



## Spa Village Bath

Tapping into the original Roman Bath springs, Spa Village Bath offers a contemporary perspective on the city's thermal water heritage. Coupled with the historic use of aromatherapy in Great Britain, this spa, within the Gainsborough Bath Spa hotel, gently supports the brand's philosophy of honouring the healing traditions of the region. The Malaysian bred spa group also shares the gift of select signature therapies of the original Spa Village spas.

The opulent Bath House experience enables guests to "take the waters" in luxury. Guests will begin their visit with a circuit that includes dipping in three natural thermal pools of varying temperatures, traditional and infrared saunas, steam room, an ice alcove and elegant relaxation areas.

Spa Village Bath integrates the treasured waters of Bath with private aquatic body therapies and classic treatments that focus on personalised aromatherapy, balancing the fine line between science and art.

The serene environment of the spa is bathed in natural light emanating from the four-storey glass atrium perched above the Bath House. Located over two levels, Spa Village Bath also features 11 treatment rooms which include a couple's suite with private natural thermal waters, 2 "tatami" rooms designed especially for the award-winning Asian therapies, and a beauty salon. Guests can satisfy their daily workout needs in the 24-hour fitness centre.

Local members can enjoy the privacy of the members lounge while relaxing and savouring the effects of their experience.

The Gainsborough Bath Spa guests who desire a more immersive spa experience can stay in one of the two Spa Village guest rooms or the restorative Spa Suite. All three rooms are located directly above the spa for the ultimate ease of access and include baths that fill with the natural thermal waters.

## Bath House Circuit

The natural thermal water of Bath is the core of the Spa Village Bath experience. Guests are encouraged to allocate approximately one hour to fully enjoy the self guided bathing circuit.

The Bath House is a facility for both Ladies and Gentlemen and swimsuits are required. The Bath House is complimentary to all hotel guests of The Gainsborough Bath Spa during designated in-house guest bathing hours or with a minimum 45 minute scheduled spa treatment.

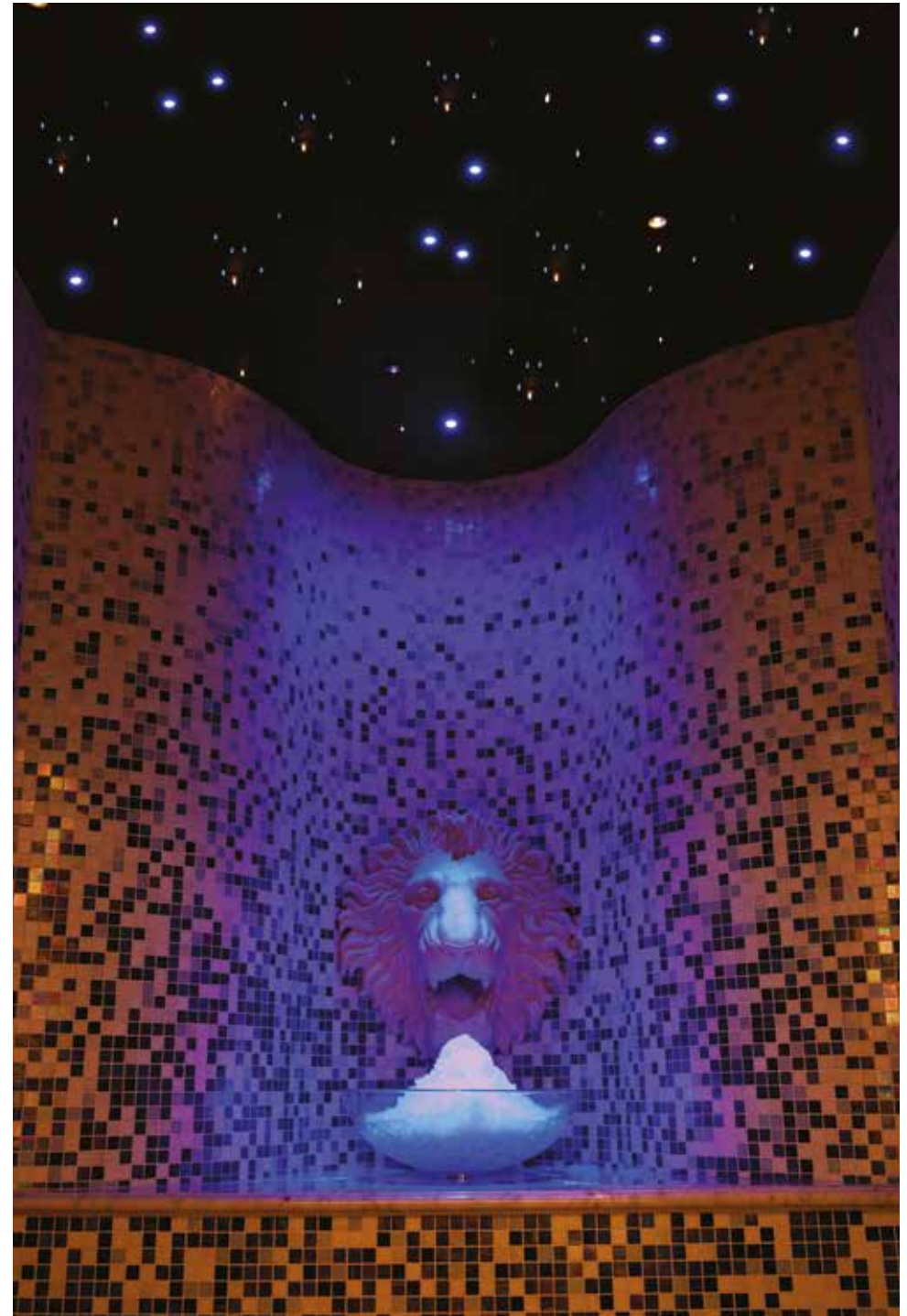
## Spa Treatments

We invite you to select treatments, based on your needs or desires, from the following categories:

- Thermal Water Range
- Organic Range
- Traditional Spa Village Classics
- Aquatic Body Therapy
- Massages
- The Wonder of Wellness Specialities
- Private yoga; couples and personalised sessions

## Thermal Water Range

Our body treatments complement and enhance the experience of bathing in the revered Bath Spring. Treatments are designed to exfoliate, hydrate and provide essential antioxidants and nutrients to complement the absorption of the Spring's unique mineral composition.



## Body Therapies

### ***Ginger Renewal \****

Relax. To begin, minerals are combined with ginger's healing properties in an invigorating full body exfoliation. Following is a pampering back, neck and shoulder massage with Organic Ginger Oil and warm healing stones. Next, nourish and relax inside a warm cocoon while a luxurious foot and pressure point scalp massage complete this head-to-toe service. ***90 minutes***

### ***Magnesium Wrap \****

Magnesium is an important mineral (best absorbed through the skin) responsible for promoting energy levels, sleep, circulation, metabolism and muscle movement. This relaxing therapeutic treatment helps to replenish commonly deficient levels. Body tissues relax and pores take in the vital minerals from the products. The treatment consists of a body scrub, massage and wrap. ***90 minutes***

### ***Body Firming \****

An exclusive dry brush technique helps to exfoliate the skin, stimulate lymphatic drainage and circulation and promote the absorption of clinically-tested slimming actives. Nutrient-rich Algae is applied to the body followed by a deeply relaxing head massage. An exclusive slimming massage and serum help to stimulate circulation and activate lipolysis with Ginger and Caffeine, and to conclude, Multi-Vitamin Firming Crème is applied to hydrate and brighten the body. ***90 minutes***

### ***Body Scrubs***

Natural exfoliants smooth and refine skin texture, stimulate circulation and leave the skin soft and supple. Includes two steps with loofah and shower/bath gel.

Eucalyptus – invigorating mineral salt

Chamomile – gentle pumice

Brightening – enzymes and jojoba

***60 minutes***

## Organic Skin Care

### Facials

#### ***Refresh with peppermint - An intensive brightening, refreshing facial***

Experience nature's most powerful skin-brightening facial, designed to impart even tone and radiant clarity. This ultra-revitalising facial includes peptide rich masks to boost radiance plus fight the appearance of fine lines followed by a luxurious antioxidant facial massage. This facial closes with a series of powerful skin brightening serums and moisturisers to leave your complexion beautifully radiant and visibly even-toned. ***60 minutes or 90 minutes***

#### ***Renew with rose - An anti-aging, rejuvenating facial***

Nourish and revitalise your skin with a facial inspired by restorative organic fruits and flowers. This luxurious facial, which includes an indulging scalp, hand and arm massage, and an antioxidant rich mask application of sun-dried sea algae will help firm, smooth and renew your skin's youthful elasticity, ease fine lines, leaving your skin looking and feeling firmer, smoother, and radiant. ***60 minutes or 90 minutes***

#### ***Relax with lavender - A hydrating, deep relaxation facial***

Quench dry, dehydrated skin with this soothing facial designed to calm the skin and restore lasting hydration and elasticity, and smooth an uneven skin texture. The healing power of our Hydrating Yogurt Mask combined with a soothing scalp massage will assist to relax the mind and body whilst replenishing and sustaining the skin's moisture level for smooth texture and healthy youthful glow. ***60 minutes or 90 minutes***

## Traditional Spa Village Classics

### *Malaysian Experience*

Malaysia is known for its diverse healing customs born from the strong presence of Chinese, Malay, and Indian influence in the region. This deeply relaxing treatment celebrates these distinctive rituals. Using a warming spiced oil blend, traditional Malay massage utilises techniques consisting of long kneading strokes that focus on the muscles, and various pressure points along the body. An Indian scalp massage increases the circulation to the head and neck believed to enhance clarity and focus. We finish this experience with Chinese acupressure points and time honoured egg rolling to tone the face. *120 minutes*

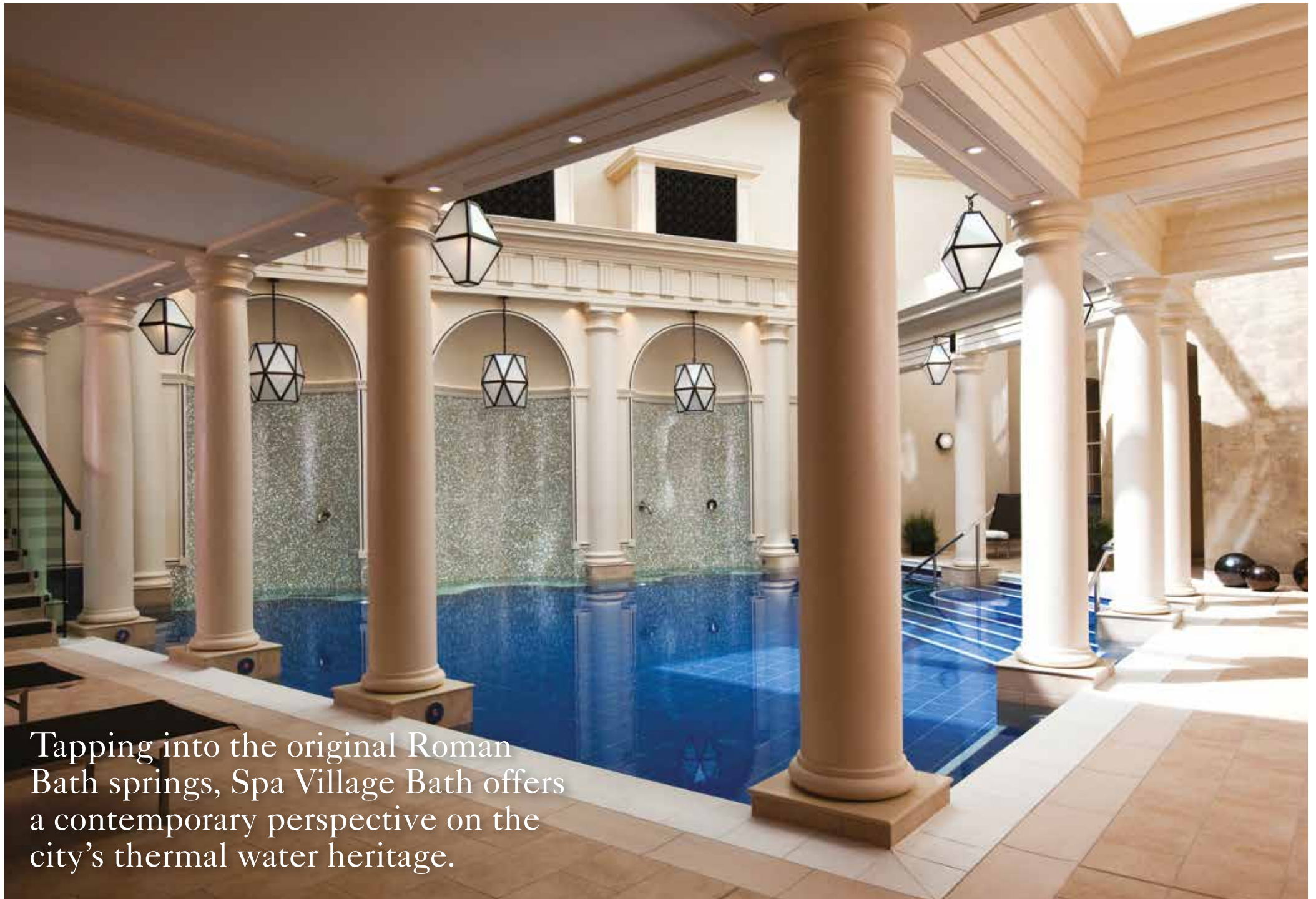
### *Malay Massage*

The art of traditional Malay massage is passed on from generation to generation. The technique consists of long kneading strokes that focus on the muscles and pressure applied to various points on the body. *60 or 90 minutes*

### *Campur-Campur\**

The name Campur-Campur means a blending of varieties in Malay. Combining the best techniques of Malay and Thai massage, this upgraded Spa Village creation uses touch, tone and aromatherapy to give you a memorable experience. The scent of lemongrass and pandan leaves fills the air as steamed herbs are pressed along the body using a traditional steam pouch. *90 minutes*





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# Aquatic Body Therapy

All aquatic body therapies are performed in the warmth of a 34.5° thermal water pool.

## *Spa Village Bath Aquasana\**

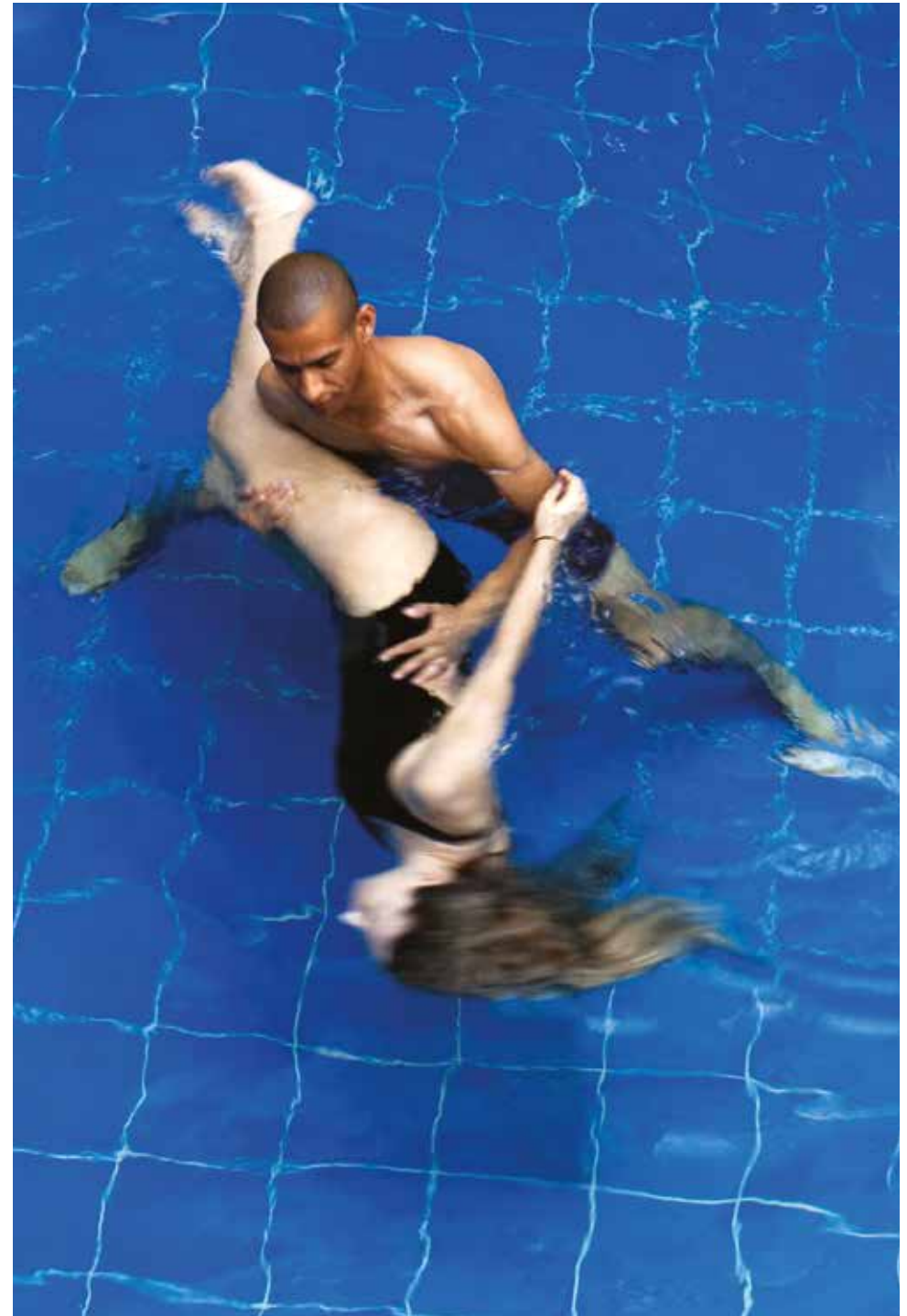
This session brings classic yoga asanas to a whole new level. Suspended stretching is enhanced with gentle Tai Chi and invigorating Karate movements to improve balance, mobility and flexibility. Recommended for anyone able to take the waters for approximately 45 minutes. Group sessions or private sessions available. *45 minutes*

## *Freedom\**

Imagine having your body gracefully moved through the water supported by the firm able hands of a therapist. Imagine being dynamically stretched into a state of relaxation typically only experienced in the comfort of the womb. Now imagine all that happening in the therapeutic waters of Bath. *45 minutes*

## *Personal Aquatic Session\**

A customised session to suit personal needs may be booked with an aquatic specialist based upon availability. *45 minutes*



# Massage

## *Classic Enhanced Swedish Massage*

We invite you to enjoy an unsurpassed level of relaxation in our enhanced classic Swedish massage. Enjoy mists of pure Neroli and Rose Water as feet are massaged with Rosemary and Pine essences and warm Lavender infused towels are applied on the body to impart comfort. *60 or 90 minutes*

## *Thai*

An art with an ancient tradition, this method of massage was originally practised only in Thai temples by Buddhist monks versed in the art of healing. This massage is an integral part of life for the Thai people. It is described as “Yoga Massage” for its stretching and bending movements. This is ideal for anyone who desires increased energy flow and flexibility. A t-shirt and loose cotton trousers are provided.

*60 or 90 minutes*

## *Japanese Acupressure*

Japanese Acupressure is a Japanese pressure point technique based on the concept of acupuncture. Pressure is applied to various body points along energy pathways enhancing the free flow of Chi (life force energy). A t-shirt and loose cotton trousers are provided. *60 or 90 minutes*

## *Aromatherapy*

The powerful effects of aroma on the body and mind, combined with a technique designed to elicit the relaxation response makes this massage an ideal choice for anyone who wishes to reduce stress. *60 or 90 minutes*

## *Hot Stone\**

Healing with stones is an ancient form of therapy used by various cultures throughout the ages. Massaging the body using smooth, heated basalt river rocks and Swedish massage techniques, the body deeply relaxes as the warm stones melt away the tension and stress.

*Available as an 90 minute massage only. Reservations must be made at least 30 minutes prior to treatment.*

## *Custom Massage*

Allow our therapists to provide an individualised massage experience specifically for you. *60 or 90 minutes*







## The Wonder of Wellness Specialities

### *Bespoke Couple's Surrender*

Relax your senses. Breathe deep. Inhale the calming and balancing benefits of Wild Lavender in this completely uplifting and rejuvenating spa experience which includes a two-step invigorating full body scrub, a warm wrap, and a full body side by side massage including warm stones. *120 minutes*

### *Suite Tranquillity for Two*

Remineralising mud, algae, rose water, exfoliating salts, loofahs, shower gel and facial moisturiser are awaiting you in our suite along with a recommended guide for a self spa journey. Play and apply while you soak in the healing waters. Following, enjoy a side by side massage with organic essences intuitively selected by you. *120 minutes*

### *Wellness Day*

Begin the morning with a consultation, private yoga, Freedom therapy session and use of the Bath House. Following, enjoy any 60 minute Facial, 90 minute Body Treatment and 60 minute Classic Enhanced Swedish Massage. Includes a spa lunch. *Approximately 6.5 hours*

## Spa Recommendations and Guidelines

Enjoy a full range of amenities when visiting the Spa Village Bath, including a robe, slippers, private locker, and bath and vanity products.

Services that are listed with a \* symbol are considered heat treatments and are not recommended for guests that have heart conditions, suffer heat sensitivity, or are pregnant.

In consideration of other guests we ask that all mobile phones be turned off while at the spa.

The Spa Village Bath is a non-smoking facility.

Kindly bring a swimsuit for use in the Bath House.

### ***Operation hours***

Complimentary Bath House:  
In-house hotel guests only:  
7am - 9am and 8pm - 10pm

Spa Treatments:  
10am - 8pm  
Guests are entitled to complimentary use of the Bath House when booking a spa treatment.

### ***Reservations***

Advance reservations are recommended. If in-house, touch 5320 or 5321 between 7.00am and 10.00pm. You may also call Spa Village Bath at +44 (0)1225 355 320 or email [spavillage@thegainsboroughbathspa.co.uk](mailto:spavillage@thegainsboroughbathspa.co.uk)

### ***Check-in***

Please check-in at the Spa Reception Desk 60 minutes prior to your first appointment to enjoy the Bath House facilities. For comfort, we invite you to wear your guest room robe. We regret that late arrivals will not receive an extension of scheduled

treatments.

### ***Facility usage***

All in-house guests of the The Gainsborough Bath Spa enjoy complimentary use of the spa facilities during designated Bath House hours or with any 45 minute and above scheduled spa service. All prices are subject to change without prior notification.

### ***Age required***

Spa Village Bath guests must be 16 years old or older.

### ***Aroma Bar***

Be sure to visit the Aroma Bar for an array of spa products and spa-related goods.

### ***Salon***

Hair and nail services are available at the salon.

### ***Cancellation policy***

As a courtesy to other guests and our therapists, please give us 24 hours notice if you must cancel or change any treatments. Without this notification you will be charged in full.

### ***Gratuities***

In appreciation of outstanding service, gratuities may be given at your discretion.

### ***Membership***

Exclusive membership to Spa Village Bath provides you access to the finest luxury spa facilities and unrivalled thermal water bathing. Subscriptions are limited to ensure optimal enjoyment of member privileges.

For enquires, contact Spa Village Bath at [spavillage@thegainsboroughbathspa.co.uk](mailto:spavillage@thegainsboroughbathspa.co.uk) or visit our website at [www.thegainsboroughbathspa.co.uk](http://www.thegainsboroughbathspa.co.uk)



# SPA VILLAGE BATH PRICE LIST

## *Thermal Water Range*

<i>Body Therapies</i>	<i>Duration</i>	<i>Weekday</i>	<i>Weekend</i>
Ginger Renewal	90mins	£180	£225
Body Firming	90mins	£180	£225
Body Scrubs	60mins	£120	£150
Magnesium Wrap	90mins	£180	£225

## *Organic Skin Care*

### *Facials*

Refresh with Peppermint	60/90mins	£120/£180	£150/£225
Renew with Rose	60/90mins	£120/£180	£150/£225
Relax with Lavender	60/90mins	£120/£180	£150/£225

## *Traditional Spa Village Classics*

Malaysian Experience	120mins	£240	£300
Malay Massage	60/90mins	£120/£180	£150/£225
Campur-Campur	90mins	£180	£225

## *Aquatic Body Therapy*

### Spa Village Bath Aquasana

(Group/min 2per)	45mins	£100	£130
Freedom	45mins	£120	£150
Personal Aquatic Session	45mins	£120	£150

## *Massage Therapies*

<i>Massage</i>	<i>Duration</i>	<i>Weekday</i>	<i>Weekend</i>
Classic Enhanced			
Swedish Massage	60/90mins	£120/£180	£150/£225
Thai	60/90mins	£120/£180	£150/£225
Japanese Acupressure	60/90 mins	£120/£180	£150/£225
Aromatherapy	60/90 mins	£120/£180	£150/£225
Hot Stone	90mins	£180	£225
Custom Massage	60/90mins	£120/£180	£150/£225

## *The Wonder of Wellness Specialities*

Bespoke Couple's			
Surrender	120mins	£480	£600
Suite Tranquility			
for two	120mins	£480	£600
Wellness Day	Approx 6.5hrs	£560	£700

\* all prices are inclusive of VAT at 20%

