



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
The Dartmouth Hotel, Golf &
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TQ9 7DE

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 cannot decide whether it's 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 'Enhancements' menus can be included in your treatment at an additional cost.

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	£65	£75
	Enrich	60 mins	3 hrs	£95	£105
Full Day	Drift Away	60 mins	2 hrs	£95	£105
Full Day	Discover	60 mins	7 hrs	£115	£125
Full Day	Enrich	90 mins	6.5 hrs	£130	£140
Full Day	Indulge	120 mins	6 hrs	£160	£170
Daily Facility Use		n/a	8 hrs	£18	£20
Twilight Spa		n/a available daily from 5-8pm		£12	£12
Dip & Dine				£25	£27

* All full day experiences include a 2-course lunch.

** Drift Away experience - Includes a glass of fizz

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

All of Our Spa Day Experiences come with a £10 Voucher to spend on any retail items or a return visit over the value of £30 within 3 months.

Massages

Movement Restoration

60 minute treatment £89

90 minute treatment £109

Improve mobility and flexibility with a full body massage combining pressure point techniques with gentle stretching to increase the range of motion and allow the body to release built-up tension.

**Enhance your treatment with Warm Herbal 'Poultice' compress to restored tired and aching muscle - £10*

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.....

**Enhance your treatment with Warm Herbal 'Poultice' compress to restored tired and aching muscle - £10*

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 backache.

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.

Massages (Continued)

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!

**Enhance your treatment with Warm Herbal 'Poultice' compress to restored tired and aching muscle - £10*

New Beginnings - 'Mum To Be' Pregnancy Massage

30 minute treatment

£55

60 minute treatment

£85

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. Complete with a face and scalp massage your skin will be left feeling baby soft all over.

**This treatment is available after the 1st trimester of pregnancy.*

Body Treatments

Rasul Mud Chamber

Two person treatment (45 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!

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!

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!

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.

Facials

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, 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-destressing alginate mask 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.

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

**Enhance your Facial with Windows of the soul - Anti Ageing Eye Treatment (20 mins) which is perfect for when you look tired, with gentle formulas and ' cold therapy' to tighten and tone plus special eye massage technique to lift, smooth & revitalised. Puts the Sparkle back into your eyes.*

Enhancements

Would you like to upgrade your treatment with one of the following below options?

Herbal Poultice

£10

Warm herbal Poultice gentle roll and knead muscles to restore tired, aching muscles and improve skin texture. Introduce to any massage of your choice

Hot Stone Massage

£8

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.

Add-ons

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

20 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.

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.

Length of visit	Experience	Therapist time	Spa time	Mon-Fri	Sat-Sun
	Hen Pamper Party	30 mins	4 hrs	£59	£69
	Hen Party Pamper PLUS	60 mins	4 hrs	£79	£89
Full Day	Hen Pamper Party	60 mins	6.5 hrs	£99	£109

* All full day experiences include a 2-course lunch.

** Upgrade £13 to include a 2-course spa lunch

*** All packages include glass of bubbly per person

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

Annual Memberships (PIF) -

Gold Membership - £450.00

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.

Gold Partner Membership - £750

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 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 minutetreatments*
- 1 Rasul experience*

*must be used within the membership year

Platinum Partner Membership - £1,350

Monthly Memberships -

Single Monthly Membership - £45 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.

Partner Monthly Membership - £75 per month

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 & 4-5.45pm

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: 10am-6.00pm (subject to availability)

Children 16 years and under swimming times: Monday-Sunday: 9.00am-10.30pm & 4.00pm-5.45pm
(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.