





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, salt scrub showers and private hot tub.

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](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 the 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. Guests who have booked a treatment are requested to complete a health questionnaire.

### Health concerns

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

### During pregnancy

Although the temperature of our hydropool is safe during pregnancy, the use of our jets is not recommended. Our thermal cabins must be avoided completely due to their high temperature. A range of treatments are available for you to enjoy during your pregnancy following your 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

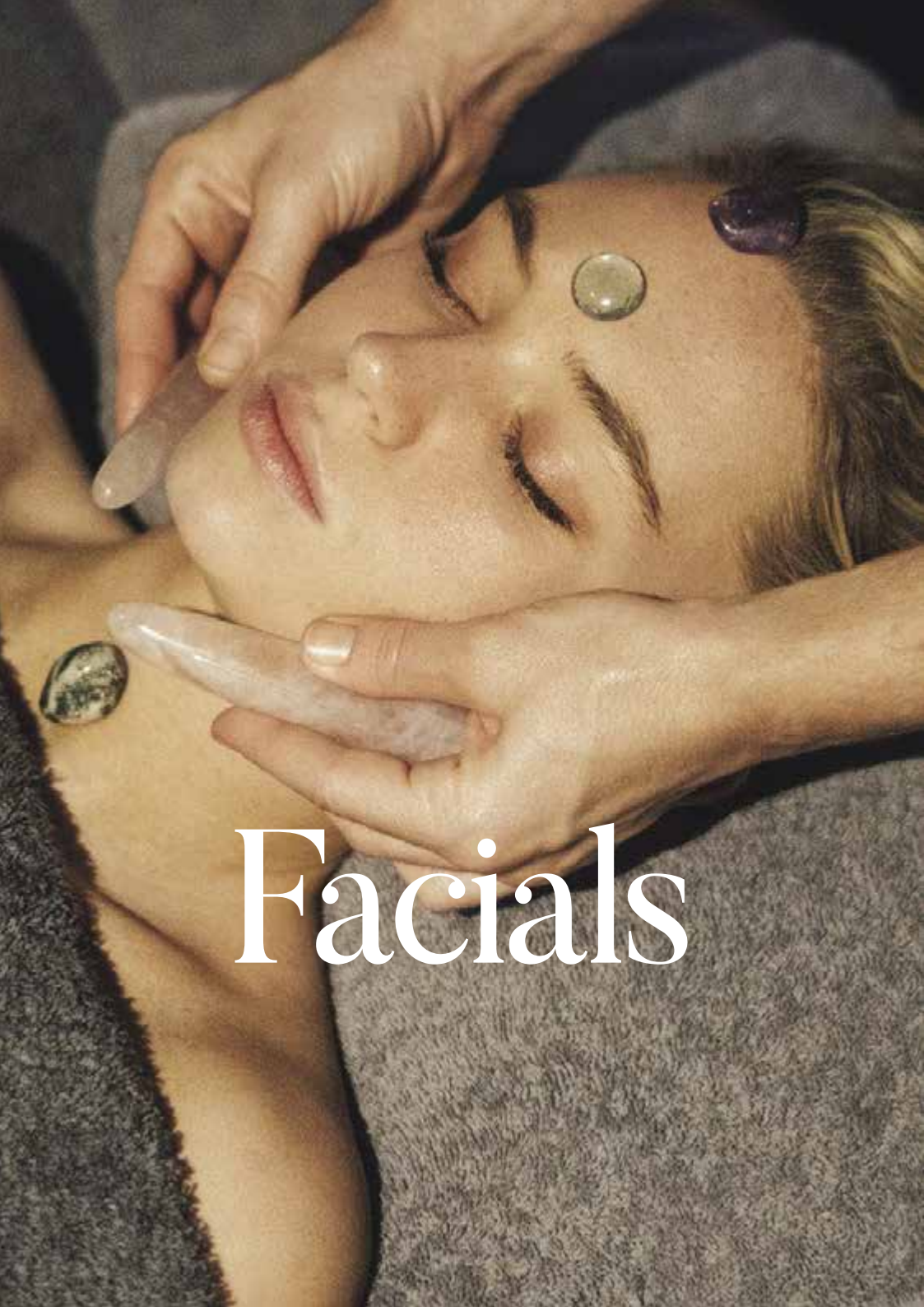
Gift vouchers are available for a stay at Whatley Manor, dining in our restaurants, and spa experiences. Gift vouchers are valid for 12 months from date of purchase. Purchase your gift vouchers online at [whatleymanor.com](http://whatleymanor.com)

### Whatley Manor social & spa membership

Is available annually and numbers are restricted to ensure maximum enjoyment of all facilities for all 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 – £155

*Regenerating – Lifting – Anti-ageing*  
Indulge in the ultimate anti-ageing facial. This intensive Natura Bissé treatment results in firmer, more luminous, and visibly younger looking skin.

### Diamond Cocoon Experience

60 mins - £110

*Cleansing – Purifying – Brightening*  
This Natura Bissé facial liberates the skin from toxins and impurities caused by today's invisible aggressors and fortifies it from within, allowing the skin to thrive and glow with vitality.

### Gaiyoga Lifting Facial

90 mins - £155

*Lifting – Toning - Stimulating*  
Using a stimulating workout for the face with a combination of advanced lifting massage techniques, lymphatic drainage and the power of nature. This facial increases muscle tone and volume so the skin becomes tauter with more definition to provide exceptional results.

### Gaia Equilibrium Crystal Facial

60 mins – £110

*Restoring – Balancing - Healing*  
There is a link between our skin, our identity and self-worth. With the use of a powerful combination of anti-inflammatory plant ingredients along with balancing chakra crystals, this facial brings the mind and body back to a state of equilibrium.

### Vitamin C + C

60 mins – £100

*Revitalising – Stimulating – Firming*  
An antioxidant Natura Bissé treatment using a fresh and invigorating dose of Vitamin C, restoring vitality to sun damaged skin and helping to minimise the signs of premature ageing caused by free radicals.

### Oxygen

60 mins – £100

*Purifying – Brightening – Balancing*  
Restore your skin's tone and vitality with this amazing Natura Bissé purifying facial that is a breath of fresh air for your skin. A revitalising burst of oxygen will decongest and brighten dark spots and imperfections.

### Ceutical

60 mins – £100

*Soothing – Comforting - Strengthening*  
This Natura Bissé treatment reinforces and protects the skin's natural barrier while instantly soothing, deeply moisturising and increasing the skin's natural tolerance levels

### Gaia Jade Facial

60 mins - £100

*Rejuvenating – Anti-ageing – Calming*  
This healing massaging facial will leave your skin feeling rejuvenated and glowing. Natural products are softly massaged deep into the skin, using healing Jade crystal wands, leaving your skin feeling firmer and younger.



## Body therapies and massage

### Melting Away

60/90 mins - £105/£170

*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 soybean and bees wax candle, which you will take with you to continue your spa experience at home.

### Gaia Bespoke Massage

60/90 mins - £105/£170

*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 – Pregnancy Massage

60/90 mins - £105/£170

*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 – £100/£165

*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 – £105/£170

*Relaxing – Warming – Stimulating*

Heated volcanic stones are used in combination with a full body massage to provide soothing and relaxing heat to the muscles.

### Champi and Reflexology

60 mins - £105

*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 therapies and massage

### Lomi Lomi Massage

60/90 mins - £105/£160

*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.

### Deep Tissue Bamboo Massage

60 mins - £120

*Invigorating – Detoxifying – De-stressing*

A concentrated massage that uses deep pressure and stretching. Bamboo poles may be used as a tool for further relief of back pain and general stiffness.

### Yin Massage

60 mins - £120

*Stretching – Balancing – Relaxing*

Described best as 'yoga massage', this ancient technique is performed fully clothed without the use of oils, and on a specialised mattress. Your therapist will guide you through mindfulness breathing and a sequence of passive stretching and bending movements, for total relaxation and tension relief.

### Aquarias Body Buff

60 mins - £95

*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 – £160

*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

2.5 hrs - £480 for two guests

*Relaxing – Romantic – Unifying*

For the ultimate in pampering. Enjoy a chilled glass of Gusbourne English sparkling wine and take your time to settle into the VIP Suite with its own private hot tub. Relax together with a 60-minute full body massage and a 60-minute facial.

### Private Hot Tub Experience

30 mins - £90 – Maximum of 2 people

*Relaxing – Romantic – Uplifting*

Exclusive use of our hot tub in the VIP Suite with a chilled glass of Gusbourne English sparkling wine.

### Gaia Mud Cocoon

90 mins - £160

*Exfoliating – Revitalising – Detoxifying*

Enjoy this protective cocooning treatment and emerge awakened. You will experience whole body, face and scalp therapy in this indulgent treatment, including a sea salt exfoliation with a natural mud and clay mask. Completing this nurturing treatment is our Awakening Body Cream, with nourishing coconut oil and shea butter.

### Clearing the Mind

60 mins - £105

*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

2.5 hrs - £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 - £45

#### Jessica Geleration Manicure

60 mins – £75

*Glossy & groomed*

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

#### Jessica Geleration Pedicure

60 mins – £85

*Glossy & groomed*

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

#### Geleration Removal for hands or feet

30 mins – £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 footwear are provided for your comfort. The spa lounge serves lunch and light refreshments, overlooking the hydrotherapy pool and spa garden.

### Essential Escape Spa Day

£140 (Mon - Fri) / £160 (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

£195 (Mon - Fri) / £215 (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. A 60-minute Gaia Jade facial completes the day.

### Heart-to-Heart Spa Day

£495 (Mon - Fri) / £535 (Sat - Sun)  
for two guests

For the ultimate in connecting with each other. Make full use of the spa facilities then take your time to settle into the VIP Suite. Immerse yourselves in our private hot tub enjoying a chilled glass of Gusbourne English sparkling wine. Relax next to each other with a full body massage and a facial. A light lunch is also included.

### Wellness at Whatley

£225 Available Monday to Thursday

Relish in the beautiful surroundings of the Cotswolds, immerse yourself in total tranquillity and emerge feeling blissfully rested. All in a single day.

What is included:

- Yoga session
- Breakfast smoothie
- Full use of Aquarias spa and gym
- Conscious-eating lunch
- Gaia Crystal Therapy treatment
- A mindful journaling moment in the beautiful Whatley Manor grounds (with a complimentary journal)



# Quite simply Float away...

Imagine floating away into a world of your own, being totally weightless, relaxed and totally at ease. The Iso-pod floatation experience offers a unique treatment that benefits, mind and body, allowing you to relax so deeply that you can meditate, ease the stress in your body and manage any pain. The Pod has its own purpose-built suite which immediately feels warm and comforting. The Pod itself is filled with over 500kg of Epsom salts mixed with 1,000 litres of water at body temperature to create the buoyant environment that allows you to float effortlessly. Without the pull of gravity, you can relax all your muscles and release tension.

The lights go down and gentle music plays for a short time to encourage you to quiet your mind and completely switch off. If you drift off to sleep this is perfectly safe and music plays before the end of your session to gently bring you back into full consciousness.

After your session you can take a warm shower to remove the salt then slip into a robe and spend some time relaxing in the Tepidarium to reset.

How you use the Pod is quite personal to you, you can change the lighting and choose to bring the lid down or leave it open, as you come to relax and enjoy the experience you will gain more from each visit.

The Floatation Pod experience can be booked as a standalone treatment or as an addition to a Spa Day package.

**Floatation Pod session up to 60 mins - £56**  
**Course of 5 sessions - £250**







Book your experience now  
Call 01666 827 070  
or email [aquarias@whatleymanor.com](mailto:aquarias@whatleymanor.com)

## aquarias spa



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