



# 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 South West 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.

Hannah Parsons-Shaw  
Spa Manager



# Spa Days

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

All our days include full use of the spa facilities for 60 minutes and complimentary use of robe, towel and footwear.

## Half Day Spa

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

Off Peak	£225
Peak	£245

## Royal Experience Spa Day

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

Off Peak	£260
Peak	£280

## Taittinger Champagne Mini Escape

Taittinger Champagne and chocolate truffles on arrival, a 60-minute GROUND wellbeing ritual of your choice and use of the spa facilities.

Off Peak	£205
Peak	£225

# Our Signature Massage Rituals

## The Grounding Ritual

### SOOTHING MENTAL ANXIETY & STRESS

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

60 mins

Off peak £150

Peak £170

90 mins

Off peak £165

Peak £185

## The Restorative Ritual

### EASE TENSION IN THE FACE, NECK & SCALP

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.

60 mins

Off peak £150

Peak £170

90 mins + back massage

Off peak £165

Peak £185

# Our Facial Rituals

## The Biome Repair Facial

### RESTORING & SUPPORTING SKIN BARRIER

Designed to restore the skin's delicate microbiome when compromised and sensitive to outside aggressors. The Biome facial works to soothe & repair the skin's natural barrier, helping to reduce inflammation and increase natural skin function.

60 mins

Off peak £150      Peak £170

90 mins + abdominal or back massage

Off peak £165      Peak £185

## The Biome Calm Facial

### SOOTHING & COOLING FOR SENSITIVE, HORMONAL SKIN

Support your skin's natural ability to soothe and heal with this deeply relaxing facial that will comfort the skin and calm the mind. Designed to nourish the skin blending bio-identical ingredients, plant lipids, calming massage & face reflexology techniques to restore, replenish and soothe the skin.

60 mins

Off peak £140      Peak £160

90 mins + abdominal or back massage

Off peak £165      Peak £185

# Our Facial Rituals

## The Biome Detox Facial

### ENERGISING & DEEP CLEANSING

Restore energy flow and vitality to the skin with this invigorating facial that combines the power of probiotic-rich botanicals from our BIOME range with detoxifying techniques to trigger the skin's natural cell-renewal process. Gua Sha Massage techniques encourage circulation and lymphatic flow, stimulating the natural exfoliation process to leave the skin feeling purified and renewed.

60 mins

Off peak £140      Peak £160

90 mins + abdominal or back massage

Off peak £165      Peak £185

## The Biome Custom Facial

### BESPOKE FACIAL RITUAL DESIGNED UPON CONSULTATION

Designed to support each and every skin 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.

60 mins

Off peak £140      Peak £160

90 mins + abdominal or back massage

Off peak £165      Peak £185

# Our Advanced Massage Rituals

## The Balancing Ritual

### EMPOWERING THROUGH MENOPAUSE

Designed with women in mind, this hands-on approach to wellbeing is truly holistic. Each treatment commences with an aromatherapy foot bath and breath work and uses Cold Stone Massage Therapy, Gua Sha, Reflexology and Lymphatic Drainage helping to soothe the body during hormone fluctuations.

90 mins

Off peak £165

Peak £185

## 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 - back of body

Off peak £150

Peak £170

90 mins - full body

Off peak £165

Peak £185

# Our Pregnancy Massage Rituals

RELIEF FOR THE 2ND & 3RD TRIMESTER

## The Comforting Ritual

PREGNANCY SPECIFIC FULL BODY MASSAGE

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.

60 mins

Off peak £140      Peak £160

90 mins + face gua sha & scalp massage

Off peak £165      Peak £185

## The Restorative Ritual

EASE TENSION IN THE FACE, NECK, HEAD & SCALP

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.

60 mins

Off peak £140      Peak £160

90 mins + face gua sha & scalp massage

Off peak £165      Peak £185



# Enhance Your Spa Experience

## Treatment Enhancements

30 mins

£70each

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 al fresco 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, sharing platters 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. Savoury delights and sweet indulgences, makes 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 worn at all times when using the facilities.

## Spa Etiquette

The Spa is a place of peace and tranquillity. 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 have to 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 parent or guardian.

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 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. Savour the picturesque setting in your fluffy bathrobe and flip-flops in the summer months.

## Spa Membership

Enjoy use of 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

16 Royal Crescent, Bath BA1 2LS +44 (0) 1225 823333  
[spa@royalcrescent.co.uk](mailto:spa@royalcrescent.co.uk) [royalcrescent.co.uk/the-spa](http://royalcrescent.co.uk/the-spa)