



CASCADES

SPA & LEISURE
AT WHITEWATER HOTEL

ELEMIS

Whitewater

HOTEL & SPA



WELCOME TO THE CASCADES HEALTH SPA *at The Whitewater Hotel*

The views and surroundings provide the perfect Lake District countryside location where you can relax, unwind, and truly indulge.

In the vibrant Cascades Spa, we offer the finest beauty treatments. There are a wide range of glamorous Elemis products and Elemis facials to help you feel truly pampered and recharged.

The Spa has a wonderful Rasul mud temple. This lavish Arabian steam room is an ancient way of really looking after and replenishing tired skin. Enjoy a selection of muds to feel totally revitalised, as different muds are applied to various parts of the body, deeply cleansing all the tissues in unison with the steam room.

At the end of this magnificent cleansing therapy, you will enjoy a refreshing shower under the stars. This is the first Rasul in the Lakes—don't miss out on this truly divine and unique experience.

The Cascades Spa also features a stunning outdoor hot tub overlooking the flowing River Leven. Take in scenic views as you relax and recharge in the fresh Cumbrian air, before retreating to the heavenly aromatherapy Turkish Hammam for a detoxing and cleansing experience.

With four luxurious treatment rooms offering top-of-the-range products and indulgent therapies, the spa is the ideal venue for group bookings, parties, and corporate retreats.

If you are seeking pure indulgence and total relaxation, the Cascades Team will provide a haven where you will feel refreshed and invigorated.

The Cascades Health Spa & Fitness Club truly is the ultimate rural retreat to escape.





DIP & DINE *experience*

Adults – £25.95

Children (under 15) – £22.95

Discover a perfect blend of relaxation and gastronomy with our “Dip and Dine” experience, ideal for a day out. Your visit begins with access to pool side facilities—enjoy our ground floor leisurely facilities. Swim, unwind in the sauna, or refresh in the steam room.

Then, between 12–4pm, indulge in a delightful Afternoon Tea featuring a selection of teas, sweet pastries, and savoury sandwiches.

Prefer something more substantial? Upgrade to a light lunch or traditional Sunday roast for an additional £5 per person, available:

- Monday–Saturday: 12–2:30pm
- Sunday: 12–5pm

This is the perfect escape for a day of tranquillity and taste at the Whitewater Hotel.

Please note: A deposit is required to secure your booking.



SPA packages

All our Day Spa packages include:

- Use of the swimming pool and poolside facilities (please bring swimwear & flip flops; towels provided)
- 2-hour usage of our Thermal Suite including outdoor hot tub, feature shower & Turkish Hammam
- Access to the Cascades relaxation room
- Complimentary tea, coffee & herbal infusions

Luxurious Spa with Afternoon Tea – £75pp

Choose one of the following treatments (30 mins):

- Elemis Touch Anti-Ageing Facial
- Elemis Pro-Collagen Age Defy Facial
- Superfood Pro-Radiance Facial

Upgrade options (£5 supplement – 30 mins):

- Swedish Back Massage
- Indian Head Massage
- Cascades Hot Stone Massage

Weekday Escape (60 mins) – £105pp

Choose one of the following treatments (60 mins):

- Elemis Touch Anti-Ageing Facial
- Elemis Pro-Collagen Age Defy Facial
- Superfood Pro-Radiance Facial

Upgrade options (£5 supplement – 30 min facial & 30 min massage):

- Swedish Back Massage
- Indian Head Massage
- Cascades Hot Stone Massage

Couples Retreat (80 mins) – £130pp

Luxury Mud Rasul experience

Followed by your choice of one 30-minute treatment:

- Elemis Back Massage
- Elemis Touch Anti-Ageing Facial
- Elemis Pro-Collagen Age Defy Facial
- Superfood Pro-Radiance Facial



Massages

ELEMIS Full Body Deep Tissue Muscle Massage (60 min) – £90

A powerful massage designed to relieve deep-seated tension, ease muscle pain, and improve mobility.

ELEMIS Deep Tissue Back Massage (30 min) – £60

Targets the back, neck, and shoulders to release tightness and restore comfort.

Full Body Swedish Massage (60 min) – £90

A classic, relaxing massage using flowing techniques to improve circulation and promote overall wellbeing.

Back of Body Swedish Massage (30 min) – £60

A soothing treatment focused on the back of the body to ease stress and tension.

Cascades Hot Stones Full Body Massage (60 min) – £90

Warm basalt stones are used to deeply relax muscles, improve circulation, and calm the mind.

Cascades Hot Stones Back of Body Massage (30 min) – £60

A focused hot stone treatment to relieve tension in the back and shoulders.

Indian Head Massage (30 min) – £50

A deeply relaxing treatment targeting the scalp, neck, and shoulders to reduce stress and improve wellbeing.

All 60-minute treatments include full day access to our poolside facilities including jacuzzi, sauna, and steam room.



Facials

Dynamic Resurfacing Facial (60 min) – £80

Smooths and brightens the complexion, helping to refine skin texture and improve clarity. (requires allergy test 12 hours prior)

Pro Definition Define Facial (30 min) – £50 / (60 min) – £80

A lifting and sculpting facial designed to define facial contours and enhance natural radiance.

Superfood Pro-Radiance Facial (30 min) – £50 / (60 min) – £80

A nutrient-rich facial that energises dull skin, leaving it fresh, glowing, and revitalised.

Elemis Pro-Collagen Age Defy Facial (30 min) – £50 / (60 min) – £90

Clinically proven treatments to improve skin firmness, elasticity, and youthful radiance.

Elemis Touch Anti-Ageing Facial (30 min) – £50 / (60 min) – £90

A revitalising facial designed to hydrate, smooth, and reduce the appearance of fine lines.

All 60 min facials include a mini hand, arm & head massage and also full day access to our poolside facilities, including jacuzzi, sauna, and steam room.



SPECIALITY *treatments*

Body – Scrubs & Detox

ELEMIS Lime & Ginger Salt Glow / Frangipani Scrub (60 min) – £80

Feel invigorated, cleansed, and polished to perfection. This body exfoliation ritual revitalises the skin from head to toe. Following light body brushing, warm oil is luxuriously dripped over the body before the sublime Elemis Exotic Lime & Ginger Salt Glow is applied. Skin is deeply cleansed and moisturised, leaving it glowing, vibrant, and flawlessly replenished.

Includes a mini facial and full use of pool & poolside facilities.

Rasul Mud Temple – Rituals for Two

This lavish Arabian steam room is an ancient way of restoring and replenishing tired skin. Apply a selection of mineral-rich muds designed for different areas of the body and feel totally revitalised. The muds work in harmony with the steam to deeply cleanse and detoxify the skin.

At the end of this magnificent cleansing therapy, enjoy a refreshing shower under the stars. This is the first Rasul in the Lakes—don't miss out on this truly heavenly experience.

Your therapist will prepare the finest Rasul muds for you to take into your private seated temple. As the temple gently warms, the mud dries and draws out impurities. Essential oil-infused steam then fills the room to soften the mud before a tropical monsoon shower rinses it away.

After your treatment, continue your relaxation with access to our Thermal Suite spa circuit, including the outdoor hot tub, Turkish Hammam steam room, and experience shower.

Please remember to bring swimwear and flip flops.

Packages:

Standard 3 Fango Mud Rasul (Treatment Only) – £79

Detox Mud Rasul Package with Thermal Suite & Afternoon Tea – £99 (Mon–Thurs) / £109 (Fri–Sun)

Includes full day access to our poolside facilities including jacuzzi, sauna, and steam room.



MANICURE & *Pedicure*

OPI Pro-Spa

OPI Manicure

The OPI Pro-Spa Manicure is the perfect way to relax, featuring essential OPI Pro-Spa products and expert techniques for beautifully finished nails.

Infinite Shine (45 min) – £35

OPI Pedicure

An effective and deeply relaxing treatment using OPI Pro-Spa products to deliver a luxurious spa pedicure experience.

Infinite Shine (45 min) – £35

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