



BLUEWATER SPA

# WELCOME

## TO 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 enjoy hand-picked treatments or indulge in a full spa day or spa break experience, our professional and dedicated team will ensure your time is personalised to just what you need.

With four treatment rooms (including two double rooms if you would like to share the experience) and a stunning relaxation lounge, you'll never want to leave! For those who are enjoying a spa day or spa break with us, you will also have use of our 18m indoor swimming pool with Jacuzzi, sauna, steam room and a fully equipped gym.

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





# SPA DAYS

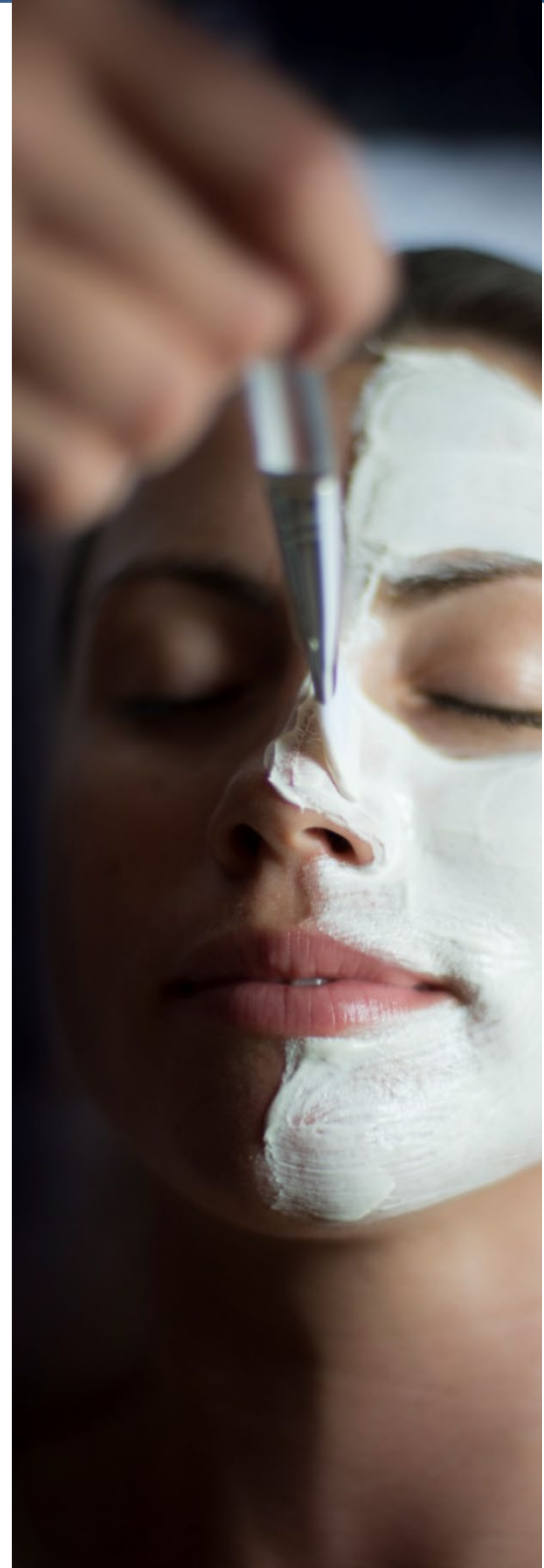
Why not treat yourself or a loved one to a day of pure rest and relaxation.... Spend a little time floating away in our inviting pool, or melt away in our sauna and eucalyptus infused steam room throughout the day. All of our spa days include a juice drink on arrival, use of the spa facilities for up to 4 hours, hire of robes and slippers. We have two double treatment rooms if you would like to share the experience.

	MON-THURS	FRI-SUN
<b>REVIVE SPA DAY</b> 25 min facial or massage, 15 min side order and a prosecco afternoon tea*	£95	£110
<b>REJUVENATE SPA DAY</b> 55 min facial or massage and a prosecco afternoon tea*	£110	£125
<b>PURE BLISS SPA DAY</b> 25 min massage, 55 min facial and a prosecco afternoon tea or 2 course lunch	£150	£165
<b>AFTERNOON INDULGENCE SPA DAY</b> 25 min facial or massage and a prosecco afternoon tea* (use of the spa facilities from 4pm-8pm)	£80	£95

\*upgrade to a 2 course lunch for £15 per person



SPA DAYS







# SPA BREAKS

The ultimate pamper experience – relax and rejuvenate with one of our spa stays.

## PAMPER RETREAT

Overnight accommodation with breakfast in a standard room, 40 minute treatment, bottle of prosecco.

## GOURMET SPA STAY

Afternoon tea on arrival, box of chocolates and champagne in your room, 3 course dinner in The Connaught Brasserie, overnight accommodation with breakfast, 70-minute treatment.

## INDULGENT AFTERNOON TEA SPA STAY

Afternoon tea on arrival, 3 course dinner in The Connaught Brasserie, overnight accommodation with breakfast, 55-minute treatment, bottle of prosecco.

## GIN LOVERS' SPA STAY

Afternoon tea on arrival with your favourite G&T, overnight accommodation with breakfast, 3 course dinner in The Connaught Brasserie and a £30 voucher to use in The Connaught Gin Bar as well as a 55-minute treatment.

Visit [www.theconnaught.co.uk/book-spa-break](http://www.theconnaught.co.uk/book-spa-break) and enter promo code SPABREAK or call the team on 01202 298020 to check prices and availability – prices will depend on the day and time of year that you visit.

Spa breaks can also be purchased as gift vouchers from our website starting from £239 for 2 people. Vouchers are valid for 12 months from the date of purchase and are subject to room and treatment availability at the time of booking. We advise to book at least 6 weeks in advance.



SPA BREAKS



# MEDITERRANEAN MESSAGES

## WORK IT OUT MASSAGE

Detoxing / muscle workout massage

25 / 55 / 85 Minutes      £45 / £80 / £105

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 massage

25 / 55 / 85 Minutes      £45 / £80 / £105

This deeply relaxing 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 85 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.....zzzzzzzz!

## IN GOOD SPIRITS

Energising massage

25 / 55 / 85 Minutes      £45 / £80 / £105

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 85 minutes to include a mini detox facial. All guaranteed to restore and revive you, putting a spring back into your step!

## NEW BEGINNINGS

Relaxing full body massages for a mummy-to-be

55 Minutes      £80

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!



MEDITERRANEAN MESSAGES

## **ROCKS OF THE MEDITERRANEAN**

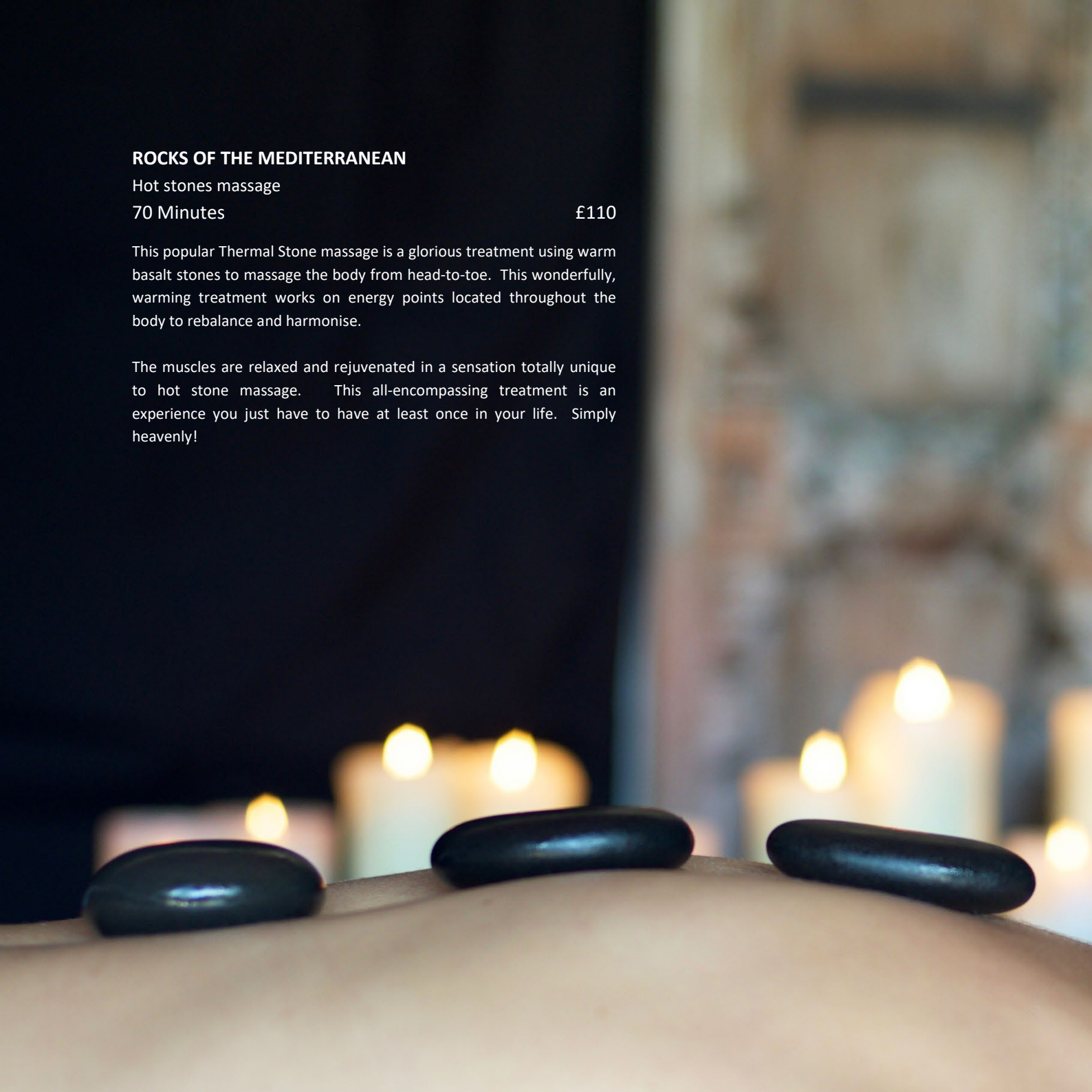
Hot stones massage

70 Minutes

£110

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!





# PRESCRIPTION & SKIN BOOSTING

## MY KINDA SKIN

Bespoke prescription facial for your skin type

55 Minutes

£80

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

55 Minutes

£80

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 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

55 Minutes

£80

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 mask. Finally, choose from a detoxifying food massage or a 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

25 Minutes

£50

Need to look your best but don't have much time? This is the one for you. We've taken all of 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 a wonderful scalp massage. A taster treat for all skin types!





## CHAMPAGNE & TRUFFLES DELUXE TREATMENT

The crème de la crème of facials

85 Minutes

£110

This stunning treatment is just the thing if you are looking for a serious celebration for your skin. The super luxe facial includes an anti-ageing lifting and sculpting face massage, resurfacing peel, a hydrating and brightening alginate mask to iron our 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.

Once you have had your treatment, you will receive a flute of bubbly and a delicious handmade truffle as you admire your new complexion!





# BODY SCRUBS, WRAPS & INFUSIONS

## I'LL BE BACK

A facial for the back

40 Minutes

£60

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

25 Minutes

£45

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, overworked 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 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

40 Minutes

£65

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

55 Minutes

£80

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 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.











# SPA EXPERIENCES – TOP-TO-TOE

## THE MEDITERRANEAN MINI BREAK

The fully loaded skin-luxe facial & body duo

85 Minutes

£110

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.

## YUMMY MUMMY TO BE

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

145 Minutes

£185

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 revitalised 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.

## MY KINDA MOOD

A prescriptive facial & massage bespoke to you

115 Minutes

£145

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.

## THE SERIOUS DETOX

The ultimate detox package

145 Minutes

£190

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.





# 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 for £20

## STRESSED OUT?

Enjoy our hot stone neck and shoulder treatment

## WANT A SPRING IN YOUR STEP?

Select our indulgent foot ritual

## HEAD FEEL HEAVY AND UPTIGHT?

You will love our sedating hot oil scalp massage

## WANT TO LOOK LESS TIRED?

Discover our secret eye remedy

## LOVE YOUR HANDS TO BE PAMPERED?

Select our indulgent hand ritual

## GIFT VOUCHERS

Give the gift of relaxation. Choose from our selection of spa treatments, spa days and spa stays. Or add any value from £25 to £500 onto our ‘Spa Experience Gift Voucher’ and let the recipient pick their own perfect treat.





# MAKE THE MOST OF YOUR VISIT

Thank you for choosing to visit Bluewater Spa at the Connaught Hotel. For bookings and enquiries please call us on 01202 298020, email [bluewater@theconnaught.co.uk](mailto:bluewater@theconnaught.co.uk) or visit [theconnaught.co.uk](http://theconnaught.co.uk). Advance booking is recommended so that you're able to choose the ideal time for your treatment

## ARRIVAL INSTRUCTIONS

Bluewater Spa is located in the lower ground floor of the hotel, with both lift and stair access. Please arrive at least 15 minutes before your treatment so that you have time to relax and fill out your consultation card. We regret that late arrival will result in your treatment time being reduced.

Lockers are available for your belongings (you will need a pound coin for this, which will be returned)

## BLUEWATER SPA ETIQUETTE

- Please note that Bluewater Spa is a mobile free zone to maintain the peaceful ambience 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.

## 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.



MAKE THE MOST OF YOUR VISIT





# BLUEWATER SPA MEMBERSHIP

ARE YOU A LOCAL RESIDENT?

Become a Bluewater Spa member and get full access to the spa and gym, as well as exclusive benefits, such as discounts on treatments and food and beverage in The Connaught Brasserie and Gin Bar. Ask the team or visit our website for more information.



**THE CONNAUGHT**  
HOTEL & SPA

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[www.theconnaught.co.uk](http://www.theconnaught.co.uk)

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