

The Dartmouth Spa treatments and facilities



We are passionate about the quality standards and service we offer to our members and guests. That's why we ensure everything from the receptionist's greeting through to the development of individually tailored spa experiences is always delivered the way you want it, when you want it.

Our Product House TEMPLE SPA is a luxury British skincare brand with a full top-to-toe of beautiful treatments from unique high performance, results driven facials to problem solving massages and sleep inducing experiences. Born out of our love of the Mediterranean, everything they do is inspired by this special region; the people, the food, the lifestyle and the landscape are infused with such a special energy. Their products combine the very best botanicals from the Med with cutting edge derma-science actives to deliver exceptional results. The utmost goal of their products is not only to delight, but to reward your skin with outstanding long-term benefits. Results driven, anti-ageing skincare with an abundance of exquisite botanicals that nature is kind enough to lend us, combined with state-of-the-art complexes. Their formulas are developed by the most gifted of product creators and using the empirical knowledge of doctors and derma-science, professional therapists and artesian herbalists.

Therefore we are offering results driven and completely unique treatments. Temple Spa's exclusive protocols are written and trained to include touches of excellence and care throughout which guarantee an experience you will always remember and very importantly deliver results.

From body wraps, exfoliations and a range of massages to rejuvenating facials, our professional therapists deliver all in our four beautifully appointed treatment rooms. In addition, we also have a dedicated manicure and pedicure area where your therapist will soothe away your aches and pains or give your nails some special attention.

Whether before, during or after your treatment, why not also spend some time in our relaxation area, which provides the ideal environment to unwind.

Adjoining the spa and provided for the benefit of both spa guests and health club members is our swimming pool, jacuzzi, sauna, steam room and gym facilities.

So what are you waiting for? Call us now to arrange your ultimate spa experience.



Welcome to an unforgettable experience at The Dartmouth Spa

A unique spa, set amidst 250 acres of beautiful South Devon country side, with ample free parking is located just 4 miles from Dartmouth. Our warm welcome and expert staff will ensure you feel relaxed and comfortable from the moment you walk through the door to the time you leave whether it's your first time in a spa or you are a regular.

Our aim is to offer you a unique experience based on freedom of choice where you are in control of how you spend your time with us. Our friendly, quiet, intimate atmosphere means you can instantly switch off from kids, life, work, laptops, mobile phones and recharge your own batteries and indulge!

Call: 01803 712017 to book

The Dartmouth Spa

Best Western
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Blackawton,
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www.thedartmouthhotel.co.uk
spa@thedartmouthhotel.co.uk

A Stunning Spa Experience

Our day spa programmes are designed to meet your individual health and beauty needs and offer the opportunity to get the most value out of your visit.

For flexibility and convenience our day spa packages are time orientated, as opposed to treatment led. They incorporate a combination of dedicated therapist treatment time coupled with the opportunity for you to experience the very latest in heat and water therapies in our spa.

So, booking an experience is based on you making just two decisions:

1. How much time you can spend with us
2. How you want to feel when you leave us - relaxed, revitalised or restored

Our time packages come in either half day or full day options, so, once you know how long you will be spending with us, you can choose between three programmes, each designed to provide a slightly different experience.

The Discover Experience - for the first time spa goer who may be unsure about having treatments and therapies, or for those who prefer to have more time in the spa, the Discover experience offers a great way for you to discover the delights of the day spa.

The Enrich Experience - if you can not decide whether its more treatment time or relaxation in our spa you want, why not opt for the Enrich Experience giving you time to make the most of both. Kick back and we will bring you back to your very best and leave you feeling on top of the world.

The Indulge Experience - is pure pampering at its best! With extended treatment time you can enjoy more of our fabulous therapies and still have plenty of time in the spa.

At this stage no specific treatment booking is required in advance. Part of your overall experience is the freedom to select your treatment on the day of your visit. Choose from our extensive range of massages, facials and body treatments to suit your needs.

When you arrive - Sit down and tell us how you feel, if there are specific areas you would like to concentrate on and most importantly how you would like to feel on leaving us – relaxed, restored or revitalised. Our Spa team will guide you to choosing a personalised plan tailored to meet your needs.

Full payment required on booking.

The treatment time included within these packages is designed for any of our Massages, Facials or Body treatments. All of the treatments from the Finishing Touches menus can be booked as additional to your package, subject to availability.

When you leave - We want you to have enjoyed your time and developed a greater understanding of the short and long term benefit of Spa treatments. All we ask is that you tell us how you feel, what worked for you and how you imagine your next visit to us will be.

So now you know The Dartmouth Spa concept, simply use our at a glance guide to select the perfect experience for you.

Length of visit	Experience	Therapist time	Spa time	Mon-Fri	Sat-Sun
	Discover	30 mins	3.5 hrs	£55	£65
	Enrich	60 mins	3 hrs	£85	£95
Full Day	Discover	60 mins	7 hrs	£105	£115
Full Day	Enrich	90 mins	6.5 hrs	£120	£130
Full Day	Indulge	120 mins	6 hrs	£150	£160
Daily Facility Use		n/a	8 hrs	£18	£20
Twilight Spa		n/a available daily from 5-8pm		£12	£12
Dip & Dine				£22	£24

* All full day experiences include a 2 course lunch.

Please advise our team at the time of booking any dietary requirements.

All of Our Spa Day Experiences and Treatments come with a £10 Voucher to spend on any retail items or a return visit within 3 months.

Treatments for your Face

Our Award Winning exceptional Temple Spa product range provide stunning experiences that make a real difference to your skin and soul health. We believe that your body is a living temple. Honour it, enjoy life & live it to the full.

Our skincare mission has always been to look the best version of yourself. Not perfect. The best temple. Your skin health is not only your natural barrier and outer shell but the most important visible layer to other people and the world. At Temple Spa we want you to look the best for the age that you are. To look healthy, energised, less tired perhaps and with good "skin health". Content to "age well".

The Power Breakfast Facial

30 minute treatment

£49

Looking for results, like now? This revitalising facial includes a deep power cleanse, nutritious clay mask, lymph drainage techniques for rapid turnaround topped off with a wake-up scalp massage. Quick, go!

My Kind Skin - Bespoke Prescriptive Facial

60 minute treatment

£75

Let us analyse your skin and prepare a tailored treatment just for you. Your facial includes a tailored face & décolleté massage plus a relaxing scalp massage. You will feel amazing and your skin will look so, so good.

The Totally Quenched & Drenched - Rehydration Facial

60 minute treatment

£85

This divine treatment includes a cryogenic mask, intense eye therapy, lymph draining & lifting massage techniques and a special remedy to encourage deep hydration and eliminate fine lines. You could call it a facial iron!

Champagne & Truffles - The Crème De La Crème Of Anti-Ageing Facials

60 minute treatment

£85

This luxury facial combines our award-winning truffle formulas with a deep double-cleansing ritual, a glycolic resurfacing peel, a skin-distressing alginate mask and cold stone therapy followed by a unique skin-lifting and muscle-firming massage. The visible result is ironed-out deep lines and wrinkles, firmer feeling and toned skin, reduced puffiness and youthful radiance with a supreme healthy skin glow. Add a glass of champagne and a delicious chocolate truffle to complete the luxury and help you relax.

Treatments For The Body

Our Award Winning exceptional Temple Spa product range provide stunning experiences that make a real difference to your skin and soul health. We believe that your body is a living temple. Honour it, enjoy life & live it to the full.

Our mission has always been to be the best version of yourself. Not perfect. The best temple.

To have the best "soul health".

To feel good, feel healthy, feel confident, balanced, in control of your own destiny, able to inspire and make others feel good too.. To have great personal wellbeing. To feel empowered and love ourselves... and others is good "soul health".

If you are looking for a luxurious treatment that leave you feeling wonderful then we recommend our Sensory Range. We recognise that there are times when results are every bit as important as relaxation and our Effective range is guaranteed to leave you looking great.

Our Sensory Selection For The Body

Drift Away - Relaxing Massage

30 minute treatment	£49
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60 minute treatment - full body	£79
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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.....

Raindrop Massage

30 minute treatment	£49
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60 minute treatment - full body	£79
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A warming, relaxing treatment that will leave you feeling as good as you do after walking through tropical rainfall. Your therapist will slowly drip essential oils along your spine and backs of the legs before performing a relaxing massage from top to toe. This massage is particularly appropriate if you suffer from backache.

Rocks Of The Mediterranean - Hot Stone Massage

30 minute treatment	£55
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60 minute treatment	£85
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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!

Our Effective Selection For The Body

Work It Out Massage - Deep Muscle Massage

30 minute treatment

£55

60 minute treatment

£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!

Go Figure - A Firming, Toning, Tightening Body Detox Treatment

60 minute treatment

£85

Need help with the wobbly bits? This starts with lymphatic skin brushing techniques, followed by a targeted detox massage for hips, thighs & abs. Then a marine and earth mud wrap continues the good work before a friction, anti-cellulite rub. One treatment is fab, a course of six is amazing!

I'll Be Back - A Facial For The Back

30 minute treatment

£49

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

The Outer Glow - Body Exfoliation

30 minute treatment

£49

An invigorating and refreshing all-over exfoliation treatment that leaves skin soft, revitalised and hydrated. The perfect way to begin another body treatment and an absolute must before you commence your vacation or special event. Off you glow!

Our Effective Selection For The Body (continued)

Reflexology

40 minute treatment

£49

Traditional technique based on ancient principles that massaging the pressure points on the feet will rebalance the body's energy systems **(Subject to availability)**.

Kissed by Mii Tan

30 minute treatment

£49

The extra rich moisturising lotion is ideal for dry skin, creating a flawless, streak free tan. The kissed by Mii tan is rich in marine mineral extracts of red seaweed, green algae and coral seaweed which is rich in calcium, protein and magnesium, all of which to help replenish and nourish the skins natural balance. The tan is applied by a therapist, you can choose from light, medium or dark.

Rasul Mud Chamber

Two person treatment (40 minutes)

£110

This is a wonderful treatment that is most enjoyable with a friend or partner, as the ancient Egyptian bathing ritual begins you apply the healing mud to your body. During the initial relaxation stage the pleasant healing warmth of the room enables the mud to cleanse the skin accelerating toxin removal. An infusion of steam will fill the room to soften the clay before, a warm rain-like shower along with exfoliating salts removes all the mud to complete your treatment. Your skin will feel as soft as silk and you will feel completely chilled. It's decadent but you do deserve it!

Finishing Touches

Hot Oil Scalp Massage

10 minute treatment

£15

A truly relaxing experience, we have developed a unique scalp massage incorporating pressure point techniques to the scalp and ears and tension releasing movements that will place you into a state of pure bliss.

Soothing Foot Treatment

10 minutes

£15

This relaxing foot treatment designed to nourish and refresh tired feet involves a rejuvenating foot massage followed by our nourishing sole balm

Windows Of The Soul - Anti-Ageing Eye Treatment

30 minute treatment

£20

Perfect for when you look tired, with gentle formulas and 'cold therapy' to tighten and tone, plus special eye massage techniques to lift, smooth and revitalise. Puts the sparkle back into your eyes. Can also be added to any facial.

Aaahhh! Leg & Foot Energiser

30 minutes

£49

This oh-so-good treatment is instant relief for tired, overworked 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.

Prescriptive Therapeutic Manicure

50 minute treatment

£40

A luxury treatment for the hands, this specialist manicure will strengthen and condition your hands and nails and using our sugar buff to exfoliate and silky smooth palm balm to finish this also includes use of our specially designed heated mitts.

Prescriptive Therapeutic Pedicure

50 minute treatment

£40

Sheer bliss for your feet, this conditioning treatment nourishes and softens the skin, using sugar buff to exfoliate, ahhhh cream to rejuvenate and sole balm to leave your skin feeling silky soft and finished.

Mini Manicure/Pedicure

30 minute treatment

£25

A maintenance treatment to help you keep your nails in tip top condition. Create a sparkle or a gloss by adding a splash of colour for that perfect finishing touch.

Gel Nails Overlay

60 minute Gel nails Manicure or Pedicure

£50

A revolutionary soak-off gel polish that offers a longer lasting manicure with total protection for your nails unlike previous gels. It's quick, easy and dries in seconds. Smudge and chip resistant giving active women the freedom to literally work hard and play hard whilst keeping their nails looking their best. Please note this treatment does not provide an extension to the natural nail.

This includes a soak, exfoliation & massage.

30 minute Gel nails Manicure or Pedicure File & Paint only

£30

20 minute Gel nails removal or Pedicure

£15

Eyelash tint - 30 minute treatment

£17

Eyebrow tint - 15 minute treatment

£10

Eyelash and eyebrow tint - 30 minute treatment

£22

A patch test is required 24 hours prior to any tinting treatments.

Waxing

Full leg	45 mins	£25.00	Underarm	15 mins	£12.00
Three quarter leg	30 mins	£20.00	Eyebrow	15 mins	£12.00
Half leg	30 mins	£17.00	Lip or chin	15 mins	£10.00
Bikini	30 mins	£15.00	Lip and chin	30 mins	£17.00
High leg bikini	30 mins	£20.00	Back or chest	30 mins	£18.00
Forearm	15 mins	£12.00	Back and chest	45 mins	£30.00
Full arm	30 mins	£14.00			

Treatments For Men

Nearly all of the treatments offered in our massage and body treatments are suitable for men as well as women, but this selection is particularly recommended for male skin...

Work It Out Massage - Deep Muscle Massage

30 minute treatment £55

60 minute treatment £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!

Raindrop Massage

30 minute treatment £49

60 minute treatment - full body £79

A warming, relaxing treatment that will leave you feeling as good as you do after walking through tropical rainfall. Your therapist will slowly drip essential oils along your spine and backs of the legs before performing a relaxing massage from top to toe. This massage is particularly appropriate if you suffer from lower backache.

Drift Away - Relaxing Massage

30 minute treatment £49

60 minute treatment - full body £79

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.....

The Power Breakfast Facial

30 minute treatment £49

Looking for results, like now? This revitalising facial includes a deep power cleanse, nutritious clay mask, lymph drainage techniques for rapid turnaround topped off with a wake-up scalp massage. Quick, go!

Go Guy - The Executive Men's Facial

60 minute treatment £79

A facial to revive your skin, soothe aching neck muscles and smooth away stresses. Your skin receives a deep cleanse and exfoliation, followed by a bespoke face mask with a choice of a detoxifying foot massage or soothing scalp massage to leave you ready to take on the world

Men's Manicure

30 minute treatment £25

A treatment for the hands, this specialist manicure will strengthen and condition your hands and nails. Shake hands with confidence.

Imagine the ultimate hen spa pamper day...



Our hen party packages will guarantee a fun relaxing party with plenty of time to chat and catch up without the planning stress and makes a perfect venue for a real hen party treat.

Hen Pamper Party (4 hours)

Monday - Friday £59 per person; Saturday - Sunday £69 per person

Includes glass of bubbly, full use of the spa facilities and a 30 minute treatment of your choice. Upgrade £13 to include 2 course spa lunch.

Hen Party Pamper Plus (4 hours)

Monday - Friday £79 per person; Saturday - Sunday £89 per person

Includes glass of bubbly, full use of the spa facilities and a 60 minute treatment of your choice.

Hen Pamper Party (Full day)

Monday - Friday £99 per person; Saturday - Sunday £109 per person

Includes glass of bubbly, full use of the spa facilities, a 60 minute treatment of your choice and a light lunch.

Hen Pamper Party PLUS (Full day)

Monday - Friday £139 per person; Saturday - Sunday £149 per person

Hen Pamper plus combines adrenaline with relaxation to create the perfect Hen Party experience. We'll do all the hard work for you so you can concentrate on having fun. You and your group can go clay pigeon shooting in the morning and pamper yourselves in the after or the other way around. We'll tailor your Hen day to suit you. Your Package Includes a glass of bubbly, full use of the spa facilities, a 60-minute treatment of your choice and a light lunch.

The Dartmouth Spa can tailor make your hen party. Come and meet us to discuss your requirements and we will create the perfect day for you and your party.

Minimum group of 4, Bride-to-be goes FREE with groups of 10 or more!

Call us now to discuss your Spa Hen Pamper Party on

01803 712017

For more information contact The Dartmouth Spa on **01803 712017**, visit **www.thedartmouthhotel.co.uk** or email **spa@thedartmouthhotel.co.uk**

Spa Membership Tariff

Gold Membership - £450.00

Gold Partner Membership - £375.00

A gold membership to the Dartmouth Spa provides fantastic value spa membership for just £8.66 a week. With great facilities and a highly qualified, experienced and friendly team, membership at the Dartmouth Spa is a must.

Country Membership - £295.00

Have a second home or holiday in the area regularly? Country membership gives you the same benefits as a gold member available for anyone with a permanent residence outside a 60 mile radius from The Dartmouth Spa.

Platinum Membership - £675.00

Platinum Partner Membership - £625.00

Platinum memberships at the Dartmouth Spa include all the features of a gold membership plus for the spa goer in you a 30 minute treatment included every other month as well as a Rasul Mud Experience. This is truly the Dartmouth Spa's first ever Spa Membership.

- 6 x 30 minute treatments*
- 1 Rasul experience*

*must be used within the membership year

Monthly Memberships –

Single monthly membership

- £45 per month

Partner monthly membership

- £75 per month

Want all the benefits of a gold membership but don't want to commit?

Monthly rolling memberships at The Dartmouth Spa is the perfect option.

Corporate Memberships - £1,295

- Full Gold Membership Benefits
- 4 interchangeable member bearer cards
- Additional cards may be purchased

Family Memberships –

Children's swimming times 9-10:30am & 4-6pm

2 adults and 1 child (under 16)

- £875.00

2 adults and 2 children (under 16)

- £950.00

Student Membership - £250.00

All memberships include unlimited use of the Spa facilities including:

Gym*
Swimming Pool
Sauna*
Steam Room*
Jacuzzi*

10% off spa treatments and retail items

15% off in the Bar & Bistro

***Except Juniors**

See our facilities at www.thedartmouthhotel.co.uk

General Information

Gym and Spa opening times

Monday to Sunday 8.00am – 8.00pm (pool side closes at 7.45pm)

Treatment times: 9.30am-7.00pm (subject to availability)

Children 16 years and under swimming times: Monday-Sunday: 9.00am-10.30pm & 4.00pm-6.00pm
(children under the age of 16 years are not permitted to use the sauna, steam room and jacuzzi)

How to make a booking

Simply book a therapist's time by calling The Dartmouth Spa reception on 01803 712017 or email spa@thedartmouthhotel.co.uk. If you would like to know more about a particular treatment, we will be delighted to advise you on what is best suited to your needs. Day Spa guests are required to pay the full amount for Spa treatments at the time of booking.

Cancellation policy and late arrivals

24 hours' notice is required if you need to cancel an appointment. Failure to do so will mean we will charge the full cost of your treatment.

Ensure you arrive in plenty of time; a late arrival may result in your treatment time being reduced or cancelled with the full cost being charged.

Health concerns

Treatments are available on completion of our health questionnaire. All treatments include a full consultation with the therapist. Please inform us at the time of booking if you have a heart condition, suffer from high/low blood pressure, are pregnant or have any physical ailments or allergies.

Prior to using the gym, guests should have an individual consultation with a member of the staff or sign a medical disclaimer. If you have any concerns please consult your doctor. If you ignore this advice you do so at your own risk.

During pregnancy

During pregnancy we recommend that you do not use the thermal cabins or the hydrotherapy pool. A range of treatments are available for you to enjoy during your pregnancy following your first trimester.

Spa etiquette

When should I arrive?

If you have booked a treatment we suggest you arrive at least half an hour in advance so you can relax and unwind. Warm your body gently in the wellness area enhance your enjoyment of the treatment.

What should I wear?

When moving around Spa please wear your bathing costume. Robe packs are available for hire (if not included in part of your spa package) from our spa reception for an additional £6.00.

When enjoying your treatment we will protect your modesty and keep you wrapped up warm. If you prefer, disposable underwear is available on request.

All information is correct at the time