



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.

We have six treatment rooms, including four double rooms if you would like to share the experience. 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, a fully equipped gym and a stunning relaxation lounge. You'll 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

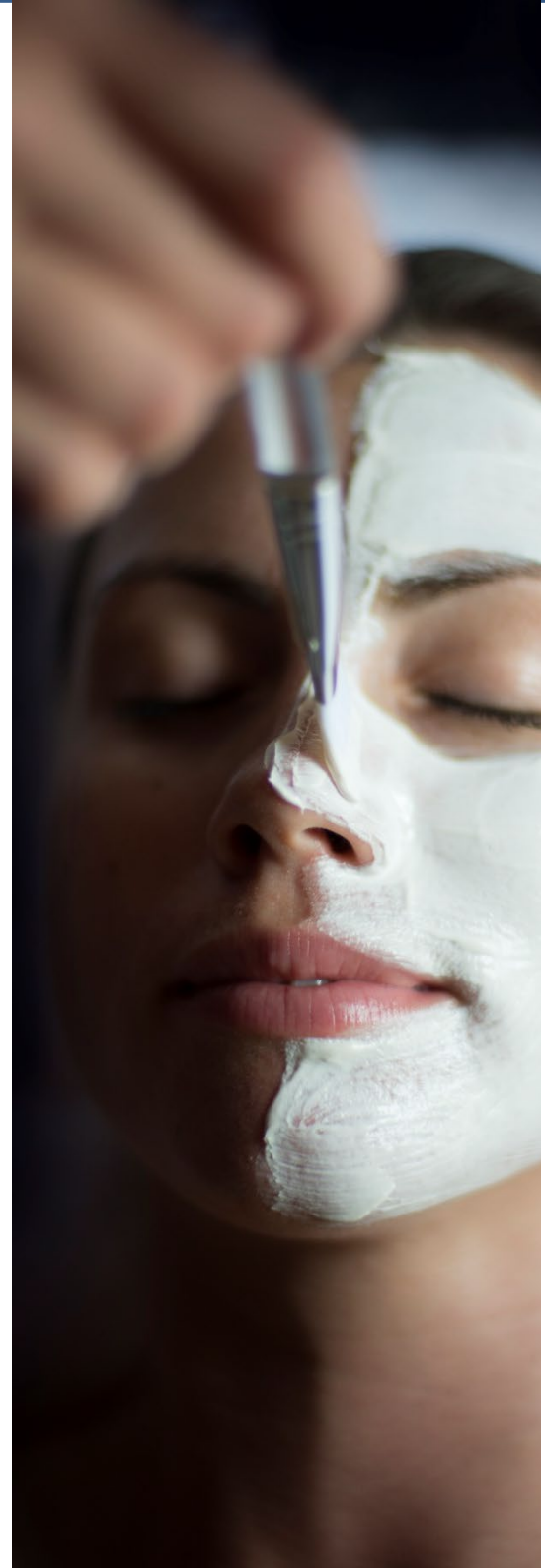


SPA DAYS

Treat yourself or a loved one to a day of total rest and relaxation. Spend 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, full use of spa facilities for up to four hours and hire of robes and slippers. We have four double treatment rooms if you would like to share the experience with someone special.

[CLICK HERE TO BOOK YOUR SPA DAY](#)

	MON-THU	FRI-SUN
REVIVE SPA DAY 25 min facial or massage, plus a 15 min side order, afternoon tea (upgrade to two course lunch for £15), glass of prosecco.	£95	£110
REJUVENATE SPA DAY 55 min facial or massage, afternoon tea (upgrade to two course lunch for £15), glass of prosecco.	£110	£125
PURE BLISS SPA DAY 25 min massage and 55 min facial, your choice of afternoon tea or two course lunch, glass of prosecco.	£150	£165
AFTERNOON INDULGENCE SPA DAY 25 min facial or massage, afternoon tea (upgrade to two course lunch for £15), glass of prosecco. Full use of spa facilities from 4pm-8pm.	£80	£95
REST & RENEW SPA DAY 25 min facial or massage with four hours' use of spa & leisure club facilities.	£50	£65
MORNING GLOW SPA DAY Selection of mini pastries & fresh fruit served with tea/coffee. Full use of spa facilities between 8am – 12pm. Upgrade to a full English breakfast for £5 (served until 10am weekdays and 10.30am weekends).	£30	£35





SPA BREAKS

REST & RECHARGE SPA BREAK

Enjoy an overnight stay with breakfast, full use of facilities during your stay and a 25 minute facial or massage.

ESCAPE & UNWIND SPA BREAK

Unwind with full use of facilities during your overnight stay with breakfast, a 40 minute facial or massage, a £10 voucher to use in the spa and an afternoon tea on the day of your choice.

BOTANICAL BLISS SPA BREAK

Indulge in an overnight stay with breakfast, 50 minute treatment, full use of facilities during your stay, a gin afternoon tea on the day of your choice and a £10 voucher to use in The Connaught Gin Bar.

ULTIMATE INDULGENCE SPA BREAK

The ultimate spa break includes an overnight stay with breakfast, full use of facilities during your stay, afternoon tea on the day of your choice, a 70 minute treatment with a £10 voucher, redeemable in the spa. A chilled bottle of prosecco and box of chocolates will be placed in your room for your arrival.

[Click here](#) and enter promo code **SPABREAK** or call the team on 01202 298020 to check prices and availability.

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



SPA BREAKS



MEDITERRANEAN MESSAGES

WORK IT OUT MESSAGE

Detoxing / muscle workout massage

25 / 55 / 85 Minutes From £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 workout – working on knots, tensions and tightness to help the detox process. Detox-licious!

DRIFT AWAY

Relaxing massage

25 / 55 / 85 Minutes From £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 From £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 From £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

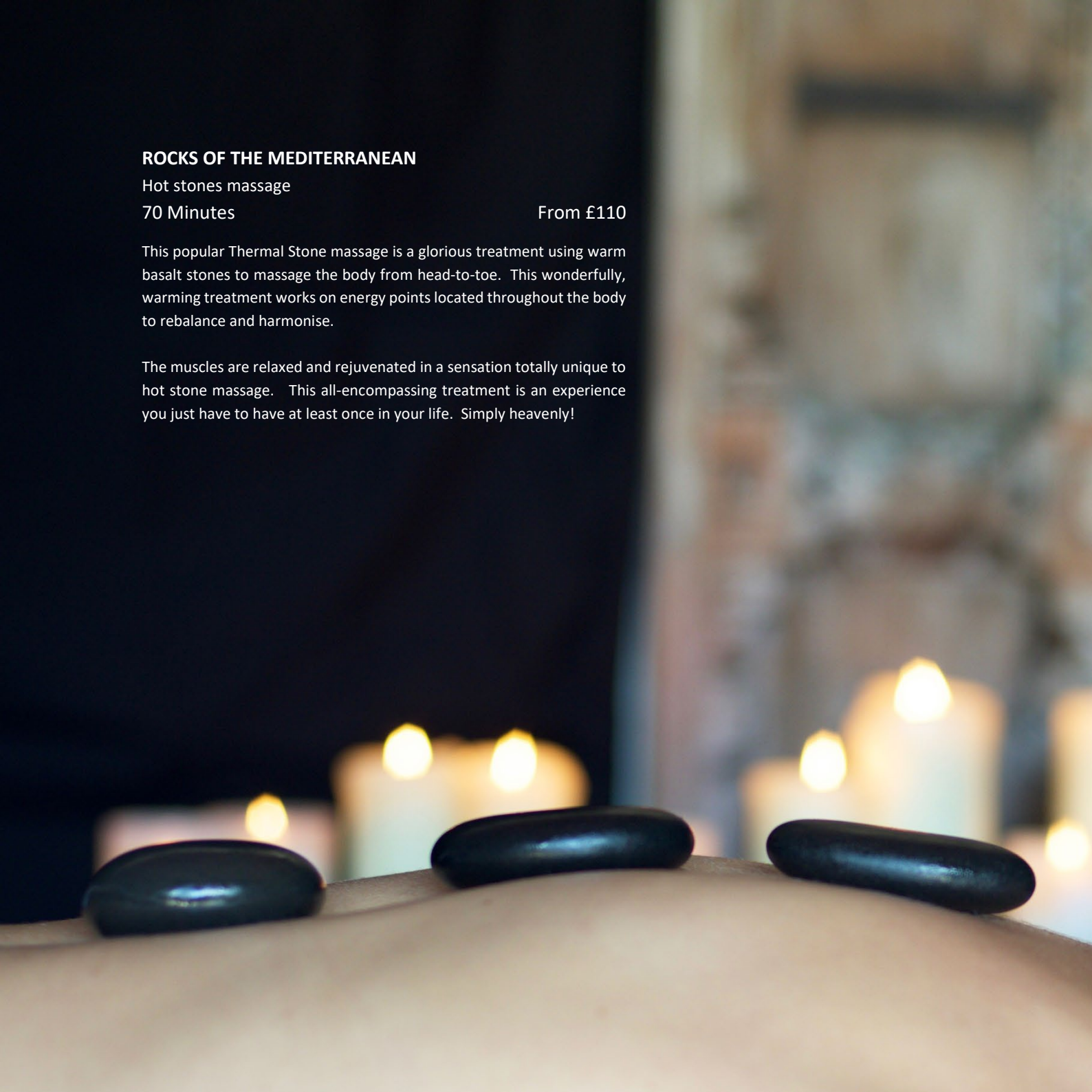
Hot stones massage

70 Minutes

From £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 FACIALS

MY KINDA SKIN

Bespoke prescription facial for your skin type

55 Minutes

From £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

From £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

From £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

From £45

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

From £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 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.

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

From £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

From £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

From £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!



BODY SCRUBS, WRAPS & INFUSIONS





SPA EXPERIENCES – TOP-TO-TOE

THE MEDITERRANEAN MINI BREAK

The fully loaded skin-luxe facial& body duo

85 Minutes

From £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

From £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

From £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

From £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 will commence your treatment with an invigorating body brush and a full body exfoliation. Achy, overworked joints and tight muscles are treated to a deep tissue massage using body boosting Mediterranean essential oils and targeted massage techniques. You'll then be enveloped our warmed GLORIOUS MUD. Whilst all wrapped up, you'll enjoy a purifying and balancing facial to tone and clarify your skin. You will feel relaxed and yet ready to get up and go – the perfect pre-holiday treatment!



SPA EXPERIENCES – TOP-TO-TOE AFFAIRS!



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. Please call the spa team on 01202 298020 to book.

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 breaks. Or add any value from £20 to £300 onto our 'Spa Experience Gift Voucher' and let your 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 or visit theconnaught.co.uk. Advance booking is recommended so that you're able to choose the ideal time for your treatment

ARRIVAL INSTRUCTIONS

Please visit reception when you arrive, where you will be directed either to The Cottage or to our lower ground treatment rooms. Please arrive at least 15 minutes before your treatment so that you can make the most of your experience and complete a medical questionnaire. Completing the questionnaire prior to your visit is strongly advised and we regret that late arrival will result in your treatment time being reduced.

Those attending a spa day or spa break, 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 & drink 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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