



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 TEMPLESPA. 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.



TEMPLESPA

Marrying clinically proven formulas with naturally rich botanicals, TEMPLESPA is beauty redefined. Merging the finest derma-science with the warmth and vitality of the Mediterranean, our 100% British brand has a truly global appeal. Founded in 2000, TEMPLESPA is built on over 20 years of skincare breakthroughs and cutting-edge science. But our heart, well, that's full of sunlight. With a deep respect for our awe-inspiring planet, our ethically conscious brand creates results-driven, science-led skincare that's bathed in Mediterranean sunshine.



TEMPLESPA & AMETHYST TRUST

We have worked with the renowned Amethyst Trust to create an adapted menu of our wonderful TEMPLESPA treatments that are suitable for clients who are medically frail, recovering from illness or are immunocompromised such as those with or recovering from cancer. These bespoke and customisable treatments allow the therapist to adapt to suit the clients' needs. Treatments that are part of the Amethyst Trust collection are highlighted throughout the treatment menu.

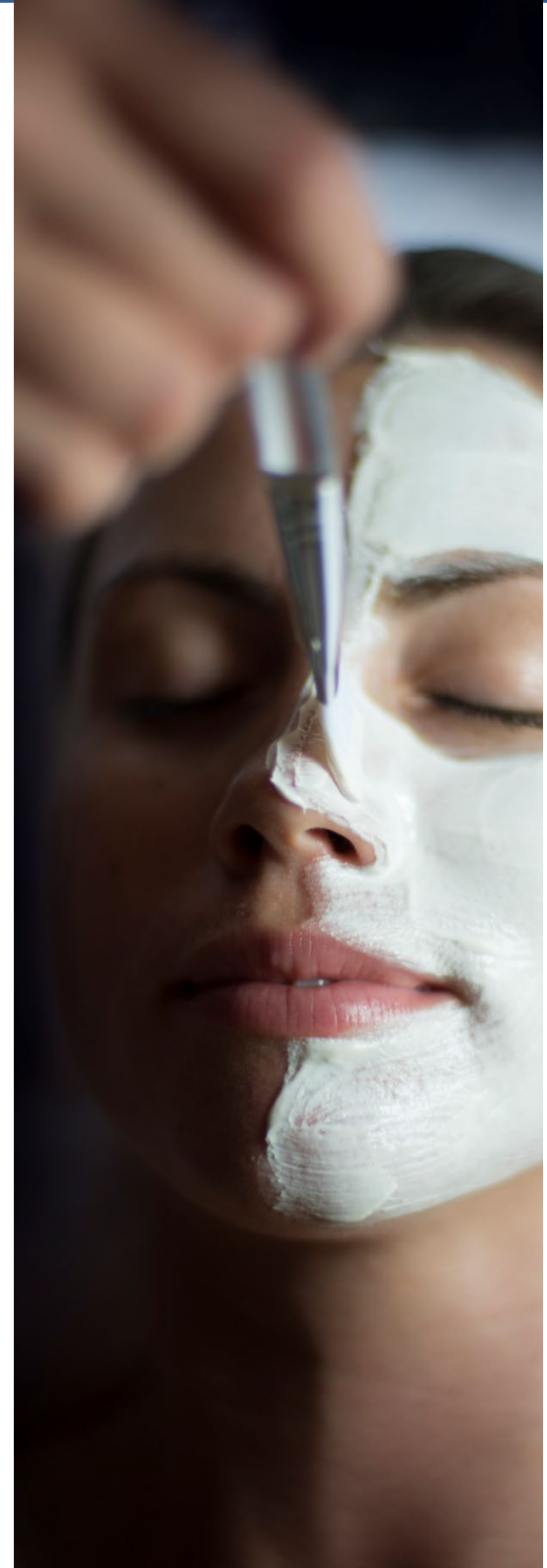


SPA DAYS

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 30 min facial or massage, plus a 20 min targeted side order treatment, afternoon tea (upgrade to two course lunch for £15), glass of prosecco.	£105	£120
REJUVENATE SPA DAY 60 min facial or massage, afternoon tea (upgrade to two course lunch for £15), glass of prosecco.	£115	£130
PURE BLISS SPA DAY 30 min massage and 60 min facial, your choice of afternoon tea or two course lunch, glass of prosecco.	£165	£180
AFTERNOON INDULGENCE SPA DAY 30 min facial or massage, afternoon tea (upgrade to two course lunch for £15), glass of prosecco. Full use of spa facilities from 4pm-9pm.	£90	£105
REST & RENEW SPA DAY 30 min facial or massage with four hours' use of spa & leisure club facilities.	£60	£75
MORNING GLOW SPA DAY Enjoy a sumptuous full English breakfast followed by full use of spa facilities between 8am - 12pm (breakfast served 7am - 10am weekdays and 7.30am - 10.30am weekends).	£40	£45





SPA BREAKS

REST & RECHARGE SPA BREAK

Enjoy an overnight stay with breakfast, full use of facilities during your stay and a 30 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

Includes an overnight stay with breakfast, full use of facilities during your stay, afternoon tea on the day of your choice, an 80 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 TO BOOK ONLINE](#)

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



WELL-BEING MESSAGES

WORK IT OUT MESSAGE

WORK IT OUT | REVIVING DEEP TISSUE MESSAGE

30 / 60 / 90 Minutes From £55 / £85 / £120

A tension easing, deep tissue massage that works out tired, aching muscles and overworked limbs using the ingenious WORK IT OUT detoxifying massage oil with Mediterranean essential oils of juniper & cypress combined with purifying eucalyptus and soothing arnica. We begin with full body brushing to stimulate circulation and improve lymph drainage. Then a deep tissue, body boosting massage with muscle-fitness techniques and movements to really give your muscles a workout – untangle knots, ease tightness and relieve stress. Better all round!



DRIFT AWAY

RELAXING AROMATHERAPY MESSAGE

30 / 60 / 90 Minutes From £55 / £85 / £120

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 award-winning 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... stay awake if you can zzzzzzz!

Amethyst Trust approved.

FEELING GOOD

ENERGISING AROMATHERAPY MESSAGE

30 / 60 / 90 Minutes From £55 / £85 / £120

This revitalising power massage uses our vibrant and joyful aromatic oil inspired by the zest of Mediterranean Citrus groves. Bergamot, Sweet Orange, Lemon, and cooling Mint working alongside our invigorating massage movements designed to combat fatigue and encourage circulation. You will be left feeling re-energised and at ease. Upgrade your experience to 90 minutes for an exceptional radiance facial. Guaranteed to put a spring back into your step and your skin!

NEW BEGINNINGS

PREGNANCY MESSAGE FOR MUMMIES-TO-BE

60 Minutes From £90

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 topped off with a relaxing 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!



WELL-BEING MESSAGES



ROCKS OF THE MEDITERRANEAN

RELAX & RESTORE HOT STONE MASSAGE

70 Minutes

From £110

Using thermal basalt stones this glorious, warming treatment works on energy points located throughout the body to rebalance and harmonise. 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!

STRESS NOT

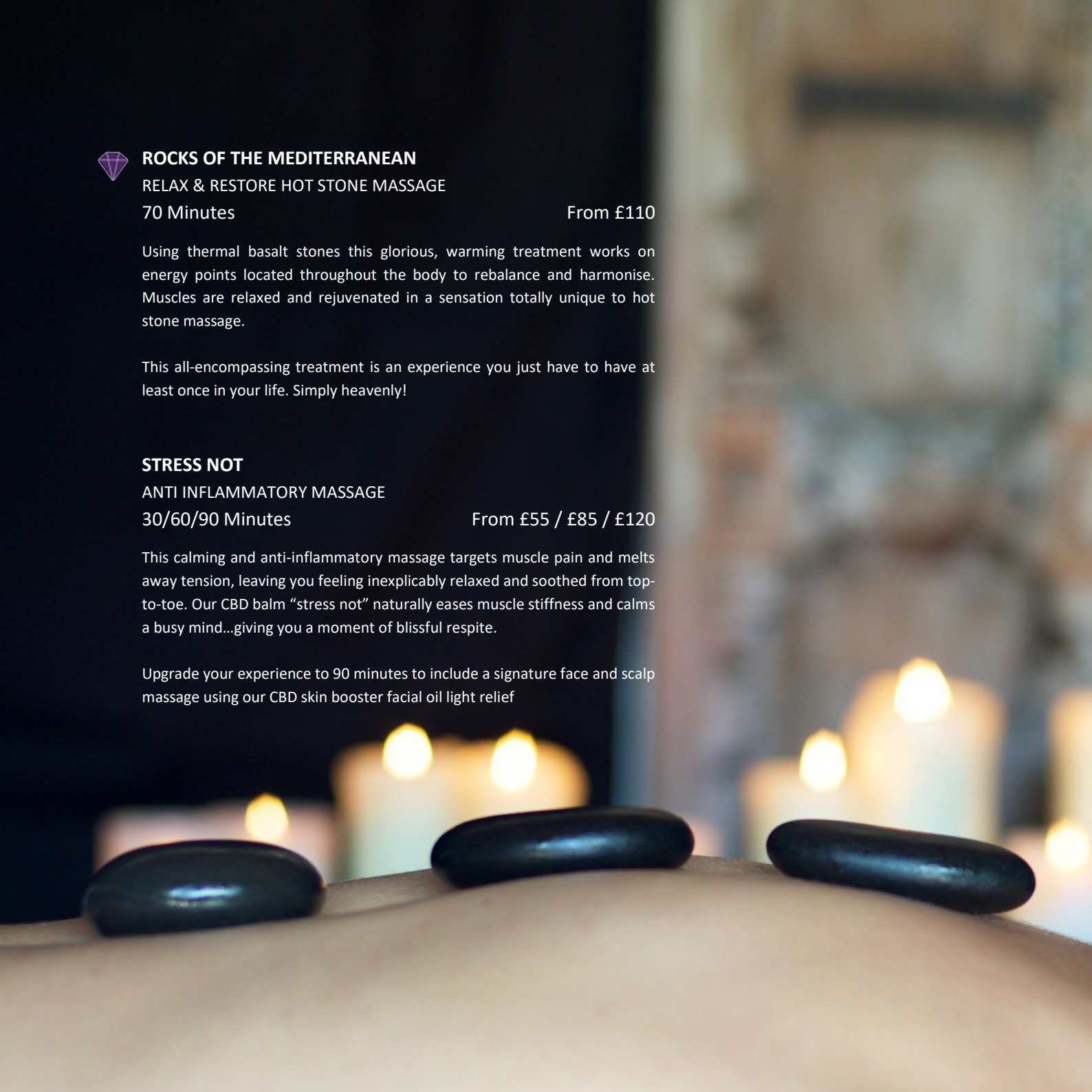
ANTI INFLAMMATORY MASSAGE

30/60/90 Minutes

From £55 / £85 / £120

This calming and anti-inflammatory massage targets muscle pain and melts away tension, leaving you feeling inexplicably relaxed and soothed from top-toe. Our CBD balm "stress not" naturally eases muscle stiffness and calms a busy mind...giving you a moment of blissful respite.

Upgrade your experience to 90 minutes to include a signature face and scalp massage using our CBD skin booster facial oil light relief





RESULTS DRIVEN FACIALS



MY KINDA SKIN

PRESCRIPTION FACIAL

30 / 60 Minutes

From £55 / £85

Let us analyse your skin and prepare a tailored treatment just for you. Your facial includes our signature massage plus a relaxing scalp massage. You will feel amazing and your skin transformed. [Amethyst Trust approved.](#)

GO GUY – THE MALE EXECUTIVE TREATMENT

MEN'S FACIAL FOR ALL SKIN TYPES

30 / 60 Minutes

From £55 / £85

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.

REPOSE

RELAX & RESTORE FACIAL

70 Minutes

From £90

There's nothing like stress for lining the skin and there's nothing like relaxation for smoothing it! This indulgent aromatherapy facial includes a relaxing face massage and eye treatment followed with hot oil scalp massage, plus a hand & arm massage. Want to look and feel less tired? Then this is for you.



LIGHT RELIEF

LIGHT RELIEF | CBD WELLBEING FACIAL

70 Minutes

From £90

This soothing de-stress facial includes our tranquil face massage using our LIGHT RELIEF CBD skin booster oil leaving your skin comforted, hydrated and looking radiant, followed by a tension relieving massage to the arms, neck and shoulders, you will feel totally chilled.

ALL ABOUT THE GLOW

GLOW & RADIANCE FACIAL

30/60 Minutes

From £55 / £85

This advanced, skin transforming facial turns up your glow with instant and visible results for firmer feeling & brighter, healthy-looking skin. Your complexion is transformed thanks to intelligent active ingredients boosted by vitamin c and our glycolic acid complexes. Add our unique skin-lifting massage techniques and the results are even better skin.



CHAMPAGNE & TRUFFLES DELUXE TREATMENT

FIRM & LIFT LUXURY FACIAL

60 / 90 Minutes

From £90 / £125

A luxury facial that combines our award-winning truffle skincare with our specialist lifting massage techniques that together iron out deep lines and wrinkles, help to strengthen muscle tone and reduce puffiness. You'll have something to celebrate. The 90-minute version includes an exquisite cooling alginate mask and rose quartz massage therapy. Add a glass of fizz and a delicious chocolate truffle to complete the luxury and help you relax.

Curated by industry expert and our founder Liz Warom, these exclusive Truffle products and treatments harness the scientific power and multiple skin benefits of black summer truffles, champagne extract, gold and silk peptides plus potent high performing vitamins and botanical complexes. Each deliver exceptional results and exquisite experiences.





BODY SCRUBS, WRAPS & INFUSIONS

BACK TO LIFE

PURIFY & BALANCE BACK TREATMENT

40 Minutes

From £65

This invigorating treat includes an exfoliation scrub, a deep cleanse with warm purifying mud followed by a stimulating massage. Leaves you energised with a back to be proud of.

THE OUTER GLOW

FACE & BODY EXFOLIATION

40 Minutes

From £70

An invigorating and refreshing all over exfoliation treatment that leaves skin soft, revitalised and hydrated. The perfect way to prep your skin for a massage and an absolute must before your holiday or a special event. Off you glow!



AAAHHH!

LEG & FOOT ENERGISER

30 Minutes

From £55

This oh-so-good treatment is instant relief for tired, over worked legs & feet. Begins with skin brushing, to help eliminate excess fluids, followed by a warm oil massage and an invigorating foot rub! Wonderful add-on to another treatment. Amethyst Trust approved.

YOUR BEST YOU

HYDRATE & SOOTHE MENO-PAUSE BODY TREATMENT

60 Minutes

From £100

This unique top-to-toe treatment is bespoke to you. The gentle, caring massage uses a combination of expert therapist hands and Himalayan Salt stones with TEMPLESPA hydrating and soothing skincare to support stress relief, increase energy, and positively boost your mood. Rhythmic stretches, and gentle joint rotation rescue achy limbs, and a gentle lymph drainage facial reduces puffiness to leave skin fresh and feeling beautiful.







SPA EXPERIENCES – TOP-TO-TOE

THE MEDITERRANEAN MINI BREAK

HYDRATE & SOOTHE FACE & BODY EXPERIENCE

90 Minutes

From £120

This deluxe treatment will leave you feeling like you've taken a mini vacation. Your mind will escape as your body is polished and nourished with our iconic Mediterranean body scrub and your face is indulged with our unique Mediterranean marinade facial. Totally smoothed and soothed, head to toe.

MY KINDA MOOD

PRESCRIPTION FACE & BODY EXPERIENCE

120 Minutes

From £150

Not sure what you'd like? Then this is the ideal treatment for you. First, we'll help you choose the aromatherapy oil to match your mood. Then we'll take care of you with a tailored, results-driven full body massage, followed by a bespoke facial. Step off the bed feeling all the better for it.

NEW BEGINNINGS TOTAL RETREAT

PREGNANCY FACE & BODY EXPERIENCE

150 Minutes

From £190

This is our specially designed treatment for expectant mummies to enable your full body to be massaged and treated without having to lie on your tummy. We follow this with a delicious face treatment packed with wonderful natural ingredients. Finally, your legs will be revitalized with our leg energiser treatment that is perfect for swollen ankles & tired legs.





TEMPLE SPA SIDE ORDER TREATMENTS

Have you ever had a treatment and thought to yourself, 'I wish I could have a little more'? Well now you can! Here we offer a targeted selection of "add ons" to your main treatment. These can be added to any facial, massage or body treatment. These can't be booked online, please call the spa team on 01202 298020 to book.

20 minutes per side order for £30

REPLENISHING EYE RITUAL

HYDRATE & SOOTHE HAND RITUAL

PURIFY & BALANCE FOOT RITUAL

RELAX & RESTORE HOT OIL SCALP MASSAGE

RELAX & RESTORE HOT STONE NECK & SHOULDER MASSAGE

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. 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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