

# The Spa

## NO.15 GREAT PULTENEY

Down in the hush of our spa, skilled therapists await the chance to listen to your needs and tailor highly beneficial treatments to address them. They are passionate about enhancing wellness, and their work focuses on transformation and renewal.

By pinpointing and targeting the root causes of muscular aches and pains, they can alleviate tension, stress and discomfort and boost wellbeing, recovery, flexibility and mood. And the organic skincare products they use are both sustainably crafted and visibly effective.

## Rituals

We use the word rituals to describe experiences that combine treatments to bring maximum benefit.

### THE COPPER ROOM

**£265 - 90MIN** *(for two)*

This extra-special shared ritual is made possible by our opulent copper tub for two in a treatment room dedicated to those who like to enjoy spa time together. The whole experience will leave you feeling restored, relaxed and profoundly connected through the act of sharing beautiful time.

The ritual starts when you are left to bathe in privacy and peace with the option of a self-applied body scrub and face mask as well as two glasses of English fizz *(or non-alcoholic substitutes)*. The organic, magnesium-rich salts in the water will detoxify muscles, drawing out any tension-causing aches and pains. And the essential oils will seduce your senses. Then, side-by-side, it's time for a 60-minute ritual each of your choice *(with upgrades available if you're seeking the very highest level of pampering)*.

### LESSEN YOUR STRESS

**£95 - 60MIN**

This ritual starts with a targeted massage that releases the tension held in your neck, back and shoulders. As your therapist works on areas of tightness, your circulation will be stimulated, your levels of the stress hormone, cortisol lowered, and inflammation and pain reduced.

Then, you will receive a full organic facial to restore the natural balance of your skin. And a scalp massage will deepen your level of relaxation even further while a rosehip and rose clay mask works its soothing, detoxifying magic. The combination will leave you feeling released, realigned, hydrated and revitalised.

**EASE YOUR TENSION**  
**£95 – 60MIN**

The parts of the body that hold the most tension are given TLC in this ritual designed to rectify the aches and pains caused by muscle tension and fascia tightness. Our therapist targets your neck, back and shoulders first, then moves to the hardworking feet.

After a refreshing eucalyptus and wild mint scrub, a foot massage stimulates circulation and revives you in readiness for another day's exploration of Bath. To complete the ritual, you'll relax during the sheer pleasure of an indulgent scalp massage.

**TIME OUT FOR MUM-TO-BE**  
**£95 – 60MIN**

*\*Only suitable after the first trimester*

This specialist ritual helps ease muscular aches, pains and discomforts.

It starts with a soothing back massage in response to your individual needs and choice of aromatherapy oil. Our therapist will gently work on alleviating those tightnesses while also making sure you feel profoundly relaxed because, there's no doubt about it, you deserve it. Then the choice is yours – a circulation-boosting foot treatment or a glow-boosting organic facial and blissful scalp massage.

**RELAX REGIMEN FOR HIM**  
**£95 – 60MIN**

This made-for-men ritual begins with a revitalising back, neck and shoulder massage using potent, nutritionally rich massage oils to nourish the skin while muscular tension is released. Then, an organic facial tailored to male skin deeply cleanses, exfoliates and hydrates through the application of essential acids, powerful antioxidants and face-massage techniques.

Your skin will feel profoundly refreshed, and with the massages having boosted circulation and the release of endorphins, you'll feel that your mood has been boosted, too.

**THE COCOON**  
**£185 – 120MIN**

The most luxurious of our rituals is a transformative journey for mind and body through stimulation of the senses. It starts with a full-body organic, sugar or salt-based scrub to remove dead skin cells, awaken the skin and cleanse the body. Then, we cocoon you in hot towels to prepare the skin for hydration and remove the scrub before our therapist works organic apricot and jojoba oils into your skin during a powerful, full-body massage.

This releases muscle tension, boosts circulation and leaves your skin silky smooth. Not forgetting the face, the ritual then moves into a rejuvenating organic facial and scalp massage designed to de-puff and decongest the skin, leaving you with a radiant glow.

# Massage

## **THE BESPOKE NO.15 MASSAGE**

**£105 – 60MIN**

Our massage therapists are highly qualified. They focus their experience, passion and healing hands on making a genuine difference to your muscular comfort and sense of wellbeing. And they will take your lead as to what you would like to address and how you would like to feel during this full-body massage.

*If you would like to enhance the experience, you could add:*

### **Deep-tissue +£20**

Our therapists can work further into your muscles, using deep-tissue techniques, if you prefer firmer pressure or suffer from chronic tension.

### **Hot stones +£10**

To promote blood flow throughout your body, you could add warm basalt stones to your treatment (*must be booked 24hrs in advance of massage*).

### **A little longer +£45**

Why not add a further 30-minutes to your treatment (*subject to availability*) so that your therapist can spend more time on any particular areas of concern?

Being in their skilled hands for longer, the effects of your massage will be greater.

### **Reflexology +£10**

Tap into the ancient philosophy of connecting pressure points on the foot to internal organs to promote overall health and wellbeing. (*subject to available Reflexologist*)

# Skincare

## **THE BESPOKE NO.15 FACIAL**

**£105 – 60MIN**

After a consultation, a member of our talented team will customise a treatment designed to target your areas of skin concern and boost your natural radiance.

Choosing from a range of incredible, organic and sustainably sourced ingredients, they will deeply cleanse, antioxidise, treat, repair, stimulate, balance and hydrate your skin to promote a fresh, glowing complexion.

*If you would like to boost the benefits of your treatment, you could add:*

### **TLC for the body +£45**

Allow our therapists to target stress, tension and tightness by adding 30 minutes of massage therapy focused on your back, neck and shoulders (*subject to availability*).

## A few need-to-knows before you join us down in the spa:

### **DRESS CODE**

For maximum comfort, we recommend the wearing of loose-fitting clothes. Guests staying with us at the hotel are very welcome to make the journey between their room and the spa in the ultimate comfort of robe and slippers. We ask that all guests wear underwear for their treatment/s, and we can promise that our therapists are trained to respect modesty at all times.

### **ARRIVING AT THE SPA**

Please arrive 10 minutes ahead of the booked treatment time to fill out an all-important medical questionnaire. It's also important to note that late arrival will mean a shorter or cancelled treatment.

### **CANCELLATIONS**

We hugely appreciate seven days' notice for cancellations and booking changes. But we won't charge for appointments cancelled with at least 24 hours' notice. In the event of a cancellation within 24 hours, we will have to charge the full amount of the booked treatment/s.

### **ACCESSIBILITY**

There are accessible treatment rooms on our lower ground floor, but The Copper Room is accessed by stairs. To avoid any disappointment, we recommend you get in touch with a team member before booking your appointment to discuss any requirements you have.

### **MOBILE PHONES**

Please set your phone to silent to maintain the oh-so-relaxing peace of the spa. And please be sure to respect other people's privacy when taking photos.

### **HEALTH CONCERNS**

When booking, please let us know of any existing medical conditions or concerns. It means that we can advise in advance if the treatment/s are unsuitable and recommend the best alternatives or tailored treatments. Our therapists reserve the right to decline to perform a treatment on the day if, for any reason, they feel it would not be in a guest's best interests. Treatments are booked at the guests' own risk, and the spa does not accept responsibility for allergic reactions.

### **PREGNANCY**

The "Bespoke No.15 Facial" and "Time Out for Mum-to-be" treatments can be safely enjoyed during pregnancy, but we ask that bookings are only made for beyond the first trimester. Please ask for more details if you have any questions or concerns.

### **VALUABLES**

We have a limited number of lockers for spa guests, and we cannot accept responsibility for any loss or damage. So, it's best to leave valuables at home or in your room if possible. Don't forget to check your robe pockets before handing it back into reception.

A few need-to-knows before you  
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**CHILDREN**

Sorry, treatments are for over-18s only.

**PARKING**

Good news – there are several car parks nearby Bath. Podium car park (BA1 5BN) and Manvers Street Car Park (BA1 1JQ) are both about a 10-minute walk away.

**PRICES AND TREATMENT MENU**

Our therapists may change available treatments, products and prices without notice. We can promise, though, that your booked treatment and price will always be honoured, so there are no surprises.