



WHITTLEBURY  
SPA

Dear Guest,

We are delighted to extend a warm and heartfelt welcome to you as you embark on a journey of rejuvenation and self-care. Your presence with us is a true gift, and we are honoured to have the opportunity to pamper and support you during this time.

Please know that your safety and well-being is our top priority. Below are some guidelines to ensure that your experience is both comfortable and healing.

Avoid excessive heat, which includes saunas, the sanarium and steam rooms.

The SATCC recommend nothing higher than body temperature - around 37 degrees – both our hydrotherapy pool and jacuzzi pool sit under this temperature. It is important to listen to your body so please enjoy these areas within your own comfort level.

Cooler areas you may wish to explore at your leisure are the tepidariums, footbaths, experience showers, caldarium and the swimming pool.

Be mindful that your body temperature may fluctuate so stay hydrated and take yourself away from the experiences to cool down if feeling faint or unwell.





WHITTLEBURY  
SPA

We are committed to creating a safe and nurturing environment for you to relax and find solace. We have water beds and loungers in our relaxation room or sit peacefully in our whisper lounge, which are both on the first floor.

Our Senior Therapists have undergone specialist training with The Amethyst Trust where they can offer specifically designed treatments.

We understand the unique challenges you may be facing and we want to assure you that we will tailor our treatments and services to meet your specific needs and preferences. Your health and comfort are of utmost importance to us, and we encourage open communication so that we can better support you throughout your visit.

If there is anything we can do to enhance your experience or if you have any special requests or concerns, please do not hesitate to reach out to us. We are here to listen, assist, and ensure that your time with us is both restorative and uplifting.

Once again, we thank you for choosing our spa as a place of respite and rejuvenation. May your time here be filled with peace, serenity, and a renewed sense of well-being.

With warm regards and heartfelt wishes,

The Whittlebury Spa Team