



NÀDARRA

SPA

*Experiences & Treatments*



# Welcome

Nàdarra Spa is an award-winning, exclusive and enviably located spa that offers a selection of indulgent experiences including pampering treatments, soothing spa days, and luxurious spa stays. Meaning 'Natural' in Scottish Gaelic, Nàdarra Spa makes the most of its idyllic location as a place to relax, rejuvenate and reconnect with yourself and nature. Walk in, float out!



Sharing their direct line to the beginnings of modern aromatherapy, Aromatherapy Associates continue to share their knowledge for the therapeutic powers of essential oils.



## ishga

Organic Seaweed Skincare

Ishga are an award-winning natural skincare brand that harness the power of the sea to restore both our skin and soul. Meaning "water" in Scottish Gaelic, Ishga's products and treatments encompass hand-harvested seaweed from the Isle of Lewis.



## SOTHYS

PARIS

A leading product house located in Paris, development of the Sothys brand has been driven by its ability to stay true to itself while bringing new solutions to the changing world of beauty. In each of their innovations, they pursue responsible beauty that respects the skin and the environment.



## NEAL & WOLF

With over 20 years' experience in the professional hair care industry, Neal & Wolf combine luxury and affordability. A professional hair care collection that redefines indulgence as a right not a privilege.






# And Relax

**Award-winning facilities include:**

- 15m Indoor Swimming Pool | Two Outdoor Infinity Pools
- Thermal Suite including Finnish Sauna, Himalayan Salt Sauna, Aromatherapy Steam Room, Indoor Bubble Pool, Infrared Sauna and Ice Fountain
- Private Spa Garden Bath Experience\* | Mud Rasul & Indoor Bath\* | Relaxation Areas
- Fully Equipped Fitness Suite and Dedicated Studio | Treatment Rooms | Spa Dining with Alfresco Area and Outdoor Bar

(Over 18's only)



\*Supplement charges apply.

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**Open Daily:**  
**Brunch** | 9am - 11:30am  
**Lunch** | 12pm - 5pm  
**Afternoon Tea** | 2pm - 4pm

## And Taste

Proud of its landscape and location, Blossom Kitchen is a coming together of nature, nutrition, culture and cuisine. Making use of the produce on our doorstep, fusing outstanding Yorkshire ingredients with an Asian flair, Blossom Kitchen excites the palette and is nutritionally balanced, with of course room to indulge!



## And Dream

Looking to extend your pampering a little longer? Sit back, soak up the views and relax! Picturesque scenery, little luxuries, and plenty of room to relax, our collection of 70 bedrooms makes staying in the heart of the Yorkshire Dales that little bit more special. Each one provides the perfect place to unwind and steal a few peaceful hours.

### Spa, Bed & Breakfast

From £199.00 per room

Our simple spa break, perfect for an escape to the country, including:

- 2 Hour Spa Thermal Experience
- Overnight stay
- Yorkshire breakfast

### Spa, Dinner, Bed & Breakfast

From £269.00 per room

Enjoy our simple spa break with a delicious dinner including:

- 2 Hour Spa Thermal Experience
- Dinner in The View Restaurant (£35.00 food only allocation per person)
- Overnight stay
- Yorkshire breakfast

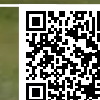
### One Night Spa Stay

From £459.00 per room

Escape and indulge with our ultimate spa break, including:

- 2 Hour Spa Thermal Experience
- 60-Minute Treatment\*
- Dinner in The View Restaurant (£35.00 food only allocation per person)
- Overnight stay
- Yorkshire breakfast

\*Choose from Spa Day Treatment menu.  
To view our Spa Day Treatment selector, scan the QR code:





# And Indulge

From morning and evening spa sessions to whole days of indulgence, we offer a range of spa days to suit your needs.

## Half Day Experience

While away a morning or afternoon with our Half Day Experience, including:

- Welcome Health Shot
- 2 Hour Spa Thermal Experience†
- Dining in Blossom Kitchen
- 60-Minute Treatment\*

**Mon - Thu £149.00 Per Person**  
**Fri - Sun £159.00 Per Person**

## Private Spa Garden Bath Experience for Two

Take a dip, soak up the oh-so spectacular scenery and discover our treatment that everyone has been talking about. Bathe in your choice of tea or seaweed and embrace the great outdoors:

- Welcome Health Shot
- 2 Hour Spa Thermal Experience
- Dining in Blossom Kitchen
- 45-Minute Outdoor Bath Experience in our Private Spa Garden including Herbal Tea or Glass of Fizz

**Mon - Thu £198.00 for two people**  
**Fri - Sun £218.00 for two people**

## Rise & Shine Spa Experience

Wake up the right way and start the day in style with a soothing Rise & Shine Experience, including:

- Welcome Health Shot
- 2 Hour Spa Thermal Experience
- Dining in Blossom Kitchen

**Mon - Thu £65.00 Per Person**  
**Fri - Sun £75.00 Per Person**

\*Choose from Spa Day Treatment menu.  
To view our Spa Day Treatment selector, scan the QR code:



## Twilight Spa at Nàdarra

Sit back, relax and soak up the sun setting on The Coniston Estate with our Twilight Spa at Nàdarra experience, an evening of pure pampering, including:

- Glass of Fizz
- One Course Dinner in Blossom Kitchen
- 2 Hour Spa Thermal Experience

**Mon - Thu £75.00 Per Person**  
**Fri - Sun £85.00 Per Person**

## Spa & Dine Experience

Treat your taste buds and your body to our Spa & Dine Experience, including:

- Welcome Health Shot
- 2 Hour Spa Thermal Experience
- Dining in Blossom Kitchen

**Mon - Thu £69.00 Per Person**  
**Fri - Sun £79.00 Per Person**

## Nàdarra Ritual Experience

Discover the ultimate in relaxation with our therapeutic ritual of Ancient Middle Eastern origin, with a Gaelic twist, including:

- Welcome Health Shot
- 2 Hour Spa Thermal Experience
- 30-minute Mud Rasul
- 30-minute Indoor Bath
- Dining in Blossom Kitchen

**Mon - Thu £198.00 for two people**  
**Fri - Sun £218.00 for two people**

## Exclusive Spa-rty at Nàdarra Spa

Whether you're having a hen party, celebrating a big birthday or special occasion or would like to treat your team to a well-deserved wellness evening, take a look at our Nàdarra Spa Exclusive Hire package below:

**6:45pm:** Arrive at Nàdarra Spa  
**7:00pm - 8:00pm:** Sharing Board and glass of Prosecco in Blossom Kitchen  
**8:00pm - 10:00pm:** Exclusive Use of Nàdarra Spa with Private DJ

**Our Nàdarra Spa Exclusive Hire package is for 10 - 35 guests and is available from £129.00 Per Person.**

†Additional 2 Hour Spa Thermal Experience available for £25.00. Subject to availability.  
Please note, prices are correct at time of printing and are subject to change.

# Nàdarra Experiences

For the ultimate relaxation, why not add on one of our unique experiences to your Spa Day or Treatment.  
The perfect time to indulge.

**Private Spa Garden Bath Experience (45 mins)**  
**Relax | Repose | Unwind P | O £49.00**

Making the most of the great outdoors, and our great outlook over the Yorkshire Dales, our private spa garden is the perfect place for you to relax with a partner, loved one or friend and soak up the spectacular views in our two beautiful baths. Our unique bathing experience will see you take a dip with a bespoke blend of tea, herbs and seaweed, best enjoyed with a Birchall Tea or glass of bubbles! Choose Peppermint Leaves, Lemongrass & Ginger, Red Berry & Flower, Camomile, Earl Grey or Green Tea, dependant on your mood. Enjoy alongside a delectable seasonal treat.

**Indoor Bath Experience (30 mins)**  
**Invigorate | Relaxing | Warming P | O £25.00**

Indulge in our indoor bath experience for two and submerge yourself in a blend of detoxifying salts to really relax. Complete with a glass of fizz and strawberries for some treasured time together. Enjoy with a glass of bubbles and a seasonal treat.

**Mud Rasul (30 mins)**  
**Refreshed | Rejuvenated | Relaxed £25.00**

A unique spa treatment combining the healing properties of mud, invigorating scrubs and the cleansing power of steam. A twist on the Moroccan history of Rasul's, Nàdarra Spa Mud Rasul combines a traditional Moroccan treatment with a Scottish Gaelic twist.

**KEY | O - Oncology | P - Pregnancy**  
**P - suitable for after first trimester**



# Massage

Rejuvenate and unwind with a massage, bespoke to your requirements. Using hand-picked essential oils, you'll feel de-stressed and relaxed in no time.

## Aromatherapy Associates Ultimate Massage £95.00

Relaxing | Destressing | Bespoke

This hero treatment starts with a thorough consultation to find out what your current daily and physical needs are. During this consultation process you will choose from thirteen signature oils, formulated with natural plant and flower oils that boast therapeutic benefits for the body and mind, to help with your daily concerns. With your chosen oil, carefully applied pressures are used to stimulate the nervous system, Swedish and neuromuscular techniques to relieve muscle tensions, lymphatic drainage. This treatment aims to focus on those troublesome areas.

## Bamboo Massage £115.00

Deep | Holistic | Muscle Relief

A full body massage using a selection of warm bamboo. Combining manual massage techniques with the bamboo while giving an even pressure to encourage circulation and muscle movements, instantly breaking down any toxins built up within the muscles providing instant relief from aches and pains. This treatment is perfect for anyone who requires a more hands-on approach to massage.

## Hot Stone Massage (Ishga or Himalayan) £115.00

Relax | Destress | Regenerate

A tailored body massage incorporating the use of heated basalt stones which instantly relieve muscles, allowing the treatment to work at a deeper level. Hot stones are used to relax the mind and ease any aches and tension. Incorporating more manual techniques, this treatment has a holistic approach that leaves you feeling totally relaxed. A bespoke consultation will take place with your therapist to discuss your treatment and any areas of concern.

## Ishga Deep Tissue Massage £115.00

Destress | Unwind | Balance

Powerful, deep, and attentive techniques make this tailored massage perfect for relieving aching muscles. It features a stimulating muscle recovery oil while working with a natural anti-inflammatory to relieve physical fatigue. The therapist will work on one to two body areas of your concern using remedial massage techniques at a deeper level of pressure.

## Ishga Full Body Massage £95.00

Invigorate | Relaxing | Warming

A full body massage combining relaxing elements of aromatherapy massage, lymphatic drainage, and traditional Swedish massage techniques to reduce muscle tension and re-energise the body. During consultation - an oil choice will be made from discussion with your therapist:

Invigorating - an uplifting, detoxifying seaweed body oil with lemongrass, juniper, lavender and rose geranium. Particularly useful for improving fatigue and eliminating toxins.

Relaxing - the luxurious scent of nurturing rose geranium to aid stress relief, relax, soothe, and balance a tired mind and body. A silky base of sweet almond and jojoba oil to hydrate and tone skin.

Warming - a comforting, woody oil containing patchouli, bergamot, and sandalwood. Ideal for muscular aches, nervous tension, and insomnia.

## Ishga Hot Poultice Massage £115.00

Relax | Destress | Regenerate

A rebalancing, light massage that uses heated sea salt and seaweed poultices which are applied to the body to relax muscles, release tension and nourish the skin. Combined with manual techniques, the poultices are using to stroke and knead the body, and when heated, provide a detoxifying effect to draw out impurities and toxins from the body. A bespoke consultation will take place with your therapist to discuss your treatment and any areas of concern.

## Stress Reliever Massage £95.00

Invigorating | Detoxing | Balancing

An invigorating full body massage treatment combined with a scalp massage. A medium pressure massage designed to detox and balance the body whilst removing any areas of muscular tension and stress. The seaweed-based oil nourishes and protects the skin with a masculine sandalwood and patchouli aroma. This treatment will focus on problem areas of daily concerns, aches, and pains.

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Duration of all treatments is 60 minutes.

# Facials

A beautifying skin treatment that cleanses pores, exfoliates, hydrates and moisturises the skin. A tailor-made treatment bespoke to your needs.

## Aromatherapy Associates Professional Glow Facial £95.00

Balancing | Energising | Supporting P

A revitalising facial that is designed to support the skin's natural defences and combat the pressures of a busy lifestyle. Ideal for those feeling fatigued and tired, this treat is geared up to give you your glow, and get-up-and-go, back.

## Aromatherapy Associates Rebalance Facial £95.00

Deep | Psychodermic | Ritualistic P

A soothing facial crafted for skin under stress. From the intuitive aromatherapy inhalation to breathing rituals, this treatment is designed to calm and rebalance both the skin and mind.

## Ishga Facial £95.00

Rejuvenating | Revitalising | Repairing P

Revitalize and repair skin through the collagen-stimulating properties of Hebridean seaweed. Suitable for all skin types, this Ishga facial will brighten and balance skin tone while improving texture and protecting the skin from environmental damage.

## Ishga Anti-Ageing Facial £95.00

Cleansing | Nourishing | Powerful

Nourish the skin with a rich marine cleansing balm packed with hydrating fatty acids, combined with a firming gel mask to tighten and tone. The high content of seaweed extract is scientifically proven to preserve the skin's natural collagen, with powerful anti-aging properties that repair damaged skin cells which results in smoothing fine lines and wrinkles.

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Duration of all treatments is 60 minutes.

## Sothys Detoxifying Facial £95.00

Brightening | Organic | Re-energising P

Designed to defend against environment stresses such as pollution, this facial brightens complexion and re-energises skin using organic elderberry extracts.

## Sothys Hydrating Facial £95.00

Hydrating | Radiating | Softening P

This high-performance treatment combines four sources of hyaluronic acid with two Sothys patented active ingredients to leave skin feeling hydrated and softer.

## Sothys Organics Face & Body Ritual £105.00

Soothe | Calm | Balance P

Dive into the heart of nature and enjoy a moment of deep relaxation. Commencing with an indulgent back, neck and shoulder massage. this express facial treatment and scalp massage awakens the skin and gives instant comfort and radiance.

## Sothys Youth Enhancing Facial £95.00

Enhancing | Powerful | Results Driven P

Using specialised formulas and techniques, this facial uses tried and tested expertise to ensure visibly younger looking skin.



# Body Treatments

Invigorate your body and mind with one of our revitalising body scrubs or immerse yourself in a cocoon with a body wrap to soothe and hydrate.

<b>Ishga Body Wrap</b> <b>Detoxifying   Nourishing   Relaxing</b>	<b>£95.00</b>	<b>Ishga Oncology Experience</b> <b>Nurturing   Soothing   Cooling</b> <b>P   O</b>	<b>£95.00</b>
A powerful detoxifying Hebridean sea salt and oil scrub which includes a body wrap. This combines the nourishing effect of the purest seaweed products with stimulating properties of the scrub. This treatment is designed to eliminate toxins, reduce cellulite, boost energy levels, and improve skin tone and texture. This treatment includes a choice of a seaweed algae wrap or a nourishing body wrap.		A bespoke treatment that is crafted with your current treatment regime in mind, whether you are currently undergoing treatment or living beyond diagnosis. Working with Ishga, this treatment uses some of the best seaweed based oils, making it ideal for the most sensitive skins. Let the products, and our therapist, allow you to drift off to bring balance and harmony. You will leave feeling deeply relaxed. A bespoke consultation will take place with your therapist to tailor your treatment. Choose two from the following: Facial   Massage   Scalp Massage   Foot & Leg Massage   Hand & Foot Ritual	
<b>Ishga Face &amp; Body Experience</b> <b>Powerful   Relaxing   Soothing</b>	<b>£105.00</b>	<b>Sothys Hanakasumi</b> <b>Relaxing   Nourishing   Hydrating</b>	<b>£115.00</b>
An invigorating back, neck and shoulder massage combining a powerful detoxifying seaweed body oil with lemongrass, juniper and rose geranium. Followed by an express facial that includes cleansing, exfoliating, toning and moisturising using a powerful blend of organic seaweed high in antioxidants and anti-ageing benefits.		A unique treatment of Japanese inspiration: peeling with exfoliating gloves, relaxing massage of the entire body and specific massage of the feet in this nourishing, delicately perfumed ritual.	
<b>Ishga Marine Back Treatment</b> <b>Oxygenates   Hydrates   Decongests</b>	<b>£95.00</b>	<b>Sothys Sensations Orientales</b> <b>Exfoliating   Relaxing   Energising</b>	<b>£115.00</b>
A luxurious back facial designed to rejuvenate whilst treating any congestion to reveal a brighter and smoother skin. Starting with a cleanse and exfoliation, a powerful heated seaweed algae mask is applied to clarify and soften the skin whilst providing a deep moisturising treatment. Ideal for those with back skin concerns, such as 'back-ne', dryness and aches or pains. A massage of the back and legs is also included to leave you feeling deeply relaxed.		An exceptional spa treatment inspired by ancestral Oriental rites with aromatic notes of myrrh and amber: a sublime enzymatic gel prepares the body for exfoliation, then an exclusive Sothys massage with a polishing terracotta stone inspired from traditional oriental techniques, which you can take home at the end of the treatment.	
<b>Ishga Mum-to-be Cocoon</b> <b>Nurturing   Soothing   Cooling</b> <b>P</b>	<b>£95.00</b>	<b>Sothys Indonesie Ancestrale</b> <b>Rebalancing   Relaxing   Soothing</b>	<b>£115.00</b>
A delicate rose and nurturing geranium soothing cocoon treatment which will leave any mum-to-be relaxed and destressed. This soothing treatment includes a back massage to ease those aches, a face and scalp massage to work on a heavy head, and a foot and leg ritual to complete a chilled out treat. A bespoke consultation will take place with your therapist to tailor your treatment.		An original treatment inspired by ancestral Indonesian beauty rituals to bring about powerful well-being for the body and mind by rebalancing their energies. An exotic treatment combining global body massage and breathing ritual for both the client and the beauty therapist.	

# Ritual Experiences

Our Ritual Experiences focus on bringing calm, peace and grounding. These treatments are bespoke ritual experiences with elements of massage included.

<b>Aromatherapy Associates Unwind &amp; Destress</b> <b>Calming   Relaxing   Destressing</b>	<b>£95.00</b>	<b>Aromatherapy Associates Relax &amp; Sleep</b> <b>Relax   Sleep   Repeat</b>	<b>£95.00</b>
Perfect treatment for times of stress and over-activity. This treatment helps the mind to unwind and refocus, getting you back on track. A double layer of products is applied to de-stress both the body and mind. A targeted treatment focusing on guided breathing, inhalations, gentle mobilisations and a massage of the back, scalp, arms. This treatment focuses solely on the body.		The best of sleep rituals a person can get. Carefully applied pressures relieve key areas of tension, whilst the award-winning essential oil blend sedates, calms and grounds to induce a serious state of relaxation. This hero treatment incorporates guided breathing and inhalations whilst massage techniques and warmed products are used to bring peace and calm. This treatment focuses solely on the body.	
<b>Aromatherapy Associates Immune Support</b> <b>Cleansing   Clearing   Decongest</b>	<b>£95.00</b>	<b>Aromatherapy Associates Revive &amp; Tone</b> <b>Invigorating   Nourishing   Refreshing</b>	<b>£95.00</b>
Cleansing, clearing and decongesting - this treatment ritual helps clear a congested body and mind, whilst supporting the immune system. Guided breathing to clear congestion followed by massage techniques to soothe a heavy head, unblocking sinuses, easing headaches, and promoting gut health. This clearing treatment works on the back, legs, chest, scalp and face. This treatment focuses solely on the body with an element of facial drainage massage.		This is a complete detox treatment that works on five key treatment stages, beginning with dry body brushing, followed by a stimulating exfoliation. Next you'll enjoy a mud mask and wrap (while tension is diffused with a scalp or foot relax massage), followed by an invigoration massage on the legs. This treatment is completed by coating the skin with three-stage regime.	
<b>Aromatherapy Associates Inner Strength</b> <b>Nurture   Fortify   Strengthen</b>	<b>£95.00</b>	<b>Sothys Blossom Ritual</b> <b>Nourishing   Hydrating   Relaxing</b> <b>P   O</b>	<b>£105.00</b>
A truly nurturing ritual treatment which aims to fortify and strengthen the mind and body through difficult times. Focus the mind; breathe deeply whilst warm, rich products are applied soothingly during this emotionally strengthening treatment. This treatment is suited to anyone who is going through times of need or any form of grief. This treatment takes you through guided breathing and inhalations whilst focusing on the back, legs, arms and décolleté. This treatment focuses solely on the body.		Sophisticated and nourishing. This ritual immerses you in the delicate fragrances of Asia. Starting with a warming cherry blossom and lotus back, neck, and shoulder massage, followed by an express facial.	
<b>Aromatherapy Associates Forest Therapy</b> <b>Restore   Balance   Ground</b>	<b>£95.00</b>	<b>Sothys 100% Tailormade Massage &amp; Scrub</b> <b>Bespoke   Fragrant   Relaxing</b>	<b>£95.00</b>
Bringing the outdoors, indoors with this treatment ritual from Aromatherapy Associates. Feel restored from the stresses of modern-day life, cleansed of pollution and relieved from restlessness and agitations. Starting with guided breathing and inhalations, a tension releasing long, massage techniques is followed by a warming mud application to the hands and feet. A treatment ritual concentrates on the back, legs, abdomen, and scalp. This treatment focuses solely on the body and scalp.		During this treatment, you will be able to customise the full treatment to your own personal choice. Within the consultation of your treatment, you and your therapist together will select a scent, choose a massage or scrub or both, and pick your massage product texture from Cream, Wax, Oil or Butter.	





The Coniston Hotel Country Estate & Spa

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