



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. 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.

Spa days

include unlimited use of the Aquarias Spa facilities, gym and studio, hydrotherapy pool, thermal cabins and salt scrub showers.

Complimentary use of luxury bath robes, towels, and footwear are provided during your visit. The spa lounge serves lunch and light refreshments, overlooking the hydrotherapy pool and spa garden.

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 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

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

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

Sothys Premium Secrets Ritual

90 mins – £165

Renewing - Lifting - Youth-enhancing

Reverse the signs of ageing by 4.5 years after just one treatment! A facial treatment in 8 steps, combining a sensorial cleansing ritual, a skin glowing exfoliation, indulgent facial massage, high performance masks and an ice effect lifting ritual.

Sothys Detox Energie TM

90 mins - £140

Cleansing - Detoxifying - Brightening

A treatment to treat the skin to a burst of energy, helping to defend itself against the harmful effects of environmental stress. Choose either a back massage, foot massage or scalp massage to complete your experience. The skin is recharged with energy, leaving the skin with a radiant glow.

Sothys Hydra Hyaluronic Acid 4

90 mins - £140

Hydrate - Restore - Plump

The absolute hydration solution with 6 unique steps to quench, hydrate and plump the skin. Including a rejuvenating eye treatment. This high-performance treatment combines 4 sources of hyaluronic acid with 2 patented Sothys actives.

Sothys Youth Intensive treatment BP3. Tricomplex™ Saffron-sophora-peptides

90 mins – £140

Firming – Lifting - Restoring

Through five steps and eight specific formulas, live the experience of Sothys Youth Facial with relaxation massages and expert treatment for visibly younger skin. Choose either a back massage, foot massage or scalp massage to complete your experience.

Sothys Seasonal Facial

60 mins - £100

Scent - Radiance - Hydration

An original concept combining chronobiology and delicious flavours to reveal the skin's radiance, season by season. A dose of oxygen associated with a cocktail of minerals to boost the skin's defence system before winter and with a cocktail of vitamins to revitalise the skin before summer. Please ask a member of the team, to discover this seasonal delight.

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.

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 powerful combination of anti-inflammatory plant ingredients along with balancing chakra crystals, this facial brings the mind and body to a state of equilibrium.

Gaiyoga Lifting Facial

90 mins - £155

Rejuvenating – Anti-ageing – Calming

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.



Body therapies and massage

Tailor-made Body Ritual by Sothys

30min | 60min | 90min

£65 | £105 | £160

Bespoke – Relaxing – Indulgent

Step 1 – Select your scent

Step 2 – Select your treatment time

Step 3 – Select either a massage or scrub, or both

Step 4 – Select your massage product texture

*Please ask a member of our team to book your tailor-made body ritual

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.

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.

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.

Sothys Sensations Orientales

60 mins - £110

Aromatic – Polishing – Warming

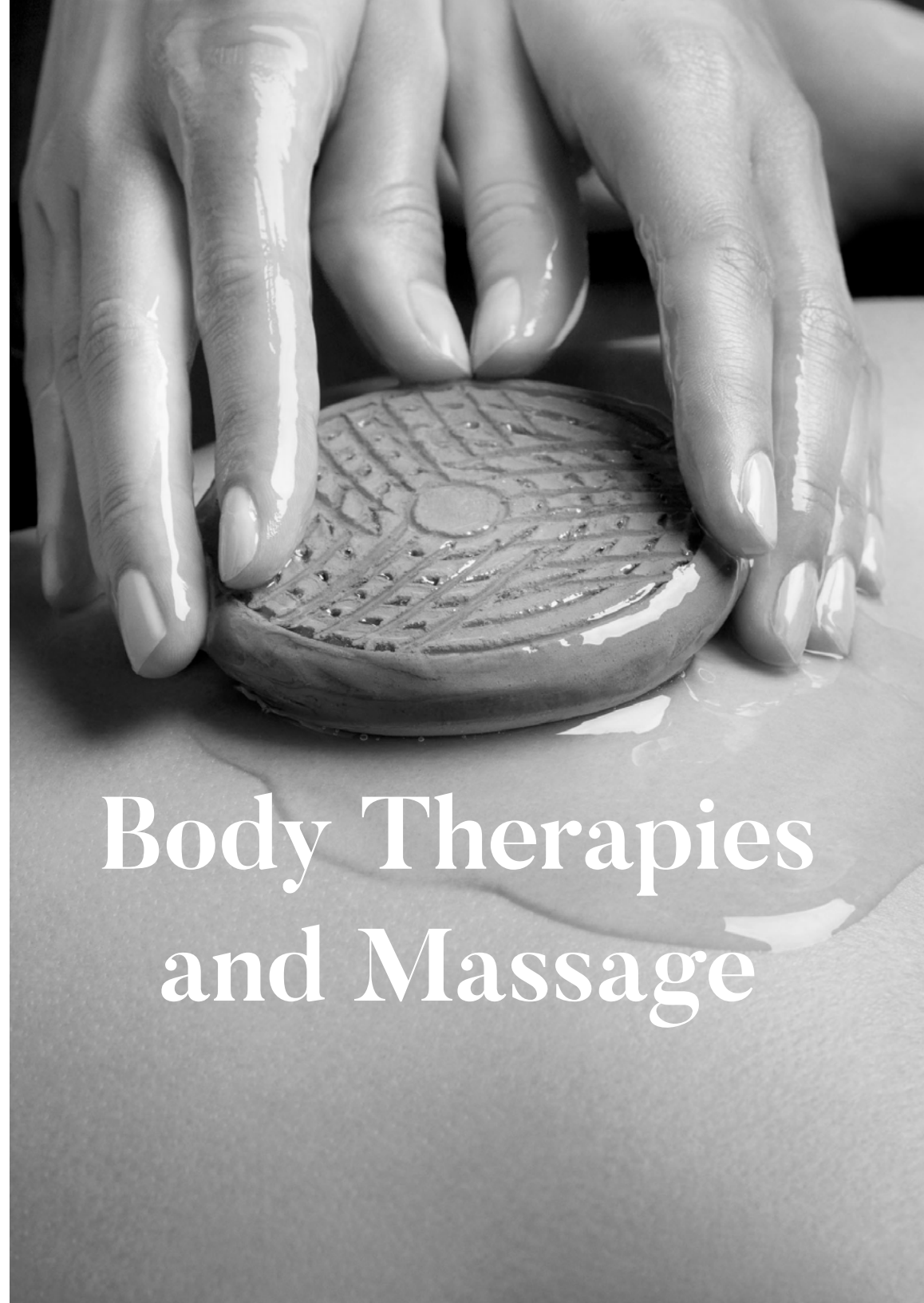
An exceptional spa treatment inspired by ancestral Oriental rites with aromatic notes of myrrh and amber: a sublime enzymatic gel prepares the body for exfoliation, then an exclusive Sothys massage with a polishing terracotta stone inspired from traditional oriental techniques, which you can take home at the end of the treatment.

Sothys Hanakasumi™

1hr - £110

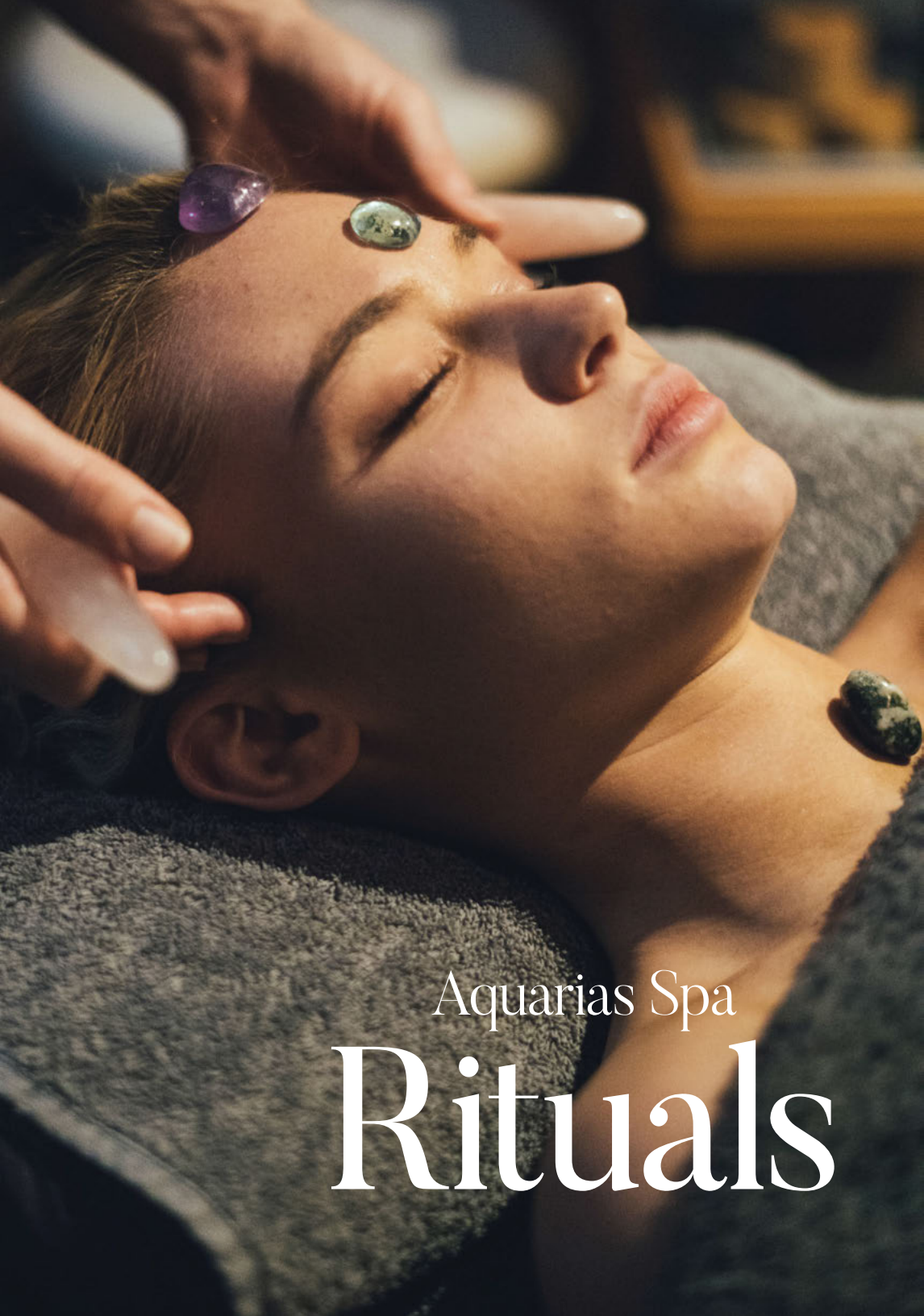
Nourishing – Aromatic – Relaxing

A unique treatment of Japanese inspiration: peeling with exfoliating gloves, relaxing massage of the entire body and specific massage of the feet in this nourishing, delicately perfumed ritual.



Body Therapies and Massage





Aquarias Spa Rituals

Aquarias Spa Rituals

Sothys Organics Face and Body Ritual 60 mins – £100

Calm – Soothe – Balance

Sothys Organics® organic certified. Dive into the heart of nature and enjoy a moment of deep relaxation. Commencing with an indulgent back, neck and shoulder massage - This express treatment & scalp massage awakens the skin and gives instant comfort and radiance.

Sothys Premium Secrets Body Ritual 60 mins – £120

Luxurious – Balancing – Destressing

A body treatment in 3 steps : after an awaking prelude, a granita body scrub polishes your body then a nourishing massage transports you into a deep relaxation.

Sothys Seasonal Garden Spa Experience 1h 45 mins – £190

Sensorial – Balancing – Transporting

A full body massage & facial treatment, combining the concept of Les Jardins Sothys & The Kitchen Garden at Whatley Manor, together with Ltd edition Seasonal Face & Body formulas and a 'taste' of the season from the Kitchen Garden... An original concept combining chronobiology and delicious flavours to reveal the skin's radiance, season by season. A dose of oxygen associated with a cocktail of minerals to boost the skin's defence system before winter and with a cocktail of vitamins to revitalise the skin before summer.

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.

Clearing the Mind 60 mins – £120

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 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.

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.





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

Half Day - Gaia Spa Experience

£155 (Mon – Fri) / £175 (Sat – Sun)

A half day spa experience which includes full use of the spa facilities, a choice of a 60-minute Gaia Bespoke Massage, Gaia Jade facial or Gaia Equilibrium Facial. Enjoy a smoothie whilst you relax by the poolside.

Half Day - Mother Nurture Spa Experience

£180 (Mon – Fri) / £200 (Sat – Sun)

An antenatal half day spa experience, perfect for mothers-to-be to enhance both mother and baby's wellbeing during this special time, or a wonderful way to relax and have some me-time post-pregnancy. On arrival, indulge in a glass of non-alcoholic sparkling wine, then enjoy use of the hydrotherapy pool, experience showers & relaxation area, and a nurturing 90-minute Mother Gaia treatment. A light lunch and soft drink or hot beverage completes the day. Pre-natal treatments are available after 12 weeks.

Full Day Spa - Aquarias Spa Experience

£240 (Mon – Fri) / £260 (Sat – Sun)

A full day spa experience which includes full use of the spa facilities, a 30-minute Sothys Tailor-Made Body Treatment, and the choice between the following 90-minute Facials:

Detox Energie™

Hydra Hyaluronic

Youth Intensive

Gaiyoga Lifting Facial

Enjoy a light lunch with a glass of wine or non-alcoholic refreshment. Looking for a longer massage? Why not upgrade to a 60 or 90-minute Sothys Tailor-Made Body Treatment, starting from £40.

Full Day - Garden Retreat Spa Experience

£260 (Mon – Fri only)

A full day spa experience, bringing Les Jardins Sothys to the Kitchen Garden at Whatley. Start your day with a tea or coffee and pastries. After which, enjoy full use of the spa facilities and receive a 105-minute Seasonal Garden Spa Experience inclusive of a full body massage & facial incorporating Sothys limited edition seasonal face and body formulas. Enjoy a light lunch and a glass of house wine or non-alcoholic refreshment, overlooking the hydrotherapy pool and gardens. Whilst later on, let us surprise you with a treat, inspired by the flavours of the season.

Full Day - Luxury Secrets by Sothys Spa Experience

£270 (Mon – Fri) / £290 (Sat – Sun)

Starting the day with a nutrient-packed smoothie, enjoy a full day experiencing all the Aquarias spa facilities. Then, for the ultimate Sothys experience, immerse yourself in the exceptional Secrets Face and Body Rituals by Sothys. Two unique treatments, a 60-minute Body Ritual and a 90-minute Face Ritual, for an unforgettable experience of well-being. Enjoy a light lunch and a glass of wine or non-alcoholic refreshment overlooking the hydrotherapy pool and gardens, with a gift to take home.

Booking for a special occasion? Upgrade the Luxury Secrets by Sothys spa day package to a couple's room and start your treatment with the Private Hot Tub Experience. £50 upgrade.

*In line with our environmental goals, we are supporting Sustainable Development Goal 3, which is Good Health & Wellbeing for all. £3 is donated from this package to MIND Wiltshire.



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
30 mins/60 mins - £45/£56
Course of 5 sessions - £250
Rejuvenating - Meditative - Healing





Book your experience now
Call 01666 827 070
or email aquarias@whatleymanor.com

aquarias spa



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