





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](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 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

If you would like to add the use of our spa facilities for 90 minutes, and a light lunch with any of our Signature treatments, this is available for £75. Please ask our spa reception team to check availability for you.

### **Sothys Hanakasumi Body Ritual** **60 minutes £120 per person**

*Nourishing • Aromatic • Relaxing*

A pure experience of wellbeing, a relaxing body ritual inspired by Japanese tradition. Enjoy a sensorial escape to the heart of Japan and its beautiful blossoming cherry trees. Sophisticated and nourishing, this ritual immerses you in its evocative floral fragrance and Asian scents. Warmed cherry blossom, rice powder exfoliant used with an exfoliating mitt and aromatic shea butter with a deep foot massage relaxes you, leaving the outside world behind and sending you on a voyage through orchards of cherry trees in bloom.

Suitable for all skin types.

Key ingredients include pineapple extract, cherry blossom extract and shea butter. The treatment includes a double exfoliation, targeted body massage and foot massage.

### **Sothys Sensations Orientales** **60 minutes £120 per person**

*Aromatic • Exfoliating • Warming*

An exceptional spa ritual inspired by ancestral Oriental rites. An unctuous, enzymatic syrup prepares the body for exfoliation with a terracotta stone, followed by an exclusive Sothys body modelling massage. With aromatic notes of myrrh and amber the skin is left beautifully soft and nourished, and you will be gifted the terracotta stone to use at home.

Suitable for all skin types.

Key ingredients include amber, white Saponaria, bromelain and amber oil.

The treatment includes an exfoliation and de-stressing and nourishing massage.

### **Sothys Organics Face and Body Ritual** **60 minutes £120 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 Seasonal Facial** **60 minutes £120 per person**

*Rejuvenating • Results driven • Uplifting*

An original concept from Sothys combining chronobiology, so addressing how your skin reacts to the change in seasons and delicious flavours from accompanying drink or food taster experience. A dose of oxygen with a cocktail of minerals boost the skins defence system before winter and a cocktail of vitamins will revitalize and prepare your skin for summer.

Suitable for all skin types.

Key ingredients are seasonal, please ask our spa reception team for our current choice.

The treatment includes a facial exfoliation and massage.

Please ask a member of our reception team to discover our current seasonal ingredients.

### **Sothys Seasonal Face and Body Ritual** **115 minutes £240 per person**

*Bespoke • Indulgent • Relaxing*

A tailor made 60 minute massage with the therapist addressing your areas of stress and tension raised as concerns during your consultation. This targeted treatment will be followed by the 60 minute Sothys Seasonal Facial as described above

Suitable for all skin types.

Key ingredients are seasonal, Please ask our spa reception for our current choice.

The treatment includes a facial and a tailor made massage.

### **Sothys Premium Secrets Facial** **90 minutes £185 per person**

*Renewing • Lifting • Enhancing*

Reverse the signs of ageing by 4-5 years after a single treatment. A professional treatment in 8 steps combining a sensorial cleansing ritual, a skin glowing exfoliation, indulgent and efficacious facial massage, high performance masks and an ice effect lifting ritual.

Suitable for all skin types.

Key ingredients include extract of Sothys rose stem cells, precious porcelain flower oil and peach leaf extract.

The treatment includes all facial elements including enhanced lifting techniques, specialised masks and a high performance, targeted massage.

### **Sothys Premium Secrets Body Ritual** **60 minutes £140 per person**

*Luxurious • Balancing • De-stressing*

A body treatment in 3 luxurious steps, an awakening prelude focusing on pressure points and areas of tension followed by a granita body polish to refine and prepare the skin for a deeply nourishing and relaxing massage using soothing and softening Shea butter which transforms into a luxurious oil.

Suitable for all skin types.

Key ingredients include granita sugar grains and shea butter.

This treatment includes exfoliation and body massage.

### **Sothys Premium Secrets Face and Body Ritual**

**150 minutes £325 per person**

*Luxurious • Nourishing • Luminating*

This Sothys Secrets Face and Body Ritual elegantly and stylishly combines the ingredients for the ultimate, unique treatment, an unforgettable experience delivered by our highly skilled therapists. Your body is deeply relaxed and nourished and your face is luminous, youthful and lifted after bringing together our two most luxurious treatments

Key ingredients include extract of Sothys rose stem cells, precious porcelain flower oil, peach leaf extract, granita sugar grains and shea butter.

Due to the length of this treatment we recommend having a break between the facial and body elements.



## Facials

### Sothys Detox Energie

**75 minutes £150 per person**

*Cleansing • Detoxifying • Brightening*

This facial recharges the skin, giving it energy, brightness and youthfulness. By reoxygenating the skin, the surface can breathe more easily and is more resistant to fatigue and pollution.

Suitable for all skin types except sensitive or reactive.

Active ingredients include elderberry, Siberian ginseng and peptides.

Treatment includes cleanse, exfoliation, massage, mask and protective finishing serum and cream plus a choice of either a foot, hand and arm or a scalp massage. An Energising serum is included to use at home to prolong the benefits.

### Sothys Youth Intensive

**75 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, and youth serum and cream, plus a choice of either a foot, hand and arm or a scalp massage.

### Sothys Hydra Hyaluronic Acid 4

**90 minutes £180 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. The treatment includes a cryo eye professional treatment targeting fine lines and lifting and plumping the eye area.

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, targeted eye treatment, plumping mask, intensive hydrating serum, hydrating cream.

### Sothys Illuminating Facial

**75 minutes £150 per person**

*Illuminating • Hydrating • Refining*

As a treatment specialist, Sothys have specifically developed this radiance beauty routine to target and treat areas of pigmentation. At the heart of this lies organic white nettle extract to diminish dark spots, derived from extensive research and proven efficacy. This 6 step treatment provides a triple solution for dark spots, hydration and uneven complexion.

Suitable for all skin types and those that are prone to dark spots, pigmentation and an uneven, dry complexion. Active ingredients include ferulic acid, white nettle extract, Vitamin B3 and C. This treatment includes a cleanse, exfoliation, massage, mask and illuminating serum and cream, plus a choice of either foot, hand and arm or a scalp massage.

### Gaia Jade Facial

**60 minutes £120 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.

### Gaia Yoga Facial

**90 minutes £180 per person**

*Lifting • Increased definition • Tighter skin*

As much as we know exercising our body is good for us, well it is the same for the face.

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 and exceptional results.

Suitable for all skin types. Active ingredients include rosemary, frankincense and chamomile.

# Facials





# Body Treatments

## Body Treatments

### Sothys Tailor Made Body Ritual

60 minutes £120 per person

75 minutes £155 per person

85 minutes £190 per person

*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 £115 per person

85 minutes £185 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 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 £120 per person

85 minutes £190 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.

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

### Mother Gaia Ritual

60 minutes £115 per person

85 minutes £185 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.

### Lomi Lomi Massage

60 minutes £115 per person

85 minutes £185 per person

*Relaxing • Tension Releasing • Detoxifying*

A traditional Hawaiian massage that incorporates long, flowing strokes working gently but deeply into the belly and ligaments of the muscles and improving the flow of blood and lymph through the body.



## 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 hairdressers.

**Gaia Half Day Spa Retreat**  
**Mon-Fri £165 per person**  
**Sat-Sun £185 per person**  
**Available 9am-12pm or 2pm-5pm**

Your spa day includes:  
 Full use of our spa facilities  
 A 60 minute Gaia Massage or Facial  
 A Smoothie, freshly made to order

**Gaia Full Day Spa Retreat**  
**Mon-Fri £200 per person**  
**Sat-Sun £220 per person**  
**Available 10am-6pm**

Your spa day includes:  
 Full use of the spa facilities  
 A 60 minute Gaia Massage  
 A 60 minute Gaia Facial  
 Light lunch in the Spa Lounge with a glass of house wine or a soft drink.

**Mother Gaia Half Day Spa Retreat** \*   
**Mon- Fri £180 per person**  
**Sat-Sun £200 per person**  
**Available 9am-12pm or 2pm-5pm**

Your spa day includes:  
 Use of the hydrotherapy pool and relaxation areas  
 A 85 minute Mother Gaia Pregnancy Massage  
 Light lunch in the Spa Lounge with a soft drink or a hot beverage.

**Sothys Half Day Spa Retreat**  
**Mon-Fri £185 per person**  
**Sat-Sun £205 per person**  
**Available 9am-12pm 2pm-5pm**

Your spa day includes:  
 Full use of the spa facilities  
 A 75 minute Sothys Facial or a Sothys Massage  
 A Smoothie, freshly made to order

**Sothys Full Day Spa Retreat** \*   
**Mon-Fri £220 per person**  
**Sat-Sun £240 per person**  
**Available 10am-6pm**

Your spa day includes:  
 Full use of our spa facilities  
 A 75 minute Sothys Facial  
 A 75 minute Sothys Massage  
 Light lunch in the Spa Lounge with a glass of house wine or a soft drink.

**Midweek Wellness Spa Day Retreat**  
**Available Tue-Thur**  
**£130 per person**  
**Available between 9am and 11.30am or 3.30pm and 6pm**

Full use of our spa facilities  
 A 30 minute Facial or Massage  
 A Smoothie, freshly made to order

**Afternoon Tea Spa Day Retreat**  
**Mon-Fri £175**  
**Sat-Sun £195**  
**Available between 2pm and 6pm**  
**With Afternoon Tea served between 2pm and 4pm**

A traditional afternoon tea with delicious savouries, classic finger sandwiches, scones and an elegant selection of cakes and treats. Followed by the use of our spa facilities and a 60 minute Gaia Facial or Gaia Massage. For a special occasion add a glass of Gusbourne Blanc de Blanc English Sparkling Wine, ask Spa Reception for details.

**Twilight Spa Retreat**  
**Available Sun-Thur**  
**£125 per person**  
**Available 5pm to 7pm**

Start with full use of our spa facilities between 5pm and 7pm, followed by dinner with an allocation of £50 to spend in the restaurant.

\*In line with our environmental goals, we are supporting Sustainable Development Goal 3, which is Good Health & Wellbeing for all. £5 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](mailto:aquarias@whatleymanor.com)

## aquarias spa



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