



BLUEWATER SPA

WELCOME

TO BLUEWATER SPA

Welcome to Bluewater Spa, a calm coastal retreat nestled within The Connaught Hotel and Spa on Bournemouth's beautiful West Cliff. Step away from the everyday and into a world of soothing warmth, tranquil surroundings and deeply restorative wellness. Whether you're visiting for a single treatment, a spa day escape, or an indulgent overnight spa break, our expert therapists will ensure your experience is tailored entirely to you.

Our spa features six luxurious treatment rooms, including four spacious double rooms, perfect for couples, friends, or those celebrating a special occasion together. Guests enjoying a spa day or spa break will also have access to our exceptional facilities, including an 18m indoor swimming pool, Jacuzzi, sauna, eucalyptus-infused steam room, fully equipped gym and relaxation lounge.



TEMPLESPA

We are proud to partner with award-winning British lifestyle brand TEMPLESPA. Inspired by the warmth and vitality of the Mediterranean, TEMPLESPA treatments blend luxurious textures with results-driven formulations and naturally rich botanicals - leaving skin feeling nourished, radiant and beautifully restored. TEMPLESPA is beauty redefined. Their science-led skincare is infused with Mediterranean sunshine and created with deep respect for our planet - delivering exceptional results while offering a truly indulgent sensory experience.



AMETHYST TRUST

Bluewater Spa has worked with TEMPLESPA and the renowned Amethyst Trust to curate a selection of treatments suitable for guests who are medically frail, recovering from illness, or immunocompromised, including those living with or recovering from cancer. These bespoke and customisable experiences allow our therapists to carefully adapt each treatment to meet individual needs. Treatments approved by the Amethyst Trust are highlighted throughout our menu.



4.8/5 from 1,200+ guests

"Best spa day in Bournemouth"



SPA DAYS

Take time for yourself and escape to Bluewater Spa for a day of pure relaxation. Drift between our heated pool, Jacuzzi, sauna and eucalyptus-infused steam room, then unwind in our tranquil relaxation lounge.

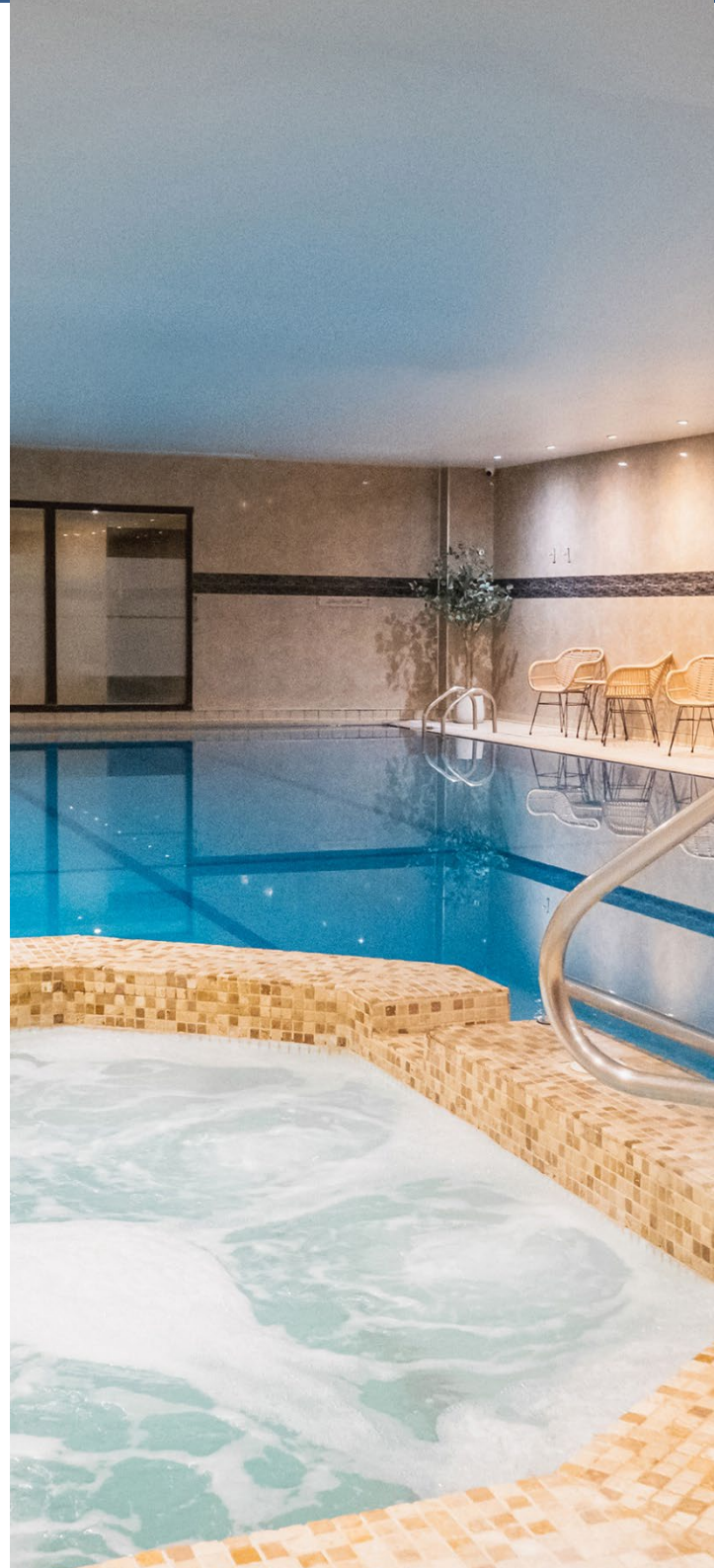
Whether you're looking for a midweek reset, a special celebration, or the perfect weekend treat, our spa days are designed to leave you feeling completely restored.

All spa days include:

- Juice drink on arrival
- Up to four hours' use of spa facilities
- Robe & slipper hire
- Access to our 18m indoor pool, Jacuzzi, sauna, steam room, gym & relaxation lounge
- Choice of single or double treatment rooms (subject to availability)
- 20% off spa retail purchases on the day

We offer four double treatment rooms, ideal for couples or friends who wish to share the experience.

[Click here](#) to book your spa day or scan the QR code below.





SPA DAYS

COASTAL RESTORE (50 mins treatment time)

MON-THU £105 | FRI-SUN £115

- 30 minute facial or massage & 20 minute enhancement treatment
- Afternoon tea
- Glass of prosecco

A tailored spa experience designed to restore, rejuvenate and delight.

COASTAL DRIFT (60 mins treatment time)

MON-THU £115 | FRI-SUN £125

- 60 minute facial or massage
- Afternoon tea
- Glass of prosecco

Drift into deep relaxation with a soothing treatment, indulgent afternoon tea and a sparkling touch of prosecco.

TWILIGHT SPA (30 mins treatment time)

MON-THU £65 | FRI-SUN £75

- 30 minute facial or massage
- Glass of prosecco
- Full use of spa facilities from 5pm–9pm

Ease into the evening with a soothing treatment, sparkling prosecco and hours of pure relaxation.

COASTAL RENEWAL (30 mins treatment time)

MON-THU £65 | FRI-SUN £75

- 30 minute facial or massage

The ideal reset for busy days - 30 minutes of relaxation paired with four hours of pure wellness.

MINI MORNING RETREAT (Spa access + breakfast)

MON-THU £40 | FRI-SUN £45

Enjoy a delicious Full English Breakfast followed by use of our spa facilities between 8am–12pm.

Breakfast served:

- 7am–10am weekdays
- 7:30am–10:30am weekends

Fuel your morning, unwind in the spa, and step into the day feeling refreshed and recharged.

COASTAL CALM FOR 2 (60 mins treatment time each)

MON-THU £225 | FRI-SUN £245

- 60 minute massage or facial each
- Guaranteed dual treatment room (both treatments must be the same)
- Afternoon tea
- Glass of prosecco

Restore body and mind side by side with indulgent treatments, afternoon tea and a sparkling toast.



SPA DAYS



SPA BREAKS

Escape to the coast and enjoy a truly restorative overnight experience at The Connaught Hotel and Spa, with full access to Bluewater Spa and carefully curated treatment time designed to help you fully switch off.

Whether you're planning a romantic getaway, a midweek reset, or a relaxing staycation with friends, our spa breaks combine indulgent treatments, luxurious facilities and exceptional comfort - all just moments from Bournemouth's stunning seafront.

All spa breaks include:

- Overnight accommodation at The Connaught Hotel and Spa
- Full English breakfast the following morning
- Use of Bluewater Spa facilities throughout your stay
- Access to our 18m indoor pool, Jacuzzi, sauna, steam room, gym & relaxation lounge
- A choice of TEMPLESPA treatments delivered by our expert therapists

We offer four double treatment rooms, ideal for couples or friends who wish to share the experience.

[Click here](#) to book your spa break or scan the QR code below.





SPA BREAKS

COASTAL ESCAPE

A beautifully balanced spa break, perfect for couples, friends or anyone seeking a soothing coastal escape.

Includes:

- Overnight stay with breakfast
- Full use of spa facilities during your stay
- 40 minute facial or massage
- £10 spa voucher (to use on products or upgrades)
- Afternoon tea on the day of your choice

COASTAL RECHARGE

A wonderful choice for those short on time but in need of calm, comfort and restoration. Includes:

- Overnight stay with breakfast
- Full use of spa facilities during your stay
- 30 minute facial or massage

TIME TOGETHER

The ideal way to relax, reconnect and feel rejuvenated with a loved one. Includes:

- Glass of prosecco on arrival
- Overnight stay with breakfast
- Full use of spa facilities during your stay
- 60 minute facial or massage side by side (treatments must be the same)
- £30 dinner allowance per person to use in The Connaught Brasserie

TWO NIGHT COASTAL RETREAT

Discover the art of unwinding with an indulgent two-night coastal retreat. Includes:

- Two night's accommodation in a room of your choice
- Breakfast each morning
- Full use of spa facilities during your stay
- 50 minute facial or massage side by side (treatments must be the same)
- £30 dinner allowance per person to use in The Connaught Brasserie





MASSAGE RITUALS

WORK IT OUT MASSAGE

Deep Tissue Muscle Release

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

A deep tissue massage that works out tired and aching muscles, using ingenious detoxifying 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 to untangle knots, ease tightness and relieve stress.



DRIFT AWAY

Aromatherapy Relaxation Ritual

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

Deeply relaxing top-to-toe massage, formulated with a dreamy blend of Mediterranean essential oils including Frankincense, Lavender and Patchouli, 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. *Amethyst Trust approved.*

FEELING GOOD

Citrus & Mint Energising Aromatherapy Massage

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

Revitalising power massage using 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. 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

Nurturing Pregnancy Massage

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.





ROCKS OF THE MEDITERRANEAN

Hot Stone Body Ritual

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! Amethyst Trust approved.

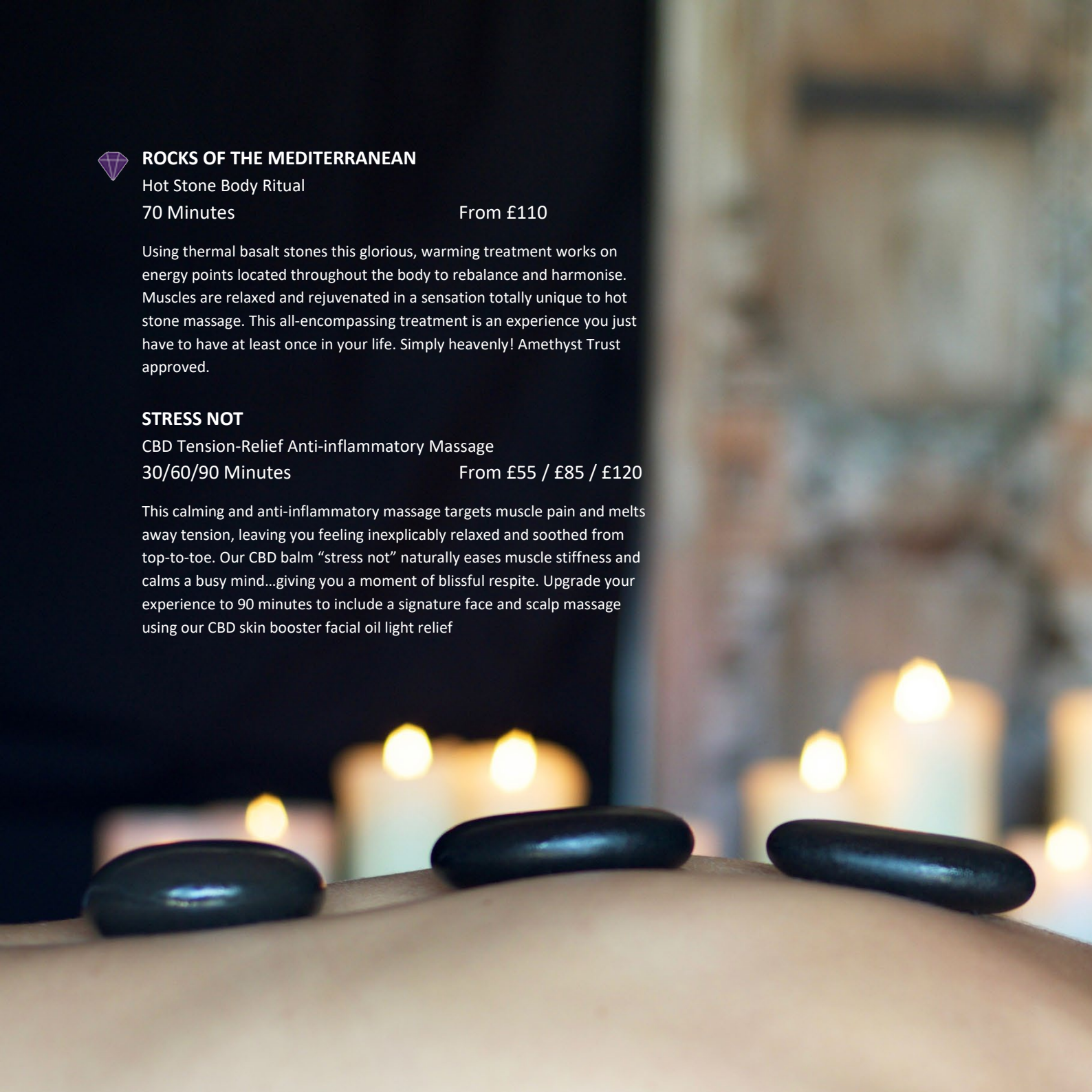
STRESS NOT

CBD Tension-Relief 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-to-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-LED FACIAL THERAPIES



MY KINDA SKIN

Bespoke 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 Executive Facial

30 / 60 Minutes

From £55 / £85

This high-performance men's facial is perfect to revive, refresh and invigorate. Your skin will be revitalised 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.

REPOSE

Deep Relaxation Facial Ritual

70 Minutes

From £90

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

CBD Calm 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. *Amethyst Trust approved.*

ALL ABOUT THE GLOW

Vitamin C 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

Firming & Lifting 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.



BODY RITUALS & SKIN RENEWAL

BACK TO LIFE

Detoxifying Back Ritual

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

Full Face & Body Skin Polish

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!



AAAH!!

Leg & Foot Revival Massage

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

Hormonal Balance Body Ritual

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.



BODY RITUALS





FULL BODY SPA JOURNEYS

BLUEWATER SPA SIGNATURE TREATMENT

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.

NEW BEGINNINGS TOTAL RETREAT

Pregnancy Spa Journey

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.

MY KINDA MOOD

Bespoke Face & Body Ritual

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.



FULL BODY SPA JOURNIES



ENHANCEMENTS & TARGETED ADD-ONS

20 minutes | £30 per enhancement

(Enhancements cannot be booked online — please call 01202 298020)

Personalise your spa experience with one of our targeted enhancements — designed to complement any facial, massage or body ritual.

EYE RESCUE – Replenishing Eye Ritual

SOFT HANDS – Hydrating Hand Ritual

FOOT DETOX – Purifying Foot Ritual

SCALP RESET – Hot Oil Scalp Massage

NECK & SHOULDER MELT – Hot Stone Release

GIFT VOUCHERS

Spa breaks, spa days and spa treatments can be purchased as gift vouchers on our [website](#) - the perfect gift for birthdays, anniversaries or special occasions.



ENHANCEMENTS



YOUR SPA EXPERIENCE

ARRIVAL & CHECK-IN DETAILS

- Please visit hotel reception upon arrival, where you will be directed either to The Cottage or to our lower ground floor treatment rooms.
- To ensure you enjoy a calm and unhurried experience, we kindly ask that you arrive at least 15 minutes prior to your treatment. This allows time to change, relax and complete a short consultation form.
- Please note that late arrival may result in your treatment time being reduced.
- Guests attending a spa day or spa break will have access to lockers for personal belongings. A £1 coin is required for the locker deposit (refundable).

SPA COURTESY

- To maintain the peaceful atmosphere of Bluewater Spa, we kindly ask all guests to observe the following:
- Bluewater Spa is a mobile-free zone. We ask that phones are switched off or placed on silent.
- Please keep voices low to preserve the tranquil environment for all guests.
- We are unable to accommodate guests under 18 years of age.
- Please advise us at the time of booking if you are pregnant or have any medical conditions, so we can tailor your experience accordingly.

BOOKING & CANCELLATION POLICY

We kindly request a minimum of 48 hours' notice for cancellations or appointment changes. Cancellations made within 48 hours may be charged in full.

CONTINUE YOUR RITUAL AT HOME

If you would like to extend the benefits of your treatment, the TEMPLESPA products used during your experience are available to purchase. Your therapist will be delighted to recommend the most suitable products for your skin and wellbeing.



YOUR SPA VISIT





BLUEWATER SPA & WELLNESS MEMBERSHIP

Are you local to Bournemouth?

Enjoy the luxury of Bluewater Spa all year round with our exclusive Spa & Wellness Membership, from just £50 per month on a rolling direct debit. Or enjoy two months free when you pay for 12 months membership in advance.

Your membership includes:

- Unlimited access to our spa facilities
- 20% off spa treatments
- 10% off food & drink
- 10% off hotel stays for yourself, friends & family
- Exclusive member-only offers

[Visit our website for more details](#)



SPA MEMBERSHIP



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HOTEL & SPA

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