



aquarias spa

AT WHATLEY MANOR

Restores mind & body
to a new harmony

The image is a composite. The left half features a vibrant green background with large, stylized white flowers and flowing, ethereal white lines. The right half shows a modern interior hallway with a wooden door frame, a glass partition with a grid of small dark squares, and a potted plant in a white pot. The text is overlaid on the right side.

rediscover
a whole
new sense
of wellbeing



Quite simply blissful

Aquarias Spa has been conceived to restore mind and body to a new harmony. Set in a pretty and peaceful countryside location in the Cotswolds. Superbly equipped and beautifully designed, facilities include a magnificent Hydrotherapy Pool that extends outside, Tepidarium with Heated Stone Recliners, Salt Scrub Showers, a Thermal Suite, and a VIP Suite for two. Our award-winning therapists deliver world-class luxurious face and body treatments. The gym and studio is the place to work-out and stretch your body. Light refreshments including a selection of smoothies, are served in the stylish spa lounge, overlooking the Hydrotherapy Pool with views to the Spa garden and woodland. Aquarias delivers total relaxation and sensory wellbeing.

Allow a couple of hours, or why not a full day, either way you won't want to rush.

Treatments

Relax before and after your treatment on the warm stone recliners in The Tepidarium. All spa treatments include a full consultation and aftercare advice from your therapist. Treatments marked with a + are suitable for pregnant women after their first trimester. Spa and beauty treatments must be booked in advance.

Aquarias Spa only selects renowned brands to head our collection of treatments. They are internationally recognised as leaders in their respective fields.

Natura Bissé

NATURA BISSÉ, founded in 1979 by Ricardo Fisas Mulleras, is a prestigious Spanish luxury skincare company. Product quality is one of the cornerstones of the success of NATURA BISSÉ. A leader in research, development and innovation, NATURA BISSÉ's formulas are created with the maximum concentration of cutting-edge, highly effective, active ingredients. NATURA BISSÉ is the International choice of A-list celebrities, their stylists and make-up artists, with a wealth of the world's most beautiful and photographed women using the products as part of their secret beauty.

ila-spa

Founded by Denise Leicester, ila brings balance to mind, body and spirit. The artisan produced ila-spa brand is 'beyond organic', which is only achieved by selecting the purest organic raw materials from ethical sources, in harmony with nature. These include three cornerstone ingredients – Damascena Rose essential oil from the foothills of the Himalayas, Himalayan Salt Crystals and wild grown Argan Oil from the Lower Atlas Mountains in Morocco. The raw materials are then hand blended at ila-spa's Cotswold Barn, ensuring that the finished holistic products retain their purity.

Lava Shells by Shared Beauty Secrets

The warmth of the tropics. Lava Shells are the world's first self-heating massage tool. A patented, natural, biodegradable heat technology is incorporated into the Lava Shell which then emits heat for over an hour, allowing therapists to provide a continuous and seamless body massage. Due to the Lava Shells® unique shape and angles they become an extension of the therapist's hands, deploying deeply therapeutic relief to where it is needed.

Jessica Nails

Considered to be the world's leading authority on natural nail care. Jessica Nails understands what it takes to achieve and maintain naturally beautiful nails; started in the 1970's when Jessica Vartoughin opened her own nail salons in America. As her reputation grew, celebrities became her clients and referrals poured in. Jessica Cosmetics and the Jessica Nails range are world-renowned.





Natura Bissé Bubble & Signature Treatment

Natura Bissé Bubble Suite Exclusive to Aquarias Spa and created to house the Natura Bissé Bubble

The Natura Bissé Treatment Bubble offers complete purity and detoxification in a completely isolated atmosphere. It's a place where the air you breathe will be 99.995% pure. Immerse yourself in a serene environment filled with soft aromatic notes that take your mind on an exquisite journey to wellbeing. It is a singular experience, providing exceptional results that rejuvenate and purify.

Upgrade your Natura Bissé treatment to the bubble for an introductory price for £10.

Natura Bissé Signature Treatment **Aquarias Diamond Ritual** **90 min – £150**

Anti-ageing - Stimulating - Firming

For the ultimate in luxury experiences treat yourself to this bespoke face and body ritual that has been created exclusively for Aquarias Spa at Whatley Manor. Begin your Diamond Ritual with a lavender inspired back massage using Diamond Body Cream to soothe away stress and relieve tired and achy muscles. Then indulge in a powerful anti-ageing Diamond Energy facial that energises the skin and dramatically restores elasticity, skin tone and texture.



Facials

Natura Bissé Diamond Life Infusion **90 min – £150**

Regenerating - Lifting - Anti-ageing - +

Indulge yourself in the ultimate facial when it comes to innovation and anti-ageing. This revolutionary experience provides unprecedented rejuvenating action by regulating the four key skin-age biomarkers. This facial redefines your facial contour, improves skin texture, fades wrinkles and expression lines in just one session. It includes the incredible 'champagne effect' exfoliation, the innovative 'chromo-rejuvenating mask' and the ground-breaking 'magnet massager' making it a breakthrough treatment in skin care.

Natura Bissé The Cure **75 min – £115**

Detoxifying - Restoring - Hydrating - +

This treatment is a new concept that detoxifies your skin, providing an immediate state of wellbeing so that your skin can reach maximum purity. A true antidote against the ravaging effects our modern lifestyle has on our skin. This deep cleansing facial includes an innovative enzymatic detox and as well as a meticulous extraction process, revealing extraordinarily soft, radiant skin.

Natura Bissé NB Ceutical **60 min – £95**

Soothing - Comforting - Calming - +

This treatment combines ingredients that repair and decongest, thanks to its ultra-softening botanical ingredients. Rebuild skin tolerance, visibly reduce sagging and reverse micro inflammation which causes premature ageing. Specifically designed to instantly reinforce the skin, this tailored facial is the perfect answer for hypersensitivity and rosacea.

Natura Bissé Vitamin C **60 min – £95**

Revitalising - Stimulating - Firming - +

This exquisite protocol awakens your senses, infusing skin with all of the energy in Vitamin C. An antioxidant treatment using 100% pure Vitamin C restores vitality to sun damaged skin and helps minimize the signs of premature aging. Its extraordinary anti-oxidant action repairs even the most mistreated skin, unveiling a completely hydrated, revitalised complexion that showcases your ultimate radiance. The delicious citrus fragrances and rich textures make this treatment an unforgettable experience.

Natura Bissé Oxygen **60 min – £90**

Purifying - Brightening - Balancing - +

Restore your skin's tone and vitality with this amazing purifying facial that is a breath of fresh air for your skin. The revitalising power of pure oxygen will decongest and brighten a dull complexion restoring clarity and a healthy glow. This facial treatment is for every type of skin; especially beneficial for anyone with dull or dehydrated skin and includes a powerful glycolic exfoliation and detoxifying facial massage.

Natura Bissé Express Peel **30 min – £65**

Refreshing - Renewing - Exfoliating

A new idea in skin treatment that incorporates a proven technique in aesthetic medicine, 'carboxytherapy.' The system uses CO₂ to fight the signs of skin ageing, producing an effervescent explosion that results in visibly revitalised skin. Using a combination of the five AHA's this triple exfoliating treatment will produce visible results in just thirty minutes and gives skin that perfect glow.

Natura Bissé Taster Facial **30 min – £65**

Cleansing - Hydrating - Calming - +

An introduction to Natura Bissé this revitalising express facial is perfect for rejuvenating the skin without exfoliation and is suitable for all skin types.

ila Ananda Face Therapy **60 min – £90**

Illuminating - Hydrating - Anti-ageing - +

This divine therapy restores natural luminance by increasing blood circulation and stimulating the free-flow of energy to facial cells. Specialised techniques combined with powerful damascena rose oil and sandalwood oils reduce inflammation, address hormonal imbalance and open the energy centres of the face. Your skin will glow with radiance and youth.

ila Renewed Recovery Face Therapy **75 min – £115**

Detoxifying - Regenerating - Anti-inflammatory - +

This restorative facial draws on intensely healing rainforest extracts to rejuvenate facial skin. Warm herbs, lymphatic drainage techniques and an Amazonian mud mask encourage toxin release and reduce water retention, increase blood supply and boost collagen at a cellular level. Skin tone is brightened and muscle contraction inhibited, softening fine lines and wrinkles.

ila Gold Cellular Age-Restore Face Therapy **90 min – £150**

Advanced Anti-Ageing - Hydrating - Repairing

For mature, irritated & rosacea prone skin. Using ila's Gold Cellular Age Restore Collection, this powerful treatment encompasses a blend of the world's most undiscovered ingredients that have been proven to work with the skin to heal and protect from the many natural signs of ageing. Three types of naturally occurring gold and the rarest of Frankincense are massaged into the skin.

ila's unique BosTriWell® & hyaluronic extract combined with 'sonic wave therapy' instantly increases collagen levels and reduces cell inflammation. Skin is reprogrammed and rejuvenated.

Course of Facials

Choosing from any facial in the Aquarias Spa treatment menu, book a course of six facials and pay for five. Payment must be made in full at the time of booking. Please speak to Aquarias Spa reception for further information.

Face & Body Taster Treatments **Natura Bissé D-stress**

60 min – £90

Oxygenating - Hydrating - Decongesting

A luxurious oxygen therapy treatment that detoxifies and hydrates targeted areas. Begin with a relaxing back massage that flows into a deep cleansing facial with exfoliation. This treatment includes a scalp and foot massage for the ultimate taster experience.

Natura Bissé Recharge **60 min – £90**

Firming - Revitalising - Brightening

Recharge your body and mind with the antioxidant benefits of pure Vitamin C. Begin with a relaxing back treatment that flows into a facial to brighten the skin. This taster treatment includes a scalp and foot massage to leave you feeling totally revitalised.

Natura Bissé Recovery **60 min – £90**

Calming - Strengthening - Recovery

This exceptional treatment soothes irritated skin and reduces inflammation. Starting with a back massage, followed by a scalp and foot massage, concluding with the perfect facial for damaged and hypersensitised skin.

+ treatments are suitable for pregnant women after their first trimester.

Body wraps, muds & scrubs

Natura Bissé Citrus Drench

60 min – £90

Revitalising - Firming - Energising

Indulge in this luxurious body scrub and wrap which contains highly concentrated Vitamin C emulsions. This deeply hydrating and firming body treatment is perfect to protect the skin from dryness and premature ageing.

Natura Bissé O2 Body Perfection

60 min – £90

Purifying - Hydrating - Revitalising

Relaxing, oxygenating body exfoliation and wrap, highly recommended for lacklustre, dehydrated or devitalized skin. Rich in macronutrients to provide an intensely nourishing, firming and rejuvenating effect. Helps prevent fluid retention, eliminate toxins and reduce cellulite.

Natura Bissé Citrus Scrub

30 min – £55

Exfoliating - Revitalising - Firming

A sensory experience combined with micronised bitter orange lava and bamboo that will leave your skin feeling silky smooth.

*Please note this treatment is available as an add on treatment only.

ila Energising and Detoxifying Body Renewal

60 min – £90

Exfoliating - Detoxifying - Rejuvenating

Using the ionizing properties of Himalayan Salt Crystals, this Body Renewal is the ideal treatment for cellulite, stress and exhaustion. On a physical level, it results in a rapid elimination of tension and increased warmth and energy in the body; stimulates circulation and toxin elimination; reduces cellulite and brightens skin. On a subtle level, it cleanses and strengthens the bio-energy fields leaving mind, body and spirits uplifted.

ila Blissful Body Renewal

60 min – £90

Exfoliating - Relaxing - Restoring

Drawing on the healing properties of Himalayan Salt Crystals, this heavenly body scrub nourishes both bodily and emotional wellbeing – ideal for when special pampering is required. Pure essential oils of damascena rose otto, jasmine and sandalwood work directly with the sensory organs to settle the nervous system and revive stressed or neglected cells. Skin is left glowing with health and a sense of joy is restored.

ila Body Wrap for Bio-Energising

90 min – £125

Revitalising - Detoxifying - Healing

In this deeply rejuvenating treatment, an energising and detoxifying scrub is intensified by the addition of a wrap, drawing deeper toxins from the cells. Revitalising the skin and lymphatic system, the wrap physically detoxifies and cleanses the body – removing waste products, and softening skin. It restores depleted energy levels and strengthens the bio-energy field. On a subtle level, it can also promote profound healing in the energy body.





immerse in
tranquility

hydrotherapy pool

Body massage

Natura Bissé Diamond Rose Massage

90 min – £150

Restoring - Nourishing - Relaxing

This award-winning body treatment has outstanding restorative effects, providing dramatic results and giving you truly 'Red Carpet Ready' skin. Take a journey through an unprecedented sensory experience. Enjoy a smoothing and nourishing exfoliation followed by a regenerating massage with the exquisite absolute Damask rose oil that will transport you to a complete state of relaxation and well-being.

Natura Bissé Quiro Golf

60 min – £95

Relaxing - Relieving - Soothing

This unique treatment relaxes your muscles from head to toe through an amazing therapeutic massage that uses golf balls to improve circulation and reduce joint pain. These innovative therapy techniques improve body flexibility and restore balance to body and mind leaving you free from tension and tight muscles.

Natura Bissé Lomi Juma

60 min – £95

Energising - Balancing - Soothing

Restore your inner balance with a fusion of techniques inspired by ancient Pacific practices and traditional Mediterranean massage movements. The key to the effectiveness of this massage is the Lomi Juma techniques based on three movements created by Natura Bissé coupled with the indulgent aroma and texture of their Vitamin C Aroma Balm. It will improve microcirculation, unblock your joints and relax your muscles while restoring physical and mental well-being.

ila Kundalini Back Treatment

60 min – £95

Soothing - Restoring - Balancing

Ideal for emotionally exhausted souls, this nurturing treatment has an extraordinarily restorative effect on the sympathetic and parasympathetic nervous systems. Chakra and sound healing activate and channel the Kundalini – the dormant energy at the base of the spine: tension is lifted; negativity is released; and the body is brought back to a state of awareness and balance.

ila Manipura Full Body Treatment

60/90min – £95/£130

Regulating - Stimulating - Enlivening

This warming treatment helps balance and energise the Manipura – the solar plexus (naval) chakra – the center of fire and sun energy that ignites our health and vitality. Meaning 'beautiful, shining jewel' in Sanskrit, the Manipura massage uses marma massage, lymphatic drainage and herb poultices to relieve digestive blockages, increase blood and lymph flow and stimulate inner vibrancy.

ila Ku Nye Treatment

90 min – £130

Tension-releasing - Harmonising - Revitalising

This Tibetan body treatment balances the five elements to restore a harmonious flow of energy and vitality. A blend of five essential oils work together to stabilise the five sensory organs, while Tibetan techniques – cupping, kneading, and hot stone/poultice acupressure – help release physical and mental tension, harmonising from the tips of the toes to the crown of the head.

ila Pregnancy Treatment

60 min – £90

Nourishing - Balancing - Relaxing - +

This nourishing treatment combines rosehip seed and argan oil infused with extracts of lavender, geranium and rose to bring peace and harmony to mother and baby. Himalayan herb poultices are gently massaged into marma and meridian points to relieve aches and pains. Excess fluid and heat is removed. Anxiety is lifted, while dry skin is replenished and supported in the fight against stretch marks.

Lava Relax

30/60min - £60/£95

Revitalising - Soothing - Tension-releasing

The indulgent and truly pampering lava shell massage offers an idyllic treatment combining the warmth of the shells with deeply relaxing massage techniques to create a sense of balance to the entire body and mind. During the massage, the shells are worked over the body in slow deep movements to warm and ease away all tension, knots and stresses.

Lava Mama

60 min – £95

Energising - Balancing - Comforting +

Lava Mama is a pregnancy treatment which creates a blissful combination of relaxation and stimulation to ease away aches and pains particularly focusing on the back, hips and legs as the pregnancy progresses. The treatment also aims to improve energy levels, assisting circulation and alleviating puffiness and fluid build-up particularly in the legs and ankles.

Lava Wellness

60 min – £95

Relaxing - Calming - Soothing

Lava Wellness provides a safe and nurturing treatment during and after healing from cancer. The massage uses the warmth of the heated lava shells for comfort and relaxation, whilst cooling shells provide a sense of balance. This provides a feeling of total relaxation and peacefulness during and after cancer therapy.

+ treatments are suitable for pregnant women after their first trimester.

Body massage

Aquarias Swedish Massage

30/60/90 min – £55/£90/£125

Relaxing - Stimulating - Restoring

Escape to tranquility with a personalised full body Swedish massage. Using light to medium pressure your therapist can adapt the treatment to focus on specific areas of the body that need the most attention. Combined with the use of luxurious aromatic body oils, stress and tension will quickly melt away.

Aquarias Deep Tissue Massage

30/60/90min – £60/£95/£130

Tension-releasing - Detoxifying - Balancing

A concentrated massage that uses deep pressure to focus on relieving tense and painful muscles and increasing range of motion. This massage is designed to target the main tension zones on the back of the body and is the perfect choice for a pre or post work out treatment.

Aquarias Hot Stone Massage

30/60/90 min – £60/£95/£130

Relaxing - Warming - Stimulating

Heated volcanic stones are used in combination with a full body massage to provide smoothing and relaxing heat to the muscles. This treatment helps relieve tired and achy muscles and induces a state of deep relaxation.

Aquarias Heavenly Head Massage

30 min – £55

Calming - Relaxing - Soothing +

Indulge in a relaxing shoulder, neck and head massage to totally unwind and ease away the stresses of the day. Using a hydrating aromatic oil for an intensive hair and scalp treatment.

+ treatments are suitable for pregnant women after their first trimester.







Treatments & Grooming for Gentlemen

Natura Bissé Oxygen Facial

60 min – £90

Purifying - Brightening - Balancing

This amazing purifying facial is a breath of fresh air for your skin. Suitable for all skin types and especially beneficial for dull or dehydrated skin and includes a powerful glycolic exfoliation and detoxifying facial massage.

Natura Bissé Taster Facial

30 min – £65

Cleansing - Hydrating - Calming

An introduction to Natura Bissé for men. This revitalising express facial is perfect for rejuvenating the skin without exfoliation.

ila Men's Rejuvenation Face Therapy

60 min – £90

Purifying - Restoring - Revitalising

This deep-cleansing facial uses regenerating plant extracts to reduce the visible signs of ageing. The perfect choice to promote cellular hydration and diminish the appearance of fine lines.

Natura Bissé D-stress Taster Treatment

60 min – £90

Oxygenating - Hydrating - Decongesting

A luxurious oxygen therapy treatment that detoxifies and hydrates. Begin with a relaxing back massage that flows into a deep cleansing facial with exfoliation. This treatment includes a scalp and foot massage for the ultimate taster experience.

Waxing:

Back including shoulders - 60 mins - £45

Chest - 45 mins - £38

Chest and Stomach - 60 mins - £45

Eyebrows - 15 mins - £17

Natura Bissé Quiro Golf

60 min – £95

Relaxing - Relieving - Soothing

Relaxing your muscles from head to toe through an amazing therapeutic massage that uses golf balls to improve circulation and reduce joint pain. These innovative therapy techniques improve body flexibility and restore balance to mind and body.

Lava Recovery

30/60 min – £60/£95

Revitalising - Soothing - Tension-releasing

This lava shell massage promotes deep relaxation by combining deep massage moves with the heat of the Lava Shells. The perfect cure for tired and aching muscles.

Aquarias Deep Tissue Massage

30/60/90 min- £60/£95/£130

Tension-releasing - Detoxifying - Balancing

This concentrated massage uses deep pressure to focus on relieving painful muscles and increasing range of motion. Designed to target the main tension zones on the back of the body it is the perfect choice for a pre or post work out treatment.

Gentlemen's Manicure

45 min – £35

With exfoliation, nail shape, cuticle treatment and hand massage.

Gentlemen's Pedicure

45 min – £45

With exfoliation, nail shape, cuticle treatment and foot massage.

A photograph of a gym interior featuring several treadmills in the foreground and background. The gym has a wooden floor and large windows in the background. The text 'Membership of Aquarias Spa & Gym' is overlaid in a large, white, serif font.

Membership of Aquarias Spa & Gym

Member's Gym

Gym and Spa Opening Times

Monday to Friday 8.00am – 9.00pm

Saturday and Sunday 8.00am – 8.00pm

Full Single Membership

Monday to Friday from 8.00am to 9.00pm

Saturday and Sunday from 8.00am to 8.00pm

£140 per month and a one off joining fee of £150

Full Joint Membership

Based on two people living at the same residential address

Monday to Friday from 8.00am to 9.00pm

Saturday and Sunday from 8.00am to 8.00pm

£220 per month and a one off joining fee of £250

Single Off Peak Membership

Monday to Thursday from 8.00am to 9.00pm

£75 per month and a one off joining fee of £150

Joint Off Peak Membership

Monday to Thursday from 8.00am to 9.00pm

Based on two people living at the same residential address

£125 per month and a one off joining fee of £250

Single Weekend Membership

Monday to Friday from 8.00am to 9.00pm

Saturday and Sunday from 8.00am to 8.00pm

£75 per month with a one off joining fee of £150

Joint Weekend Membership

Based on two people living at the same residential address

Friday from 8.00am to 9.00pm

Saturday and Sunday from 8.00am to 8.00pm

£125 per month and a one off joining fee of £250

As a member of Aquarias Spa and Gym you will also enjoy the following benefits. Please refer to our website for the full terms and conditions:

- 10% discount on all spa treatments.
- 10% discount on all food and beverage in the spa lounge.
- 10% discount on all food and beverage when ordering from the hotel bar menu served in the Drawing Room, Sitting Room and Reception Hall.
- Unlimited guest passes at £30 per guest.
- 10% discount in our brasserie 'Le Mazot' when choosing from the lunch and dinner à la carte menu.
- Stay at Whatley Manor at the special member's rate of £200 per room per night including bed and breakfast.
- 10% discount in our Michelin two-starred restaurant 'The Dining Room'.
- 10% discount on all events at Whatley Manor.
- Access to the gym and spa outside of membership is £30 per visit.

To discuss membership or to arrange a visit please contact Aquarias Spa on 01666 827 070 or email aquarias@whatleymanor.com

All information and prices are correct at the time of going to press and are subject to variation without notice.



Finishing touches

Tinting

A patch test is required at least 24 hours before treatment

Eyelash Tint - £20
Eyebrow Tint - £17
Lash and Brow Tint - £25

Waxing

Eyeblink £17	Full Leg £37
Eyeblink Threading £17	Bikini £20
Lip £17	Brazilian £32
Chin £17	Hollywood £38
Lip & Chin £30	Half Leg & Bikini £40
Underarm £20	Full Leg & Bikini £50
Half Leg £27	

Hands

Jessica Manicure

60 min – £45

With exfoliation, nail shape, cuticle treatment and hand massage. Complete with either a colour polish or nourishing paraffin wax. Please confirm your choice of polish or paraffin wax when you make your booking.

Jessica Deluxe Manicure

75 min – £55

With exfoliation, nail shape, cuticle treatment, nourishing mask, heat treatment and a hand and arm massage.

Jessica File and Varnish

30 min – £35

Jessica Geleration Manicure

75 min – £55

With exfoliation, nail shape, cuticle treatment, hand massage and Gel polish.

Jessica Geleration Mini Manicure

45 min – £45

Jessica Geleration Removal

30 min – £20

Feet

Jessica Pedicure

60 min – £55

With exfoliation, nail shape, cuticle treatment and foot massage. Complete with either a varnish or nourishing paraffin wax. Please confirm your choice of varnish or paraffin wax when you make your booking.

Jessica Deluxe Pedicure

90 min – £65

With exfoliation, nail shape, cuticle treatment, nourishing mask and heat treatment, foot and leg massage and polish or paraffin wax.

Jessica File and Varnish

30 min – £35

Jessica Geleration Pedicure

75 min – £65

With exfoliation, nail shape, cuticle treatment, foot massage and Gel polish.

Jessica Geleration Mini Pedicure

60 min – £55

Jessica Geleration Removal

30 min – £20

VIP Suite

Exclusive pampering for two...

For the ultimate in pampering take time to relax and enjoy your treatments together in the VIP Suite. Complete with its own hydro bath and unique treatments, the VIP Suite offers a highly luxurious, exclusive experience in complete seclusion.

Natura Bissé Royal Citrus Experience

3 hrs – £485

Revitalising - Energising - Firming

Indulge in the ultimate Natura Bissé experience for couples. The Royal Citrus experience begins with a citrus scrub then flows into a relaxing and restoring Lomi Juma full body massage, using techniques based on three movements created by Natura Bissé. Conclude your experience with a facial using 100% pure Vitamin C to restore vitality and renew skin firmness. A fresh camomile tea ritual concludes this experience.

Aquarias Heaven

2 ½ hrs – £465

Renewing - Stimulating - Relaxing

A personalised rebalancing journey to promote tranquility and rejuvenation. Includes a full body aromatherapy salt and oil polish. A luxurious flower bath followed by a full body massage using warmed volcanic basalt stones infused with aromatherapy oils. A fresh camomile tea ritual concludes this experience.

ila Chakra Wellbeing

3 hrs – £485

Rejuvenating - Healing - Hydrating

The treatment involves deep relaxation of the nervous system, lymphatic drainage, subtle healing of the chakras and the pouring of warm oil over the third eye (Shirodhara) to restore and relax every sense. Includes a rose and jasmine infused body scrub followed by a relaxing ila bath. Re-balancing body and facial massage using an exquisite blend of jasmine, rose and orange blossom to encourage a feeling of togetherness and uplift the soul. Shirodhara oil pouring to restore and relax every sense. A fresh camomile tea ritual concludes this experience.



Aquarias Day Spa Experiences at Whatley Manor

Diamond Elite Spa Day - £195

Sunday to Friday from 9.00am to 5.00pm

Indulge in our Aquarias Spa signature experience which includes full use of the spa facilities, a light lunch with a glass of champagne and the 90-minute Aquarias Diamond Ritual.

Ultimate Luxury Spa Day - £235

Sunday to Friday from 9.00am to 5.00pm

Includes full use of the spa facilities, a light lunch and two 60-minute treatments.

Pure Indulgence Spa Day - £150

Sunday to Friday from 9.00am to 5.00pm

Includes full use of the spa facilities, a light lunch and one 60-minute treatment.

Essential Escape Spa Day - £125

Sunday to Friday from 9.00am to 1.00pm or 2.00pm to 6.00pm

Includes full use of the spa facilities, tea or coffee, and one 60-minute treatment.

Time for Two Spa Day - £360

Sunday to Friday from 9.00am to 5.00pm

Includes full use of the spa facilities, one 60-minute treatment each in the VIP Suite, followed by relaxation in the hydro bath. A light lunch and a glass of champagne will be served in the Spa Lounge.

All treatments for the spa day packages must be chosen from the following list:

Natura Bissé Oxygen Facial
Natura Bissé Taster Treatments
ila Ananda Facial
ila Men's Rejuvenating Facial
Swedish Massage
Pregnancy Massage
Natura Bissé Citrus Drench
Natura Bissé o2 Body Perfection
ila Energising and Detoxifying Body Renewal
ila Blissful Body Renewal

Natura Bissé Treatment Bubble

Upgrade your Natura Bissé treatment in the bubble for an introductory price of £10.

Purify and detox in a completely isolated atmosphere where the air you breathe is 99.995% pure delivering exceptional results that rejuvenate and purify.

Sundown Spa - £75

Monday to Friday from 5.00pm to 8.30pm

Includes full use of the spa facilities, tea or coffee, and a 30-minute treatment choosing from the following:

Natura Bissé Taster Facial – 30 mins

Swedish Massage – 30 mins

Mini File and Paint – 30 mins

Spa Use

Spa experiences and spa use include unlimited use of the Aquarias Gym and Studio complete with Powerplate®, Hydrotherapy Pool, Thermal Cabins, and Salt Scrub Showers. Complimentary luxury bath robes, towels and slippers are provided for your comfort. The stylish spa lounge overlooks the Hydrotherapy Pool and the Spa garden. A light refreshment menu is served in the spa lounge from 12 noon to 6.00pm.

Full Day Spa Use - £70

Sunday to Friday from 9.00am to 5.00pm

Half Day Spa Use - £50

Sunday to Friday from 9.00am to 1.00pm or 2.00pm to 6.00pm

Evening Spa Use - £40

Monday to Friday from 5.30pm to 8.30pm or Saturday and Sunday 4.30pm to 7.30pm

Evening Spa and Dine - £70

Monday to Friday 5.00pm to 8.00pm with dinner booked for 8.30pm

Choose either a starter and a main course or a main course and a dessert as part of the 'Evening Spa and Dine'. Tea or coffee is included.





Whatley Manor

tranquil and relaxing

Whatley Manor is a beautifully restored Cotswold country manor house hotel. As soon as the huge oak gates open and close silently behind you, the magic begins.

Located from Junction 17 or 18 of the M4. 2 hours from central London and 1 ½ hours from Heathrow Airport. Under 1 hour from Bristol Airport

Helicopters may land at Whatley Manor

23 bedrooms, each entirely individual

Set in 12 acres of beautiful English country gardens with 26 distinct areas

Le Mazot, casual brasserie serving lunch and dinner daily
The Dining Room, a fine dining experience by Michelin two-starred chef Martin Burge

Aquarias Spa – Featuring world renowned spa brands including treatments by Natura Bissé, 'beyond organic' spa treatments by ila-spa, Lava Shells by Shared Beauty Secrets and natural nail care by Jessica Nails

Stylish conference suite housed in converted stable block including a 40 seat private cinema

whatley manor
HOTEL AND SPA

Whatley Manor Hotel & Spa Easton Grey Malmesbury Wiltshire SN16 0RB
Telephone +44 (0) 1666 822 888 Email reservations@whatleymanor.com
Web whatleymanor.com @Whatley_Manor



Spa information

Gym and Spa opening times

Monday to Friday
8.00am – 9.00pm

Saturday and Sunday
8.00am – 8.00pm

How to make a booking

All spa and beauty treatments must be booked in advance. Book your treatment by calling Aquarias Spa reception on 01666 827 070 or email aquarias@whatleymanor.com

If you would like to know more about a particular treatment, we will be delighted to advise you on what is best suited to your needs. Day spa guests are required to pay a deposit of 50% at the time of booking.

Cancellation policy and late arrivals

24 hours notice is required if you need to cancel an appointment. Failure to do so will mean we will charge the full cost of your treatment. Ensure you arrive in good time; late arrival may result in your treatment time being reduced or cancelled with the full cost being charged.

Health concerns

Treatments are available on completion of our health questionnaire. All treatments include a full consultation with the therapist. Please inform us at the time of booking if you have a heart condition, suffer from high/low blood pressure, are pregnant or have any physical ailments or allergies. Prior to using the gym, guests should have an individual consultation with a member of the staff or sign a medical disclaimer. If you have any concerns please consult your doctor. If you ignore this advice you do so at your own risk.

During pregnancy

During pregnancy we recommend that you do not use the Thermal Cabins or the Hydrotherapy Pool. A range of treatments are available for you to enjoy during your pregnancy following your first trimester. Treatments marked with a + are suitable after your first trimester.

Children Policy

For health and safety reasons the minimum age for use of the spa & gym facilities is 16. Whatley Manor welcomes children in the hotel and in The Dining Room from the age of 12. Children of all ages are welcome in Le Mazot Brasserie and in The Sitting Room for Afternoon Tea.

Gift certificates

Gift certificates are available for a stay at Whatley Manor, dining in our restaurants, spa experiences or for any amount of value. Gift certificates are valid for 12 months from date of purchase.

Membership of Aquarias Spa

A range of Aquarias Spa membership options are available annually and numbers are restricted to ensure maximum enjoyment of all the facilities for members. For further information, or to obtain membership details, please contact Aquarias Spa on 01666 827 070 or email aquarias@whatleymanor.com

Spa Etiquette

When should I arrive?

If you have booked a treatment we suggest you arrive at least half an hour in advance so you can relax and unwind. Warm your body gently in the Tepidarium, Thermal Cabins or Hydrotherapy Pool as this will enhance your enjoyment of the treatment. We suggest you do not use the Salt Scrub Showers if you are having a body treatment that already incorporates a scrub.

What should I wear?

You will find a robe in your hotel room or the locker in Aquarias Spa. Slip your robe over your swim suit and make your way to Aquarias reception. When moving around Aquarias Spa please wear your swim suit. When enjoying your treatment we will protect your modesty and keep you wrapped up warm. If you prefer, disposable underwear is available on request.

aquarias spa

AT WHATLEY MANOR

Book your experience now

Call 01666 827 070
or email aquarias@whatleymanor.com



Book your experience now

Call 01666 827 070
or email aquarias@whatleymanor.com
