

## Thermae Bath Spa

Thermae Bath Spa is a day spa where you can bathe in the warm, natural mineral-rich waters and choose from a range of spa treatments designed to ease the body and soothe the mind. It is situated in the city of Bath and is the only Spa in Great Britain to offer bathing in naturally warm spring waters.

The water from these springs is believed to have fallen as rain around 10,000 years ago and then sunk to a depth of about 2km below the earth's surface. Here it was heated by high temperature rocks before rising back up through a break in the limestone that lies beneath the city of Bath.

Over 1 million litres, of mineral-rich water, flow from the thermal springs each day, at an average temperature of 45°C or 113°F. The thermal waters were used for many years in Bath to treat rheumatic and muscular disorders, as well as skin ailments and respiratory problems.

### Thermal Baths

All of the baths are fed by the naturally warm, mineral rich waters from the springs which have made the city famous. The temperature of the water in all the baths is approximately 35 - 36° C and all the baths are 1.35 metres deep.

In the curving **Minerva Bath**, the invigorating power of the whirlpool, massage jet and gentle current intermingles with flowing curves, grand columns and soothing waters.

The **open-air rooftop pool**, with breathtaking views of the city of Bath, the Abbey and the surrounding hills, is enhanced by bubbling jets and air seats - brilliant by day and by night.

### Steam Rooms

The Steam Rooms use dramatic contrasts of light and steam to create a magical setting. Each of the steam rooms has walls of circular glass and is gently infused with an essential oil such as mountain pine, eucalyptus, mint, jasmine or lavender.

A central 'waterfall' shower interspersed with fibre optic lighting provides various shower experiences from the lightest misting of water to a tropical shower that re-energises the body. A series of foot baths create a gentle, bubbling sensation for tired and aching feet.

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## Face and Body treatments

At Thermae Bath Spa, you can choose from over 50 spa, health and beauty treatments including a specially designed set of packages, the therapists offer a range of specialised massage techniques, including Aromatherapy, Shiatsu and Reflexology, in purpose-built massage rooms.

### Options include:

- Traditional treatments such as massage and Hot Stone therapies
- Thermal treatments, featuring the Vichy Shower and Watsu - a unique sensation of being gently guided and massaged in the warm, mineral-rich waters
- Relaxing and revitalising face and body treatments using botanically-based 'Pevonia' products
- Dry flotation and deep-cleansing body wraps using nutrient-rich mud, algae and creams
- 'Kraxen' Stove - a traditional Alpine Hay Chamber

Classes and sessions in Yoga, Meditation and Pilates are also available throughout the day.

In the light surroundings of the indoor and outdoor relaxation areas, the client can relax, enjoy the view or simply unwind with friends.

