



## STATE OF THE ART THERMAL SPA AT RAGDALE HALL

A multi-million pound, state-of-the-art Thermal Spa is now open at top, award-winning health hydro, Ragdale Hall. Free-of-charge to all residential and day guests, the Thermal Spa draws on inspiration from the greatest spas around the world and features Scandinavian, European, Greek and Japanese influences.

Many of the experiences have been exclusively designed for Ragdale Hall, creating a haven of luxurious tranquillity - the like of which cannot be found anywhere else in the world.

Designed like the cross section of a giant Nautilus shell, guests are cocooned within a sanctuary of warm, calm and nurturing energies featuring 12 luxurious and unique heat and water experiences.

- **Wishing stream** - caress an age-old pebble before throwing it into the stream to rid yourself of negative energy before starting your journey
- **The Bubbling Footbaths** - our entire body is mapped out on the soles of our feet so a great place to start the process of unwinding
- **Waterfall Pool** – bathe outside come rain or shine in warm water and gentle mist built within Zen-like gardens
- **Candle Pool** - an entrancing, mosaic cavern with lapping water lit by the flicker of candles and a star-lit ceiling
- **Thought Zone** - a dry heat and warm, ergonomic seating coupled with ever-changing music, images and colours is designed to inspire positive thinking
- **Colour-flow Cave** - filled with a humid and heady mix of jasmine and camomile, a river of colour flows to a central crystal mountain to provide a hedonistic detox
- **Experience Showers** - bathe in a warm tropical shower or a cool mist
- **Volcanic Salt Bath** - an intense and 100% humid experience within a velvet darkness of hewn basalt and slate. A eucalyptus spritz helps to improve breathing
- **Cave Shower** - a cave lit by stars recreates the sensation of being caught in a thunder storm in paradise
- **Ice Fountain** - between heat treatments, a constant river of ice is there to refresh you
- **Scented Room** - natural materials, fresh aromatic herbs and a gentle hue of colours help to invigorate senses
- **Rose Sauna** - images and scents of roses imbue this Scandinavian sauna with a fresh twist

The Thermal Spa has been likened to an indoor playground for adults and the aim is to relax, have fun and end your visit with a feeling of positive well-being. And the only way to truly understand the sensual experience of Ragdale Hall's Thermal spa is to try it for yourself.

For further information or accompanying imagery please contact Vicki Taylor on 01664 434831.