

Lion Quays Spa has the ethos of creating an environment where you can truly rejuvenate in beautiful surroundings.

The journey begins with a warm welcome to our light-filled 'Gallery' lounge.

Wrapped in a luxurious robe, you can sip a warming herbal tea from our 'Mind & Soul' hydration bar, or from the elevated lounge, taking in the views over the open countryside beyond.

Enjoy full access to our beautiful thermal suite including hydrotherapy pool, glass-fronted sanarium; Finnish sauna; exhilarating ice cave; livello steam room and mood lit experience showers with drench shower.

During your visit why not add a little extra treat to your spa experience. We have three very different non-therapist treatments for you to experience that will truly enhance your day.

The **Arabian Mud Rasul** is an exhilarating experience to detoxify

the body & soothe the skin & can be enjoyed with friends.

The **Salt Floatation Therapy** is an escape to a calmer place of relaxation, solitude & mindfulness whilst floating effortlessly in our Orbit pod.

The **Weyron Cocoon Massage Chair** is a stylish, innovative way to enjoy a full body massage with built in scalp massage & reflexology.

Take a dip in our beautiful Grecian-style 25 metre swimming pool or relax on a poolside lounger.

If you're feeling energetic then the spacious & well-equipped fitness facilities are at your disposal. A full timetable of fitness classes caters for all needs.

Browse our extensive treatment menu performed by our

expertly trained spa therapists.

Explore Decleor's range of facials, massage & body treatments using only the purest aromatherapy oils or indulge in one of our Signature Treatments complete with uplifting Wellness tea ritual.

Finally retreat to the tranquillity of our Hibernation Lounge to close the mind, rest the body & restore calm.



# our Philosophy



Here at Lion Quays we aim to take you on an exquisite spa journey, within fantastic surroundings and facilities in which you can truly rest and relax, defying the demands of modern life whilst bringing inner calm to your mind and body.

**"ARRIVE IN  
NEED OF TIME  
TO REFLECT..."**

We do this through our warm attentive welcome, our careful consideration for your needs, our empathy for your life challenges and our understanding of your aspirations for the future. Arrive in need of time to reflect and leave filled with balance energy and optimism.

**"...LEAVE  
FILLED WITH  
BALANCE  
ENERGY AND  
OPTIMISM"**