star Lake District Country House is magnificently set in the secluded splendour of 400 acres of deer park and woodland, bordered by the beauty of Bassenthwaite Lake and framed by the dramatic Skiddaw Mountain and Lake District fells.

The Spa at Armathwaite Hall is open to locals as well as residents, with the choice of physical exercise or relaxation. The current facilities include: 16 metre infinity edge pool, thermal suite including hydrotherapy pool, steam room, sauna room, aroma room, heated bench and experience showers, outdoor hot tub, wallow pool, state of the art gymnasium, exercise studio, 'hush' tranquillity room, holistic salon, ten treatment rooms including a couples room and outdoor sensory garden.

The new Court Yard Bar and Brasserie which opened in July 2009, is open daily from 10am to 10pm, serving informal food from cappuccino to contemporary dining. The outstanding design and modern décor creates an inviting and relaxed atmosphere.

Contact details for Armathwaite Hall Country House and Spa

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