



LINTHWAITE HOUSE

LAKE DISTRICT · UNITED KINGDOM

LEEU COLLECTION

Wellness

In the heart of the scenic Lake District, Linthwaite House is your gateway to unparalleled relaxation. While we take pride in offering the serene backdrop of our hotel for your stay, we also understand the importance of a truly personalised relaxation experience.

We recommend our exceptional, independent therapists and instructors for our on-property and in-room services. They are highly recommended for their expertise in providing bespoke, soothing, and holistic experiences. Perfect for those moments when you wish to unwind in privacy and luxury.

Penny Irvine Massage Therapist

Penny takes great pride in the quality of her work, using quality products, ensuring maximum benefits for you and your treatment. Catering to a wide range of clients with various complaints, she can advise on the best treatment to suit your needs.

No Hands Massage

Deep Touch
Nourishing Touch
Energising Touch
Transforming Touch

No Hands Massage is deep, releasing, rejuvenating and nourishing. Devised over 20 years ago by Gerry Pyves, No Hands Massage is a therapeutic treatment described as 'The Gentle Giant of Massage'. The technique involves no hands and instead uses the soft surfaces of the arms. This results in a deeper, more relaxing massage compared to conventional ones. No Hands Massage works on the physical, energetic, emotional, mental and spiritual levels and can be so powerful that you can feel the effects long after the session.

The massage can be a full-body treatment or work on specific areas, depending on your requirements.

Aromatherapy

Aromatherapy massage is a very light massage; essential oils, which are plant-based, are added to massage oil or lotion. The vapours are inhaled and enter the body through the nose and into the limbic system, influencing emotions, the nervous system and hormones. When inhaled, essential oil molecules transmit messages to the limbic system, affecting heart rate, blood pressure, breathing, memory, digestion, stress levels, and the immune system.

Deep Tissue Massage

Deep Tissue Massage is aimed at the deeper tissues of the muscles and fascia. Deep Tissue Massage uses many Swedish Massage movements, but the pressure will be more intense. It is more of a focused massage where the therapist concentrates on muscle tension or knots.

It is essential to drink lots of water after a Deep Tissue Massage; this will help to flush the lactic acid out of the muscles. There is a possibility that you may feel some soreness the following day, so make sure you drink water regularly so the body can flush the toxins from your body.

Pregnancy Massage

Pregnancy Massage can greatly benefit the mother and the unborn baby. Massage during pregnancy can be a magical experience; it supports women both emotionally and physiologically during the time when their bodies are undergoing many changes.

After your 12-week scan, pregnancy massage can be beneficial, helping with those aches and pains. You will need consent for a pregnancy massage from your GP or Midwife.

Sports Massage

Sports Massage was originally developed to help athletes prepare their bodies for optimal performance and recover after a big event or while training.

This massage is not just for the athletes; it is a deep tissue massage that helps stimulate the muscular nervous system, restore muscular balance, and release tension. It is a way to manage stress and prevent and treat injury.

Swedish Massage

A full body Swedish Massage usually lasts an hour and includes legs, feet, back, neck, shoulders, arms and hands (sometimes the stomach/scalp).

Base oils are used to nourish the skin and allow flowing massage movements to the muscles. A hacking or vibration movement may also be used, which stimulates and warms the muscles and improves blood flow. Swedish massage is generally relaxing, and the pressure usually varies between light and medium, although firmer pressure can be used if requested.

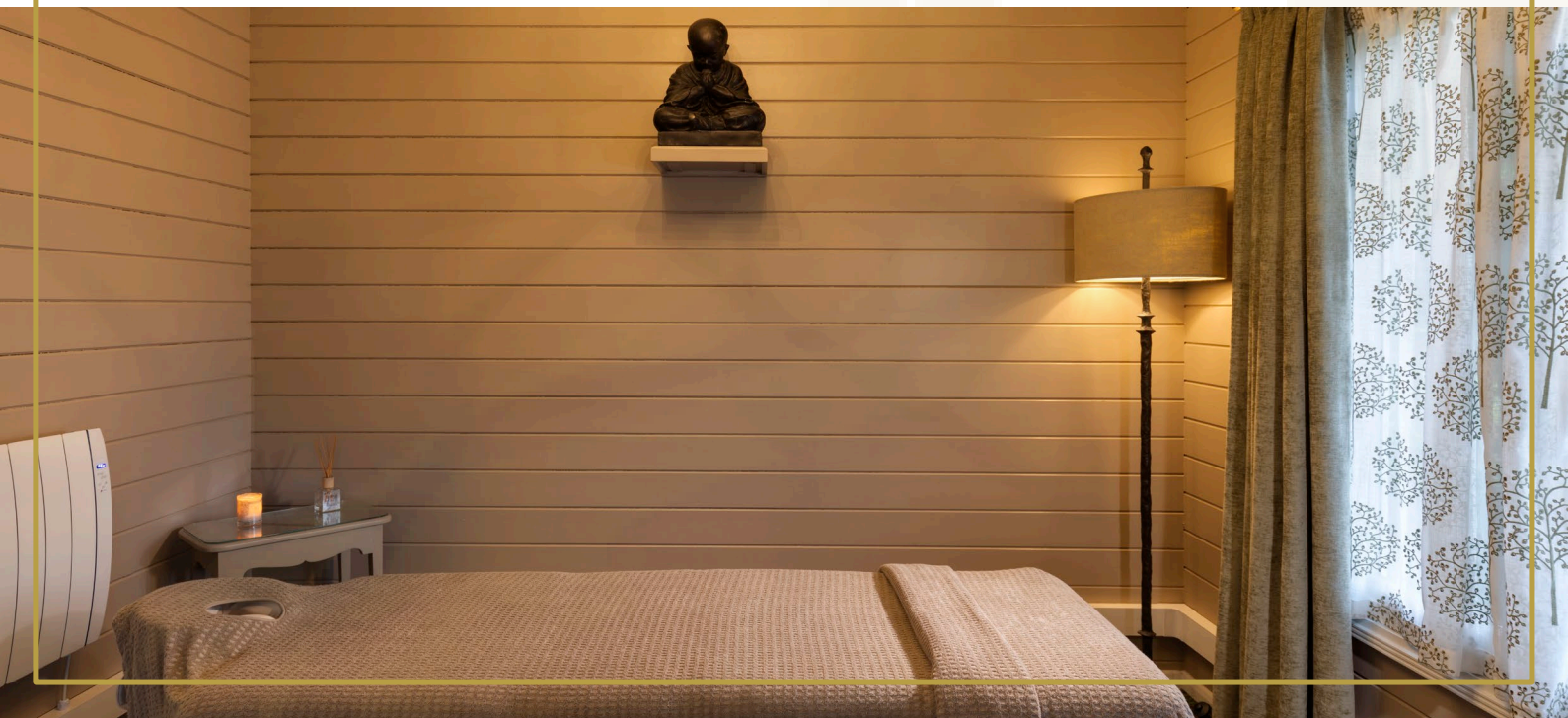
The reported benefits include relaxation, reduction of stress levels, pain/headaches/tension, and injury recovery.

Spartan Greco-Roman Massage

Spartan Greco-Roman Massage is a very deep massage using a muslin cloth soaked in oil. It gives more friction, allowing blood to come to the surface.

The therapist can manipulate the muscle and use less force to go deeper into the muscle fibres.

This treatment can be used on its own or to complement another treatment.



Ionela Turiceanu Therapist

Ionela offers unique Therapeutic Massages that go beyond traditional techniques, incorporating energy treatment to address your well-being holistically. By transferring healing energy through hands during each massage, the aim is not only to alleviate physical discomfort but also to restore emotional and energetic balance. Her approach is very personal, prioritising a meaningful connection and ensuring the sessions are about physical relief and listening and responding to your individual needs.

Therapeutic Massage

This Therapeutic Massage offers a unique approach that goes beyond traditional techniques, incorporating energy treatment to address your well-being holistically.

By transferring healing energy through her hands during each massage, the aim is to alleviate physical discomfort and restore emotional and energetic balance by prioritising and establishing a meaningful connection with you, as well as listening and responding to your individual needs.

Deep Tissue Massage

The Deep Tissue Massage service is designed to offer profound relief and healing, integrating the powerful benefits of deep tissue techniques with transformative energy treatment. This unique combination allows Ionela to work out deep-seated physical knots and tension and channel healing energy through her hands to address your needs on an energetic level.

Her approach is holistic, treating you as a whole rather than just focusing on specific areas of discomfort. She engages in meaningful dialogue to understand your physical and emotional needs, ensuring each session is tailored to benefit you most.

Swedish Massage

This Swedish Massage service is more than a traditional massage; it's a gateway to relaxation and healing on all levels. By integrating the gentle, rhythmic strokes of Swedish Massage with a unique energy treatment, Ionela ensures that this therapy not only soothes your muscles but also balances your energy.

Lomi Lomi Massage

Indulge in the rhythmic and deeply relaxing experience of Lomi Lomi massage. Lomi Lomi massage, also known as "loving hands" massage, incorporates long, flowing strokes that mimic the ebb and flow of ocean waves, promoting a sense of harmony and balance.

This traditional Hawaiian massage technique eases muscle tension and provides a holistic rejuvenation for the mind, body, and spirit. Transport yourself to a state of pure bliss with this ancient and healing massage.

Facial Treatment

The Facial Treatment service is designed to hydrate, enhance your skin's glow, and incorporate an energy treatment that elevates your experience to a holistic healing session. This unique combination ensures your skin receives nourishment, leaving it hydrated and radiant, especially tailored for sensitive skin.

By transferring healing energy through her hands, Ionela aims to promote surface beauty, inner balance, and well-being.

Luxury Facial Treatment

The Luxury Facial Treatment goes beyond the ordinary, offering a comprehensive experience that combines deep hydration and glow enhancement for your skin with the holistic benefits of energy treatment. This premium service is meticulously crafted to ensure your skin achieves a radiant glow, with special consideration for sensitive skin types.

The treatment integrates a head, face, and feet massage, promoting facial rejuvenation and overall relaxation and well-being.

By channelling healing energy, Ionela ensures this luxurious facial treatment addresses both your aesthetic desires and your body's energetic balance.



Luna Collective - Pilates

Luna Collective curates bespoke Pilates experiences that embody precision, performance, and refinement. Rooted in the Pilates method's archival roots, the sessions are meticulously tailored to enhance vitality, resilience, and long-term well-being. Whether supporting recovery after a day of hiking or enhancing mobility for golf or sailing, each experience is delivered with dedication and care, enriching life through movement of the highest standard.

Bespoke Pilates Experience

A discreet luxury service, individually tailored.

Private solo or duet sessions crafted entirely around posture, strength, and recovery needs. Rooted in the archival Pilates method, each experience blends precision and refinement, elevating movement into an art of its own.

Wellness in Duet

A bespoke Pilates experience for couples.

Private session blending strength, balance, and alignment through partner-assisted exercises. More than a shared experience, it's an opportunity for couples to build healthier habits together, moving with precision, supporting one another, and enhancing wellbeing side by side.

The Active Recovery

Pilates for hikers, cyclists, and outdoor explorers.

A solo or group session focused on spinal alignment, hip mobility, and muscular recovery after a day on the fells. Each experience stores balance and energy, preparing the body for whatever adventure comes next.

Golf & Performance

Specialist Pilates tailored for golfers seeking control, rotation, and consistency.

As an official partner of Windermere Golf Club, Luna Collective works closely with golfers to enhance performance on the course. Sessions target spinal mobility, core stability, and balance, translating into a smoother, more powerful swing and greater resilience against injury.

One Exhale Yoga

Yoga is a holistic practice that nurtures the entire being through intentional movement, conscious breathwork, and reflection. It connects physical health, mental clarity, and spiritual growth, offering a profound shift in body awareness and perception of the world, whether for preparation or refuge.

The Benefits of the Practice:

Physical Vitality and Flexibility: Builds strength, improves joint mobility, and enhances resilience through guided postures.

Profound Relaxation: Links movement with breath to soothe the nervous system and relieve tension.

Mental Clarity: Quietens mental chatter, promoting focus and calmness.

Deepened Self-Awareness: Offers space for self-reflection, fostering spiritual growth and compassion.

Yoga Classes

On Demand 1-2-1 Yoga Class - 1hr 15min

The movement philosophy includes two pathways: "Move with purpose" for active pursuits or relaxation.

For additional participants, there is a fee. Group classes for three or more can be arranged by direct contact.

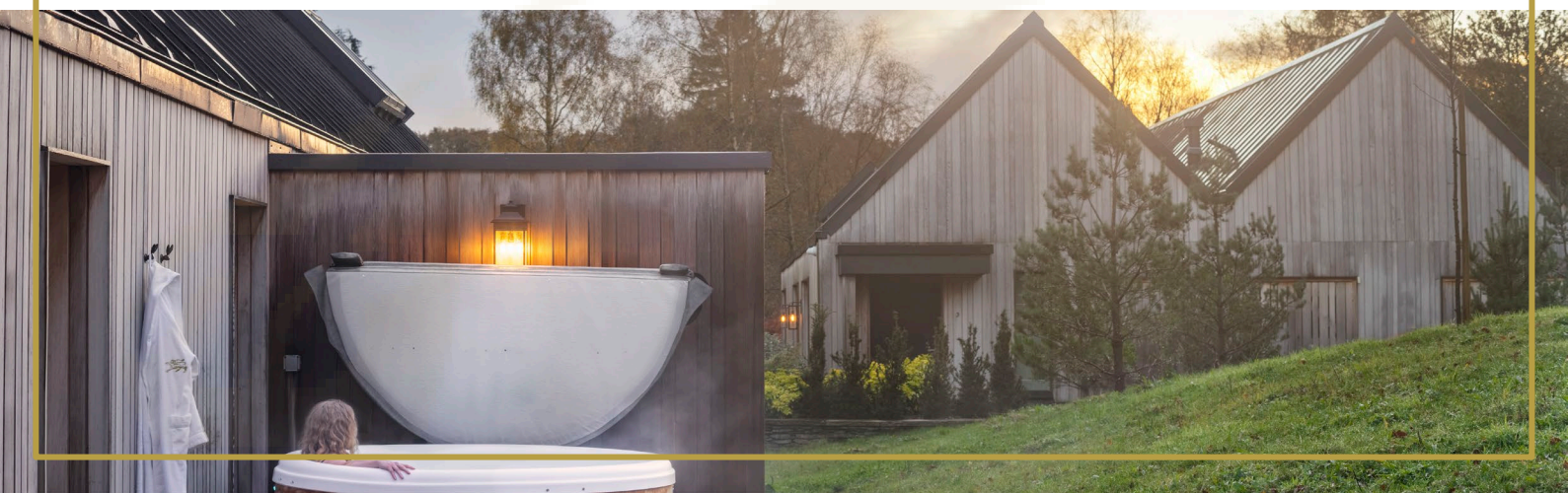
The Architecture of Stillness Meditation & Breath Work

The Architecture of Stillness - 1-2-1 Practice

30 minutes

60 minutes

Our 30-minute or 60-minute meditation and breathwork sessions offer a sanctuary from the noise of the world. Set within a calm, welcoming environment, these guided practices are designed to help you consciously relax the physical body, quiet the mind, and return to a state of profound inner peace..





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Scan The QR codes to Learn More

Terms & Conditions apply

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