

the
spa

AT THE QUAY

A photograph of a modern, glass-enclosed sauna. The sauna is built with large, dark, textured stone tiles. The interior is illuminated with warm, yellow light, revealing a wooden slatted bench and a glass door. Two tall, thin potted plants with green leaves stand on either side of the sauna entrance. The floor is made of light-colored, square tiles. In the foreground, the back of a wooden slatted bench is visible.

Welcome to

A photograph of a spa interior. On the left, a wooden sauna with multiple tiers is visible, illuminated with a warm red glow. In the center, a tall, slender bamboo plant stands in a dark vase. In the foreground, a wooden slatted chair is partially visible. The background wall is made of large, dark, textured stone tiles. The floor is made of light-colored stone tiles. The overall lighting is dim and atmospheric, with a mix of red and blue/purple hues.

the spa

AT THE QUAY

Your Coastal Wellness Journey

At The Spa at The Quay, we believe wellness is more than a treatment - it's an experience. Our expert therapists and luxurious facilities are designed to help you relax, recharge, and restore balance.

The Thermal Area/Facilities

Discover a collection of facilities designed to soothe the senses and support overall wellbeing.

Experience:

- Himalayan Salt Room
- Infrared Sauna
- Traditional Sauna
- Steam Room
- Hydrotherapy Pool
- Swimming Pool
- Relaxation Areas
- Foot Spa Experience

The combination of heat, water and relaxation encourages circulation, eases muscular tension and promotes a deep sense of calm.

Take time to slow down, breathe deeply and embrace complete relaxation.

The Thermal Area

Thermal Passes

Two hours access to the wellness thermal area:

Monday to Thursday	£30 per person
Friday to Sunday	£35 per person

Includes towel use.

Robe & flip flop hire can be added for an extra charge.



A photograph of an indoor swimming pool area. In the foreground, a large, lush green bamboo plant with long, slender leaves is positioned on the left side. The pool water is a vibrant blue, and its edge is lined with a dark blue track. To the right, a wooden slatted lounge chair is partially visible, with a rolled-up white towel resting on it. In the background, a wooden reception counter with a warm, glowing light underneath is visible, along with large glass windows that reflect the interior lights. The overall atmosphere is calm and inviting.

Relax

A photograph of a spa area. In the foreground, there are two wooden lounge chairs with white towels. To the right is a large potted bamboo plant. In the background, there is a swimming pool with a blue tiled edge and a metal ladder. The word "Recharge" is written in white text across the center of the image.

Recharge

Wellness Experiences

Our Wellness Thermal Experience has been thoughtfully designed to relax the body, calm the mind and restore a sense of balance. Move through a collection of thermal facilities at your own pace, embracing the therapeutic benefits of heat, water and deep relaxation.

Whether you are seeking time to recharge, reconnect or simply unwind, this indulgent experience offers the perfect retreat for complete wellbeing.

Monday – Thursday £59 • Friday – Sunday £69

Morning Wellness Experience

Begin your day with tranquillity.

Arrive at 8:30am and enjoy access to our wellness facilities from 9:00am – 1:00pm, allowing ample time to unwind and embrace the restorative benefits of our thermal journey.

Complete your experience with a beautifully prepared two-course Spa Brunch, thoughtfully created to nourish and energise.

Includes:

- Wellness Thermal Experience
- Access from 9:00am – 1:00pm
- Two-Course Spa Brunch
- Robe, Towel and Flip Flops

Afternoon Wellness Experience

An afternoon dedicated entirely to you.

Arrive at 1:00pm and enjoy access to our wellness facilities from 1:30pm – 5:30pm. Relax, recharge and leave feeling refreshed as you enjoy a leisurely afternoon of wellness and self-care.

Your experience includes a seasonal two-course Spa Lunch served within our dedicated spa dining area.

Includes:

- Wellness Thermal Experience
- Access from 1:30pm – 5:30pm
- Two-Course Spa Lunch
- Robe, towel and slippers

“Take time to pause,
breathe deeply and
embrace the art of
wellbeing.”

Spa Day Packages

Sanctuary Morning Package

Monday – Thursday £129 • Friday – Sunday £149

The ultimate morning of relaxation, wellness and renewal. Begin your day with access to our tranquil thermal wellness facilities, where soothing heat experiences and restorative relaxation spaces allow you to unwind at your own pace.

Continue your journey with a 50-minute Luxury Ritual treatment, tailored to your individual needs by our expert therapists.

Complete your experience with a beautifully prepared two-course spa lunch, thoughtfully crafted to nourish and restore.

Your Sanctuary Morning Package Includes:

- Morning Wellness Thermal Experience
- Access to wellness facilities from 9:00am – 1:00pm
- Arrival from 8:30am
- 50-Minute Luxury Ritual Treatment
- Two-Course Nutritious Brunch
- Robe, Towel & Flip Flops

A morning dedicated entirely to your wellbeing.

Sanctuary Afternoon Package

Monday – Thursday £129 • Friday – Sunday £149

Escape the demands of the day and immerse yourself in an afternoon of pure tranquility. Enjoy access to our thermal wellness facilities, designed to calm the mind and restore balance. Choose a 50-minute Luxury Ritual treatment and allow our experienced therapists to tailor the experience to your individual wellness goals.

After your treatment, savour a delicious two-course spa lunch within our dedicated spa dining area.

Your Sanctuary Afternoon Package Includes:

- Afternoon Wellness Thermal Experience
- Access to wellness facilities from 1:30pm – 5:30pm
- Arrival from 1:00pm
- 50-Minute Luxury Ritual Treatment
- Two-Course Nutritious Spa Lunch
- Robe, Towel & Flip Flops

An indulgent afternoon designed to leave you feeling refreshed, restored and renewed.

Seasonal Experiences & Exclusive Offers

Discover a collection of limited-edition spa experiences, seasonal rituals and exclusive wellness offers available throughout the year.

Visit our website to explore our latest packages and special promotions.

A person is lying on their back, receiving a massage. A hand is visible on their back. The background is a dimly lit spa room with a white sink, a wooden cabinet, and a lit candle. The word "Nourish" is written in white text across the center of the image.

Nourish



Renewal

Package Treatment Choices

Luxury Ritual Treatments

Choose from a collection of carefully curated rituals, each designed to restore balance, enhance wellbeing and leave you feeling renewed.

Radiance Ritual

A bespoke facial experience tailored to your skin's individual needs. Using advanced OSKIA skincare, this results-driven treatment restores radiance, boosts hydration and promotes a healthy, luminous complexion.

50 Minutes

Serenity Ritual

A deeply relaxing back, neck and shoulder massage designed to ease muscular tension and calm the mind. Your experience is completed with an OSKIA express facial, leaving you feeling refreshed and restored.

50 Minutes

Recovery Ritual

Designed to soothe and rejuvenate, this restorative treatment includes a deep-cleansing back treatment, exfoliation and purifying mud mask, followed by a relaxing scalp and back massage.

50 Minutes

Top To Toe Ritual

The perfect full-body reset. Beginning with an OSKIA back, neck and shoulder massage, this treatment continues with a soothing scalp massage and revitalising lower leg and foot massage to leave you feeling relaxed from head to toe.

50 Minutes

Sinus Relief Ritual

A calming treatment designed to ease tension and promote clarity. Combining a Hopi Ear Candling treatment with a refreshing eye treatment, this ritual helps relieve pressure and encourages deep relaxation.

50 Minutes

Rejuvenating Ritual

An invigorating full-body exfoliation designed to smooth, soften and refresh the skin, followed by a relaxing back, neck and shoulder massage.

50 Minutes

Escape Foot Ritual

A luxurious treatment dedicated to tired feet and legs. Including exfoliation, nail and cuticle care, and a soothing foot and leg massage to leave you feeling refreshed and revitalised.

50 Minutes

Enhance Your Experience

Full Body Upgrade £10

Extend your treatment to include additional areas for an even more indulgent experience.

Hot Stone Upgrade £10

Warm basalt stones are incorporated into your treatment to ease muscular tension and encourage deeper relaxation.

Treatment List

Oskia Facial Collection

Powered by advanced nutritional skincare, OSKIA facials combine cutting-edge ingredients with expert techniques to deliver visible results and a deeply restorative experience.

Oskia Bespoke Radiance Renewal Facial

A luxurious, personalised facial designed to restore radiance, hydration and vitality. Following an in-depth consultation, your therapist will tailor the treatment to your skin's individual needs using OSKIA's award-winning formulations rich in vitamins, antioxidants and essential nutrients.

The perfect balance of indulgence and efficacy for visibly healthier, glowing skin.

50 minutes • Mon-Sun £95

Oskia Purify & Revive Facial

A deeply cleansing and revitalising facial ideal for combination, oily or congested skin.

Advanced natural skincare ingredients are combined with stimulating massage techniques to purify, rebalance and refresh the complexion, leaving skin feeling energised, clear and renewed.

50 minutes • Mon-Sun £90

Oskia Gentlemen's Facial

Created specifically for the unique needs of men's skin, this results-driven treatment delivers deep cleansing, hydration and antioxidant protection.

Designed to soothe irritation, combat environmental stress and restore a healthy, refreshed appearance.

Mon-Thurs £70 • Fri-Sun £80

A modern spa interior featuring a swimming pool in the foreground, a wooden sauna on the left, and a glass-enclosed shower on the right. The walls are made of large, dark, textured stone tiles. A potted plant sits near the sauna, and a metal handrail is visible in the lower left. The scene is lit with warm orange light from the sauna and cool blue light from the shower and pool area.

Unwind

A modern spa interior featuring a swimming pool in the foreground, a sauna with a glass door in the center, and a shower area with red lighting on the left. The walls are made of dark, textured stone tiles. The word "Refresh" is overlaid in white text in the center. The scene is dimly lit with blue and red ambient lighting.

Refresh

THE SPA

Oskia Body & Massage Rituals

A collection of deeply restorative body treatments designed to release tension, restore balance and leave you feeling renewed from head to toe.

Recovery Ritual

A targeted back treatment designed to address areas often neglected.

This ritual combines deep cleansing, exfoliation and a soothing massage to relieve tension in the back, leaving the skin refreshed and the body relaxed.

50 Minutes

Monday – Thursday £70
Friday – Sunday £80

Top to Toe Ritual

A complete head-to-toe relaxation experience. Beginning with a back, neck and shoulder massage to release tension, this treatment continues with a calming scalp massage and finishes with a soothing foot massage to restore balance throughout the entire body.

50 Minutes

Monday – Thursday £70
Friday – Sunday £80

Rejuvenating Ritual

A revitalising full-body exfoliation designed to smooth, soften and refresh the skin.

This treatment is enhanced with an OSKIA back, neck and shoulder massage, leaving the body nourished and deeply renewed.

50 Minutes

Monday – Thursday £70
Friday – Sunday £80

Oskia Bespoke Warm Oil Massage

A fully tailored massage experience designed around your individual needs.

Using warm OSKIA oils, your therapist will adapt pressure and focus areas to release tension, ease muscular discomfort and restore overall wellbeing.

50 Minutes

Monday – Thursday £85
Friday – Sunday £95

Luxury Face & Body Fusion

The ultimate indulgent experience combining advanced facial techniques with a deeply restorative full-body massage. This treatment lifts, brightens and rejuvenates the complexion while melting away physical tension, leaving you feeling completely renewed.

1 hour 20 minutes

Monday – Thursday £120
Friday – Sunday £135

Intense Full Body Nourishing Soother

A deeply nurturing full-body ritual designed to restore softness, hydration and vitality. Beginning with a vitamin-rich salt scrub to exfoliate and renew the skin, the treatment continues with a full-body massage using antioxidant-rich super seed oils to nourish, firm and hydrate.

1 hour 20 minutes

Monday – Thursday £100
Friday – Sunday £120

Oskia Mother-To-Be Massage

A gentle, restorative treatment designed for pregnancy. Focusing on relieving tension, easing muscular discomfort and promoting relaxation, this soothing massage supports overall wellbeing for both mother and baby.

1 hour 20 minutes

Monday – Sunday £100

Oskia X Amethyst Trust Treatment

A compassionate, bespoke treatment designed for those living with or recovering from illness, including cancer. Carefully adapted to individual needs, this nurturing experience focuses on comfort, relaxation and wellbeing in a safe and supportive environment.

Monday – Sunday £85

Quay Serenity Ritual

A beautifully balanced treatment combining a deeply relaxing back, neck and shoulder massage with an OSKIA express facial.

Designed to release muscular tension while restoring radiance to the skin, this ritual leaves you feeling calm, refreshed and renewed.

50 Minutes

Monday – Thursday £70

Friday – Sunday £80

Indian Head Massage

Inspired by traditional Ayurvedic techniques, this deeply calming treatment focuses on the head, neck, shoulders and upper arms.

Designed to release built-up tension, improve circulation and restore mental clarity, it promotes a profound sense of relaxation and balance.

50 Minutes

Monday – Thursday £70

Friday – Sunday £80

Reflexology

An ancient therapeutic treatment focusing on pressure points in the feet.

Reflexology works to support the body's natural healing processes, promoting balance, relaxation and overall wellbeing.

50 Minutes

Monday – Thursday £70

Friday – Sunday £80

Sinus Relief Ritual

A soothing treatment combining Hopi ear therapy with a gentle eye treatment.

Designed to relieve pressure and ease sinus tension, this calming ritual promotes deep relaxation and a sense of clarity.

50 Minutes

Monday – Thursday £70

Friday – Sunday £80

Escape Foot Ritual

A luxurious lower-leg and foot treatment designed to restore comfort and vitality.

Includes exfoliation, cuticle care and a deeply relaxing foot and leg massage, leaving you feeling refreshed and rebalanced.

50 Minutes

Monday – Thursday £70

Friday – Sunday £80

ENHANCE YOUR EXPERIENCE

Make your treatment even more indulgent with our optional upgrades:

Hot Stones Upgrade £10

Heated Booties £10

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