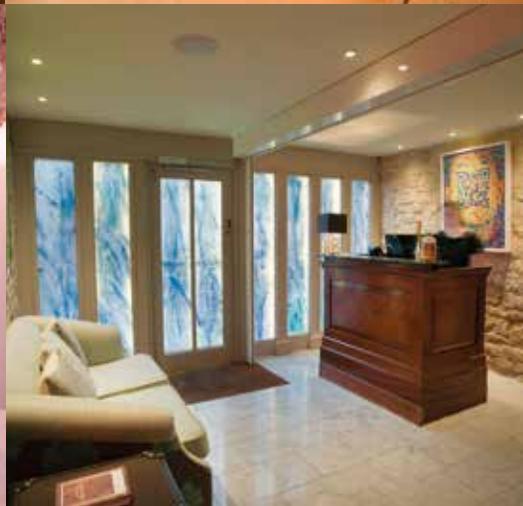




A HAVEN FOR  
RELAXATION

SPA 15 TREATMENT MENU

 No.15  
Great  
Pulteney



# Welcome

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Taking the waters and relaxation has long been an integral part of life in the world heritage city of Bath, which is why Spa 15 is focused on indulging all of your senses. Warm and cosy decor inspires a home-from-home feel, while bespoke art installations dictate the individual themes in our four treatment rooms.

Holistic and results-driven treatments from ila and Natura Bissé delivered by highly-skilled and experienced therapists are dedicated to restoring mind and body, while The Retreat, with its sink-into armchairs and gently flickering open fire, is a space where you can truly escape, rediscover your balance and sip on loose-leaf herbal teas or fizz if you prefer.

To be found beneath the pavements of the grandest street in Bath, our historic, exposed stone vaults feature a large cedar wood hot tub, a lovely barrel-shaped sauna and a separate steam area.

## The hot tub and sauna

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Hotel guests	£20 per person Free of charge when booked with a treatment
Non-residents	£35 per person £20 when booked with a treatment
Private hire after 7pm	£70 for two guests £120 for up to six guests

Pre-booking of these areas is essential and prices are based on 60 minutes.

Stripped-back yet supremely comfortable, Spa 15 offers that ideal mix of deeply-relaxing treatments with wet and dry spaces which encourage you to kick back and relax, the No.15 way.

## Gift vouchers

Treat a friend or a loved one to some much-needed time out with a Spa 15 experience; gift vouchers are available for treatments, day spa experiences or a monetary amount and can be purchased online via our website or in person at the hotel.

# Day spa experiences

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Luxuriate and unwind at No.15 Great Pulteney, with a bespoke half-day Spa 15 experience. Designed as much for pampering as they are pleasure and tailored around a 60-minute treatment, there's time to make the most of our wet and dry areas, and chill out in The Retreat, before a delicious lunch, decadent afternoon tea or a casual supper. Whether you're in need of a treat for yourself just because, some one-on-one time with a loved one, or an excuse for a get-together with friends, we've got the ideal experience, just for you.

## Rejuvenate and refresh with lunch

£105

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Arrive at 10.30am to experience the sensory delights of the hot tub and sauna. Choose a 60-minute treatment from the list below, before floating upstairs for a delicious light lunch capped off with a glass of fizz.

## Luxury and wellness with afternoon tea

£119

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Arrive at 1.30pm and discover the sensory delights of the hot tub and sauna. Choose a 60-minute treatment from the list below, after which you can indulge in the quintessentially English pastime of a decadent afternoon tea with delicate sandwiches, glorious cakes, warm scones and a few smile-inducing flavour pairings along the way.

## Relaxation and revelry with supper

£149

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Arrive at 5pm and start the evening with a 60-minute treatment at 5.15pm and continue the relaxation with private hire of our hot tub and sauna area from 6.30-7.30pm. Top off the evening with a wonderfully laid-back two-course supper with a glass of wine and coffee.

Choose one 60-minute treatment from below to complete any of the above experiences:

- Back, foot and scalp massage
- Energising and detoxifying body scrub
- Glowing radiance organic facial
- De-stress massage & facial

Full details of these treatments can be found in the pages that follow.

# Our product houses

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The treatment menu at Spa 15 is a carefully balanced mix of restorative and results-driven therapies using an array of all natural, organic products from ila and science-led skincare from Natura Bissé.

## Ila

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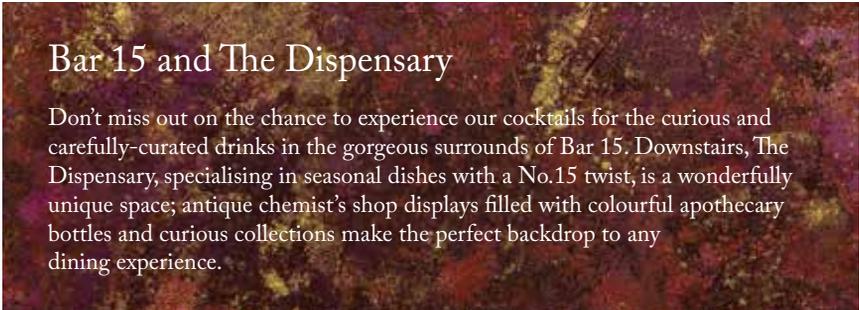
Created by hand in a meditative environment in the Cotswolds, ila products use unsurpassed ingredients and minimal processing. The ila philosophy – which supports the age old adage that beauty is much more than skin deep, it's a quality within – is imbued within the treatment list and the surrounds at Spa 15. We have an array of ila therapies, including our signature 'balancing back' treatment, glowing radiance facials, energising and nourishing scrubs and hot stone massages for the ultimate in relaxation.

## Natura Bissé

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Taking beauty and aesthetics to another level, Natura Bissé is a family-run Spanish skincare brand with more than 35 years' of expertise in creating innovative, anti-ageing solutions for both face and body. With science-led skincare products at its heart, treatments are relaxing and results-focused in equal measure. Featuring sculpting, deep-cleansing and detoxifying facials, decadent wraps and restorative, rejuvenating and detoxifying body treatments, Natura Bissé therapies are a true sensory experience.

Our treatments are delivered by highly-skilled, experienced therapists in individually designed and themed treatment rooms with adjustable lighting you can tailor to suit your mood.



## Bar 15 and The Dispensary

Don't miss out on the chance to experience our cocktails for the curious and carefully-curated drinks in the gorgeous surrounds of Bar 15. Downstairs, The Dispensary, specialising in seasonal dishes with a No.15 twist, is a wonderfully unique space; antique chemist's shop displays filled with colourful apothecary bottles and curious collections make the perfect backdrop to any dining experience.

# Facials and skincare

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## 3D collagen anti-ageing facial 60/90 minutes £105/£155

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A remodelling and firming treatment which uses three types of collagen to sculpt and define your facial contour, improve skin density and preserve moisture. This innovative anti-ageing facial, which uses Natura Bissé's Essential Shock collection, provides outstanding lifting and redensifying effects, while revealing incredibly plumped and supple skin. Not suitable for very sensitive skin.

## The Cure detoxifying facial 60 minutes £105

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A true antidote to the ravaging effects that the modern city lifestyle has on our skin, this deep-cleansing facial using Natura Bissé's Cure collection includes an innovative enzymatic detox to reveal an extraordinarily soft, radiant complexion. Not suitable for very sensitive skin.

## Skin comfort facial 🌿 60 minutes £95

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Perfect for sensitive skin, this targeted treatment uses Natura Bissé's NB Ceutical collection to rebuild skin tolerance, visibly reduce sagging and reverse the micro-inflammation which causes premature ageing. Specifically designed to reinforce the skin, this tailored facial is the answer for hypersensitivity and rosacea.

## Glowing Radiance organic facial 🌿 60 minutes £95

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Using ila's Glowing Radiance collection, this gorgeous organic facial begins with an aloe vera and pomegranate cleanse and a gentle blackcurrant and honey exfoliation, followed by powerful damascena rose otto and sandalwood oils to stimulate energy to skin cells. Specialised marma massage techniques restore natural luminance, while a green clay mask reduces inflammation to leave your skin glowing and radiant in equal measure.

## Essential eyes facial 🌿 60 minutes £95

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A revitalising facial treatment rich in green tea – a potent antioxidant – rejuvenates while reducing stress in all skin types. This treatment infuses your skin with all the benefits of marine algae – which relieves puffiness and dehydration, particularly around the eye contour area – with a special Natura Bissé cocktail that includes draining, nourishing and decongesting ingredients.

# Body treatments

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## Balancing back treatment

60/90 minutes £95/£145

Ideal for those who hold their stress in their back and shoulders, this nurturing treatment designed by ıla has a wonderfully restorative effect. Ancient marma therapy and warm herbal poultices are massaged into the back of the body, while sound healing and chakra balancing take away tension, release negativity and bring your body back to a state of equilibrium. The longer treatment includes a massage to the front of the body as well as a scalp massage.

## Top-to-toe experience

90/120 minutes £145/£180

A Tibetan-inspired treatment that's perfect for deep fatigue, aching muscles and dry skin. A blend of ıla's five carefully-selected organic and wild-grown essential oils work together while Tibetan massage techniques, warm rose crystals and herbal poultices bring a renewed sense of deep relaxation. The longer treatment includes a facial — the perfect quick fix for dehydrated and tired skin — to ensure a truly indulgent top-to-toe experience.

## Inner Peace

90 minutes £145

Imagine a treatment which feeds the body and the soul and helps you find some all-important balance. Using ıla's Inner Peace collection, it's a mix of blissful body scrub using Himalayan salt, specialised massage and the ancient Indian practice of marma therapy. Pure essential oils of emotionally-balancing rose, healing sandalwood, and renewing jasmine combine to leave you glowing inside and out.

## Time out treatment

60/90 minutes £95/£145

Put your shopping bags down, your feet up and take some all-important time out to recover and relax with this restorative treatment from Natura Bissé, which pays particular attention to your back, legs and soles. Ease away a long day of hitting the shops, with a tension relieving full-body massage designed to soothe tired muscles and improve circulation. There's also the addition of a cooling mask for the lower legs — ideal after a day of sightseeing. The longer treatment includes a revitalising facial treatment rich in green tea, a potent antioxidant, which rejuvenates while reducing stress in all skin types.

# Body treatments

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## De-stress massage & facial ✨ 60 minutes £95

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Ensure your skin glows with vitality with this intensive and rejuvenating treatment for face and back. Perfect for stressed skin, this detoxifying treatment combines a muscle-soothing back massage that targets areas of tension, followed by a tailored Natura Bissé facial rich in antioxidants that hydrates and decongests. The results are complete relaxation and an all-important feeling of restoration and wellbeing.

## Glowing radiance massage & facial ✨ 60 minutes £95

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Perfect for dehydrated and tired skin; this indulgent facial and massage works with the body's energy flow to induce feelings of deep relaxation and beautifully glowing skin. A targeted back massage is followed by an organic ila facial designed to reduce inflammation and restore natural luminance.

## Body perfection wrap 90 minutes £155

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Rich in macronutrients, this wonderfully decadent Natura Bissé wrap – which includes a bamboo scrub and revitalising full body massage – promises intensely nourishing, firming and rejuvenating results, while also preventing fluid retention, eliminating toxins and reducing cellulite.

## Energising and detoxifying scrub 60 minutes £95

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Using the ionising properties of Himalayan salt crystals, this ila body scrub is gently massaged into the skin resulting in rapid exfoliation and the elimination of toxins and tension, to leave you feeling uplifted and radiant.

## Blissful body scrub 60 minutes £95

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Drawing on the healing properties of Himalayan salt crystals, this gorgeous ila body scrub nourishes with pure essential oils of damascena rose otto, jasmine and sandalwood, settles the nervous system and revives stressed cells to ensure your skin is left glowing.

# Massage and holistic therapies

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## Bespoke full body massage 60/90 minutes £95/£145

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A supremely relaxing full body massage, which focuses on tension relief to ensure you leave feeling rejuvenated and stress-free. This treatment is tailored to your needs, with holistic and Swedish massage techniques and uses an organic aromatherapy oil.

## Deep tissue massage 60/90 minutes £105/£155

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For those with serious or chronic tension, this firm pressure massage concentrates on problematic areas to provide muscular relief and improved flexibility. The mix of expert knowledge, technique and organic muscle-soothing aromatherapy oils ensures the ultimate recovery therapy for body and mind.

## Back, foot and scalp massage 60 minutes £95

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For those that hold in all their stress, this treatment hones in on the main tension points of the body. It pays particular attention to your back, neck and feet, before a soothing scalp massage to ensure you leave feeling totally transformed.

## Hot stones massage 60/90 minutes £105/£155

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A deeply relaxing and stress-relieving treatment with heated volcanic stones and traditional massage using long strokes and circular movements, with a warming ila oil to relieve tired and aching muscles.

## Reflexology 60 minutes £95

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Beginning with a luxurious foot scrub, this massage treatment focuses on the reflex points in the feet, which are linked to every part of the body, to alleviate your specific tensions and concerns. It's the perfect pampering treat for anyone who's on their feet all day.

## Aromaflex 60 minutes £95

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The combination of a luxurious back, neck and shoulder massage followed by a massage of the reflex points in the feet – linked to every part of the body – is the perfect targeted treatment for top-toe-relaxation.

The above treatments are suitable for men and women.

# Need to know

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## Opening hours

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Spa 15 is open from 10am until 7pm, seven days a week.

## Spa 15 attire

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We recommend guests wear comfortable, loose-fitting clothes when arriving for a treatment and all day spa guests will be offered a robe and footwear on arrival.

Hotel guests are very welcome to wear their robe and slippers from their room to the spa for a treatment or to use the wet facilities, but we respectfully ask that robes are not worn when in Bar 15 or The Dispensary.

Swimwear is essential when using the hot tub, sauna and steam pod and guests are required to wear their own underwear for their treatment. Our therapists are trained to respect client modesty at all times.

## Arrivals

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We ask that you arrive 10-15 minutes ahead of your treatment time or start of your day spa experience so that you have time to change, if you wish, and complete a medical questionnaire. Please be aware that a late arrival will mean a shorter/cancelled treatment.

## Booking policy

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To book a treatment, a credit card is required to guarantee the booking. For day spa experiences, full pre-payment is required at the time of booking.

## Cancellation policy

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We do ask for 7 days' notice should you need to cancel or reschedule a day spa package or treatment, however no charge will be made for spa treatments cancelled with 24 hours' notice. In the unfortunate event you need to cancel after this time, a charge will be made for the full amount unless we are able to re-sell the appointment or package, in which case you'll be able to reschedule and have the payment credited to your new treatment time/day spa experience.

## Hot tub and sauna

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We operate a no glass policy in the hot tub and sauna area and use of the spa facilities, with or without a treatment, needs to be booked in advance.

## Disabled access

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We do have one treatment room which is accessible, but unfortunately the hot tub and sauna are below ground via steps.

## Health concerns

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Please let us know about any medical conditions or concerns at the time of booking so that we can tailor any treatments accordingly. If you have any queries at all, please ask to save potential disappointment on the day if we discover the treatment(s) you have booked are not suitable for an existing condition.

Spa 15 reserve the right to decline to administer a treatment if for any reason they feel it would not be in the best interests of the guest. Any treatments are booked at the guests' own risk and Spa 15 do not accept responsibility should a guest have an allergic reaction.

Our therapists are trained to offer suitable treatments to anyone who is undergoing treatment, has been affected by or is in recovery from cancer, so please give details at the time of booking so your treatments can be tailored to suit.

## Mobile phones

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There is wifi available in Spa 15 and while there is also a mobile signal – depending on your network – we ask that phones are set to silent to ensure a peaceful and relaxing spa experience for all guests and please respect other people's privacy when taking any photos.

## Pregnancy / mums-to-be

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Many of our treatments can be enjoyed, or tailored specifically for you, when you are pregnant, but please ask for more details when booking if you have any questions. Look out for the pram logo to denote suitable treatments.

Our hot tub, sauna and steam however are all heated to over 35 degrees celsius and are therefore not suitable for use during any stage of pregnancy.

## Valuables

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We have a limited number of lockers for spa guests, but request you leave valuables at home where possible, as we cannot accept responsibility for any loss or damage. Don't forget to check your robe pockets before handing back into reception.

## Children

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Children under the age of 16 are not permitted in Spa 15. Children aged 16 or 17 are permitted to use the spa only if accompanied by an adult for the duration of their visit.

## Smoking

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Smoking is not permitted in or outside any part of the hotel or spa.

## Parking

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There are several car parks to be found conveniently close to No.15. Bath Cricket Club Car Park, BA2 4EX, is just around the corner and is approximately a 10-minute walk away, as is Manvers Street Car Park, BA1 1JQ.

Prices and treatments are subject to change without notice.



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