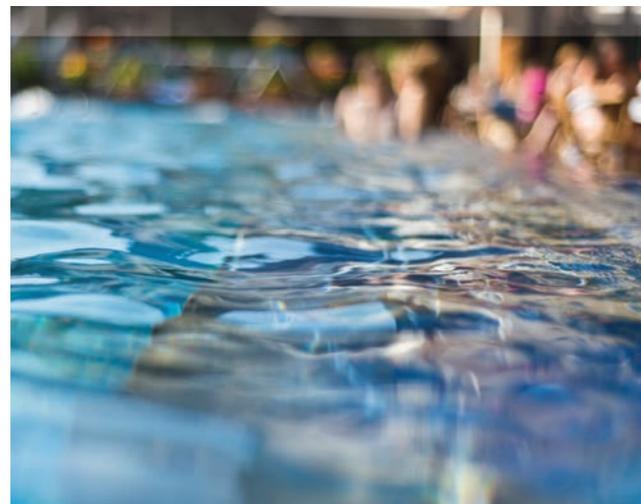


LIDO



take me to the water

The word 'lido' means 'beach' in Italian. It was adopted in Britain in the 1930s with the opening of hundreds of open-air swimming pools.

Accessible foreign travel spelled the end for many of these 'beaches'. The pleasure of outdoor swimming and the allure of European culture has led to a revival.

LIDO bristol, however, is like no other. Built in 1849 as a public bath, it is now a heated outdoor pool, spa, café, tapas bar and restaurant – a city sanctuary with a deckchair here and a sunshade there.

From breast-stroke at breakfast, through to a dip at dusk, the water's warm and the atmosphere is chilled – a nice slice of continental life.

LIDO restaurant

Southern European and Middle Eastern food from the kitchen that never sleeps. Behind the scenes we wood bake our sourdough, lovingly make the cakes and cultivate fresh yogurt. All of it is based on the freshest produce, carefully sourced from local suppliers. It's a real restaurant, in a refreshingly relaxed environment.

open: every day, 12–3pm
+ Monday to Saturday, 6–10pm
menus: www.lidobristol.com



poolside café and tapas bar

Breakfast until 11.30. Tapas from noon until late. Freshly baked cakes all afternoon. Shouldn't you be at work!

open: Monday to Saturday, 8am–11pm
+ Sunday, 9am–6pm
menus: www.lidobristol.com



the water

The contrast in temperatures between the air (*fresh*), the water (*warm*), the steam-room (*steamy*) and the hot tub (*hot*), is very invigorating.

You'll have an appetite at the end of it.

open to non-members: 1–4pm,
Monday to Friday, or see our swim
and eat packages.
more: www.lidobristol.com

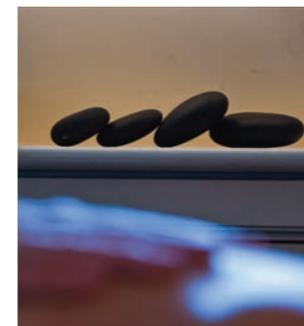
LIDO water is heated to 21–25°C.



LIDO treatments

Some spas are pretty stressful, with their etiquette and their rules. Not the LIDO. Just chat to one of our therapists, say what type of massage you want, or tell them which bit's aching. After your treatment you can relax in the LIDO tea room.

We use LIDO oils and scrubs for LIDO massages. Whether it's in the spa or the restaurant – everything is made by us or specially for us.



massage menu

LIDO treatments last 60 minutes and are £60 per person unless otherwise stated. If you've never had a massage before, we recommend you start with this one...

foot, hand and head

...and then work your way through these:

classic

couples (£120)

pregnancy, back and leg (not suitable in first trimester)

hot stone

lomi lomi

exfoliation

facial

back, neck, shoulder, facial

By the way, there's 20% off treatments and spa packages, Monday to Friday.

spa half-day

morning: 9am–5pm, or
afternoon: 4pm–10pm

- full use of facilities
- 1 hour spa treatment of your choice
- 1 hour relaxation in the spa tea room
- robe, towel and a pair of LIDO flip-flops

£80 per person

spa day

- full use of facilities 9am – 10pm
- breakfast
- 2-course lunch from the day's set menu
- tea, coffee and soft drinks throughout the day

£115 per person with a 1 hour spa treatment

£150 per person with 2 hours of spa treatments



Don't forget, 20% off treatments and spa packages, Monday to Friday. Keep an eye on www.lidobristol.com for seasonal spa offers.

spa: every day*, 9am–10pm
menu: www.lidobristol.com

* swimming pool closed 8.30–9.30am every Thursday.

lido products: www.lido-spa.com



private dining

Hire the beautiful Victorian spa tea room for a private dinner.

- available from 8pm
- maximum of 30 people
- a la carte or sharing menu
- a minimum spend applies



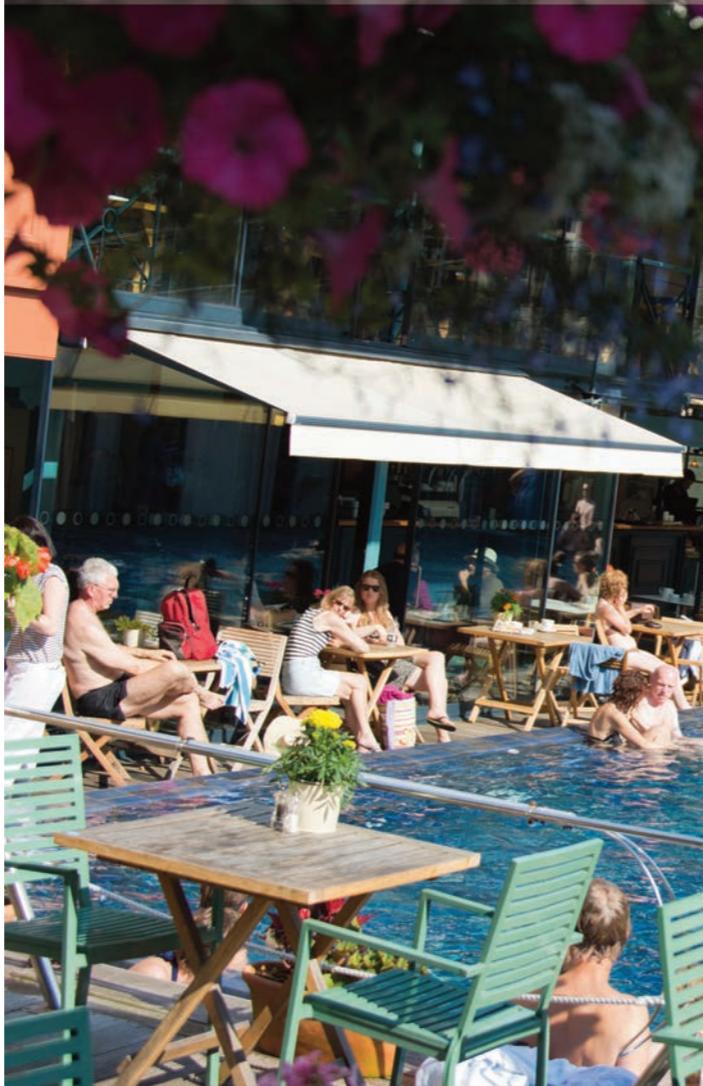
group bookings

We welcome groups in the Lido restaurant.

- available from 6pm (all day exclusive can be arranged)
- non-exclusive use for up to a maximum of 50 people
- exclusive restaurant use available for 51-100 guests.
- the 'shallow end' in the tapas bar can be reserved from 6.30pm for groups between 10 and 35.



information: www.lidobristol.com



LIDO bristol
 Oakfield Place
 Clifton
 Bristol BS8 2BJ

Call us 0117 933 9530
 spa@lidobristol.com
 www.lidobristol.com

Open

- **restaurant** every day, 12–3pm and Monday to Saturday 6pm–10pm for lunch and dinner.
- **water** every day, 7am–10pm
- **poolside bar** Monday to Saturday 8am–11pm and Sunday 9am–6pm for breakfast, drinks, cakes and tapas.



LIDO



swim and eat

Sharpen your appetite with a swim, sauna, steamroom and hot tub.

swim and breakfast

Swim and steam between 9–10am. Then take breakfast at your leisure. Choose from Turkish poached eggs, wood-baked kippers or a sourdough bacon sandwich.

Available: 7 days a week.
£30 per person

swim and lunch

Swim and steam between 11am–12 noon. Then enjoy a leisurely 2 course à la carte lunch.

Available: 7 days a week.
£35 per person

swim and afternoon tea

Swim and steam between 12–3pm. Then treat yourself to smoked salmon on toast, a glass of Prosecco and a cream tea.

Available: 7 days a week.
£35 per person

swim and dine

2 sessions – use the LIDO from 4.30pm and dine at 6pm, or use the LIDO from 7.30pm and dine at 9pm. Includes 2 course à la carte dinner.

Available: Monday to Saturday (timing restrictions apply). £40 per person

swim and tapas

Swim and steam between 12–3pm. Then enjoy a selection of tapas dishes and a glass of wine in the poolside tapas bar

Available: 7 days a week.
£30 per person

spa and dine

Swim and steam from midday. Indulge in a one hour spa treatment then dine from 6pm. Includes 2 course à la carte dinner.

Available: Monday to Saturday. £85 per person