





Quite simply blissful

The Aquarias Spa at Whatley Manor Hotel is inspired by the peaceful surroundings of the Wiltshire countryside and the beauty of the historic buildings and landscaped gardens.

A sense of calm, a moment to stop and reflect, an opportunity to nurture and engage with your own wellbeing, our spa offers a range of carefully curated treatments and spa days to meet your needs.

Relax in our hydrotherapy pool, enjoy the warmth and therapeutic benefits of our thermal suite and experience a deeper state of relaxation in our floatation pod.

In our Spa Lounge we offer delicious lunches and a wide selection of beverages to enjoy during your day with us.

Let our knowledgeable team guide you through our treatment menu to arrange a perfect, bespoke day just for you.





Spa Information

All treatments and spa days can be booked with our spa reception team either by calling 01666 827 070 or by emailing aquarias@whatleymanor.com

We recommend an arrival time of no less than 15 minutes before your treatment time or the start of your spa day. This will enable you to complete your health questionnaire and change without having an impact on your treatment and spa time.

We would advise that our spa facilities are used before any treatments to maximise their benefits and efficacy

We will provide you with robes, towels and footwear and our changing rooms offer secure lockers, amenities for showering and Dyson hairdryers.

Our spa day guests have full use of all the facilities including our fully equipped gym and studio and access to our salt scrub room.

Please advise our spa reception team of any medical concerns, we will do our best to accommodate and adapt our treatments where possible if we have advance knowledge.





Spa Information

We are unable to offer any of our treatments to pregnant guests in their first trimester and we would recommend that the hydrotherapy pool (avoiding the jets) is the only area of our spa facilities that can be used safely throughout the pregnancy. Our Spa reception team will advise you which of our other treatments may be suitable for the 2nd and 3rd trimester.

Our minimum age requirement for spa and gym use is 16 in line with our health and safety policy.

Our treatments are suitable for adults only, and therefore the minimum age requirement for all of our spa treatments is 18.

Gift vouchers may be purchased online and are accepted in the spa, for hotel stays and dining.

Please note that vouchers must be used within the time frame of 12 months, if not they will be considered as invalid.

All treatments and spa days are refundable within 72 hours of the treatment time or spa day. Outside of this cancellation policy the full payment will be retained. Please note a late arrival may impact your treatment time.



Signature Treatments



Sothys Organics Face and Body Ritual 60 minutes £145 per person

Organic • Awakening • Softening

In its advanced research laboratory, Sothys has created the Organics line, a perfect combination of organic skin care and advanced efficiency. An organic and vegan range with a cosmeceutical touch, the massage leaves the skin soft and nourished and the facial awakens the skin and gives instant radiance.

Suitable for all skin types and those drawn to organic products.

Key ingredients include organic birch sap, retinol-like alfalfa extract and organic honeysuckle extract.

The treatment includes a back, neck and shoulder massage followed by a facial.

Sothys Hydra Hyaluronic Acid 4 Facial 60 minutes £150 per person

Restore • Rejuvenate • Intense hydration

This high performance treatment combines 4 sources of hyaluronic acid with 2 Sothys patented active ingredients. The absolute hydration solution uses these 6 stages to quench, hydrate and plump the skin. The intensive hydrating serum has a proven efficiency of visibly younger looking skin for 90% of users and designed to boost the skins own hydration mechanisms.

Suitable for dehydrated, dry skin or after aesthetic procedures. Active ingredients include hyaluronic acid, rowan berry extract and boletus extract. Treatment includes skin preparation, cleanse and smoothing of fine lines, hydration with concentrated ampoule and elixir, hydrating effleurage with serum, plumping mask, intensive hydrating serum, hydrating cream.



GAIA Awakening Journey

90 minutes £190 per person

Energising- Softening- Revitalising

An energising experience, helping to renew and radiate positivity for the mind and body. The Awakening Journey helps revitalise the skin with a full body salt and oil exfoliation, removing dead skin cells to reveal refreshed soft skin.

The Awakening Journey continues with a bespoke massage, tailored to suit your needs, to help awaken the body and boost circulation, leaving you feeling refreshed and uplifted.

GAIA Calming Journey

60 minutes £135 per person

Tranquil- Soothing- Nurturing

A truly tranquil experience, the Calming Journey has been developed to offer complete relaxation and peace within. Your journey will begin with a serene back, neck, and shoulder massage to ease muscle tension and calm the mind and body. This is then followed by a scalp massage and a hand and arm massage, helping to release stress and find total relaxation.



Facials

Sothys Hydra Hyaluronic Acid 4 Facial **60 minutes £150 per person**

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Sothys Hydra Hyaluronic Acid 4 is an Aquarias Spa Signature treatment.

Sothys Glow Defense Facial **60 minutes £150 per person**

Cleansing • Strengthening • Brightening

A dual-impact and relaxing spa facial to visibly undo damage caused by daily aggressions, such as pollution, blue-light and general lifestyle conditions. Skin is instantaneously luminous after the very first treatment.

Suitable for all skin types. Active ingredients organic myrtle, organic elderberry and organic energising ginseng root extract.

This treatment includes cleanse, dual exfoliation, massage, mask, treatment serum and cream.

Sothys Youth Intensive Facial **60 minutes £150 per person**

Firming • Lifting • Restoring

A targeted treatment to combat the signs of ageing, wrinkles and skin prone to a lack of tonicity. This ultra sophisticated treatment combines targeted products with expert application methods for visibly younger skin.

Suitable for all skin types including those with dilated pores, dark spots, wrinkles and shiny skin.

Active ingredients include Saffron, African tree extract, cassia and a complex of vitamins and omega oils. Treatment includes cleanse, exfoliation, massage, mask, youth serum and cream.



Facials

Gaia Jade Facial

60 minutes

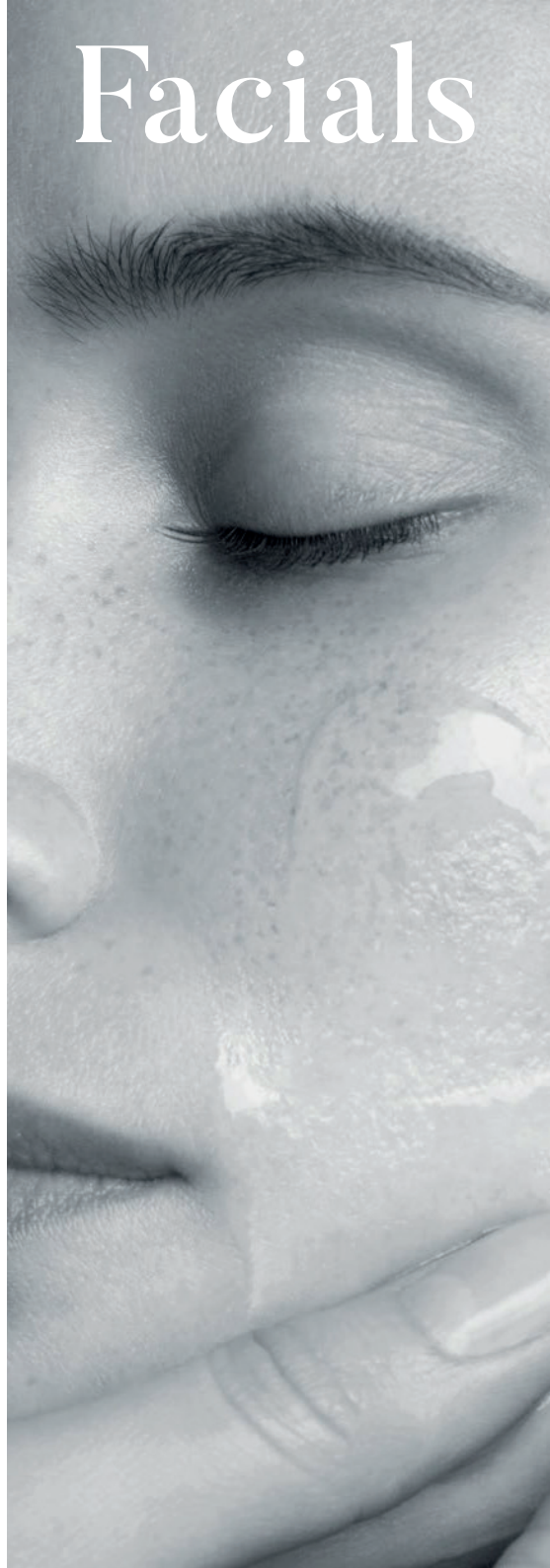
Mon-Thur £120 per person

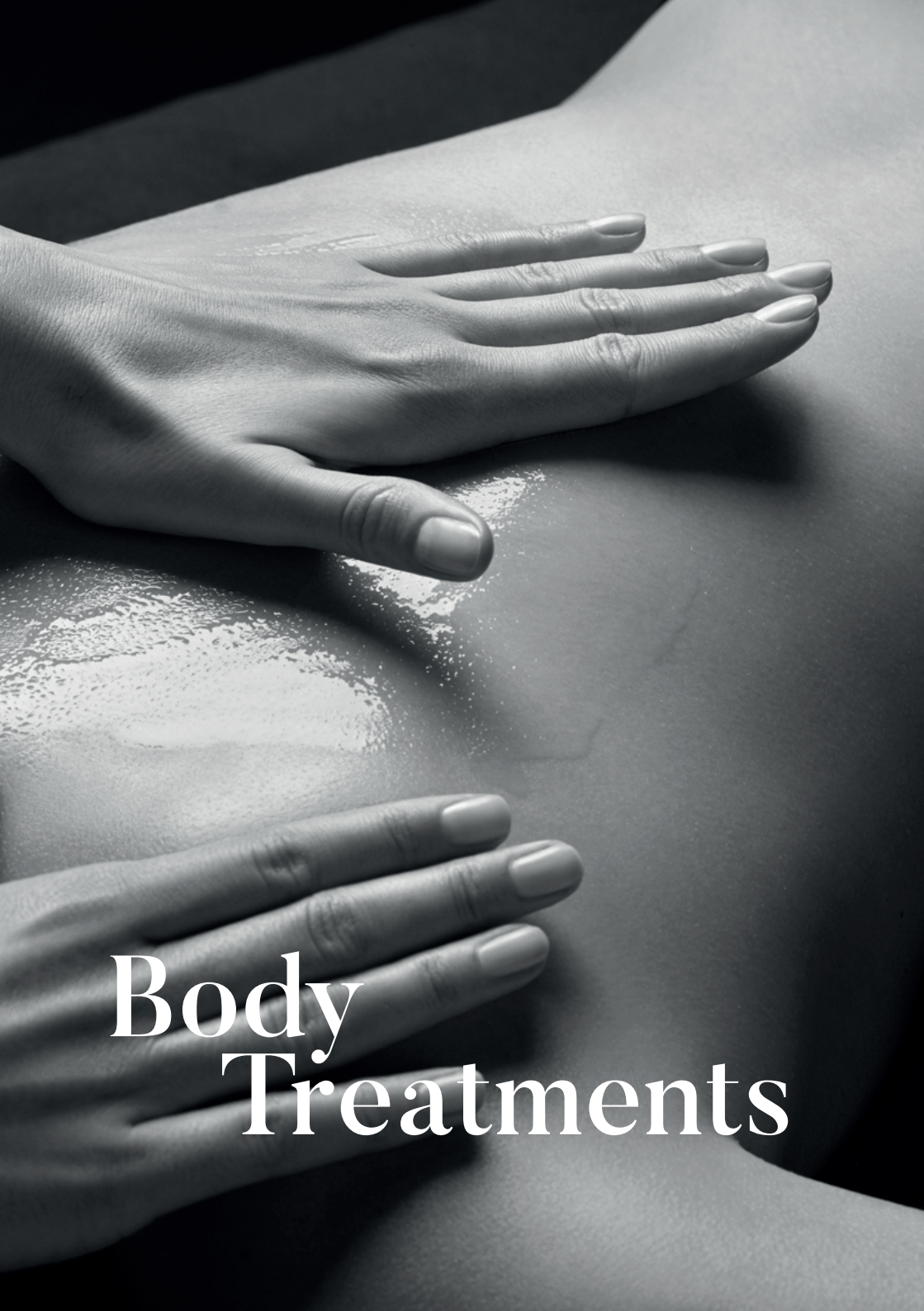
Fri-Sun £130 per person

Rejuvenating • Anti-ageing • Calming

This healing, massaging facial results in a rejuvenated and glowing complexion. With the use of Jade crystal wands the natural Gaia products penetrate into the skin and stimulate the lymph and blood circulation to leave a younger, firmer skin.

Suitable for all skin types. Active ingredients include rose otto, clary sage and geranium. The treatment includes cleanse, exfoliation, massage, mask, finishing serum and cream. This treatment includes a scalp massage.





Body Treatments

Body Treatments

Sothys Tailor Made Body Ritual

60 minutes £130

90 minutes £180

Bespoke • Relaxing • Indulgent

Choose your preferred aroma and massage medium and through a consultation with your therapist the focus will be on your areas of tension, stress and concern.

Gaia Bespoke Body Massage

60 minutes

Mon -Thurs £120 Fri - Sun £130

90 minutes

Mon -Thurs £170 Fri - Sun £180

Flowing • Relaxing • Tension Releasing

A bespoke massage that is relaxing and effective. The use of essential oils and therapeutic techniques combine to have benefits on both a physical and emotional level found in an aromatherapy massage.

Deep Tissue Massage

60 minutes £130 per person

A concentrated, targeted massage releasing trigger points in muscles and attachments and incorporating stretching to relieve areas of tension, stress and stiffness.

Hot Stones Massage

60 minutes £130 per person

90 minutes £180 per person

Warming • Stimulating • Targeted

Heated volcanic stones in combination with hands on massage techniques give the benefits of a deeper, more concentrated pressure to areas of tension. A 60 minute massage is back, neck, shoulders and scalp. The 90 minute is full body including scalp massage.

Please note Hot Stones Massage is available from September - May.

Mother Gaia Ritual

60 minutes £120 per person

Nurturing • Comforting • Relaxing

A perfect treatment suitable from the second trimester and after the post partum period, ensuring you are comfortable at all times this massage is specifically designed to focus on those particular areas of tension and discomfort experienced at this time.





Our Spa Days

Our Spa Day Retreats include complimentary use of luxury gowns, towels and spa footwear. Also use of the amenities in the changing rooms and Dyson hairdryers.

Gaia Half Day Spa Retreat

Mon-Thurs £165

Fri-Sun £185

Available 9am-12pm or 2pm-5pm

Your spa day includes:

Full use of our spa facilities

A 60 minute Gaia Jade Facial, Gaia Bespoke Massage, Mother Gaia Ritual or Gaia Calming Journey.

A Smoothie, freshly made to order

Sothys Half Day Spa Retreat

Mon-Thurs £185

Fri-Sun £205

Available 9am-12pm or 2pm-5pm

Your spa day includes:

Full use of the spa facilities

A 60 minute Sothys Facial
or a Sothys Massage

A Smoothie, freshly made to order





Aquarias Half Day Spa Retreat Mon-Thurs £195

Available 9am-1pm or 1pm-5pm

Your Spa Day Includes:

3 hours use of the spa facilities

A 60 minute Gaia Jade Facial,

Gaia Bespoke Massage, Mother Gaia Ritual
or Gaia Calming Journey

Lunch and a drink in our Spa Lounge



Aquarias Full Day Spa Retreat Mon-Thurs £255

Fri-Sat £275

Available 10am-6pm

Your Spa Day Includes:

Full use of spa facilities

A 60 minute Gaia Bespoke Massage, Mother
Gaia Ritual or Gaia Calming Journey

A 60 minute Gaia Jade facial

Lunch and drink in our Spa Lounge.



Twilight Spa Retreat £125 per person

Full use of our spa between 5pm and 7pm,

followed by dinner served in Greys .

Subject to availability

Supporting Mind Wiltshire with Every Spa Experience

At Whatley Manor, we believe in nurturing wellbeing — both inside and out. That's why we're proud to support Mind Wiltshire, a charity dedicated to providing vital mental health services across our local community. For spa packages marked with a *, we will donate £5 directly to Mind Wiltshire, helping ensure no one has to face a mental health problem alone



This initiative is part of our broader commitment to social impact, aligning with United Nations Sustainable Development Goal 3: Good Health and Wellbeing for all.

Relax, restore, and make a meaningful difference — for yourself and others.





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

Rejuvenating - Meditative - Healing







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

aquarias spa



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