Britain’s original and only natural thermal Spa
2012
The Waters of Bath

The natural thermal springs were first discovered by Prince Bladud around 863BC, who was cured from his skin disease after bathing in the waters. The waters were then enjoyed by the Celts, Romans, Saxons and Georgians and are the constant thread throughout the history of Bath.

The water fell as rain around 10,000 years ago and then sank to a depth of about 2km. Here it is heated by high temperature rocks before rising back up through one of the three hot springs in the centre of the City, the Cross Spring, Hetling or King's Spring, which supplies the Roman Baths.

The actual source of the waters remains a mystery. It was believed that the source was in the Mendip Hills 30 miles to the south of Bath but more recent findings suggest that the rainwater enters through the carboniferous limestone closer to the City and the Avon Valley.

The thermal waters contain over 42 different minerals, the most concentrated being sulphate, calcium & chloride.

Bath has a long association with well-being and the word SPA is associated with the Latin phrase ‘Salus Per Aquam’ or ‘health through water’.

Until the restoration of the Spa was completed in 2006, this natural resource went down the drain and ended up in the river Avon. Today, over 1 million litres of this mineral-rich water flow from the springs each day and are fully used in Thermae Bath Spa.

The thermal water in all four baths at Thermae is the optimum bathing temperature of approximately 33.5°C (92°F).
Welcome to Thermae Bath Spa

Thermae Bath Spa is a remarkable combination of ‘old and new’ where historic spa buildings blend with the contemporary design of the New Royal Bath. You can now bathe in Britain’s only naturally warm, mineral-rich waters, as the Celts and Romans did over 2,000 years ago.

In the heart of the World Heritage Site, Thermae is an award-winning Natural Spa, where you can enjoy bathing in the thermal waters of the Minerva Bath and open-air rooftop pool, refresh your senses in the aroma steam rooms and choose from over 50 spa treatments and packages.

**Spa Packages**

Our range of spa packages offer great value, with a choice of spa sessions, treatments and meals in the Springs Restaurant. See page 13 for details.

The **Thermae Bath Spa Shop** has an expanded range of spa, health and beauty products, including our own brand of shampoo, shower gel and body lotion, all of which are enhanced by Bath’s natural spring water.
Minerva Bath – named after the Roman Goddess of Health and Wisdom, this is the largest of the thermal baths. Distinguished by its flowing curves and grand columns, the thermal waters are complemented by an invigorating massage jet and whirlpool.

Steam Rooms – breathe in the soothing vapours of the steam rooms, each of which is infused with an aromatic essence such as frankincense, sandalwood or eucalyptus mint. A central ‘waterfall’ shower, interspersed with fibre optic lighting, provides a variety of sensations from the lightest misting of water to an invigorating tropical shower.

Open-air Rooftop Pool – by day and by night, enjoy spectacular views over the City of Bath and surrounding hills. The naturally warm, mineral-rich waters are enhanced by air seats and bubbling jets.

Springs Café & Restaurant (see page 6) – this light, airy Café & Restaurant serves a fresh selection of tasty meals, snacks, drinks and refreshments.
SPA TIPS

Spa sessions in the New Royal Bath cannot be booked in advance unless you are a group of 8+.

Children under 16 are not permitted in the New Royal Bath.

Towel, robe & slippers are not included in the price of a spa session. You are welcome to bring your own or hire them from the Reception.

The temperature of the water is approximately 33.5°C and is a constant depth of 1.35 metres.

Prices in the New Royal Bath

2-hour spa session £26
4-hour spa session £36
Full Day spa session £56

Please check our website or contact Reservations for discounts for local residents, groups and guests with disabilities.

Hire of Towel, Robe & Slippers
Towel £3.00
Robe £4.00
Slippers £2.50
Thermae Trio (Towel, robe & slippers) £9.00
Springs Café & Restaurant

Spa users can enjoy a menu designed for both the health conscious and those who want a little indulgence. The majority of produce is sourced locally and dishes are freshly prepared in-house.

There is a good choice of main courses and salads. Tasty soups, sandwiches and paninis are also on the menu as well as pastries and desserts. Fruit juices and smoothies are available alongside a selection of teas, coffees, beers and wines.

Treat yourself to an evening (Sunday - Friday) with the Twilight Package, offering a one course meal and drink, a 3-hour spa session ad use of towel, robe & slippers. Inclusive price £42.00.

**SPA TIPS**

Robes to be worn in the Restaurant.

Extra time is added to your spa session, if you have something to eat or drink (excl. the Twilight Package).
Spa Sessions in the Cross Bath

An intimate open-air thermal bath, the Cross Bath is a separate building with its own changing facilities and provides an alternative to the more extensive spa facilities in the New Royal Bath.

In this special setting, you can bathe in the thermal waters, which emerge from a specially-commissioned poolside fountain. The Cross Spring is steeped in history and is recognised as an official sacred site.

The Cross Bath can be enjoyed by individuals or as a unique venue for a small party, whereby it is available for the exclusive use of a group of up to 12 people. Our catering team can provide canapés, soft drinks and Champagne receptions.*

**SPA TIPS**

Choose from a spa session in either the New Royal Bath or the Cross Bath. There is no multi-entry ticket.

A spa session in the Cross Bath lasts up to 1 1/2 hours (including changing time).

Groups of 6+ should book in advance.

Children under 12 are not permitted. Young people between 12-16 must be accompanied by an adult / guardian on a 1:1 ratio.

Towel, robe & slippers are not included in the price of a spa session.

**Prices in the Cross Bath**

1 1/2 hour spa session £16 per person
£160 for exclusive use

Please check our website or contact Reservations for discounts for local residents, groups and guests with disabilities.

* subject to availability
Spa Treatments & Therapies

At Thermae Bath Spa, you can choose from over 50 spa treatments and a specially-designed set of packages, which offer a selection of spa sessions and treatments plus a meal in the Springs Restaurant. (See inside back flap for prices)

SPA TIPS

- Treatments in the New Royal Bath can only be booked along with a spa session.
- Treatments should be booked in advance.
- We do not offer treatments to young people under 18.
- All treatments and Thermae Bath Spa packages include complimentary use of towel, robe & slippers.
- The time allocated for a treatment is in addition to the spa session.
- Treatments cannot be booked along with a spa session in the Cross Bath.

Left Image: Watsu in the Hot Bath

See inside back flap for prices
**Thermal Treatments**

These individual treatments take full advantage of the natural thermal waters and their associated health benefits.

**Watsu** – this soothing treatment involves being cradled by a therapist in the warm, mineral-rich waters, whilst having your body gently stretched and guided through a series of flowing movements. Combining elements of massage and acupressure, the body is able to move freely as you are lulled into a deep state of relaxation.

**Watsu for Two** – two therapists perform in harmony this most graceful of treatments for two people together.

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**Hot Stones Spa Therapy**

The heat of the volcanic basalt stones travels deep into the muscles stimulating warm relief and relaxation.

**Refresh Hot Stones** – introductory treatment using the placement of warm basalt stones followed by a head, face, foot & hand massage.

**Relax Hot Stones** – after the placement of hot stones, the face is cleansed followed by a full body massage, leaving the muscles relaxed.

**Rejuvenate Hot Stones** – this complete cleansing and massage ritual begins with a body exfoliation followed by the placement of hot stones, a mini-facial and full body massage.

**Hot Stones Pedicure** – using a special pedicure throne, which incorporates hydro-jets and aquapressure, the feet are bathed, cleansed, exfoliated and massaged with hot stones.

**Hot Stones Vichy** – a top-to-toe treatment using the latest in hydro massage techniques. Following a full body exfoliation and cleanse with a nourishing aromatherapy bath oil and water ritual, enjoy a hot stone massage on your legs and back.

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**Body Wraps & Head Massage**

A pure spa experience. Following a body polish, a ‘mask’ is applied all over the body before being wrapped in a thermal blanket, allowing the body’s heat to activate the absorption of the natural ingredients. Enhanced by a head massage.

**Aromatic Moor Mud Wrap** – let your body relax as the intense, warming properties of pure moor mud are used to relieve muscular aches and pains.

**Moroccan Wrap** – an abundance of minerals from the fertile valleys of Morocco help to moisturise, energise and refresh the body - particularly beneficial for sensitive skin.

**Thalasso Detox Wrap** – benefit from the natural detoxifying goodness of seaweed as this wrap replenishes the body with 104 trace elements and alleviates fluid retention.

**Green Coffee ‘Slim & Tone’ Wrap** – this cutting-edge treatment comprising 100% pure micronised Green Coffee is designed to slim & tone your body and combat cellulite. This wrap stimulates your body’s ability to break down fat and transform it into energy, increase metabolism and eliminate water retention.

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Top left image: Serenity Candle Massage  
Middle image: Hot Stones Spa Therapy  
Top Right Image: Body Wrap
Massage

For thousands of years the ancient art of massage has been used to bring benefits to health and well-being.

**Aromatherapy Hot Oil massage** – full body, light pressure massage using aromatherapy oils

**Traditional massage** – classic full body massage using medium pressure

**Couples Aromatherapy Hot Oil massage or Couples Traditional massage** – enables two people to experience an aromatherapy or traditional massage together in the same treatment room with two therapists

**Indian Head massage** – manipulates soft tissues in the shoulders and scalp. Designed to alleviate stress

**Reflexology** – ancient technique that stimulates pressure points on the feet to rebalance the body’s energy system

**AromaFlex** – a great introduction to reflexology combined with an aromatherapy back, neck, shoulders and leg massage. With a choice of aromatherapy oils to suit your mood, this holistic treatment promotes relaxation as well as being good for fatigue and muscle pain

**Serenity Candle massage** – a full body, light to medium pressure massage designed to nourish and hydrate the skin. A special candle is burned to release shea butter and almond oil which is gently poured over the body to produce a warm, smooth massage to melt away tension and awaken the senses

**Bamboo massage** – enjoy the relieving effects of a deep tissue massage as your body is nourished with coconut oil and massaged with bamboo sticks. Highly recommended!

**Thermae Oriental massage** – East meets West with this light to medium pressure massage created specially for Thermae Bath Spa. Inspired by traditional techniques from around the world, this ritual features a combination of Lomi Lomi, Swedish massage, Thai, Malay and Bamboo massage

**Reviver massage and body scrub** – a great introduction to massage, this body treatment is designed to make you feel refreshed. A full body exfoliation leaving your skin silky and smooth is followed by a relaxing back, neck, legs and shoulders massage

**Mum-to-Be massage** – this treatment has been specifically designed to pamper mums-to-be and is suitable after the first three months of pregnancy. To start, a back massage eases away aches & pains followed by a soothing head, neck & shoulders massage. A hand & arm massage aids the release of tension and is finished off with an exfoliation of the feet and a gentle massage of the lower legs

**Deep Tissue massage** – following a consultation with the therapist, this localised, deep tissue massage involves specific stretches, pressure application and mobilisation techniques where most needed

**Top-to-Toe massage and Reviver facial** – features a deeply relaxing, light pressure massage followed by a soothing, pressure point facial and head massage. Total face and body treatment!
Facials

Relax while your skin is cleansed, toned, exfoliated and moisturised. All facials are tailor-made to your skin requirements and include a head massage.

**Reviver facial** - a good introduction to facials. The skin is cleansed, exfoliated, and once a mask is applied, the head is massaged. After a moisturising sequence the skin is left feeling fresh and clear.

**Thermae facial** - this facial is tailor-made specially for you, using cleansers, lotions and ampoule with active ingredients to give a vital specific boost, followed by a mask plus a head, shoulders and face massage.

**Couples Thermae facial** - relax with your partner or friend while two therapists work alongside each other to give you each a facial. This facial includes a cleanse, lotion, exfoliation, care cream and mask plus a head, shoulders and face massage.

**Facial for Men** - designed specifically for men who care for their skin. A thorough cleansing of the face and neck using natural products. This facial includes a deep cleanse, exfoliation, eye cream and mask plus a head, shoulders and face massage.

**Lumafirm Lift & Glow facial** - this new facial renders your skin ultra-luminous with a firmer, tighter and more youthfully defined appearance. Exclusively formulated with the latest in freeze-dried technology, this remarkable treatment with cumulative benefits is ideal for any skin type showing signs of ageing, or works as the perfect instant repair boost when you want to look your best.

**Luxury Thermae facial** - this radiance-boosting facial takes you on a luxurious and relaxing tailor-made ritual for your individual skin type. It includes a deep cleanse, exfoliation, 100% collagen and ginkgo biloba mask plus a head, shoulders and face massage using aromatherapy oils. The ultimate facial!

BodyCare

The range of botanically-based body treatments have been selected to pamper the body and rejuvenate the skin.

**Full Body Polish** - using natural jojoba to stimulate circulation followed by a revitalising body scrub, a nourishing body moisturiser is applied leaving the skin soft and smooth. Ideal before a massage.

**Hot Stones Pedicure** - using a special pedicure throne, which incorporates hydros- jets and aquapressure, the feet are bathed, cleansed, exfoliated and massaged using hot stones. Nails and cuticles are treated followed by a cooling foot mask (no varnish).

**Tropical Salt Mousse Glow** - this exfoliating spa treatment removes dead skin and impurities before a mix of tropical fruit essence is absorbed by the body. As water is added to the Salt Mousse, the skin is polished with this aromatic scrub which naturally rehabilitates the skin.

**Yummy Tummy** - a tailor-made treatment on the tummy for mums-to-be. Suitable after the first three months of pregnancy, this treatment makes the skin more supple and is ideal for helping to combat stretch marks. Containing honey and an anti-stress massage cream, it also includes a head, shoulders, hand and foot massage.

**Spa Manicure & Pedicure** - a relaxing hand and foot treatment. Following a soothing jet massage and soak in a foot spa, the dry skin is removed, the toenails are shaped and finished with a foot massage. The hand treatment involves an exfoliation, nail shape and cuticle trim as well as a hand massage (no varnish).
**Vichy ‘Rainforest’ Shower**

The new Rainforest Shower projects a cascade of sound, light and water which appeals to all the senses. The therapist adapts the power of the pure water to cleanse, stimulate and soothe the soft tissues of the body and uses massage techniques to enhance the following treatments.

**Vichy Rainforest Experience & hydro massage** – showers of natural water are guided to massage, cleanse and stimulate the body.

**Exfoliating Vichy** – full body exfoliation using extracts of olive oil followed by a nourishing scrub with Aloe Vera, almond oil and Atlantic sea salts plus Vichy Rainforest Experience & hydro massage.

**Hot Stones Vichy** – a top-to-toe treatment using the latest in hydro massage techniques. Following a full body exfoliation and cleanse with a nourishing aromatherapy bath oil and water ritual, enjoy a hot stone massage on your legs and back – a truly sensory experience.

**Reviver facial and Vichy Shower** – the cleansing water ritual including an exfoliation is applied to the front and back of the body. Along with a conditioning hair treatment, this tailor-made facial using enriched ingredients revivates the skin’s clarity and freshness.

**Kraxen Stove**

Enjoy the therapeutic benefits as well as the social aspects of this traditional Alpine Hay Chamber. The natural herbs in the hay are released through a stove, gently radiating the back and shoulders in an innovative and warming way. Perfect before a body treatment.

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*See inside back flap for prices*
Spa Packages & Gift Vouchers

Spa Sessions & Trio
Valid every day:
- 2-hour spa session: £26
- 4-hour spa session: £36
- Thermae Trio (towel, robe & slippers): £9

Twilight Package
Valid Sunday - Friday
- £42

Spa Packages
Valid Monday - Friday excl. Bank Holidays:
- Thermae Treat: £68
- Thermae Harmony: £88
- Classic Thermae: £98
- Thermae Indulge: £122
- Thermae Experience: £188
- Time for Two (price per couple): £188

Twilight Package
Available from 16.00 with last full entry at 18.00 and last serving in the Restaurant at 20.15.
- 3-hour spa session
- Complimentary use of towel, robe & slippers
- 1 course meal from the ‘Twilight Menu’ and a glass of house wine/beer/juice/water

Thermae Treat
- £68

Thermae Harmony
- £88
- 4-hour spa session
- Complimentary use of towel, robe & slippers
- 2 course meal and a non-alcoholic drink
- Watsu OR Hot Stones Vichy OR Reviver massage & Body Scrub

Classic Thermae
- £98
- 4-hour spa session
- Complimentary use of towel, robe & slippers
- 2 course meal and a non-alcoholic drink
- Kraxen Stove
- Aromatherapy Hot Oil massage OR Thermae facial OR Bamboo massage

Thermae Indulge
- £122
- 4-hour spa session
- Complimentary use of towel, robe & slippers
- 2 course meal and a non-alcoholic drink
- Kraxen Stove
- Full Body ‘Relax’ Hot Stones massage OR Top-to-Toe massage AND Reviver facial OR Aromatic Moor Mud Wrap AND Back, Neck & Shoulders massage

Thermae Experience
- £188
- Full Day spa session
- Complimentary use of towel, robe & slippers
- 2 course meal and a non-alcoholic drink
- Kraxen Stove
- Thermae Oriental massage
- Hot Stones Pedicure
- Lumafirm ‘Lift & Glow’ facial OR Facial for Men

Time for Two
- £188
- 2 x 4-hour spa sessions
- Complimentary use of towels, robes & slippers
- 2 x 2 course meals and non-alcoholic drinks
- Kraxen Stove for Two
- Watsu for Two OR Couples Traditional full body massage OR Couples Thermae facial

Gift vouchers can be purchased by calling our Reservations team on 0844 888 0844 or online at www.thermaebathspa.com
Reservations
There are no membership or joining fees to use Thermae Bath Spa. Spa sessions in the New Royal Bath cannot be booked in advance unless you are a group of 8+.

Treatments can only be booked along with a spa session and should be booked in advance by calling our Reservations team on 0844 888 0844. We require full payment at time of booking.

Timings
If your treatment is at the beginning of your spa visit, please allow 30 minutes to enter the Spa and to change before your treatment. The time allocated to a treatment is in addition to the spa session – e.g. a 2-hour spa session plus a massage – 2 hours + 50 minutes.

An additional 15 minutes is provided for changing and drying hair at the end of each spa session. Extra time is also added to your spa session if you have something to eat or drink in the Restaurant (excl. the Twilight Package). Beyond these times, there is a £6 charge per half hour that you overstay your spa session.

Amendments / Cancellations
The following conditions and charges apply for amendments / cancellations to spa sessions, treatments, packages and vouchers:

- Amendments more than 24 hours in advance of arrival date: £5.00 amendment fee per person
- Amendments within 24 hours of arrival cannot be made
- Amendments to vouchers prior to expiry date: £5.00 per voucher
- Cancellations more than 24 hours in advance of arrival date: £10.00 cancellation fee per person
- Cancellations within 24 hours of arrival: No refund
- Non arrival: No refund
- There are no refunds on vouchers

Medical Conditions
If you are pregnant, have a known allergy or suffer from a medical condition such as high blood pressure, diabetes or have had cancer within the last 5 years, please consult your doctor. We do not have a resident doctor. Following this advice, please notify us of any condition of which we should be aware, prior to completing your booking or if your medical condition subsequently changes after your booking has been made.

We reserve the right to request and view a doctor’s letter prior to entering the Spa or providing a treatment and, if necessary, to refuse the treatment on medical grounds or ask that you sign a disclaimer.

Accessibility
There are lifts to all floors and specially designed assistance chairs give access to the baths. There are no hoists or beds in the changing rooms. Our Access Statement is available on our website, www.thermaebathspa.com

Children & Young People
In the New Royal Bath, children under 16 are not permitted. In the stand-alone Cross Bath, children of 12+ are permitted when accompanied by an adult or guardian on a 1:1 ratio. We regret that we do not offer spa treatments to young people under 18. Proof of age required.

We do not offer treatments to young people under 18.

Swimwear & Clothing
Swimwear should be worn in all public areas. Towel, robe & slippers are not included in the cost of a spa session or packages offered by a third party. These are available for hire from our main reception.

The SmartBand
The ‘SmartBand’ which is given to you on arrival at the Spa acts as the key for your locker and registers the times that you enter and exit the Spa. The SmartBand is also the means of ordering food or drink in the Restaurant, which is then payable on exit. There is a £10.00 charge if you lose your SmartBand.
**Smoking, Liquids & Alcohol**
Thermae Bath Spa is a non-smoking establishment, including the outdoor terrace. Due to the natural warmth of the thermal waters and the heat of the steam rooms, we recommend strongly that you drink plenty of fluids during your visit. Water fountains are freely available. We advise against the excessive consumption of alcoholic drinks prior or during your visit to the Spa. We reserve the right to refuse admission.

**Pets & Animals**
We cannot allow guests to bring pets or animals into the Spa. Please advise us in advance if you have a guide dog, so that appropriate arrangements can be made.

**Mobile Phones & Cameras**
Out of respect for the privacy of all guests and the restful atmosphere which we are trying to promote, neither mobile phones nor cameras are permitted to be used in the Spa. CCTV is in operation in certain public areas in the Spa.

**Partnerships**
Thermae Bath Spa is a partnership between Bath & North East Somerset Council and Thermae Development Company Ltd (UK) which has been made possible by a Lottery grant from the Millennium Commission.

Image Below: Bird’s Eye View of the Open-air Rooftop Pool

Thermae Bath Spa is located in the heart of Bath, close to Bath Abbey and the Roman Baths. Thermae is featured on all the main waymarkers.

**By Car**
Thermae Bath Spa is within easy walking distance of Bath’s central car parks. For long stay parking, we would suggest using the car parks at Charlotte Street (10 – 15 minutes walk), Avon Street (5 – 10 minutes walk), South Gate (5 – 10 minutes walk) Bath Cricket Club and Manvers Street (10 minutes walk).

**Park & Ride**
Bath is well served Mon-Sat by Park & Ride (P&R) services, which operate from 06.15 – 20.30. All the drop-off points in the City are within a 5 – 10 minute walk of Thermae Bath Spa.

**Disabled Parking**
There are a limited number of Blue Badge permit holders spaces in Beau Street, which can be accessed from Stall Street.

**Public Transport**
Thermae Bath Spa is a 10-15 minute walk from Bath Spa Railway Station and the main bus station.

**Coach Park**
The Riverside coach park at Avon Street is well signposted and a 10-minute walk from Thermae Bath Spa.

**Spa Link**
Spa Link provides quality travel in Mercedes cars and executive mini coaches, which can take up to 25 passengers directly to Thermae Bath Spa.

**Photography:** Rob Slade  Colin Hawkins  Dave Saunders  Andy Short  Matt Cardy  Matthew Davison  Edmund Sumner  Lee Neil  Giles White

**Illustrated map:** Jane Randfield

**Design:** [www.sheardhudson.com](http://www.sheardhudson.com)
### SpaSessions

- **New Royal Bath**
  - 2-hours: £26*
  - 4-hours: £36*
  - Full Day: £56

- **Cross Bath**
  - 1 ½ hours: £16
  - Exclusive use: £160

### TowelRobe & Slippers
- **Towel**: £3.00
- **Robe**: £4.00
- **Slippers**: £2.50
- **Trio (Towel, robe & slippers)**: £9.00*

### Twilight Package
- **Valid Sunday - Friday**: £42*

### SpaPackages
- **Valid Monday - Friday (excl. Bank Holidays)**
  - Thermae Treat: £68*
  - Thermae Harmony: £88*
  - Classic Thermae: £98*
  - Thermae Indulge: £122*
  - Thermae Experience: £188*
  - Time for Two: £188**/**

### Thermal Treatments
- **Watsu**
  - 50 mins: £62
  - Watsu for Two: 50 mins: £110**

### Hot Stones Spa Therapy
- **Refresh Hot Stones**
  - 45 mins: £52
- **Relax Hot Stones**
  - 80 mins: £88
- **Rejuvenate Hot Stones**
  - 105 mins: £98
- **Hot Stones Pedicure**
  - 50 mins: £48
- **Hot Stones Vichy & Hydro Massage**
  - 50 mins: £62

### Body Wraps & Head Massage
- **Aromatic Moor Mud Wrap**
  - 50 mins: £72
- **Moroccan Wrap**
  - 50 mins: £72
- **Thalasso Detox Wrap**
  - 50 mins: £88
- **Green Coffee ‘Slim & Tone’ Wrap**
  - 50 mins: £98

### Massage
- **Aromatherapy Hot Oil massage**
  - 50 mins: £52
- **Traditional full body massage**
  - 50 mins: £58
- **Couples Aromatherapy Hot Oil massage**
  - 50 mins: £100**
- **Couples Traditional full body massage**
  - 50 mins: £110**
- **Indian Head massage**
  - 30 mins: £39
- **Reflexology**
  - 50 mins: £49
- **AromaFlex**
  - 50 mins: £52
- **Serenity Candle massage**
  - 50 mins: £58
- **Bamboo massage**
  - 50 mins: £58
- **Thermae Oriental massage**
  - 50 mins: £58
- **Reviver massage and Body Scrub**
  - 50 mins: £58
- **Mum-to-Be massage**
  - 50 mins: £62
- **Deep Tissue massage**
  - 50 mins: £62
- **Top-to-Toe massage and facial**
  - 80 mins: £88

### Facials
- **Reviver facial**
  - 30 mins: £39
- **Thermae facial**
  - 50 mins: £59
- **Couples Thermae facial**
  - 50 mins: £115**
- **Facial for Men**
  - 50 mins: £62
- **Reviver facial Vichy & HM**
  - 50 mins: £68
- **Lumafirm ‘Lift & Glow’ facial**
  - 60 mins: £78
- **Luxury Thermae facial**
  - 80 mins: £88

### BodyCare
- **Full Body Polish**
  - 30 mins: £39
- **Hot Stones Pedicure**
  - 50 mins: £48
- **Tropical Salt Mousse Glow**
  - 30 mins: £49
- **Yummy Tummy**
  - 50 mins: £58
- **Spa Manicure & Pedicure**
  - 60 mins: £58
- **Reviver massage and Body Scrub**
  - 50 mins: £58

### Vichy ‘Rainforest’ Shower
- **& Hydro Massage (HM)**
- **Exfoliating Vichy & HM**
  - 30 mins: £49
- **Hot Stones Vichy & HM**
  - 50 mins: £62
- **Reviver facial Vichy & HM**
  - 50 mins: £68

### Kraxen Stove
- **Kraxen Stove / Alpine Hay Chamber**
  - 20 mins: £16

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*Available as a Gift Voucher  **Price is per couple

All prices are correct at time of going to press. Prices may vary.
And there’s more...

**Thermae Bath Spa Shop**
Located at 2 Hot Bath Street, our main shop offers an extended selection of spa, health & beauty products, including our own range of Body Lotion, Shampoo and Shower Gel, all of which are enriched with Bath’s natural spring water.

Also available is a colourful collection of robes, bags, towels, soaps, candles and massage oils.

Dedicated staff are on hand to provide specialist advice.

**No. 8 Shop**
Situated in the main reception area, the No. 8 Shop offers a good range of swimwear and spa products.

**Spa Visitor Centre**
(open April – October)
The free Visitor Centre tells the story of the Spa throughout Bath’s fascinating history from the legendary founding of the City through Roman and Georgian times to the recent revival of spa culture.

**Gift Vouchers**
Our full range of gift vouchers is available from the Thermae Bath Spa Shop, by calling Reservations on 0844 888 0844 and online at www.thermaebathspa.com

**Special Events & Meetings**
Thermae Bath Spa offers something a little different for that special event or business meeting. Please see our Special Events & Meetings brochure for a host of ideas on how the Spa can help in making your event a real success.

**Spa Breaks**
For information on local hotels, guesthouses and self catering properties which offer ‘Spa Breaks’, please visit www.thermaebathspa.com and click on the section on the Home page: Spa Breaks in Bath & beyond.

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Top Left Image: Thermae Bath Spa Shop
Top Middle Image: Spa Visitor Centre
Top Right Image: Event at The Cross Bath
Thermae Bath Spa

1 New Royal Bath  2 Hot Bath  3 Cross Bath  4 Spa Visitor Centre  5 Thermae Bath Spa Shop  6 Roman Baths  
7 Pump Room  8 Bath Abbey  9 Pulteney Bridge  10 Theatre Royal  11 The Circus  12 The Royal Crescent

Contact Details
Thermae Bath Spa, Hetling Pump Room, Hot Bath Street, Bath BA1 1SJ
Reservations & General Enquiries: 0844 888 0844  From overseas: +44 (0) 1225 33 1234
Email: info@thermaebathspa.com  www.thermaebathspa.com

Opening Times
Thermae Bath Spa is open all year (excl. Christmas Day, Boxing Day and New Year’s Day)

<table>
<thead>
<tr>
<th>Location</th>
<th>Opening Hours</th>
<th>Closing Times</th>
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<tbody>
<tr>
<td>New Royal Bath</td>
<td>09.00 – 21.30</td>
<td>(pools &amp; steam rooms close at 21.00)</td>
</tr>
<tr>
<td>Cross Bath</td>
<td>10.00 – 20.00</td>
<td>(last full entry at 18.00)</td>
</tr>
<tr>
<td>Springs Café &amp; Restaurant</td>
<td>10.00 – 21.00</td>
<td>(last serving at 20.15)</td>
</tr>
<tr>
<td>Telephone Reservations</td>
<td>09.00 – 20.00</td>
<td>(Mon – Fri)</td>
</tr>
<tr>
<td></td>
<td>09.00 – 17.00</td>
<td>(Sat – Sun + BH)</td>
</tr>
<tr>
<td>Thermae Bath Spa Shop</td>
<td>10.00 – 17.30</td>
<td>(Mon – Sat)</td>
</tr>
<tr>
<td></td>
<td>11.00 – 16.00</td>
<td>(Sun)</td>
</tr>
<tr>
<td>No 8. Shop</td>
<td>09.00 – 20.00</td>
<td>(Mon – Sun)</td>
</tr>
<tr>
<td>Spa Visitor Centre</td>
<td>April - October</td>
<td></td>
</tr>
<tr>
<td></td>
<td>10.00 – 17.00</td>
<td>(Mon – Sat)</td>
</tr>
<tr>
<td></td>
<td>11.00 – 16.00</td>
<td>(Sun)</td>
</tr>
</tbody>
</table>