

EST. 2025

THE

# Hydro

WELLNESS  
CLUB

## ABOUT THE HYDRO

---

Experience wellness in motion at The Hydro Wellness Club where fitness meets relaxation in the heart of Bowness-on-Windermere.

Our wellness club is designed for those who want to move, unwind, and rejuvenate—all in one place. With state-of-the-art gym facilities, a heated swimming pool, hot tub, and tranquil relaxation areas, The Hydro Wellness Club offers the perfect balance of activity and rest.

For those seeking an extra touch of indulgence, we also offer a selection of TEMPLESPA treatments, from tension-relieving massages to revitalising facials. Our expert therapists will personalise each treatment to suit your needs, ensuring you leave feeling refreshed, restored, and ready to take on the day.

Whether you're here to energise, relax, or a bit of both, The Hydro Wellness Club is your space to feel your best.







## OUR PARTNERS | TEMPLESPA

At The Hydro Wellness Club, we're proud to partner with TEMPLESPA, a luxury British skincare brand celebrated for its results-driven formulas and holistic approach to wellness. Our treatments incorporate a range of TEMPLESPA products, rich in Mediterranean botanicals and cutting-edge skincare technology, designed to nurture both body and mind. From rejuvenating facials to deeply relaxing body rituals, every experience is elevated by these exceptional products. You can also extend your spa experience at home with our hand-picked selection of TEMPLESPA skincare and wellbeing essentials, available to purchase from our wellness boutique.

## TEMPLESPA STORY

23 years ago, TEMPLESPA began its journey in the Mediterranean, drawing inspiration from the region's warmth, vibrancy and nutritious ingredients. Today, as a British brand with a Mediterranean heart, they are passionate about creating exceptional skincare products and experiences that nourish both your skin and soul.

They believe in honouring your body as a living temple, promoting a cruelty-free approach and prioritising sustainability in their products. Their award-winning creations prioritise texture, fragrance and results! *TEMPLESPA are committed to reducing, reusing, recycling, and responsibly sourcing their materials.*

## FACILITIES

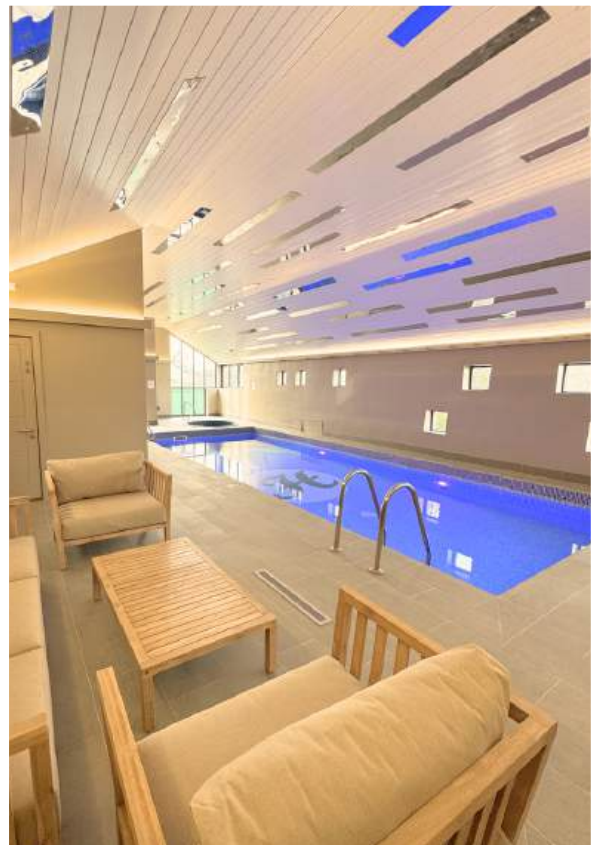


## POOL HALL

The hotel's new pool hall offers a serene escape for guests looking to unwind and recharge. Designed with relaxation in mind, the space features a heated pool, comfortable loungers, and a bubbling hot tub. Whether enjoying a leisurely swim, using it to keep fit or simply soaking in the peaceful atmosphere, guests can experience a perfect blend of luxury and wellness.

## THE GYM

Our state-of-the-art TechnoGym facility has everything you need—including interactive tech on our cardio machines, so you can stay entertained while you push your limits. We have a wide range of free weights, and functional training gear—all overlooking stunning lake views. Whether you're building strength or boosting endurance, train in a space designed for both performance and inspiration.



## FACILITIES



### HOT TUB

Unwind in warmth at The Hydro Wellness Club. Nestled within our pool hall, the hot tub offers the perfect spot to soothe tired muscles and relax in bubbling warmth. With tranquil surroundings and views across the water, it's an ideal way to unwind after a workout, swim, or simply as a moment of pure indulgence. Let the gentle jets ease tension as you soak in the calming atmosphere.

### RELAXATION AREA

Relax, refresh, and take in the view at The Hydro Wellness Club.

Our dedicated relaxation space offers a serene retreat, complete with stunning views over Lake Windermere. Sink into comfortable seating, unwind after your workout or swim, and enjoy a selection of refreshments designed to keep you hydrated and restored. Whether you're cooling down or simply soaking up the peaceful atmosphere, it's the perfect place to pause and recharge.





## MEMBERSHIPS

### THE WELLNESS CLUB MEMBERSHIP

Our Wellness Club Membership includes members access to the gym, pool, jacuzzi and relaxation area.

Kids Club membership (ages 0 - 16 years): £10 a month with an adult membership. Children are only permitted to use the pool hall.

	*PEAK	*OFF-PEAK
<b>MONTHLY</b> (Direct Debit available)	£40	£30
<b>3 MONTHS</b>	£120	£90
<b>6 MONTHS</b> (Direct Debit available £40pm)	£240	£180
<b>12 MONTHS</b> (Direct Debit available £40pm)	£432	£324

Sign up for a **6-month membership** and enjoy 2 complimentary guest passes, or opt for a **12-month membership** and receive 4 guest passes to share the experience!

### OPENING AND PEAK TIMES

#### PEAK:

Saturday & Sunday  
Midweek from 3pm

#### OFF-PEAK:

Midweek before 3pm

**OPENING TIMES:** 8am - 8pm | Monday - Sunday

**KIDS OPENING TIMES:** 8am - 10am every day

## DAY PASSES

### WELLNESS PASS

Immerse yourself in relaxation and rejuvenation with our Wellness Pass. Enjoy 2 hours of full access to our state-of-the-art wellness facilities, including the gym, heated pool, jacuzzi and relaxation area. Whether you're looking to unwind, recharge, or work up a sweat, this pass is your perfect escape to well-being.

**\*COUPLE PASS**

**\*SINGLE PASS**

2 HOUR ACCESS	£25	£15
------------------	-----	-----

### OPENING AND PEAK TIMES

**PEAK:**

Saturday & Sunday  
Midweek from 3pm

**OFF-PEAK:**

Midweek before 3pm

**OPENING TIMES:** 8am - 8pm | Monday - Sunday

**KIDS OPENING TIMES:** 8am - 10am every day





# OUR TREATMENTS

EST 2025  
THE  
**Hydro**  
WELLNESS  
CLUB



# BODY TREATMENTS

---

## TOTAL GLOW UP - 90 MINS | £110

This unique face and body experience leaves your skin, face and body positively glowing from top-to-toe! To begin, you will be treated to a body brush, scrub and application of moisturiser, followed by a face & body contouring treatment which works on relieving tension and improving tone. Lastly, our advanced skin transforming facial turns up your glow with instant and visible results. A total face and body glow up!



## YOUR BEST YOU – 60 MINS £85 | 90 MINS £115 |

This unique top-to-toe treatment is bespoke to you and designed for menopause relief. The gentle, caring massage uses a combination of expert therapist hands and Himalayan Salt stones with TEMPLESPA nurturing skincare to support stress relief, increase energy, and positively boost your mood. Rhythmic stretches, and gentle joint rotation rescue achy limbs, and a gentle lymph drainage facial reduces puffiness to leave skin fresh and feeling beautiful.

# BODY TREATMENTS

---

## **FEELING GOOD MASSAGE – 30 MINS £50 | 60 MINS £85 | 90 MINS £100 |**

This revitalising power massage uses our vibrant and joyful aromatic oil inspired by the zest of Mediterranean citrus groves. bergamot, sweet orange, lemon, and cooling mint working alongside our invigorating massage movements designed to combat fatigue and encourage circulation. You will be left feeling re-energised and at ease. Your 90-minute experience includes an exceptional radiance facial. Guaranteed to put a spring back into your step and your skin!

## **STRESS NOT MASSAGE (CBD) – 30 MINS £55 | 60 MINS £85 | 90 MINS £105 |**

This calming and anti-inflammatory massage targets muscle pain and melts away tension using the power of warmed stones leaving you feeling inexplicably relaxed and soothed from top-to-toe.

Our CBD balm STRESS NOT naturally eases muscle stiffness and calms busy minds... giving you a moment of blissful respite. Upgrade your experience to 85 minutes to include a signature face and scalp massage using our CBD skin booster facial oil LIGHT RELIEF.

## **WORK IT OUT MASSAGE – 30 MINS £50 | 60 MINS £85 | 90 MINS £100 |**

A detoxifying, deep tissue massage that relieves fluid retention and works out tired, aching muscles. Using the ingenious WORK IT OUT detox massage oil including essential oils of juniper, lavender and cypress. We begin with full body brushing to stimulate the circulation to improve lymph drainage. We then perform a deep tissue, body-boosting massage with muscle-fitness techniques and movements to really give your muscles a work out - working on knots, tensions and tightness to help the detox process. Detox-licious!





EST 2025

THE

# Hydro

WELLNESS  
CLUB

# FACIALS

---

## **LIGHT RELIEF (CBD) – 75 MINS | £100**

Feeling and looking stressed out? Our LIGHT RELIEF CBD skin booster facial is the remedy. This anti-inflammatory treatment brings comfort to fragile and dehydrated skin whilst soothing mind, body, and soul. Starting with a calming face massage and eye treatment and followed with a hot oil scalp massage, plus a hand & arm massage using warmed stones, rest assured you'll leave radiant, glowing and feeling totally chilled out.

## **THE DETOX FACIAL – 30 MINS £60 | 60 MINS £85**

The perfect facial to spring clean your face. This glorious treatment begins with an effective brush cleanse, followed by a stimulating and detoxifying face massage. Your skin is then exfoliated and a layer of Purification Mud Mask is applied to vacuum out congested and blocked pores, rebalance and remineralise whilst you take it easy and enjoy a deeply relaxing scalp massage. Your complexion is left looking brighter, clearer and full of vitality.

## **ALL ABOUT THE GLOW – 60 MINS | £85**

This advanced, skin transforming facial turns up your glow with instant and visible results for firmer feeling & brighter, healthy-looking skin. Your complexion is transformed thanks to intelligent active ingredients boosted by vitamin c and our glycolic acid complexes. Add our unique skin-lifting massage techniques and the results are even better skin.

## **CHAMPAGNE AND TRUFFLES – 60 MINS £95 | 90 MINS £110**

A luxury facial that combines our award winning truffle skincare with our specialist lifting massage, an exquisite warm alginate mask and rose quartz stone therapy that together iron out deep lines and wrinkles, help to strengthen muscle tone and reduce puffiness. You'll have something to celebrate.







EST 2025

THE

Hydro

WELLNESS  
CLUB

# SPA DAYS

REBALANCE, RECHARGE, AND RELAX

## Champagne and Truffle Spa Day

Relax in Luxury with our Champagne and Truffle Spa Day, you'll leave feeling relaxed and rejuvenated!

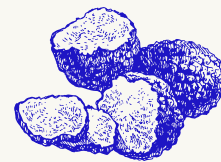
TEMPLESPA Champagne & Truffle Facial (60 minutes)

Two-Hour Wellness Pass

Luxury Afternoon Tea

Glass of Champagne

£150pp



## The Hydro Signature

Allow yourself to be swept away by an experience of pure relaxation and bliss.

A choice of any of our 60-minute treatments

Plus...

A refreshing glass of Prosecco

Afternoon Tea

Two-Hour Wellness Pass

£120pp

## Treatment & Wellness

The perfect treat!

Two-Hour Wellness Pass

&

A choice of one of our 30-minute TEMPLESPA treatments

£85pp

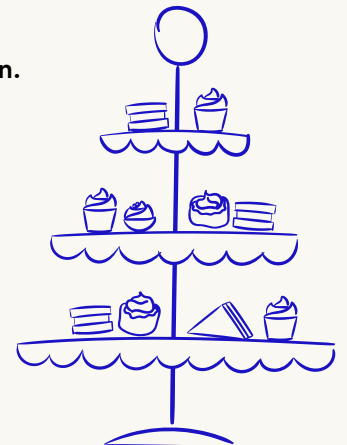
## Wellness & Afternoon Tea

Enjoy a classic afternoon tea with a relaxing wellness session.

Two-Hour Wellness Pass

Afternoon Tea

£50pp





EST. 2025  
THE  
**Hydro**  
WELLNESS  
CLUB

### **BECOME A MEMBER**

For more information on becoming a member at The Hydro Wellness Club, visit **therohotel.com** or please email **health.club@therohotel.com** for details on membership options, facilities, and exclusive benefits. Stay updated by following @therohotel on Facebook and Instagram.



### **BOOK A TREATMENT**

To book a treatment at The Hydro Wellness Club, call 01539 232625 or email **spa@therohotel.com**  
Visit **therohotel.com** to explore available treatments and packages.

### **CONTACT US**

 01539 232625

 **spa@therohotel.com | health.club@therohotel.com**

 **@therohotel**  **facebook.com/TheRoHotel**  
**www.therohotel.com**



EST. 2025

THE

Hydro

WELLNESS  
CLUB

01539 232625

[www.therohotel.com](http://www.therohotel.com)