



# Welcome

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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.

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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 three individually-designed treatment rooms, including our Shepherd's Hut offering breathtaking views of the valley.



**HOMWOOD**  
HOTEL | KITCHEN | SPA



## Spa Day Experiences

Take some all-important time out for yourself with a bespoke spa day at Homewood. Designed as much for relaxation as they are pleasure and tailored around simply enjoying all our facilities have to offer, or a 60-minute treatment, there'll be plenty of time to make the most of our indoor and outdoor areas, before a delicious lunch or a classic afternoon tea.

### Refresh & relax with lunch or afternoon tea

**Mon - Fri 79pp | Sat - Sun 89pp**

Simply soak up the tranquil surrounds of the spa, relax and make the most of our facilities, inside and out, before floating up to our relaxed restaurant, sitting rooms or terrace for a delicious two-course set lunch or classic afternoon tea.

This spa day includes use of the spa facilities for up to three hours, a two-course set lunch or a classic afternoon tea, robes, towels and slippers.

### Luxury & wellness with lunch or afternoon tea

**Mon - Fri 159pp | Sat - Sun 179pp**

You'll have plenty of time to discover the sensory delights of our hydrotherapy pool, sauna, steam room, heated outdoor pool, hot tub and relaxation areas before a 60-minute treatment of your choice\*. The indulgence continues with your choice of two-course set lunch or the much-loved English pastime of afternoon tea.

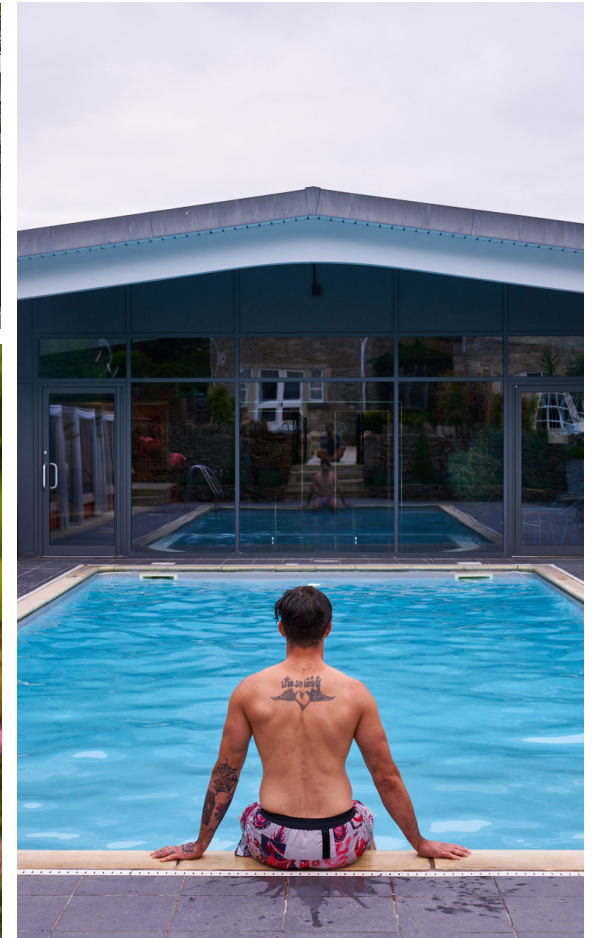
Alongside a treatment of your choice, your experience includes a two-course set lunch or classic afternoon tea with use of the spa facilities for up to four hours, robes, towels and slippers.

### Twilight spa experience

**Mon - Fri 50pp**

Enjoy an evening of serenity in our spa with a glass of Taittinger Champagne whilst gazing at the night sky from our outdoor hot tub or heated swimming pool.

\*A £85 treatment is included in the luxury day spa experience but you are more than welcome to choose from the full menu and simply settle the difference.



## Homewood Signature

**Vitality top-to-toe experience | 60/90/120 minutes | 85/135/170**

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.

### 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 [homewoodbath.co.uk](http://homewoodbath.co.uk)



## Facials

**Glowing radiance facial | 60 minutes | 80**

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 | 100/150**

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 | 85**

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 | 85**

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

Please note that unfortunately our facials are not suitable for anyone who has a nut allergy as our treatment products contain argan oil.







### Harmonising back treatment | 60/90 minutes | 90/140

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 | 155

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 | 85

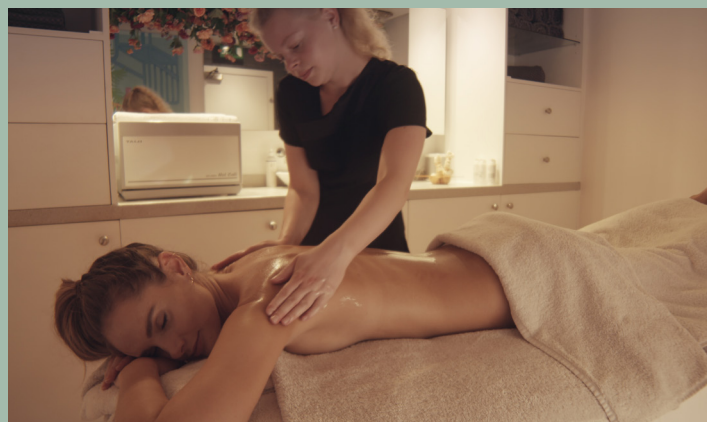
Using the ionising properties of Himalayan salt crystals, this body scrub is gently massaged into the skin, resulting in rapid exfoliation and the elimination of toxins and tension, to leave you uplifted and radiant.

### Blissful body scrub | 60 minutes | 85

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.

## Body treatments

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## Massage & Holistic Therapies

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Our back, foot and scalp 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.

### **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 musclesoothing aromatherapy oils ensures the ultimate recovery therapy for body and mind.

### **Hot stones massage | 60/90 minutes | 100/150**

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 & scalp massage | 60 minutes | 85**

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 | 90**

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.

### **Aromaflex | 60 minutes | 90**

The combination of a luxurious back, neck and shoulder massage followed by a massage of the reflex points in the feet – linked to every part of the body – is the perfect targeted treatment for top-toe-relaxation.



## Ila CBD Products

### **CBD gold face serum | 50ml | 60**

This highly nourishing and hydrating face serum calms and brightens the skin by addressing redness and works to boost your skin's natural glow. Made from a powerful cocktail of ingredients which include CBD oil and CBD liposome (which helps to reduce pain and inflammation), Argan oil, Moringa oil, Cactus oil and Jasmine. It also serves as a potent anti-ageing treatment, repair skin damage, improving skin elasticity and is an ideal healing treatment for those with acne, sun damage and hyper pigmentation, revealing a radiant complexion.

### **CBD face cream | 50ml | 55**

This deeply nourishing active face cream is nutrient dense and packed with a formidable combination of high-quality CBD and CND liposomes as well Cactus oil, Argan oil, Aloe Vera, Jasmine and Sandalwood which are rich in antioxidants and help alleviate inflammation. It is designed to improve skin's hydration, accelerate new cell production and promote scar healing.

### **CBD better day drops | 15ml | 48**

Premium high dosage CBD oil which helps to reduce pain and inflammation in the skin as well as helping to promote healing and a sense of deep calm. Formulated with a hint of vanilla to produce a more palatable taste.

### **CBD concentrate balm | 50ml | 46**

A concentrated balm that is a combination of CBD and Copaiba oil, which helps alleviate inflammation and numb the pain caused by trauma. It also repairs damaged skin and deftly heals minor burns and red, sore skin.

### **CBD body calm | 100ml | 56**

Created to help the skin repair itself naturally, this unctuous balm is packed with CBD as well as essential oils which have been selected for their grounding and warming properties, help to soothe the skin and the nervous system

## Ila CBD Treatments

### **CBD body treatment | 75 minutes | 95**

This deeply soothing back treatment will increase your energy and spiritual enlightenment by awakening the dormant energy in the base of your spine and all body. Ideal for emotionally exhausted souls, this treatment combined with anti-inflammatory effects of the CBD Healing balm has an extraordinary restorative effect on the sympathetic and parasympathetic nervous system.

### **CBD Facial | 60 minutes | 90**

This deeply rejuvenating face therapy combines the powerful anti-inflammatory and anti-aging effects of CBD (Cannabinoid) with the effective calming techniques of Marma Therapy. This powerful synergy releases tension and stress from the face whilst restoring balance and vitality within the face & body.

Please note that unfortunately our facials are not suitable for anyone who has a nut allergy as our treatment products contain argan oil.

## What is CBD and how does it work?

CBD is a non-psychoactive compound found in the cannabis plant. CBD interacts with the endocannabinoid system in our body which helps to keep our bodies in balance. CBD appears to be able to influence the immune system, helping to alleviate pain, reduce insomnia, anxiety, nausea and inflammation.



## Ila Retail Products

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### Face serum | 30ml | 75

An energising face serum that packs a punch. Incredibly effective, it's perfect for skin crying out for a boost. Plant stem cells are re-programmed to re-balance and re-energise the skin, leaving your face tighter, brighter and radiating goodness. This creamy blend is age-busting, too, with powerful healing properties to put things right once and for all with your skin.

### Face cream | 50g | 120

Tighten and brighten your complexion and let the years fall off you. An all natural and rich creamy blend of brilliance, this organic pot of perfection combines three naturally occurring golds to eliminate toxins, repair damage and allow for cell re-hydration to greatly increase the production of collagen. Excellent for mature, irritated and rosacea-prone skin.

### Body scrub for a blissful experience | 250g | 63

Subtle and enveloping, this gorgeously nourishing scrub makes you feel as if your entire skin is coated in a film of purity (it leaves a gentle coating of oil on the skin so never feels as if it strips). Jasmine lifts heavy spirits. Use to banish a grumpy mood. You'll feel cleansed but psychically protected afterwards – and it works on even the driest of skins. It is also great for skin conditions such as eczema and psoriasis, and very good for conditioning where there is hormonal imbalance. A true energetic uplift.

### Body oil for vital energy | 100ml | 48

One of our most legendary products, beloved by beauty editors and tired mothers alike. Think of this as your daily antidote to tiredness. Deeply nourishing, the uplifting blend of wild-crafted Juniper Berry, Rose Geranium and Rosehip Seed Oil not only smells exquisite but works to combat stress and revitalises the body's bio-energy field, leaving you better prepared for whatever life might throw at you. Skin feels fortified and protected, spirits feel lifted, and your heart is instantly recharged.







## Take a piece of Homewood away with you

Trying to find the perfect gift for friends, families, or just fancy a treat for yourself? Look no further! Our Ila products are available to take home today. Please speak to one of our wonderful spa team to assist you further.

## Ila Retail Products

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### Body scrub for energising and detoxifying | 250g | 47

Subtle and enveloping, this gorgeously nourishing scrub makes you feel as if your entire skin is coated in a film of purity (it leaves a gentle coating of oil on the skin so never feels as if it strips). Jasmine lifts heavy spirits. Use to banish a grumpy mood. You'll feel cleansed but psychically protected afterwards – and it works on even the driest of skins. It is also great for skin conditions such as eczema and psoriasis, and very good for conditioning where there is hormonal imbalance. A true energetic uplift.

### Face mask | 50g | 35

A wonderful nurturing facial pick-me-up. This mineral-rich green clay mask is ace at restoring hydration, radiance and lustre. No inch of your face is left untreated with the minerals penetrating the deepest layers of your skin and tightening pores. The result? You leave glowing, bursting with life and loving the TLC you've just treated yourself to.

### Body cream for vital energy | 200g | 63

A deliciously uplifting and easily absorbed cream which both deeply nourishes and rejuvenates. Ideal for days when you feel heavy hearted or your body feels cumbersome. Soothing and reviving for both skin and senses, the cream itself is light as a soufflé in texture and a bit less heavy than our Body Oil For Vital Energy. Both wrap the body in a heavenly scent that works to reboot energy levels and promotes positive emotions. The kick of Lemongrass instantly revives flagging spirits. It is like stepping outside after the rain, it makes you feel so fresh. Lightness in a jar.

### Day cream | 50g | 66

A beautifully light and fluffy day cream. Using oil from the deeply regenerative Rosa Damascena, it works extraordinarily fast and effectively bringing amazing hydration, softness and radiance to dull and unbalanced skin. The subtle lasting fragrance is spot on, too. Youth in a jar.



## Need to know

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### 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 flip-flops 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 or spa day, full pre-payment is required to guarantee the booking.

### Cancellation policy

No charge will be made for spa treatments cancelled with 48 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.

### Smoking

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

### Disabled access

Our spa is on the ground floor, however due to the location, there is limited access to some facilities & a few steps to climb to enter the main part of the hotel.

### 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

All details are subject to change without notice





**HOMWOOD**  
HOTEL | KITCHEN | SPA

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