

TREATMENT MENU

THE ROYAL CRESCENT HOTEL

THE BATH HOUSE AT



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THE BATH HOUSE AT



A LUXURY SPA HOTEL IN CENTRAL BATH

The world's finest spa is one of the great set-piece masterpieces of European architecture, the most breathtaking feature in one of the world's most elegant and enchanting cities.

Focusing on the natural elements of Earth, Air, Fire and Water, The Bath House embraces both Ancient and Modern day spa culture. Set within the beautiful Georgian buildings that make up The Royal Crescent Hotel this little known Gem in the heart of the city is truly a secret to be shared. With an extensive range of therapies using world renowned product ranges we are able to soothe the mind, body and spirit.

The contemporary style of The Bath House was created from a converted coach house and stables, opening onto the beautiful gardens; a stunning setting for The Bath House. Enjoy the wonderful relaxation pool heated to 35 degrees centigrade, cool and tepid plunge tubs, sauna and steam Karahafus and fully equipped gymnasium.

SPA FACILITIES

- 12-metre calming relaxation pool heated to 35 degrees centigrade
- Hot and cold tubs
- Sauna
- Steam Karahafus
- Fully equipped fitness suite with Power Plate
- Luxurious treatments by Anne Semmon, [comfort zone] and Maria Mo
- Set in the beautiful surroundings of The Royal Crescent

MEMBERSHIP

The Royal Crescent Club epitomises luxury and comfort, offering members the opportunity to enjoy everything that makes The Royal Crescent Hotel a beautiful home away from home.

Club members may use all the facilities of the hotel in addition to the spa - relax in the Library or Drawing Room, take tea in the Montage Room or enjoy lunch or dinner in The Downer House Restaurant. We offer a lifestyle not just a membership.

To make an appointment or for further details, please contact the Club Office on 01225 823333 or email info@royalcrescent.co.uk



PREPARING FOR YOUR DAY

Each and every spa is different and we would like to ensure that your visit is as perfect as possible. Below are the answers to our most frequently asked questions to help you make the most of your spa experience.

THE BATH HOUSE OPENING TIMES

Treatments available daily
Spa use Monday
Tuesday to Friday
Saturday and Sunday

9.00am to 7.00pm
8.00am to 9.00pm
7.00am to 9.00pm
8.00am to 8.00pm

What to wear?

Complimentary robes, slippers, towels, and lockers are provided for all treatments and retreats.

For treatments, most guests choose to wear their swimming costumes. However, if your swimwear is wet at the time of your treatment you may find it more comfortable to wear your underwear under your robe. Alternatively, we will provide you with disposable underwear. If you are on a spa day you will be provided with a robe and slippers in your locker.

You will undress in the privacy of your treatment room before your treatment commences.

Having treatments?

You will be asked to complete a medical questionnaire prior to your treatment. If you have a treatment booked, please check in at the Spa reception at least 15 minutes prior to your treatment to ensure you receive the full allocated time. Please note that if you arrive late for your treatment, the time will be deducted from the therapy time.

Mobile phones

The Bath House is a mobile-free area.

Smoking

The Bath House is a no smoking area inside and out.

Using the facilities

On arrival a full show round of the facilities will be given. You will be asked to sign in before using the facilities. If you have any health issues that may prevent you from using the facilities, please make us aware at this time.

Children

Children aged 12 years and over are allowed in the Bath House when accompanied by an adult. Treatments are available to children aged 16 years and over.

Cancellation policy

Please allow 24 hours notice of cancellation to avoid cancellation charge. Cancellation within 24 hours and non-arrivals will incur 100% charge.

PERSONAL TRAINING

Personal training sessions available, please contact a member of The Bath House team for more information.

GIFT VOUCHERS

Gift vouchers are available and are valid for 12 months.
Please visit www.royalcrescent.co.uk or contact The Bath House directly for more information on 01225 823333

All treatments marked with a **Ⓞ** are suitable during pregnancy (please note that certain treatments are suitable from the second trimester only). Please contact The Bath House team for more information. Treatments and costs are correct at time of going to press. The Bath House reserves the right to alter or cancel the advertised treatments.



THE FACE COLLECTION

Eternal Youth "Ice" Cryotherapy Facial by Anne Semonin

60 minutes
£90.00
A contouring and firming facial designed to combat the visible signs of ageing; excellent for mature, dry and dehydrated skin. Innovative Anne Semonin neurocosmetic ingredients are combined with 100% Active Serums and advanced cryo-therapy ice cubes to regain the skin's natural youthful glow. The result is instantly tightened and firm skin, a superb brightener for special events and boosting skin vitality.

Deep Marine Purifying Facial by Anne Semonin

75 minutes
£95.00
Ideal for combination, oily, congested, problematic skin. This complete deep cleansing purifying treatment with rebalancing lymphatic drainage massage. A detoxifying and anti-inflammatory peel off mask and aromatic intensive complexes are used to soothe calm and rebalance the skin to encourage a visibly clear complexion.

Made-to-Measure Facial by Anne Semonin

60 minutes
£80.00
This "made-to-measure" facial ensures effective, visible results. Following an initial skin consultation, this treatment has been designed to be tailor-made for your individual skin needs through individually blended plant active serums, masks and aromatic intensive complexes.

Pregnancy Glow Facial Boost

60 minutes
£80.00
Hormonal effects on the skin can cause dryness, breakout, increased pigmentation and a lack luster complexion. Re gain that beautiful pregnancy glow with this rehydrating soothing facial therapy. The use of intensive calendula oil, special attention is paid to relaxing your neck and shoulders, relieving tension in the scalp leaving your skin glowing.

Hydramemory Collagen Facial - 24hr Deep Hydration by [comfort zone]

60 minutes
£80.00
A simply sumptuous treatment that magically retains moisture in the skin. Learning of the wonders that nature brings us, this treatment unveils the discovery of how desert plants keep themselves hydrated. The plants' special molecule, trehalose makes sure you do not wilt and that your skin is positively blooming. A fusion of hibiscus and honey together with other lovely ingredients work to retain moisture in the skin whilst a collagen boost leaves the skin feeling silky smooth.

Glorious Skin Facial - Instant Lifting and Firming by [comfort zone]

60 minutes
£80.00
The must-have treatment to embrace the very epitome of The Royal Crescent - outstanding natural beauty. A non-invasive answer to Botox, using perfection peptides™. This instant lifting and firming treatment deeply hydrates, leaving skin looking smoother and firmer.

Hydra Express Facial by Anne Semonin

30 minutes
£45.00
A powerful express skin replenishment treatment ideal for quick and instant results. Immediately refreshes and hydrates the skin, leaving it soft, supple and revitalised.

Express Glorious Skin - Instant Lifting and Tightening by [comfort zone]

30 minutes
£45.00
When you are short on time, this will give you that instant answer to lift and firm the skin. Hailed by the beauty press as a non-invasive answer to Botox, the treatment will give instant lifting and firming results.

Miracle Eyes by Anne Semonin

30 minutes
£40.00
Designed to enhance, lift and firm your eye area. State-of-the-art express radiance ice cubes are used in combination with a therapeutic lymphatic eye massage to relax muscular fatigue and target the signs of ageing. Warmed aromatic oils and hot basalt stones are used to massage your neck and shoulders ensuring this to be not only a miracle eye treatment but a de-stress experience. The result: the eye area is visibly hydrated and dark circles are reduced. Combine with any Anne Semonin facial for maximum results.

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THE BODY COLLECTION

Comfort Touch Massage by [comfort zone]

75 minutes
£70.00
Full Body – 60 minutes
£45.00
A sleepy massage in which to embrace the perfect environment of The Royal Crescent where you simply don't have to do anything. Designed to relax and rebalance energy levels, the treatment alleviates muscular tension and stress. Using specially selected oils to suit your needs, this treatment is tailored especially to you.

Volcanic Thermal Stones Ritual by Anne Semonin

75 minutes
£90.00
Heated black basalt stones are used to massage the whole body, releasing deep seated tension ideal for anyone suffering with muscular aches and pains. Working at relieving stress at the deepest level, this treatment is designed to work on the body's energy channels an intensive exceptional treatment a holistic and energising therapy for the mind, body and spirit.

Anti-Stress Back Therapy by Anne Semonin

45 minutes
£60.00
This self-heating marine mineral mud treatment for the back, neck and shoulders is designed to release tension and combat tight muscles. The feet and lower legs are carefully massaged to improve circulation allowing a powerful sense of well-being. This energising, stimulating therapy will rebalance your energy levels and reactivate your senses.

Black Sand Jewel Massage Ritual by Anne Semonin

85 minutes
£115.00
The ultimate exfoliating experience with Black Sand from Tahiti and aromatic oils actively sweeps away dead skin cells, leaving skin wonderfully soft, silky, exuberant and youthful radiant. The same fragrance of exotic verbena pressed in to the body to deeply relax and refresh. To finalise the skin, followed by a revitalising exfoliation. This therapy concludes with a made to measure full body massage to reawaken your senses.

Monticelli Warm Mud Cocoon by [comfort zone]

60 minutes
£80.00
Retire to this wonderful retreat and begin your journey with this detoxifying and draining treatment. Monticelli thermal mud, taken from the river banks of Monticelli Italy is enriched with mineral salt and thermal waters that deliver a healing and restorative action. Having been wrapped in this warm sumptuous mud, skin is left feeling conditioned and cleansed.

Express Black Sand Polish by Anne Semonin

30 minutes
£45.00
An express black sand exfoliation leaving skin smooth and hydrated.

FINISHING TOUCHES

Waxing

The delicate wax treatment is ideal for sensitive skin types. Soft Sense wax products contain natural softening and protective ingredients such as Water Lily, Jojoba, Almond and Wheat germ oil. Soft Sense leaves the skin soft, silky and smooth with a pleasant fragrance.

Eyebrow, Lip or Chin	£15.00
Underarm	£15.00
Half Leg	£25.00
Full Leg	£35.00
Traditional Bikini Line	£30.00
Eyelash/Brow Tinting	£20.00
Men's Waxing	
Back	£30.00
Chest and Abdomen	£30.00
Eyebrow Shape	£15.00

THE HAND & FOOT COLLECTION

Luxury Manicure	£45.00
60 minutes	
French Polish Manicure	£50.00
75 minutes	
Luxury Pedicure	£45.00
60 minutes	
French Polish Luxury Pedicure	£50.00
75 minutes	

BOOTCAMP COLLECTION

Bikini Bootcamp

Bootcamp for Bums, Tummies and Boobs
A total body lift in 90 minutes

An intense body firming treatment, targeting cellulite, extra wobble and rough skin from top to bottom. This sensuous bootcamp for bums improves skin texture and elasticity.

Bootcamp for Bums

Lift your bum in 60 minutes
Buttock, hip and thigh treatment created to reduce cellulite, de-toxifying to stop spongy water retention plus fruit acid exfoliation for a smooth, soft sexy rear view.

Bootcamp for Tummies

A tummy tuck in 60 minutes
A waist-whittening treatment to reduce cellulite and fat deposits, stimulates circulation to detoxify with anti-ageing peptides to tighten and tone skin.

Bootcamp for Boobs

A boob job in 60 minutes
Butt and upper body treatment to lift and plump, increases circulation to boost collagen with anti-ageing peptides to tighten and tone the whole bust area and upper arms.



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BATH HOUSE SPECIFIC TREATMENTS

Reiki
60 minutes
£70.00

A subtle Japanese form of energy balancing which focuses on restoring the body's natural harmony. A good catalyst for healing and supporting any change in your life.

Thal Massage
60 minutes / 90 minutes
£70.00/£95.00

The transformational combination of yoga and acupuncture stimulates energy and yet instils a sense of calm. Undertake a series of co-ordinated stretches and bends whilst various points on the body are manipulated.

Indian Head Massage
45 minutes
£60.00

An invigorating treatment involving the scalp, neck and back leaving you feeling recharged and rebalanced.

Watsu
75 minutes
£95.00

A deeply relaxing and nurturing water treatment employing the principles of Shiro and hydrotherapy in the warm pool. A series of movements and stretches that help to relieve stress and tension ensuring a sense of calm and wellbeing.

Reflexology
60 minutes
£70.00

Based on the Egyptian theory that the feet mirror the body. By applying finger and thumb acupressure to the various zones and points on both feet a balance between the organs and systems of the body is attained leaving you feeling re-balanced with a deep sense of calm and relaxation.

Royal Experience Ritual by Anne Semonin
115 minutes
£155.00

Intense treatment for the face, eyes, decolleté, back, neck and shoulders. Encounter the ultimate bespoke facial incorporating a client-specific intensive eye and decolleté treatment. Aromatic intensive complexes and serums will boost cellular renewal whilst a firming algae mask will detoxify for absolute skin radiance. This treatment is a complete and effective remedy for removing the stresses of daily life leaving skin firm, smooth and brilliant. Combined with a powerful back massage, this treatment is both fabulous and relaxing.

Parisian Top-to-Toe Therapy by Anne Semonin
85 minutes
£120.00

This treatment begins with an invigorating back cleanse to exfoliate and smooth the skin and is designed to relieve key areas of tension and muscle tightness. Combined with the French-Franchise facial the feet are rehydrated, massaged with a footbed and an overall sense of calm and harmony. Finish with a wonderful pressure point foot and leg massage making this a fabulous top-toe experience.

The Bath House Taster by The Bath House
120 minutes
£120.00

The Bath House signature treatment takes you through a sequence of bathing, cleansing and body exfoliation. The first 45 minutes is divided between visits to the wet and dry heat (sauna) (steam and sauna) and relaxation in the teak-lined tubs. This is then followed by a body exfoliation using our seasonal salt scrub and a full body massage that is guaranteed to leave you feeling refreshed, invigorated and wonderfully relaxed.

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THE MEN'S COLLECTION

Bubbling Mud Body Massage by Anne Semonin
75 minutes
£85.00

The fabulous warm bubbling marine mineral mud is applied all over the back, neck and shoulders to release tension and tight muscles. Whilst the mud bubbles away, your feet and lower legs are carefully massaged to improve circulation allowing a powerful sense of wellbeing. Remove the mud and the treatment also includes a de-stress back neck and shoulder massage and soothing scalp massage. Rebalance your energy levels, rehydrate your senses and leave completely zoned out!

Hydra Performance Facial – Re-hydration by [comfort zone]
45 minutes
£60.00

Perfectly restores moisture levels to the skin by the use of active ingredients such as Swiss glacier water (ideal for frequent flyers or skin that is exposed to extreme temperatures) and environmental stress.

Pure Performance Facial – Purification by [comfort zone]
45 minutes
£60.00

Deeply cleanses and purifies congested skin. This facial uses mineral rich algae for a super purifying skin perfecting result and particularly helps to leave skin with a neat finish.

Anti-age Performance Facial – Rejuvenation by [comfort zone]
30 minutes
£45.00

Active treatment to help improve wrinkles and expression lines stimulating the cell renewal and using a lightweight ultra-effective serum leaves the skin firm, compact and toned.

Upper Performance Massage by [comfort zone]
90 minutes
£90.00

Repeatedly hunched over a desk or laptop? Then you need this back massage with a difference using intense techniques to work on tension relief, including deep relaxation for the scalp and a skin soothing facial. Leaving you ready for a new day!

Total Body Performance Massage by [comfort zone]
75 minutes
£90.00

Developed for the modern active man, the Total Body Performance Massage reduces stress and aches muscles by using powerful essential oils and deep tissue massage movements to restore the mind and body.

Comfort Touch Back, Neck and Shoulder Massage by [comfort zone]
30 minutes
£45.00

Enhance your personal well-being with a deep and slow back massage to melt away tension. Using specially selected oils and free form deep massage this treatment is tailor made to your needs.

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DAY RETREATS

Available Monday to Friday
All spa days include use of our award-winning facilities, a delicious seasonal two course lunch, towels and slippers with complimentary drink on arrival. An extra supplement of £10 applies on Saturday and Sunday.

The Bath House Half Day Retreat
£69.97

- Anne Semonin Hydra Express Facial or [comfort zone] Express Glorious Skin Facial
- Comfort Touch Back, Neck and Shoulder Massage

Half day retreat is from 9:30am to 2:30pm or 1:00pm to 6:00pm

Entirety
£240.00

Choose either an Anne Semonin day package or [comfort zone] package

Anne Semonin
£240.00

- Express Black Sand Polish
- Anti-stress Back Therapy
- Luxurious Manicure or Pedicure

[comfort zone]
£240.00

- Scrub Ritual of your choice: (Oriental/Mediterranean/Indian/Arabian)
- Hydra-memory Collagen or Glorious Skin Facial
- Comfort Touch Back, Neck and Shoulder Massage
- Luxurious Manicure or Pedicure

Serene
£155.00

- Anne Semonin Hydra Express Facial or [comfort zone] Express Glorious Skin Facial
- Full Body Massage
- Mini Manicure or Pedicure

Time For Men
£155.00

- [comfort zone] Total Body Performance Massage or Anne Semonin Bubbling Mud Massage
- Choice of Performance Facial (Hydra, Pure, Anti-age)

Please visit www.royalresort.co.uk for a full description of Day Retreat treatments.

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MAMA'S TOUCH COLLECTION

Yummy Tummy by Mama Mio
£85.00

75 minutes of treatment time
This is an Omega-rich facial for your tummy because it's your tummy that needs the attention to maximise skin strength, health and elasticity. Combined with the luxury of an upper back, neck and head massage to ensure it is a full-on stress banishing treat.

Mellow Mama by Mama Mio
£70.00

60 minutes of treatment time
A completely relaxing full body massage using our safe but effective pre-natal techniques and our award-winning Omega-rich oils to relax those specific lower back muscles that are carrying that beautiful bump.

Lighten Up by Mama Mio
£45.00

30 minutes of treatment time
A mineral-rich foot soak, exfoliation and massage for lower legs and feet to help with poor circulation, water retention and the tiring effects of carrying an extra load.

4th Trimester Healing Hour by Mama Mio
£70.00

60 minutes of treatment time
Your baby is here and you are in need of a little rejuvenation! This restorative massage treatment helps your body realign as you remember how to be one person again. Sometimes new mothers need a little mothering too! This is the perfect present for new mamas.

Indian Scrub Ritual
£65.00

45 minutes
Includes ground rice grains cardamom and nutmeg for a connection with natural resources from the Indian earth.

Arabian Scrub Ritual
£65.00

45 minutes
Inspired by the Berber and Tuareg traditions which incorporate ground coconut, ginger and geranium.

Oriental Scrub Ritual
£65.00

45 minutes
Contains ground pearls, jasmine and mimosa – the symbol of beauty and richness in the orient.

Mediterranean Scrub Ritual
£65.00

45 minutes
Uses ground olive stones bergamot and lemon as an inner connection with the soul, warmed and energised by the Mediterranean.

THE ORGANIC COLLECTION

Using natural and organic products which have been developed under the Lighte zero impact project which contributes to restoring trees in the rainforest to counteract the effects of pollution and meet the guidelines of ECOCERT.

Sacred Nature – Complete Face and Body Ritual
£85.00

90 minutes
This special and nurturing ritual is a complete face and body treatment. This is an anti-ageing ritual which is nourishing and protective, using products which have been formulated according to ECOCERT® guidelines. Sacred Nature offers a natural treatment which is suitable for all skin types including the most sensitive. Detoxifies, nourishes and protects the skin in a pleasant and embracing ritual using unique massage techniques.

Sacred Face Anti-ageing Ritual
£60.00

45 minutes
A face ritual using natural and organic ingredients. This anti-ageing face ritual will cleanse, relax and envelope, with sweet smelling aromas and butterfly movements you will feel revived and nourished.

Sacred Body Ritual
£60.00

45 minutes
A body ritual using natural and organic ingredients. This body ritual will exfoliate away your outer layers and allow for your body to enjoy the nourishing massage which takes inspiration for its movements from the motion of butterfly wings. You will feel nourished and reconnected with the world.

THE BODY SCRUB COLLECTION

Awaken your ancient soul with a choice of four skin softening body scrubs each one representing and drawing inspiration from a different corner of our world. The ritual scrubs are exclusive of the region they are derived from and integrate ancient cultures with contemporary rituals using unique blends of essential oils and ingredients native to that region.

Oriental Scrub Ritual
£65.00

45 minutes
Contains ground pearls, jasmine and mimosa – the symbol of beauty and richness in the orient.

Mediterranean Scrub Ritual
£65.00

45 minutes
Uses ground olive stones bergamot and lemon as an inner connection with the soul, warmed and energised by the Mediterranean.

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60694 Bath House Spa Brochure SIG-2 Back