ROOF TOP SPA



HYDROTHERAPY INFINITY POOL

Warm waters

1 Hydrotherapy Infinity Pool

The indoor-outdoor infinity edge pool offers views of the gardens as you experience the hydrotherapy massage journey (foot volcano, leg and back massage, swan neck massage). The thermal waters and therapeutic water pressure help relax muscles, increase blood circulation, and relieve muscular pain and tension. Relax on submerged air loungers and take in the fresh air. Underwater lighting enhances night time bathing under the stars.

PANORAMIC SAUNA

Dry heat and regular infusion bursts

A dry heat environment to help rid the body of toxins. With essence that changes with the seasons such as Birch Blossom in spring and Rose Petal in summer, the open aspect of the Panoramic Sauna provides a sense of space with a view to the gardens framing the giant redwood tree.

HERBAL BATH STEAM ROOM

Radiant heat with aromatic steam infusion

Essence from herbs, inspired by those grown in Rudding Park Kitchen Garden, infuses with steam onto the feature copper tray to stimulate the senses. Radiant heat emits whilst aromas such as Lavender and Euka-Menthol are infused to allow you to absorb their vapour and benefit from their cleansing and calming properties.

LUXURY STEAM ROOM

Warm and humid

The mosaic dome with starlight ceiling provides a cocoon as steam helps clear impurities from the skin, increases metabolism, improves breathing and alleviates congestion. Seating provides a sense of personal space for maximum comfort and relaxation.

ICE FOUNTAIN

Cool yourself with crushed ice following the thermal experience to increase circulation and strengthen the immune system.

RELAXING FOOT SPA

The Foot Spa enhances blood circulation. Alternate between warm and cold waters for the full Kneipp experience.

SNAIL SHOWER EXPERIENCE

Warm Tropical Rain with atmospheric lighting to prepare the body for a thermal experience. Complete the journey and cool down with a fresh Cool Mist.

EVO LOUNGERS

Heated relaxation beds with built-in reading light and controls to adjust the position of your back, legs and feet, ensuring maximum comfort.

FEATURE STAIRCASE

Access to Treatment Rooms, Indoor Swimming Pool, Juniper Log Sauna, Rasul and Spa Welcome.