







# 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 experience the therapeutic benefits of our thermal suite.

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](mailto: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 robes, towels and footwear and our changing rooms offer secure lockers, and amenities for showering.

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

### **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.



# Aquarias Treatments



## Aquarias Treatments

### Body Treatments

#### Gaia Bespoke Body Massage

60 minutes

Mon -Thurs £120 per person

Fri - Sun £130 per person

90 minutes

Mon -Thurs £170 per person

Fri - Sun £180 per person

*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.

### 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.





## Our Spa Days

Our Spa Day Retreats include complimentary use of luxury gowns, towels and spa footwear.

### Aquarias Full Day Spa Retreat \*

Mon-Thurs £255

Fri-Sun £275

Available 10am-6pm

Your Spa Day Includes:

Full use of spa facilities

A 60 minute Gaia Bespoke Massage or

Mother Gaia Ritual

A 60 minute Gaia Jade facial

Lunch and drink in our Spa Lounge



### 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.





### **Aquarias Half Day Spa Retreat**

**Mon-Thurs £195**

**Fri-Sun £215**

**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

### **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

### **Awaken & Restore Morning Spa**

**Mon-Thurs £70**

**Fri-Sun £85**

**Available 8.30am-11.30am**

Your spa experience includes:

Pastry and hot drink on arrival

3 hours use of our spa facilities

A Gaia Awakening body oil 30ml to  
take home

### **Twilight Spa Retreat**

**Mon-Sun £125 per person**

**Available 5pm - 7pm**

**followed by dinner in Grey's**

Your spa experience includes:

Full use of the spa facilities

and dinner in Grey's

(dinner allocation of £50 per person)



