

EXPERIENCE THE GOOD LIFE

Treatment

MENU





WELCOME

The city of Bath has long been associated with the healing powers of its thermal waters, which is why the spa at Homewood is firmly focused on relaxation of mind and body.

Holistic treatments from *ila* are delivered by highly-skilled therapists and centred around enhancing your emotional and physical wellbeing to leave you feeling totally rejuvenated inside and out. Named after an ancient Sanskrit word for mother earth, *ila* products are all natural and organic and are created by hand in a meditative environment in the Cotswolds.

To be found within our historic country house hotel, our elegant spa features an outdoor heated pool, indoor hydrotherapy pool, steam room, sauna and two individually-designed treatment rooms. It's the perfect space in which to truly relax and discover a taste of the good life.

Homewood Signature

Vitality top-to-toe experience **60/90/120 minutes** **£95/£145/£180**

If you're in need of a detoxifying energy boost and a positive mood enhancer, our all-encompassing vitality massage and facial is just the therapy for you. A restorative full body massage using marma therapy and energy-enhancing essential oils of juniper berry, geranium, lemongrass and patchouli will leave mind, body and spirit sparkling with vitality, while the restorative facial will leave skin glowing with good health to ensure a truly rejuvenating top-to-toe experience.





Facials

Glowing radiance facial

60 minutes

£95

Using ila's much-loved Glowing Radiance collection, this nourishing facial begins with an aloe vera and pomegranate cleanse and a gentle blackcurrant and honey exfoliation, followed by powerful damascena rose otto and sandalwood oils to stimulate renewed energy to tired skin. Specialist marma massage techniques restore natural luminance, while a green clay mask reduces inflammation to leave your skin wonderfully hydrated and positively radiant.

Gold cellular age restore facial

60/90 minutes

£105/£155

Using ila's Gold Cellular Age Restore collection, this powerful treatment encompasses a blend of the world's most undiscovered ingredients – from naturally-occurring gold and the rarest of frankincense – that have been proven to work with the skin to heal and protect from the many natural signs of ageing. Ila's unique ingredients and hyaluronic extract combined with healing massage techniques and sonic wave therapy, instantly increases collagen levels and reduces cell inflammation to ensure your skin is reprogrammed and entirely rejuvenated.

Renewed luminescence facial

60 minutes

£95

Using ila's Renewed Recovery collection, this restorative face therapy draws on intensely healing rainforest extracts to rejuvenate tired skin. Lymphatic drainage techniques, warm herbal poultices and an Amazonian mud mask encourage toxin release, increase blood supply and boost collagen production, to leave your skin both brilliantly smoothed and brightened.





Men's recovery facial

60 minutes

£95

Calming, anti-inflammatory and designed as an antidote to the daily stresses of city living, this is a wonderfully restorative facial to leave skin feeling bright, rejuvenated and looking visibly smoother.

Body Treatments

Harmonising back treatment

60 minutes

£95

Ideal for exhaustion and those who hold their stress in their back and shoulders, as this nurturing treatment has an extraordinary restorative effect. Ancient marma therapy combines with warm herbal poultices massaged into the back of the body, while sound healing and chakra balancing lift away your tension, release negativity and bring your body back to a state of balance.

Inner peace

90 minutes

£145

This blissfully balancing treatment feeds your skin and your senses, relaxing and reviving body and spirit. Using ila's Inner Peace collection, it's a mix of blissful body scrub using Himalayan salt, specialised massage and the ancient Indian practice of marma therapy. Pure essential oils of emotionally balancing rose, healing sandalwood and renewing jasmine combine to leave you glowing inside and out.

Five elements experience

90 minutes

£145

This Tibetan-inspired body treatment is perfect for deep fatigue, aching muscles and dry skin. A blend of five carefully-selected essential oils work together to stabilise the sensory organs, while Tibetan massage, warm rose crystals and herbal poultices release physical and mental tension and bring a deep sense of relaxation and renewed energy.





Energising & detoxifying scrub

60 minutes

£95

Using the ionising properties of Himalayan salt crystals, this body scrub is gently massaged into the skin, resulting in rapid exfoliation and the elimination of toxins and tension, to leave you uplifted and radiant.

Blissful body scrub

60 minutes

£95

Drawing on the healing properties of Himalayan salt crystals, this heavenly body scrub nourishes with pure essential oils of damascena rose otto, jasmine and sandalwood, settles the nervous system and revives stressed cells to ensure your skin is left glowing.

Massage and Holistic Therapies

Bespoke full body massage

60/90 minutes

£95/£145

A supremely relaxing full body massage, which focuses on tension relief to ensure you leave feeling rejuvenated and stress-free. This treatment is tailored to your needs, with holistic and Swedish massage techniques and uses an organic aromatherapy oil, chosen just for you.

Deep tissue massage

60/90 minutes

£105/£155

For those with serious or chronic tension, this firm pressure massage concentrates on problematic areas to provide muscular relief and improved flexibility. The mix of expert knowledge, technique and organic muscle-soothing aromatherapy oils ensures the ultimate recovery therapy for body and mind.





Hot stones massage

60/90 minutes

£105/£155

A deeply relaxing and stress-relieving treatment using heated volcanic stones and traditional massage using long strokes and circular movements, with a warming ila oil to relieve tired and aching muscles.

Back, foot & head massage

60 minutes

£95

For those that hold in all their stress, this treatment hones in on the main tension points of the body. It pays particular attention to your back, neck and feet, before a soothing scalp massage to ensure you leave feeling totally transformed.

Reflexology

60 minutes

£95

Beginning with a luxurious ila foot scrub, this massage treatment focuses on the reflex points in the feet, which are linked to every part of the body, to alleviate your specific tensions and concerns. It's the perfect pampering treat for anyone who's on their feet all day.

Our back, foot and head massage, glowing radiance facial and dual massage and facial treatments can all be tailored for mums-to-be, please ask your therapist for more details.





Need to know

Homewood spa attire

We recommend guests wear comfortable, loose-fitting clothes when arriving for a treatment and all day spa guests will be offered a robe and footwear.

Hotel guests are very welcome to wear their robe and slippers from their room to the spa for a treatment or to use the wet facilities, but we respectfully ask that robes are not worn when in the bar or restaurant.

Swimwear is essential when using the pools, sauna and steam room and guests are required to wear their own underwear for their treatment. Our therapists are trained to respect client modesty at all times.

Arrivals

We ask that you arrive 10-15 minutes ahead of your treatment time or start of your day spa experience so that you have time to change if you wish, and review your medical questionnaire. Please be aware that a late arrival will mean a shorter/cancelled treatment.

Booking policy

To book a treatment, a credit card is required to guarantee the booking. For day spa experiences, full pre-payment is required at the time of booking.

Cancellation policy

No charge will be made for spa treatments cancelled with 24 hours' notice, and we do ask for 7 days' notice should you need to cancel or reschedule a day spa package. If you need to cancel after this time, a charge will be made for the full amount; however, if we are able to re-sell the appointment or package then you will be able to reschedule and have the payment credited to your new treatment time/day spa experience.





Disabled access

There is no disabled access to the spa.

Health concerns

Please let us know about any medical conditions or concerns at the time of booking so that we can tailor any treatments accordingly.

Our therapists are trained to offer suitable treatments to anyone who is undergoing treatment, has been affected by or is in recovery from cancer, so please give details at the time of booking so your treatments can be tailored to suit.

Pregnancy/mums-to-be

Many of our treatments can be enjoyed, or tailored specifically for you, when you are pregnant, but please ask for more details when booking if you have any concerns. We do recommend waiting until after the first trimester if you'd like a body treatment.

Valuables

We have a limited number of lockers for spa guests, but request you leave valuables at home where possible, as we cannot accept responsibility for any loss or damage. Don't forget to check your robe pockets before handing back into reception.

Children

Children under the age of 16 are not permitted in the spa. Children aged 16 or 17 are permitted to use the spa only if accompanied by an adult for the duration of their visit.





Smoking

Smoking is not permitted in or outside any part of the hotel or spa.

Gift vouchers

Treat a friend or a loved one to some much-needed time out with a Homewood spa experience; gift vouchers are available for treatments, spa days or a monetary amount and can be purchased online at homewoodpark.co.uk

Prices and treatments are subject to change without notice.





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