



# 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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GAIA is the ancient goddess of nature “Mother Earth” and Mother GAIA is a healing Goddess. It's believed that true wellness requires us to return to the cradle of mother nature and live in accordance with natural laws, but in modern times this has become increasingly difficult. The desire to look after yourself can take many forms with fitness being a key ingredient to your wellness naturally. It is about movement whether that is slow or fast paced, maintaining balance.

GAIA believes in nurturing yourself and is about total wellness. GAIA provides the time and the space to focus on your wellness, naturally...

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.





# 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

**Sun - Thu 50pp | Friday - Sat 65pp**

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

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### **Vitality top-to-toe experience | 60 minutes | 95**

A completely bespoke treatment catered to your needs and concerns. This treatment uses effective and natural ingredients combined with highly therapeutic techniques such as Swedish, Deep Tissue and Aromatherapy to relax the body and mind bringing you into the present moment. Followed by a healing facial that will leave your skin feeling rejuvenated and glowing.

### 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)

## Face and Head

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### **GAIA Jade facial | 60 minutes | 85**

This healing massaging facial will leave your skin feeling rejuvenated and glowing. GAIA's natural skincare products are softly massaged deep into the skin, using healing Jade crystal wands to stimulate both lymph drainage and blood flow, leaving your skin feeling firmer and younger. A safe, relaxing experience, developed for those undergoing medical treatment, and in need of a little nurturing or spiritual healing. This spa experience is suitable for those being treated for medical conditions, including cancer, or those who suffer from a condition that would normally prevent them from having a spa treatment.

### **Gaiyoga lifting facial | 60/90 minutes | 100/150**

As much as we know exercising our body is good for us, well it is the same for the face. Using a stimulating workout for the face with a combination of advanced lifting massage technique, lymphatic drainage, and the power of nature these facial increases muscle tone and volume so the skin becomes tauter with more definition and exceptional results.

### **GAIA Indian head massage | 45 minutes | 85**

GAIA's Indian head massage is a treatment combining massage on the face, shoulders and scalp. A series of techniques are performed to manipulate the muscles, releasing tension and stress throughout the mind and body.









# Body Rituals

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## **GAIA bespoke massage | 60/90 minutes | 95/145**

A completely bespoke treatment catered to your needs and concerns. This treatment uses effective and natural ingredients combined with highly therapeutic techniques such as Swedish, Deep Tissue and Aromatherapy to relax the body and mind bringing you into the present moment.

## **GAIA salt & oil scrub | 60 minutes | 85**

Liberate your skin with our nourishing salt and oil scrub treatment. Your body is awakened with natural sea salt, peppermint, and lemongrass, to gently buff the skin, boosting circulation and leaving a natural glow. This refreshing treatment will leave a natural feeling of wellbeing, whilst the skin is left smooth and replenished.

## **GAIA mud cocoon | 90 minutes | 150**

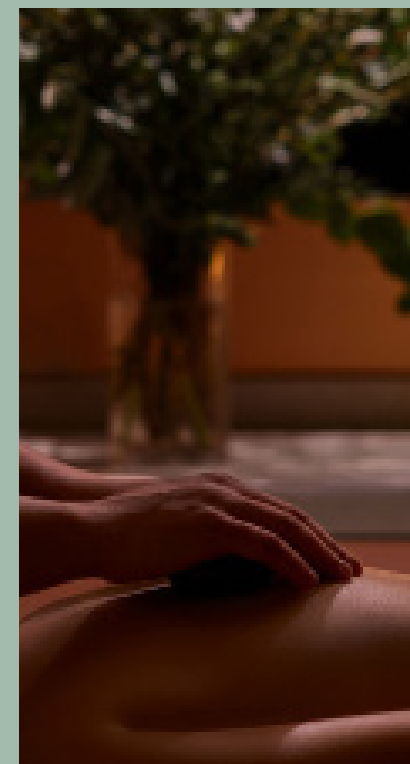
Enjoy this protective cocooning treatment and emerge awakened. You will experience whole body, face, and scalp therapy in this treatment, including a sea salt exfoliation and natural mud and clay mask. Completing this nurturing treatment is our Awakening Body Cream, with nourishing coconut oil and shea butter.

## **GAIA awakening journey | 60/90 minutes | 120/150**

An energising experience, helping to renew and radiate positivity for the mind and body. The Awakening Journey helps revitalise the skin with a salt and oil exfoliation, removing dead skin cells to reveal refreshed, soft skin. The Journey continues with a bespoke massage, tailored to suit your needs, to help awaken the body and boost circulation, leaving you feeling refreshed and uplifted.

## **GAIA raindrop therapy | 60/120 minutes | 115/205**

Raindrop therapy is a healing technique using pure essential oils. It combines soothing massage and aromatherapy oils to bring total balance, harmony, and body wellness mentally, physically, and emotionally. Techniques are used through the massage to release toxins and lymph, boosting the immune system, and bringing the body back to natural alignment. This ritual includes a full body massage using the purest essential oils used as droplets to the back, spine and feet and a nurturing scalp massage.







## 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 GAIA products are available to take home today. Please speak to one of our wonderful spa team to assist you further.

## Massage & Holistic Rituals

### Deep tissue massage | 60 minutes | 105

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.

### GAIA hot stones massage | 45/60/90 minutes | 85/100/150

A therapeutic back, neck & shoulder, full body or full body and scalp massage using our specially blended GAIA oils and warm volcanic stones to relieve deep muscle tension. The warmth of the stones penetrates your muscles to soothe aches and pains, thus helping you to unwind and feel rejuvenated. Choose from the GAIA oils, Awakening, Balancing and Calming.

*Back, neck & shoulder | 45 minutes*

*Full body | 60 minutes*

*Full body & scalp | 90 minutes*

### GAIA total holistic ritual | 120 minutes | 205

A deeply therapeutic ritual to release tension and stress bringing the mind and body into harmonious balance.

Using advanced GAIA and Lomi Lomi techniques, the body is exfoliated followed by an application of our nourishing GAIA mud. Once showered, a GAIA blend of your choice is poured warmly onto the body for a muscle easing massage.

### GAIA restorative treatment | 60 minutes | 115

Experience a therapeutic back cleanse followed by exfoliation with GAIA's own unique body scrub before GAIA's mud mask is applied in sweeping motions to detoxify and cleanse. Following the removal of the mud with a hot towel, the back is massaged with hot stones using one of the GAIA oils, Awakening, Balancing or Calming.



## Body & Face

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### Reflexology | 60 minutes | 95

Beginning with a luxurious 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.

### GAIA balancing journey | 60/90 minutes | 120/150

Find grounding and harmony with the Balancing Journey, a treatment designed to alleviate stress and bring equilibrium to the mind and body. The journey centres around a hot stone massage, using warm volcanic stones to soothe aches and pains, relieving muscle tension. The Journey continues with a nurturing Jade facial, known as the healing stone, the Jade crystal wands help to relieve tension in the muscles, encourage blood flow, and help eliminate fine lines.

### GAIA calming journey | 60/90 minutes | 120/150

A truly tranquil experience, the Calming Journey has been developed to offer complete relaxation and peace within. Your journey will begin with a serene back, neck, and shoulder massage to ease muscle tension and calm the mind and body. This is followed by an Indian head massage which includes a facial cleanse, tone, and a beautifully relaxing facial massage, focusing on pressure points to relieve tension.







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## Pregnancy Rituals

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### **Mother GAIA ritual | 120 minutes | 205**

A beautifully gentle, relaxing treatment perfect during and after pregnancy. This nurturing treatment starts with a back exfoliation before beginning a specifically designed massage focusing on alleviating muscular aches on stressed areas, helping you to feel relaxed and restored.

This is then followed by a healing massaging facial that will leave your skin feeling rejuvenated and glowing. GAIA's natural skincare products are softly massaged deep into the skin, using healing Jade crystal wands to stimulate both lymph drainage and blood flow, leaving your skin feeling firmer and younger.

This is only available to those after 12 weeks of pregnancy.

### **Mother GAIA | 60/90 minutes | 115/150**

A beautifully gentle, relaxing treatment perfect during and after pregnancy. This nurturing treatment exfoliates the back and is followed by a specifically designed massage focusing on alleviating muscular aches on stressed areas, helping you to feel relaxed and restored.

Our 60-minute Mother GAIA Treatment includes a full body massage and bump massage. Our 90-minute treatment also includes a bump mask, mini facial, face massage with our jade wand and scalp massage.

This is only available to those after 12 weeks of pregnancy.



### **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 | 60 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.

### **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.



## 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. A 10% discretionary service charge will be added to the cost of your spa treatment. Applicable to residents only.

### 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 around the spa. This includes by the pool, cabanas and loungers. If you do wish to smoke, the smoking area is located at the front of the hotel.

### 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**  
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