





# Quite simply blissful

Aquarias Spa is 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, a tepidarium with heated stone recliners, a thermal suite and salt scrub showers.

Our expert therapists craft world-class luxurious face and body treatments. The gym and studio is the place to work-out and stretch the body. Lie back on the underwater recliners in the hydrotherapy pool cushioned by thousands of soft air bubbles. Light refreshments including a nutritionally balanced menu is served in the stylish spa lounge with views to the spa garden and countryside beyond.

This is the ultimate in relaxation.





Spa and Gym opening times:  
Monday to Friday 7.00am – 9.00pm • Saturday and Sunday 8.00am – 8.00pm

## Spa Information

### How to make a booking

All treatments must be booked in advance. Book your treatment by calling Aquarias Spa on 01666 827 070 or email [aquarias@whatleymanor.com](mailto:aquarias@whatleymanor.com). If you would like to know more about a particular treatment, we will advise you on what is best suited to your needs. Day spa guests are required to pay in full at time of booking.

### When to arrive

We suggest you arrive at least half an hour in advance of your treatment so you can relax and unwind.

### Health concerns

Please advise us of any health concerns and any medication that you are taking. Guests to the spa are requested to complete a health questionnaire. All spa treatments include a full consultation and aftercare advice from your therapist.

### During pregnancy

During pregnancy we recommend that you do not use the thermal suite 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 for pregnant women after their first trimester.

## Spa Information

### Age 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 Grey's Brasserie and the Garden Room for afternoon tea.

### Gift vouchers

Gift vouchers are available for a stay at Whatley Manor, dining in our restaurants, and spa experiences. Gift vouchers are valid for 12 months from date of purchase. Purchase your gift vouchers online at [whatleymanor.com](http://whatleymanor.com)

### Whatley Manor social & spa membership

Membership is available annually and numbers are restricted to ensure maximum enjoyment of all the facilities for members. For further information, please contact Aquarias Spa on 01666 827 070 or email [membership@whatleymanor.com](mailto:membership@whatleymanor.com)

### Cancellation policy and late arrivals

Spa Days cancelled with 72 hours' notice are fully refundable. No charge will be made for treatment appointments where 24 hours' notice of cancellation is received. If you arrive late for a treatment, the time of the appointment will be shortened out of consideration for the next guest.





# Facials

## Facials

### **Diamond Life Infusion + 90 mins – £150**

*Regenerating – Lifting – Anti-ageing*

Indulge in the ultimate facial when it comes to innovation and anti-ageing. This intensive, comprehensive treatment results in firmer, more luminous and visibly younger looking skin. Redefines your facial contour, improves skin texture and fades wrinkles and expression lines in just one session, making it a breakthrough treatment in skin care.

### **The Cure + 75 mins – £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. This deep cleansing facial includes an innovative enzymatic detox, revealing extraordinarily soft, radiant skin.

### **Ceutical + 60 mins – £95**

*Soothing – Comforting – Calming*

This treatment combines ingredients that repair and decongest, thanks to its ultra-softening botanical ingredients. Strengthens your self-defence mechanisms against harmful aggressors. Specifically designed to instantly reinforce the skin, this tailored facial is a serious answer for hypersensitivity and rosacea.

### **Vitamin C + 60 mins – £95**

*Revitalising – Stimulating – Firming*

An antioxidant treatment using 100% pure Vitamin C, restoring vitality to sun damaged skin and helping to minimise the signs of premature ageing. Its extraordinary anti-oxidant action repairs even the most mistreated skin, unveiling a completely hydrated, revitalised complexion that showcases your ultimate radiance.

### **Oxygen + 60 mins – £95**

*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.

### **Jennifer Young Glowing Facial 60 mins – £95**

*Relaxing – Illuminating – Harmonising*

This relaxing facial is blissfully adapted to bring a glow of health and harmony to even the most sensitive skin. Soothing massage techniques will help to promote rest and relaxation for glowing radiance. This treatment can be extended to include a heavenly scalp massage.



## Body treatments and massage

### Melting Away

60/90 mins - £95/£140

*Relaxing – Warming – Harmonising*

Experience something new with this ultimately relaxing massage using slightly warm melted candle oil for a soothing experience. Choose your preferred beautifully fragranced soy bean and beeswax candle, which you will take with you to continue your spa experience at home.

### Jennifer Young Indulgent Massage

60/90 mins - £90/£135

*Relaxing – Harmonising – Re-balancing*

This deeply relaxing bespoke massage uses 100% natural and organic oils and is ideal for the most sensitive skins. Adapted to your needs, let the power of touch bring harmony and well-being. Extend this treatment to ninety-minutes to include a soothing scalp massage.

### Hot Stone Massage

60 /90 mins – £95/£140

*Relaxing – Warming – Stimulating*

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

### Swedish Massage

60/90 mins – £90/£135

*Relaxing – Stimulating – Restoring*

Escape to tranquillity 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.

### Synchronised Massage

60 mins - £190

*Revigorating – Detoxifying – Relaxing*

This full body synchronised and rhythmic four-hand massage releases energy blocks by massaging specific marma points in the body. Two therapists will work in unison to get rid of toxin build up to leave you feeling relaxed and totally revitalised.



## Body treatments and massage

### Thai Massage

90 mins - £150

*Deep massage – Relaxing – Balancing*

Traditional Thai massage is a 2500-year old technique for total relaxation for the body and mind. It is described as 'Yoga Massage'. It helps to relieve back pain, tense shoulders, and stiffness in the joints and muscles. It has also been known to improve digestion and sciatica. On an emotional level Thai massage is both relaxing and energising. You will be fully clothed throughout the massage, as your therapist guides your body through a sequence of passive stretching and bending movements.

### Lomi Lomi Massage

60/90 mins - £95/£140

*Relaxing – Tension-releasing – Detoxifying*

Lomi Lomi is a traditional Hawaiian massage technique that works gently, yet deeply into the muscles with continuous flowing strokes

to provide complete relaxation, relieve stress and improve circulation. Energy blocks are released to restore balance to the mind and body.

### Bamboo Massage/ Deep Tissue Massage

60/90 mins - £95/£140

*Invigorating – Detoxifying – De-stressing*

Bamboo massage is a deep muscle massage where bamboo poles are used to manipulate the muscles to relieve back pain and general stiffness. Alternatively choose a concentrated massage that uses deep pressure & stretching to focus on relieving muscle tension.

### Seasonal Body Scrub inspired by botanical flowers from our gardens

60 mins - £90

*Exfoliating – Invigorating – Nourishing*

A total body exfoliation leaving your skin feeling fresh, smooth and moisturised.





# Aquarias Spa Rituals

## Aquarias Spa Rituals

### Jennifer Young Top-To-Toe

75 mins - £120

*Relaxing – Harmonising – Gentle*

This top-to-toe experience includes a gentle body massage followed by a facial using 100% natural and organic products ideal for the most sensitive skin. A scalp massage completes this treatment.

### Heavenly Mother-to-Be Massage +

60 Mins/90 mins – £90/£135

*Nourishing – Balancing – Relaxing*

This heavenly full body pregnancy massage uses our bespoke blended massage oil. Anxiety is lifted, while dry skin is replenished and supported in the fight against stretch marks. This massage also helps to alleviate water retention and aids deep sleep.

### Heart-to-Heart

**For the ultimate in pampering**

2 1/2 hrs - £450 for two guests

*Relaxing – Romantic – Unifying*

Take your time to settle into the VIP Suite with its own hydrobath filled with rose petals. Relax together with a full body massage and a facial. Enjoy a chilled glass of champagne whenever you choose.

### Aromatherapy and Mineral Body Wrap

90 mins - £145

*Exfoliating – Revitalising – Detoxifying*

A nourishing scrub followed by a mineral rich body wrap containing health giving magnesium. Finishing with an aromatherapy massage to leave your skin feeling supple and replenished.

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### Gold and Caviar Body Wrap

90 mins - £155

*Rejuvenating – Nourishing – Beautifying*

This decadent and rejuvenating body wrap contains 23 carat gold, and incorporates a full body exfoliation. A mini-facial completes this treatment for an undeniably luxurious experience. Leaving the skin shimmering with a golden glow.

### Natura Bissé Diamond Ritual

90 mins – £155

*Anti-ageing – Stimulating – Firming*

This luxurious bespoke face and body ritual, created exclusively for Aquarias Spa. Commencing with a lavender inspired back massage to soothe away stress and relieve tired and achy muscles. Followed by a powerful anti-ageing Diamond Energy Facial that restores elasticity, skin tone and texture.

### Clearing the Mind

60 mins - £100

*Relaxing – Hydrating – Nourishing*

A deeply relaxing treatment inspired by Shirodhara where aromatic lightly warmed coconut oil is poured in a gentle and continuous stream over the third eye point. This profoundly calms the mind, harmonises the body and spirit, as well as nourishes the hair and scalp. A gentle massage to the hands and feet completes this treatment.





## Manicures and Pedicures

### Nails

#### Jessica Deluxe Manicure

60 mins – £65

*Perfectly groomed*

With exfoliation, hot mitts, nail shape, cuticle treatment and hand massage. Complete with your choice of Jessica nail varnish.

#### Jessica Deluxe Pedicure

60 mins – £75

*Perfectly groomed*

With exfoliation, nail shape, cuticle treatment, leg and foot massage. Complete with your choice of Jessica nail varnish.

#### File and Polish to either hands or feet

30 mins - £40

### Jessica Geleration Manicure

75 min – £75

*Glossy & groomed*

With exfoliation, hot mitts, nail shape, cuticle treatment and hand massage. Complete with a Gel polish.

### Jessica Geleration Pedicure

75 min – £85

*Glossy & groomed*

With exfoliation, nail shape, cuticle treatment, foot massage. Complete with a Gel polish.

### Geleration Removal for hands or feet

30 min – £30

## Aquarias Spa Days

Spa Days include unlimited use of the Aquarias Spa facilities, gym and studio, hydrotherapy pool, thermal cabins and salt scrub showers. Complimentary luxury bath robes, towels, and slippers are provided for your comfort. The spa lounge serves lunch and light refreshments, overlooking the hydrotherapy pool and spa garden.

### Pure Indulgence Spa Day – £160

Sunday to Friday

from 9.00am to 5.00pm

Includes full use of the spa facilities with lunch, glass of wine or non-alcoholic refreshment, or an Aquarias afternoon tea. A 60-minute Natura Bissé Facial or a bespoke full body massage.

### Heart-to-Heart Spa Day

£450 for two guests

Sunday to Friday

from 9.00am to 5.00pm

For the ultimate in pampering together.

Make full use of the spa facilities then take your time to settle into the VIP Suite with its own hydrobath filled with rose petals. Relax together with a full body massage and a facial. Enjoy a chilled glass of champagne with a light lunch.

### Essential Escape Spa Day – £130

Sunday to Friday from 9.00am to

1.00pm or 2.00pm to 6.00pm

Includes full use of the spa facilities, 60-minute Natura Bissé Facial or a bespoke full body massage.

### Afternoon Tea and Spa Day - £85

Monday – Friday

from 12 noon to 5.00pm

Includes full use of the spa facilities and an Aquarias afternoon tea served in the spa lounge.

### Evening Spa and Dine - £78

Monday to Friday

from 5.00pm to 8.00pm

Choose either a starter and main course, or a main course and a dessert. Dinner in Grey's Brasserie is served at 8.30pm.

### Full Day Spa Use – £90

Sunday to Friday

from 9.00am to 5.00pm

### Half Day Spa Use – £65

Sunday to Friday

from 9.00am to 1.00pm

or 2.00pm to 6.00pm

### Evening Spa Use - £55

Monday to Friday

from 5.00pm to 8.00pm





## Whatley Manor social and spa membership

### Your benefits

- Full use of the spa and gym facilities
- Gym induction including a follow up session (2 x 60 minute sessions)
- 10% discount across the whole hotel on food and beverage (member only)
- 15% discount on all spa treatments (excluding Saturday & Sunday)
- 10% discount on spa products
- 4 complimentary guest passes
- Unlimited full day guest passes at a discounted rate of £60 (usual price £90)
- 10% discount on a course of 6 personal training sessions (usual price £35 per session)
- Members monthly e-newsletter
- Full social calendar
- Class timetable
- Technogym equipment
- Complimentary bottle of champagne when you dine with us on your birthday in Grey's Brasserie or in The Dining Room
- Complimentary use of robe, towels and slippers
- Exclusive members offers
- Aquarias Spa goodie bag

Call us on 01666 827 070 or email [aquarias@whatleymanor.com](mailto:aquarias@whatleymanor.com)  
so we can show you around.



