



Welcome to an unforgettable experience at The Dartmouth Spa

A unique spa, set amidst 250 acres of beautiful South Devon country side, with ample free parking is located just 4 miles from Dartmouth. Our warm welcome and expert staff will ensure you feel relaxed and comfortable from the moment you walk through the door to the time you leave whether it's your first time in a spa or you are a regular.

Our aim is to offer you a unique experience based on freedom of choice where you are in control of how you spend your time with us. Our friendly, quiet, intimate atmosphere means you can instantly switch off from kids, life, work, laptops, mobile phones and recharge your own batteries and indulge!

Call: 01803 712017 to book

The Dartmouth Spa

Best Western
The Dartmouth Hotel, Golf & Spa,
Blackawton,
Nr Totnes,
Devon,
TQ9 7DE

www.thedartmouthhotel.co.uk

The treatment time included within these packages is designed for any of our Massages, Facials or Body treatments. All of the treatments from the 'Enhancements' menus can be included in your treatment at an additional cost.

*Full payment required on booking.

Simply use our 'at a glance guide' to select the perfect experience for you.

Length of visit	Experience	Therapist time	Spa time	Mon-Fri	Sat-Sun
	Discover	30 mins	3.5 hrs	£65	£75
Full Day	Drift Away	30+30 mins	2 hrs	£100	£110
Full Day	Discover	60 mins	7 hrs	£115	£125
Full Day	Enrich	90 mins	6.5 hrs	£130	£140
Full Day	Indulge	120 mins	6 hrs	£160	£170
Daily Facility Use		n/a	8 hrs	£18	£20
Twilight Spa		n/a available daily from 5-8pm		£12	£12
Dip & Dine				£25	£27

* All full day experiences include a 2-course lunch.

** Drift Away experience - Includes a glass of fizz

Please advise our team at the time of booking any dietary requirements.

All of Our Spa Day Experiences come with a £10 Voucher to spend on any retail items or a return visit over the value of £30 within 3 months.

Massages

Movement Restoration

60 minute treatment £89

90 minute treatment £109

Improve mobility and flexibility with a full body massage combining pressure point techniques with gentle stretching to increase the range of motion and allow the body to release built-up tension.

**Enhance your treatment with Warm Herbal 'Poultice' compress to restored tired and aching muscle - £10*

Drift Away - Relaxing Massage

30 minute treatment £49

60 minute treatment - full body £79

This deeply relaxing massage, formulated with a dreamy blend of Mediterranean essential oils including Frankincense, Lavender and Patchouli, is guaranteed to have you drifting away. Upgrade your experience to 90 minutes to include a signature face and scalp massage. This is the perfect treatment to soothe and calm frazzled nerves and wind down an active mind; tension and stress simply melts away.....30-minute treatment time focuses on back, neck and shoulders.

**Enhance your treatment with Warm Herbal 'Poultice' compress to restored tired and aching muscle - £10*

Raindrop Massage

30 minute treatment £49

60 minute treatment - full body £79

A warming, relaxing treatment that will leave you feeling as good as you do after walking through tropical rainfall. Your therapist will slowly drip essential oils along your spine and backs of the legs before performing a relaxing massage from top to toe. 30-minute treatment time focuses on back, neck and shoulders.

Aaahhh! Leg & Foot Energiser

30 minutes £49

This oh-so-good treatment is instant relief for tired, overworked legs & feet. Begins with skin brushing, to help eliminate excess fluids, followed by a warm oil massage and an invigorating foot rub! Wonderful add-on to another treatment.

Massages (Continued)

Work It Out Massage - Deep Muscle Massage

30 minute treatment

£55

60 minute treatment

£85

A detoxifying, deep tissue massage that relieves fluid retention and works out tired, aching muscles. Using the ingenious WORK IT OUT detox massage oil including essential oils of Juniper, Lavender and Cypress. We begin with full body brushing to stimulate the circulation to improve lymph drainage. Then we perform a deep tissue, body-boosting massage with muscle-fitness techniques and movements to really give your muscles a work out - working on tensions and tightness to help the detox process. Detox-licious! 30-minute treatment time focuses on back, neck and shoulders.

**Enhance your treatment with Warm Herbal 'Poultice' compress to restored tired and aching muscle - £10*

New Beginnings - 'Mum To Be' Pregnancy Massage

30 minute treatment

£55

60 minute treatment

£85

You will enjoy a full body massage, without the need to lie on your tummy. Our specially trained therapists know exactly how to work those sore, tired and aching muscles while you feel completely comfortable and relaxed.

**This treatment is available after the 1st trimester of pregnancy.*

Body Treatments

Rasul Mud Chamber

Two person treatment (45 minutes)

£110

This is a wonderful treatment that is most enjoyable with a friend or partner, as the ancient Egyptian bathing ritual begins you apply the healing mud to your body. During the initial relaxation stage the pleasant healing warmth of the room enables the mud to cleanse the skin accelerating toxin removal. An infusion of steam will fill the room to soften the clay before, a warm rain-like shower along with exfoliating salts removes all the mud to complete your treatment. Your skin will feel as soft as silk and you will feel completely chilled. It's decadent but you do deserve it!

Go Figure - A Firming, Toning, Tightening Body Detox Treatment

60 minute treatment

£85

Need help with the wobbly bits? This starts with lymphatic skin brushing techniques, followed by a targeted detox massage for hips, thighs & abs. Then a marine and earth mud wrap continues the good work before a friction, anti-cellulite rub. One treatment is fab, a course of six is amazing!

The Outer Glow - Body Exfoliation

30 minute treatment

£49

An invigorating and refreshing all-over exfoliation treatment that leaves skin soft, revitalised and hydrated. The perfect way to begin another body treatment and an absolute must before you commence your vacation or special event. Off you glow!

I'll Be Back - A Facial For The Back

30 minute treatment

£49

This invigorating treat includes an exfoliation scrub, a deep cleanse with warm purifying mud followed by a stimulating massage. Leaves you with a back to be proud of.

Facials

The Power Breakfast Facial

30 minute treatment

£49

Looking for results, like now? This revitalising facial includes a deep power cleanse, nutritious clay mask, lymph drainage techniques for rapid turnaround topped off with a wake-up scalp massage. Quick, go!

My Kind Skin - Bespoke Prescriptive Facial

60 minute treatment

£75

Let us analyse your skin and prepare a tailored treatment just for you. Your facial includes a tailored face & décolleté massage plus a relaxing scalp massage. You will feel amazing and your skin will look so, so good.

The Totally Quenched & Drenched - Rehydration Facial

60 minute treatment

£85

This divine treatment includes a cryogenic mask, lymph draining & lifting massage techniques and a special remedy to encourage deep hydration and eliminate fine lines. You could call it a facial iron!

Champagne & Truffles - The Crème De La Crème Of Anti-Ageing Facials

60 minute treatment

£85

This luxury facial combines our award-winning truffle formulas with a deep double-cleansing ritual, a glycolic resurfacing peel, a skin-destressing alginate mask followed by a unique skin-lifting and muscle-firming massage. The visible result is ironed-out deep lines and wrinkles, firmer feeling and toned skin, reduced puffiness and youthful radiance with a supreme healthy skin glow.

Go Guy - The Executive Men's Facial

60 minute treatment

£79

A facial to revive your skin, soothe aching neck muscles and smooth away stresses. Your skin receives a deep cleanse and exfoliation, followed by a bespoke face mask with a choice of a detoxifying foot massage or soothing scalp massage to leave you ready to take on the world

**Enhance your Facial with Windows of the soul - Anti Ageing Eye Treatment (20 mins) which is perfect for when you look tired, with gentle formulas and ' cold therapy' to tighten and tone plus special eye massage technique to lift, smooth & revitalised. Puts the Sparkle back into your eyes.*

Enhancements

*'Enhancements' can be included in your treatment at an additional cost.

Herbal Poultrice

£10

Warm herbal Poultrice gentle roll and knead muscles to restore tired, aching muscles and improve skin texture. Introduce to any massage of your choice.

Hot Stone Massage

£8

This popular Thermal Stone massage is a glorious treatment using warm basalt stones to massage the body from head-to-toe. This wonderfully, warming treatment works on energy points located throughout the body to rebalance and harmonise.

The Sculptor

£5

Enhance your facial with 'the sculptor' that helps support lymphatic drainage and boost microcirculation to ease tension and leave you with refreshed, radiant and plumped skin.

Add-ons

Hot Oil Scalp Massage

20 minute treatment

£30

A truly relaxing experience, we have developed a unique scalp massage incorporating pressure point techniques to the scalp and tension releasing movements that will place you into a state of pure bliss.

Soothing Foot Treatment

20 minutes

£30

This relaxing foot treatment designed to nourish and refresh tired feet involves a rejuvenating foot massage followed by our nourishing Aaahhh balm.

Windows Of The Soul - Anti-Ageing Eye Treatment

20 minute treatment

£35

Perfect for when you look tired, with gentle formulas and 'cold therapy' to tighten and tone, plus special eye massage techniques to lift, smooth and revitalise. Puts the sparkle back into your eyes. Can also be added to any facial.

Imagine the ultimate hen spa pamper day...



Length of visit	Experience	Therapist time	Spa time	Mon-Fri	Sat-Sun
	Hen Pamper Party	30 mins	4 hrs	£59	£69
	Hen Party Pamper PLUS	60 mins	4 hrs	£79	£89
Full Day	Hen Pamper Party	60 mins	6.5 hrs	£99	£109

* All full day experiences include a 2-course lunch.

** Upgrade £15 to include a 2-course spa lunch

*** All packages include glass of bubbly per person

Minimum group of 4, Bride-to-be 50% off with groups of 10 or more!

Call us now to discuss your Spa Hen Pamper Party on

01803 712017

visit www.thedartmouthhotel.co.uk or email spa@thedartmouthhotel.co.uk

Fitness & Wellness

Personal Training: Meet our talented Personal Trainer and Nutritionist Matt White, who will help you to build your fitness from the ground up and to discuss your goals, limitations and explore how to improve your cardio, strength and mobility.

-£40 per hour

-Block of 20 - £600

-Block of 10 - £350

-10% off for Members and 7% off for Hotel Guest

Spa Membership Tariff

Annual Memberships (PIF) -

Gold Membership - £450.00

A gold membership to the Dartmouth Spa provides fantastic value spa membership for just £8.66 a week. With great facilities and a highly qualified, experienced and friendly team, membership at the Dartmouth Spa is a must.

Gold Partner Membership - £750

Country Membership - £295.00

Have a second home or holiday in the area regularly? Country membership gives you the same benefits as a gold member available for anyone with a permanent residence outside a 60 mile radius from The Dartmouth Spa.

Platinum Membership - £675.00

Platinum memberships at the Dartmouth Spa include all the features of a gold membership plus for the spa goer in you a 30 minute treatment included every other month as well as a Rasul Mud Experience. This is truly the Dartmouth Spa's first ever Spa Membership.

- 6 x 30 minute treatments*
- 1 Rasul experience*

*must be used within the membership year

Platinum Partner Membership - £1,350

Monthly Memberships -

Single Monthly Membership - £45 per month

Want all the benefits of a gold membership but don't want to commit?

Monthly rolling memberships at The Dartmouth Spa is the perfect option.

Partner Monthly Membership - £75 per month

Corporate Memberships - £1,295

- Full Gold Membership Benefits
- 4 interchangeable member bearer cards
- Additional cards may be purchased

Family Memberships -

Children's swimming times 9-10:30am & 4-5.45pm

2 adults and 1 child (under 16)

- £875.00

2 adults and 2 children (under 16)

- £950.00

Student Membership - £250.00

All memberships include unlimited use of the Spa facilities including:

Gym*
Swimming Pool
Sauna*
Steam Room*
Jacuzzi*

10% off spa treatments and retail items

15% off in the Bar & Bistro

*Except Juniors

See our facilities at www.thedartmouthhotel.co.uk

General Information

Gym and Spa opening times

Monday to Sunday 8.00am - 8.00pm (pool side closes at 7.45pm)

Treatment times: 10am-6.00pm (subject to availability)

Children 16 years and under swimming times: Monday-Sunday: 9.00am-10.30pm & 4.00pm-5.45pm
(children under the age of 16 years are not permitted to use the sauna, steam room and jacuzzi)

How to make a booking

Simply book a therapist's time by calling The Dartmouth Spa reception on 01803 712017 or email spa@thedartmouthhotel.co.uk. If you would like to know more about a particular treatment, we will be delighted to advise you on what is best suited to your needs. Day Spa guests are required to pay the full amount for Spa treatments at the time of booking.

Cancellation policy and late arrivals

24 hours' notice is required if you need to cancel an appointment. Failure to do so will mean we will charge the full cost of your treatment.

Ensure you arrive in plenty of time; a late arrival may result in your treatment time being reduced or cancelled with the full cost being charged.

Health concerns

Treatments are available on completion of our health questionnaire. All treatments include a full consultation with the therapist. Please inform us at the time of booking if you have a heart condition, suffer from high/low blood pressure, are pregnant or have any physical ailments or allergies.

Prior to using the gym, guests should have an individual consultation with a member of the staff or sign a medical disclaimer. If you have any concerns please consult your doctor. If you ignore this advice you do so at your own risk.

During pregnancy

During pregnancy we recommend that you do not use the thermal cabins or the hydrotherapy pool. A range of treatments are available for you to enjoy during your pregnancy following your first trimester.

Spa etiquette

When should I arrive?

If you have booked a treatment, we suggest you arrive at least half an hour in advance so you can relax and unwind. Warm your body gently in the wellness area enhance your enjoyment of the treatment.

What should I wear?

When moving around Spa please wear your bathing costume. Robe packs are available for hire (if not included in part of your spa package) from our spa reception for an additional £6.00.

When enjoying your treatment, we will protect your modesty and keep you wrapped up warm.

All information is correct at the time.