

The Dartmouth Spa



The
Dartmouth

HOTEL • GOLF • SPA

 01803 712017

 spa@thedartmouthhotel.co.uk

 Blackawton, Dartmouth TQ9 7DE



Welcome to the Dartmouth Spa

A unique spa set in 250 acres of stunning South Devon countryside, just 4 miles from Dartmouth with free parking. From the moment you arrive, our expert team ensures you feel relaxed and at ease, whether it's your first spa visit or you're a regular. We offer a personalised experience, giving you the freedom to choose how you spend your time in our friendly, intimate setting, perfect for switching off, recharging, and indulging.



Spa Day Guide

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.

Length of visit	Experience	Therapist time	Spa time	Weekday	Weekend
Half Day	Discover	30 mins	3.5 hrs	£80	£90
Full Day	Drift Away	2 x 30 mins	4 hrs	£120	£130
Full Day	Enrich	90 mins	6.5 hrs	£150	£160
Daily Facility Use			8 hrs	£20	£22
Twilight Spa			5 – 8pm	£15	£15
Dip & Dine			4 hrs	£29	£31



All full day experiences include a two course lunch in the Bar & Bistro

** Drift Away experience – Includes a glass of fizz.

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

All of Our Spa Day Experiences come with a £10 Voucher to spend on the day, on any retail items over the value of £50.

Massage

Stress Not-CBD Massage 60/90 minutes :£99/£125

This calming and anti-inflammatory massage targets muscle pain and melts away tension using the power of warm stones leaving you feeling inexplicably relaxed and soothed from top-to-toe. Our CBD balm STRESS NOT naturally eases muscle stiffness and calms busy minds giving you a moment of blissful respite.



Drift Away - Relaxing Massage 30/60/90 minutes:£60/£90/£120

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 90 minutes to include a mini facial. This is the perfect treatment to soothe and calm frazzled nerves and wind down an active mind; tension and stress simply melts away.....30-minute treatment time focuses on the back of the body.



Massage

Work It Out Massage – Deep Muscle Massage 30/60 minutes: £65/
£95

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 tensions and tightness to help the detox process. Detox-licious! The 30-minute treatment time focuses on the back of the body.

New Beginnings – ‘Mum To Be’ Pregnancy Massage 30/60 minutes
£65/£95

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.

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

Leg & Foot Energiser 30 minutes: £60

This oh-so-good treatment is instant relief for tired, overworked legs & feet. It begins with skin brushing, to help eliminate excess fluids, followed by a warm oil massage and an invigorating foot rub! A wonderful add-on to another treatment.



A photograph of a modern indoor swimming pool. The pool has large windows on the left side, and a potted plant is visible on the pool deck. The water is clear and blue. A semi-transparent white box is overlaid on the center of the image, containing the text "Sometimes the most productive thing you can do is relax" in purple. In the background, a sign on the wall reads "Pool Depth Here 8'".

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Body Treatments

Rasul Mud Chamber

Two person treatment (45 minutes) £198

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 will enable 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 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!



Facials



My Kinda Skin – Bespoke Prescriptive Facial 30/60 minutes £60/
£90

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.

All about the Glow-Vitamin C
Radiance Facial Workout 60
minutes £100

This advanced, skin transforming facial turns up your glow with an instant and visible result for firmer feeling, brighter and healthy looking skin. Your complexion is transformed thanks to intelligent active ingredients boosted by Vitamin C and our glycolic acid complex. You can add our unique skin-lifting massage techniques for even better skin.

(We like to call it the Facial Gym
Power Hour)





*Enhance your Facial with Replenishing Eye Ritual – 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



'Enhancements' can be included in any of your treatment at an additional cost.

Herbal Poultice £10

Warm herbal poultices are softly rolled and kneaded over the body, melting tension, soothing sore muscles and refining the skin. Add this beautiful enhancement to any massage.

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.

Sonic Wave Cleansing Brush £7

A dual-function Cleansing Brush to deeply cleanse skin and keep it supple and firm. The cleansing function gently yet deeply purges pores to remove 99.5% of dirt, make- up, impurities and excess oil.

The Sculptor £5

Enhance your facial with 'The Sculptor' which helps support lymphatic drainage and boosts microcirculation to ease tension and leave you with refreshed, radiant and plumped skin.





Add-ons

Hot Oil Scalp Massage 20 minutes £40

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

Soothing Foot Treatment 20 minutes £40

This relaxing foot treatment is designed to nourish and refresh tired feet, it involves a rejuvenating foot massage followed by our nourishing Aaahhh balm.

Replenishing Eye Ritual 20 minutes £45

Perfect for days when your eyes need a boost. This treatment uses gentle formulas and soothing “cold therapy” to tighten, tone and refresh, combined with targeted massage techniques that lift, smooth and revitalise. Restores brightness and sparkle to tired eyes. Can also be added to any facial.

General Information

Opening Times

Gym & Spa

Mon–Sun, 8am–8pm

pool closes 7:45pm

Treatments

Wednesday & Saturday 10am – 5pm

subject to availability.

Children's Swim (under 16s)

Mon–Sun, 9am–10:30am & 4pm–5:45pm

Booking required. Children under 16 are not permitted in the sauna, steam room, Jacuzzi or gym.

Bookings

To book call the Dartmouth Spa on

01803 712017 or email spa@thedartmouthhotel.co.uk.

We're happy to help you choose the right treatment.

Full payment is required at the time of booking.

Cancellations & Late Arrivals

Please give 24 hours' notice for cancellations to avoid being charged in full.

Arrive in good time, late arrivals may result in reduced treatment time or cancellation, with the full cost still charged.

Health & Wellbeing

Your wellbeing is our priority. To ensure you get the most from your treatments, we'll ask you to complete a short health questionnaire and enjoy a friendly consultation with your therapist. Please let us know at the time of booking if you're pregnant, have a heart condition, high or low blood pressure, allergies or any other health concerns so we can tailor your experience to you.

Before using the gym, we recommend a quick consultation with our team or signing a medical disclaimer. If you're unsure about any health issues, we always suggest checking with your doctor first. This helps us keep your visit safe, comfortable, and enjoyable.

General Information

During pregnancy

During pregnancy, we recommended that you do not use the steam room, sauna & Jacuzzi. A range of treatments are available for you to enjoy during your pregnancy following your first trimester.

Spa etiquette

When should I arrive?

Should you have a treatment scheduled, we suggest arriving a minimum of 30 minutes early. Take this time to unwind in the wellness area for a more enjoyable treatment.

What should I wear?

When moving around the 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.



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