



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 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. 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

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

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.



A close-up photograph of a woman lying down, receiving a facial treatment. Her eyes are closed, and she has a serene expression. Two hands are visible, using smooth, light-colored jade rollers and stones on her face and neck. One stone is on her forehead, another on her cheek, and a third on her neck. The word "Facials" is written in large, white, serif font across the lower half of the image.

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.

Diamond Cocoon Experience + 75 mins - £115

Cleansing – Purifying – Brightening

This facial reverses the effects of modern pollution and stress, feeds the skin and gives back its power to glow with vitality. Incorporating a prebiotic deep cleansing ritual, an intense purifying treatment to detoxify your skin, as well as a cutting-edge oxygenating facial massage. White jade massage tools are introduced, to encourage microcirculation and drainage, to help smooth skin texture and define facial contours, boosting the lymphatic system's natural detoxification process.

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.

Gaia Jade Facial + 60 mins – £95

Rejuvenating – Anti-ageing – Firming

This healing massaging facial will leave your skin feeling rejuvenated and glowing. Gaia's natural skincare products are softly massaged deep into the skin, using healing Jade crystal wands to stimulate both lymph drainage and blood flow, leaving your skin feeling firmer and younger.



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.

Gaia Bespoke Massage +

60/90 mins - £95/£140

Relaxing – Invigorating – De-stressing

This is a completely bespoke massage treatment tailored to your needs at the time. This treatment uses effective and natural ingredients combined with highly therapeutic massage techniques to relax the body and mind bringing you into the present moment.

Mother Gaia +

60/90 mins - £95/£140

Relaxing – Nurturing – Restoring

A beautifully gentle, relaxing treatment perfect during and after pregnancy. This nurturing treatment exfoliates the back and is followed by a specifically designed massage focusing on alleviating muscular aches on stressed areas, helping you to feel relaxed and restored.

Traditional 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. Combined with the use of luxurious aromatic body oils, stress and tension will quickly melt away.

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.

Synchronised Massage

60 mins - £190

Revigorating – Detoxifying – Relaxing

Two therapists massage the body in unison releasing energy blocks to leave you feeling relaxed and revitalised.

Champi and Reflexology Treatment

60 mins - £95

Balancing – Relaxing – Healing

This traditional Indian head massage combined with reflexology is the ideal holistic treatment. Seated in a chair, stress and fatigue melt away whilst your head, neck and shoulders are massaged using raw organic coconut oil. Your therapist will work on your feet using reflexology points to restore inner peace.



Body treatments and massage

Thai Massage

60/90 mins - £95/£140

Deep massage – Relaxing – Balancing

Traditional Thai massage is a 2500-year old technique for total relaxation. 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. 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

Gaia Crystal Therapy Ritual

120 mins - £195

Healing – Relaxing – Harmonising

The ultimate goal of crystal healing is to bring the whole body back to a state of pure unconditional love. This treatment is personalised using crystals to discover which chakras are blocked and includes meditation. A full body massage, a facial using rose quartz crystals and a nurturing scalp massage. Aftercare, product advice and a crystal prescription will be recommended by your therapist.

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.

Heart-to-Heart

For the ultimate in pampering

2 1/2 hrs - £430 for two guests

Relaxing – Romantic – Unifying

For the ultimate in pampering. Enjoy a chilled glass of Champagne and 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.

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.

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.

Gaia Complete Wellness Ritual +

150 mins - £230

Relaxing – Nourishing – Balancing

This ultimate top-to-toe ritual begins with an invigorating full body brush. Gaia's detoxifying mud mask is then applied. Your back will then be massaged with a Gaia oil of your choice. Using a combination of Raindrop therapy and advanced techniques, this healing massage releases tension and stress bringing the mind and body into harmonious balance. The Gaia rejuvenating face treatment will complete this ritual leaving a natural feeling of wellbeing, whilst your skin is left smooth and replenished.





Manicures and Pedicures

Nails

Jessica Deluxe Manicure

60 mins – £65

Perfectly groomed

With exfoliation, 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, 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.

Essential Escape Spa Day

£130 (Mon - Fri) / £150 (Sat - Sun)

A half day spa experience which includes full use of the spa facilities. A 60-minute Gaia Jade facial or Natura Bissé facial, or a 60-minute bespoke full body massage.

Gaia Experience Spa Day

£185 (Mon - Fri) / £205 (Sat - Sun)

Includes full use of the spa facilities followed by a Gaia bespoke full body massage. Choose either a light lunch with a glass of wine or non-alcoholic refreshment, or an Aquarias afternoon tea. A 60-minute Gaia Jade facial completes the day.

Evening Spa and Dine

£78 (Mon - Fri) / £98 (Sat - Sun)

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

Heart-to-Heart Spa Day

£450 (Mon - Fri) / £470 (Sat - Sun)
for two guests

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. A light lunch is included, and enjoy a glass of chilled Champagne whenever you choose.

Signature Aquarias Spa Day

£250 (Mon - Fri) / £270 (Sat - Sun)

Includes full use of the spa facilities followed by this ultimate top-to-toe ritual. A light lunch is also included. This ultimate top-to-toe ritual begins with an invigorating full body brush. Gaia's detoxifying mud mask is then applied. Your back will then be massaged with a Gaia oil of your choice. Using a combination of Raindrop therapy and advanced techniques, this healing massage releases tension and stress bringing the mind and body into harmonious balance. The Gaia rejuvenating face treatment will complete this ritual leaving a natural feeling of wellbeing, whilst your skin is left smooth and replenished.





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
- 10% discount on a course of 6 personal training sessions (usual price £35 each 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

Call us on 01666 827 070 or email aquarias@whatleymanor.com so we can show you around.



