

BLUE WATER



Spa & Leisure





WELCOME

TO THE BLUEWATER SPA

Escape to a world of calm, serenity and relaxation, within luxurious surroundings that will leave you feeling refreshed and rejuvenated. Whether you want to relax by the heated pool, enjoy hand picked treatments or indulge in a full spa day experience - our professional and dedicated team will ensure your time is personalised to just what you need. With four intimate and inviting treatment rooms and a stunning relaxation lounge, you will never want to leave!

Bluewater Spa has partnered with British lifestyle brand Temple Spa. Inspired by the Mediterranean, we have carefully selected an indulgent range of products and treatments, with natural botanicals that will leave your skin feeling like cashmere.



“YOUR BODY IS A LIVING TEMPLE.
HONOUR IT, ENJOY YOUR LIFE
AND LIVE IT TO THE FULL”



TEMPLESPA





PRESCRIPTION & SKIN BOOSTING FACIALS

MY KINDA SKIN

Bespoke prescription facial for your skin type

60 Minutes

£65

We'll analyse, prescribe and then tailor a gorgeous facial which will deliver amazing results. To begin with your skin will be deeply cleansed and exfoliated, followed by our signature Temple Spa face and décolleté massage, application of a bespoke treatment mask and prescribed moisture treat. Whilst you drift off your treatment is completed with a choice of tension relieving hand and arm massage or a divine scalp massage. You will feel amazing and your skin will look so, so good!

MEDITERRANEAN MARINADE

A calming facial for sensitive or delicate skin

60 Minutes

£65

A de-sensitising and ultra-soothing facial packed with fresh ingredients, Mediterranean essential oils and vitamin boosters. Designed to soothe, calm and de-stress sensitive and stressed skin. Following a deep, yet tender cleanse your skin is gently exfoliated followed by our signature relaxing face massage finishing with an application of a unique Temple Spa marinade mask. A truly soothing and calming facial to restore your skin's natural equilibrium, radiance and glow.

GO GUY – THE MALE EXECUTIVE TREATMENT

Men's facial for all skin types

60 Minutes

£65

This high-performance men's facial is perfect to revive, refresh and invigorate. Your skin will be revitalised and energised with a deep brush cleanse, followed by a targeted face and shoulder massage. Skin is then treated to a deep exfoliation and an application of a bespoke face mask. Finally choose from a detoxifying foot massage or stress relieving scalp massage to melt away the final traces of tension and stress. Skin is left smoother, softer, hydrated and you will be ready to face the world.

THE POWER BREAKFAST FACIAL

Express facial for all skin types

30 Minutes

£40

Need to look your best but don't have much time? This is the one for you. We've taken all the ingredients that you would find in a healthy breakfast like oats, honey and fruit juices, to create this pick me up facial. Includes a deep power-cleanse, nutritious scrub and mask, revitalising face massage and wonderful scalp massage. A taster treat for all skin types!



WELL-BEING FACIALS

REPOSE AROMATHERAPY FACIAL

Relaxing, indulgent facial for all skin types

75 Minutes

£80

This indulgent aromatherapy facial is infused with a Mediterranean blend of 40 essential oils which will soothe, calm and hydrate your skin whilst having a relaxing action on the mind and body so you can switch off and recharge. This divine treatment, concentrates on releasing tension and stress caused by day to day living with a Temple Spa signature face, eye, scalp, hand and arm massage experience. There's nothing like stress for ageing the skin and there's nothing like relaxation for smoothing it. Pure Bliss!

SUPERLUXE TRUFFLE FACIALS

CHAMPAGNE & TRUFFLES DELUXE TREATMENT

The crème de la crème of facials

90 Minutes

£90

This stunning treatment is just the thing if you are looking for a serious celebration for your skin. This super luxe facial includes an anti-ageing lifting and sculpting face massage, resurfacing peel, a hydrating and brightening alginate mask to iron out fine lines and wrinkles, cold stone therapy to reduce puffiness and finished with an application of the multiple Award-Winning SKIN TRUFFLE. Your skin will be visibly plumper, firmer, radiant and glowing. If all that's not enough you'll be treated to a shoulder and neck massage using warm stones. Simply irresistible results.

You will receive a flute of bubbly and a delicious handmade truffle as you admire your new complexion!



WELL BEING & SUPERLUXE FACIALS





BODY SCRUBS, WRAPS & INFUSIONS

I'LL BE BACK

A facial for the back

45 Minutes

£45

Following an invigorating exfoliation with our Mediterranean SUGAR BUFF scrub, a warm purifying mud is smoothed all over your back for a deeply powerful cleansing and hydrating treatment. Whilst the mask is working its magic enjoy a detoxifying foot massage. Luxurious warm mitts are used to remove the mask before a stimulating back, neck and shoulder massage is performed, leaving you energised, relaxed and with a back to be proud of.

AAAHHH!

Leg & foot energiser

30 Minutes

£35

Don't you just hate it when your legs and feet beat like drums? This oh-so-good treatment is instant relief for tired, swollen, over worked legs and feet. It begins with skin brushing to help eliminate excess fluids, followed by our Mediterranean Scrub to exfoliate and stimulate circulation. Your legs are then treated to a warm oil massage that will leave you tingling and feeling lighter. The treatment is completed with an invigorating rub of our cooling and soothing balm AAAHHH! Followed with a skin treating sweep across the feet with the Award Winning SOLE BALM. You really will say "AAAHHH!"

THE OUTER GLOW

Face & body exfoliation

45 Minutes

£50

What a treat! Top-to-toe buffing and polishing. Using our unique, Award Winning Mediterranean SUGAR BUFF Scrub, we exfoliate and polish your body and gently buff away dead skin cells on your face with BREAKFAST SMOOTHIE. This invigorating and refreshing all over treatment leaves skin soft as silk, revitalised and hydrated. The perfect way to begin another body treatment and an absolute must before your holiday or a special event. Off you glow!

GO FIGURE

A firming, toning, tightening body detox treatment

60 Minutes

£65

This is the treatment if you need a bit of help with the wobbly bits! Commencing with body brushing and sloughing movements to stimulate lymphatic flow. Hips, thighs and stomach are then treated to a bespoke Temple Spa detoxifying massage, using targeted techniques to help break down fatty deposits and stimulate collagen and elastin formation in the skin, improving strength and elasticity. You are then enveloped in intensive marine and mineral rich mud wrap to stimulate the metabolism and promote fat burning. Finally, a friction-rub with the Award-Winning GO FIGURE anti-cellulite gel completes the treatment. Skin is left feeling firmer, tighter and invigorated!

One treatment is fab, a course of six is amazing.

MEDITERRANEAN MASSAGES

WORK IT OUT MASSAGE

Detoxing / muscle workout massage

30 / 60 / 90 Minutes £35 / £65 / £85

A detoxifying, deep tissue massage that relieves fluid retention and works out tired, aching muscles. Using the ingenious WORK IT OUT detox massage oil including essential oils of Juniper, Lavender and Cypress. We begin with full body brushing to stimulate the circulation to improve lymph drainage. Then we perform a deep tissue, body boosting massage with muscle-fitness techniques and movements to really give your muscles a work out - working on knots, tensions and tightness to help the detox process. Detox-licious!

DRIFT AWAY

Relaxing full body massage

30 / 60 / 90 Minutes £35 / £65 / £85

This deeply relaxing top-to-toe massage, formulated with a dreamy blend of Mediterranean essential oils including Frankincense, Lavender and Patchouli, is guaranteed to have you drifting away. Upgrade your experience to 90 minutes to include a signature face and scalp massage using our aromatherapy resting cream REPOSE.

This is the perfect treatment to soothe and calm frazzled nerves and wind down an active mind; tension and stress simply melts away.....zzzzzz!



MEDITERRANEAN MASSAGES

IN GOOD SPIRITS

Energising full body massage

30 / 60 / 90 Minutes £35 / £65 / £85

An invigorating massage designed to leave you full of vitality. We use an uplifting blend of Mediterranean essential oils including Ginger, Lemon and Bergamot that are carefully chosen to stimulate and refresh the skin, body and soul. The clever massage movements encourage circulation and stimulate the whole body to leave you feeling energised and full of life. Upgrade your experience to 90 minutes to include a mini detox facial.

All guaranteed to restore and revive you, putting a spring back into your step!

NEW BEGINNINGS

Mummy to be massage

60 Minutes £65

Pregnancy is a most wonderful time that requires treatments specially designed for you. You will enjoy a full body massage, without the need to lie on your tummy. Our specially trained therapists know exactly how to work those sore, tired and aching muscles while you feel completely comfortable and relaxed. The treatment is complete with a face and scalp massage leaving your skin feeling baby soft all over. You never know, your little bambino might enjoy the sense of calm too!

ROCKS OF THE MEDITERRANEAN

Hot stones massage

75 Minutes £85

This popular Thermal Stone massage is a glorious treatment using warm basalt stones to massage the body from head-to-toe. This wonderfully, warming treatment works on energy points located throughout the body to rebalance and harmonise. The muscles are relaxed and rejuvenated in a sensation totally unique to hot stone massage. This all-encompassing treatment is an experience you just have to have at least once in your life. Simply heavenly!



SPA EXPERIENCES - TOP-TO-TOE AFFAIRS!

THE MEDITERRANEAN MINI BREAK

The fully loaded skin-luxe facial & body duo

90 Minutes £95

Packed with delicious ingredients, this double deluxe all over treatment will leave you looking and feeling like you've had a mini break. Your mind will escape as your body is polished and nourished with the iconic Mediterranean SUGAR BUFF scrub, prior to being cocooned in an aromatic infusion of our Aromatherapy body oil IN GOOD SPIRITS to soften and hydrate. Your mini break continues with a rejuvenating facial to brighten, soften and hydrate. The results....? A totally relaxed skin, head to toe.

MY KINDA MOOD

A prescriptive facial & massage bespoke to you

120 Minutes £120

Not sure how to spend the next couple of hours? Firstly, we'll chat about how you are feeling - skin, body and soul - and let you smell the different aromas to match your mood. Then we'll take care of you with a wonderfully relaxing and restorative full body massage, followed by an indulgent prescription facial. We will select the products and techniques perfect for your wants and needs. You will look, feel and smell oh so good.

YUMMY MUMMY TO BE

Everything a mother to be should have to make her feel healthy, gorgeous and pampered

2.5 Hours £160

A thoroughly pampering experience designed to give our expectant mummies-to-be a real luxurious treat. We begin with a soothing and relaxing body massage concentrating on areas of concern, without having to lie on your tummy. Followed by a delicious facial packed with wonderful natural ingredients leaving your skin glowing. Finally, your legs will be revitalized with our leg energiser treatment AAAHHH! The perfect treat for swollen ankles and aching limbs.

Your therapist will pamper and relax you fully, preparing you for this wonderful new chapter in your life.


SPA EXPERIENCES

SPA EXPERIENCES - TOP-TO-TOE AFFAIRS!

THE SERIOUS DETOX

The ultimate detox package

2.5 Hours £165

If you are serious about detoxing, then this is the one for you. This is the perfect combination to cleanse and detoxify the face and body. We commence with full body exfoliation. The hips, thighs and stomach are treated to a detoxifying massage, using body boosting Mediterranean essential oils and targeted massage techniques, followed by a stimulating marine and mineral rich mud wrap. Whilst all wrapped up you'll enjoy a detox facial to decongest and spring clean your skin. Your boot-camp treatment finishes with a friction rub and application of the Award-Winning GO FIGURE anti-cellulite gel to areas of concern whilst the rest of the body is hydrated and cocooned with a layer of DUVET comforting body cream. You will feel fully rejuvenated and motivated in your quest to get in shape! A complimentary Temple Spa Detox Plan is also included.

BLUEWATER SPA DAYS

Why not treat yourself to a day of pure rest and relaxation... Spend a little time floating away in our heated pool and inviting spa pool or melt away in our sauna and eucalyptus infused steam room. Feeling energetic? We also have a fully equipped cardiovascular and resistance gym.

ALL SPA DAYS INCLUDE:

Full use of spa facilities

Fresh juice drink on arrival

Hire of bath robes and slippers

Glass of Prosecco

2 course lunch or afternoon tea in the Connaught brasserie

Double treatment rooms are available if two of you would like to share the experience.

For full details of our spa days, indulgent overnight escapes and special offers please visit our website www.theconnaught.co.uk or call **01202 209 104**.

Alternatively you can email us on bluewater@theconnaught.co.uk.


SPA EXPERIENCES



TEMPLE SPA SIDE ORDER TREATMENTS

Have you ever had a treatment at a spa and thought to yourself, 'I wish I could have a little more'? Well now you can! Here we present a lovely selection of options to add onto your main treatment. These can be added to any facial, massage or body treatment.

15 Minutes Per Side Order **£15**

STRESSED OUT?

Enjoy our hot stone neck and shoulder treatment

HEAD FEEL HEAVY AND UPTIGHT?

You will love our sedating hot oil scalp massage

LOVE YOUR HANDS TO BE PAMPERED?

Select our indulgent hand ritual

WANT A SPRING IN YOUR STEP?

Select our indulgent foot ritual

WANT TO LOOK LESS TIRED?

Discover our secret eye remedy

BEAUTY TREATMENTS - FINISHING TOUCHES

MANICURES OR PEDICURES

Mini with OPI 30min £27.00

Classic 60min £40.00

ADD ONS

Shellac 10min £7.50

WAXING

Body Waxing from £10.00

Intimate Waxing from £27.00

TINTING

Eyelash 20min £15.00

Eyebrow 15min £10.00

Eyelash & Eyebrow 25min £19.00

Eyebrow Shape & Tint 25min £14.00



TEMPLE SPA SIDE ORDER TREATMENTS & FINISHING TOUCHES

MAKE THE MOST OF YOUR VISIT

Thank you for choosing to visit the Bluewater Spa at The Connaught Hotel. For bookings and enquiries please call us on **01202 209 104**, email bluewater@theconnaught.co.uk or visit www.theconnaught.co.uk. We'd hate for you to miss out on your ideal date or time so advance booking is highly recommended.

ARRIVAL INSTRUCTIONS

Bluewater Spa is located on the lower ground floor of the hotel with both lift and stair access. We recommend that you arrive 15 minutes before your treatment to relax and fill out your consultation card - we'd hate to rush you! We regret that late arrival will result in your treatment time being reduced.

Lockers are available for your belongings if you are on a spa day. Kindly note Bluewater are unable to take responsibility for lost or stolen property from lockers (you will need a pound coin for these).

BLUEWATER SPA ETIQUETTE

Please note Bluewater is a mobile free zone to maintain the peaceful ambiance of the spa. We ask that you are considerate of other guests and keep conversations to a whisper.

We are unable to accommodate children and teens under 18 years of age.

Please ensure you advise the therapist at the time of booking if you are pregnant or have any serious medical conditions so we can be sure you receive the perfect treatment for you.

Certain treatment types require a patch test 24hrs prior to the treatment. You will be advised accordingly when you book.

GIFT VOUCHERS

Gift Vouchers are available for all our treatments. We can send them directly to you or the recipient, or deliver them to your room for your arrival. We will be happy to create a bespoke spa treatment plan for you. Please visit the website www.theconnaught.co.uk or call us on **01202 209 104**.

CANCELLATION POLICY

As a courtesy, we request that you advise us of cancellation or rescheduling at least 48hrs prior to your appointment to avoid being charged in full and so that we can accommodate another client.

HOME CARE

If you would like to continue your skin experience at home, the products used in your treatment are all available for purchase. Your therapist will be happy to advise you.



TEMPLE SPA



THE CONNAUGHT HOTEL
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