



# THE SPA

SPA • BATH HOUSE • GARDEN

## Spa Treatment Menu

# The Spa at The Royal Crescent partners with GROUND

In 2025, The Spa & Bath House is delighted to partner with a new product house, GROUND, proudly becoming the only spa in the Southwest to offer their transformative treatments and rituals. Founded by Peigín Crowley, an award-winning wellness expert with over 28 years of experience, GROUND is dedicated to creating self-care experiences that nurture both body and mind.

Handcrafted in small batches in Cork, Ireland, GROUND products are made using 100% natural, vegan ingredients. Each formulation is intentionally blended to support a range of wellbeing needs, from stress relief and sleep support to hormone balance and skin health. Their commitment to inclusive self-care has also led to the creation of specialised treatments for pregnancy, menopause and cancer care.

Embracing the philosophy that self-care is a necessity, GROUND combines the restorative power of nature with an intuitive understanding of the body to deliver deeply therapeutic experiences. We invite you to discover the mindful rituals and nourishing treatments of GROUND at The Spa & Bath House – where wellbeing is always at the heart of everything we do.

We look forward to welcoming you soon.

Katie Collins  
Spa Manager



# Spa Days

Spa days at The Royal Crescent offer an escape from the hustle and bustle of daily life to the tranquility of The Spa & Bath House.

All our days include full use of the spa facilities for up to 60 minutes (unless otherwise stated) and complimentary use of a robe, towel and footwear.

## Half Day Spa

A 60-minute GROUND wellbeing ritual of your choice, use of the spa facilities and a two-course lunch or afternoon tea.

£195

## Royal Experience Spa Day

A 90-minute Royal Crescent signature wellbeing ritual, use of the spa facilities and afternoon tea.

£209

## Twilight Evening Spa

A 30-minute GROUND wellbeing ritual of your choice, use of the spa facilities for up to two hours and £40 towards dinner (food only).

£165

Visit our website for details of our [Crescent Spa Day Escape](#) inclusive of train travel from Paddington station.

From £290

# Our Signature Massage Rituals

## The Grounding Ritual

SOOTHING MENTAL ANXIETY & STRESS

60 mins    £140

This specialist massage treatment will provide you with the space and time to tap into your body's ability to self-repair and re-align and will leave you feeling replenished and grounded in your body

90 mins    £185

## The Restorative Ritual

EASE TENSION IN THE FACE, NECK & SCALP

60 mins    £130

Combining nurturing facial massage with soothing Gua Sha techniques, this slow, flowing massage treatment works to reconnect mind and body.

The focus within the treatment is on the face, neck, décolleté and scalp.

## The Face & Back Experience

TARGET TENSION & NOURISH THE COMPLEXION

60 mins    £135

A complete indulgence for the back and face, this treatment begins with a targeted back massage to relieve aches and pain and concludes with a nourishing facial using Ground's organic products.

# Our Signature Massage Rituals cont...

## The Signature Wellbeing Ritual

### SOOTHE THE BODY FROM HEAD TO TOE

Beginning with an energising foot soak and exfoliation, this indulgent treatment flows into a deeply relaxing massage of the back, face and scalp, before drawing to a calming close with attention to the feet.

90 mins    £185

# Our Facial Ritual

## The Biome Custom Facial

BESPOKE FACIAL RITUAL DESIGNED UPON CONSULTATION

60 mins    £130

Designed to support every skin type using a tailored combination of therapeutic massage techniques, lymphatic drainage and bio identical ingredients. All with the aim to work on the skin and gut microbiome connection, relaxing both the mind and the skin. This facial treatment is customised based on thorough consultation making it especially beneficial for those with challenging skin conditions.

# Our Advanced Massage Ritual

## Muscle Recovery Ritual

### REPAIR & RECOVERY

Flowing, rhythmical and firm; this back of body massage was created to assist in releasing the overworked muscles of the body from their tense & tightened position. Helping to alleviate aches & stiffness while also improving circulation.

60 mins    £140

90 mins    £185

# Our Pregnancy Massage Offering

RELIEF FOR THE 2ND & 3RD TRIMESTER

## The Comforting Ritual

PREGNANCY SPECIFIC FULL BODY MASSAGE

60 mins    £140

Relieve pain, improve sleep and induce a profound sense of calm with this deeply comforting ritual. It is an intuitive and grounding massage designed to soothe and release tired muscles specifically in the shoulders, back, hips and lower legs as the body grows throughout pregnancy.

## The Restorative Ritual

EASE TENSION IN THE FACE, NECK, HEAD & SCALP

60 mins    £130

Combining nurturing facial massage with soothing Gua Sha techniques, this slow, flowing massage treatment works to reconnect mind and body. The focus within the treatment is on the face, neck, décolleté and scalp.

# Manicures, Pedicures & Waxing

## Manicures

Fly-by Mii Manicure	30 mins	£25
Indulge Mii Manicure with Colour Confidence Nail Polish	50 mins	£45
Indulge Mii Manicure with Statement Gel	55 mins	£50
Statement Gel Removal	20 mins	£15

## Pedicures

Fly-by Mii Pedicure	30 mins	£25
Indulge Mii Pedicure with Statement Gel	55 mins	£45
Indulge Mii Pedicure with Statement Gel	55 mins	£50
Statement Gel Removal	20 mins	£15

## Waxing

Eyebrow / Lip & Chin / Underarm	15 mins	£15
Bikini	30 mins	£30
Half Leg incl. Toes	45 mins	£30
Full Leg	45 mins	£45

# Enhance Your Spa Experience

## Treatment Enhancements

Each 30 mins    £75

Express Facial, for instant radiance

Back Massage, customised for tension relief.

Abdominal Massage, for gut health.

Scalp Therapy, for hair health and to calm the mind.

Hand & Foot Ritual, for grounding.

## Champagne

Whether a glass or a bottle, rose or vintage, enhance your spa experience with Champagne. Relax in front of a roaring fire in the winter, linger in Montagu's Mews or in the summer months go alfresco in the acre of secluded gardens.

## Dining

Whatever the time of day, there is always a delicious treat to enjoy on the menu; whether a relaxing breakfast before your spa day, a light lunch in Montagu's Mews after a workout or an indulgent afternoon tea in the spa garden after a soothing treatment, we will help to create the experience that is right for you.

## Afternoon tea

Afternoon tea is the ideal way to complete your spa experience. Savory delights and sweet indulgences make this quintessential tradition a must when visiting.

# Information

## Booking a treatment

To make an appointment, please call The Spa reception on 01225 823367 or email [spa@royalcrescent.co.uk](mailto:spa@royalcrescent.co.uk) or book online at <https://royalcrescent.onejourney.travel/spa>

## Male and Female Therapists

Please be aware that we employ both male and female therapists.

## Arrival time

Please arrive 15 minutes before your treatment time to complete your consultation form and to relax.

## Showers

To ensure maximum benefit from your treatment, please ensure you shower beforehand if you have used the spa facilities

## Dress Code

On arrival, we will provide you with a robe, towel and flip-flops for your comfort during your visit. Swimwear should be always worn when using the facilities.

## Spa Etiquette

The Spa is a place of peace and tranquility. Please be aware that we want our guests to enjoy the relaxed atmosphere and a moment of quiet away from the noise of the outside world. We would request the use of mobile telephones to be avoided.

## Payment

Payment in full is required upon booking. A discretionary 12.5% service charge is applied to all treatment bookings, to be settled on departure.

## Cancellation Policy

We request a 48-hour notice period when cancelling or rescheduling your treatment(s) to avoid any cancellation charges. In the unfortunate event that you must cancel or postpone your confirmed booking within a 48-hour notice period, the hotel reserves the right to charge the full amount.

## Children's Policy

We welcome guests 16 years and over for treatments with signed consent from parents or guardians.

We are unable to offer the use of our pool facilities to children under 16 years old, other than during school holidays, please ask for details.

# Information

## Location

The Spa & Bath House is perfectly situated within the hotel's beautiful acre of secluded gardens; head for the doors to the left of the hotel reception and take the left-hand path.

## Facilities

The Bath House offers a 12-metre relaxation pool, vitality pool, sauna and steam room.

## The Spa Garden

Unwind in the tranquil surrounds of The Spa Garden with a glass of Champagne or enjoy a dish from our relaxed dining menu. Relax in the picturesque setting in your fluffy bathrobe and flip-flops in the summer months.

## Spa Membership

Enjoy using the five-star spa facilities when you become a spa member.

We have a range of different memberships to choose from, all of which come with various perks and benefits, including the option to spoil a friend with one of our guest passes.

Talk to our spa team about becoming a member.

01225 823367

or email

[spa@royalcrescent.co.uk](mailto:spa@royalcrescent.co.uk)



# THE ROYAL CRESCENT

HOTEL • SPA • DINING

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BATH

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