



The Spa is split over three levels and is separated by staircases and lifts

From the Car park there is a tarmacked path, There is then a paved area before a double glass door

#### Main Entrance and Reception

- From the entrance by the Hotel Reception there are 12 steps to a small landing followed by a further 13 steps to the Main Entrance Level, there is also a lift from this level to the Main Entrance Level
- From the Car Park to the Main Entrance Level there are no steps, there is a slope
- From the Main Entrance Level to Reception there are 12 steps to a small landing followed by a further 12 steps, there is also a lift
- From the stairs or lift you go through glass doors to enter the Reception Area
- The Reception desk is immediately to the right of you when entering the reception
- The reception desk is 120cm high.

#### Spa and Reception Level

- There are male and female toilets located in the changing rooms
- There is also a disabled toilet located next to the treatment rooms and a disabled changing room located next to the gym
- The width of the reception doors is 2m
- In an emergency the nearest exit is the door opposite reception

#### Gym

- The Gym is located on the main Spa level which can be accessed by stairs or a lift from the main entrance levels
- The door width is 90cm
- The equipment in the gym is:

##### **Cardiovascular:**

3 x Treadmills with TVs, iPod docks and E-Scape Virtual Training

Programme

2 x Crosstrainers with TVs, iPod docks and E-Scape Virtual Training

Programme

2 x U-Cycle Bikes with TVs, iPod docks and E-Scape Virtual Training

Programme

2 x R-Cycle Bikes with TVs, iPod docks and E-Scape Virtual Training

Programme

1 x Elliptical Trainer with TVs, iPod docks and E-Scape Virtual Training

Programme

1 x Rowing Machine

##### **Strength Machines:**

1 x Shoulder Press

1 x Chest Press

1 x Seated Lat Pull Down

1 x Seated Row

1 x Leg extension

1 x Seated Leg Curl

1 x Seated Leg Press

Pulley Machines:

1 x Dual Multi-Pulley

##### **Other:**

Free Weights and Dumb-bells

- The gym is mainly natural light with two large windows to the front
- The gym has other lighting for periods of low natural light
- The flooring throughout the gym is short pile carpet tile
- An induction will be given before use
- The nearest toilets are in the changing rooms
- In an emergency the nearest exit is through the swimming pool or the doors opposite reception

### Swimming Pool Area

- The Pool is located on the main Spa level which can be accessed by stairs or a lift from the main entrance levels. The pool door width is 78cm
- There is a swimming pool, hydrotherapy pool and heat experiences open 6am to 10pm
- All facilities have changing areas, or alternatively guests can change in their rooms and walk down to the pool in their robes.
- The pool access is down 5 steps. There are rails at the side of the pool to assist entry. The pool is one level. The edges of the steps have a contrasting colour tile to distinguish
- The depth of the pool is 1.2m
- The hydrotherapy pool is to the side of the swimming pool and has 5 steps to a small right hand turn landing and 5 further steps to enter. There are rails to the side to assist entry. The edge of the steps have a contrasting colour tile to distinguish
- There is a swim through to an outdoor section of the hydrotherapy pool
- We have the following heat experiences:
  - o Crystal Salt Steam Room – typical operating temperature normally in the region of 40° - 45° C, with virtually 100% humidity.  
Door Width of 90cm
  - o Aromatherapy Steam Room - typical operating temperature normally in the region of 40° - 45° C, with virtually 100% humidity.  
Door Width of 90cm
  - o Laconium - heated at about 65° C
  - o Herbal Sauna  
Door Width of 90cm
  - o Finnish Sauna - room temperature of 80° - 95°C  
Door Width of 90cm
- There are loungers located along the left hand side of the pool, there is a small step to this area which is lit
- There are two heated loungers along the left hand side of the pool
- Emergency alarms are located along the pool side and next to the heat experiences
- The swimming pool area is tiled throughout
- In an emergency the nearest exit is located to the left of the swimming pool

## Deep Relaxation Room

- To access the deep relaxation room from the pool you must go through an access controlled door of width 80cm from the Swimming Pool area or enter from the changing rooms
- The relaxation room is located on the right through a door of width 80cm and there are 5 steps to go down into the relaxation room
- There are double glass doors to the outside area bringing in natural light
- The lighting levels are very low in the relaxation room
- The relaxation room has hard flooring throughout
- In an emergency the nearest exit is through the external access doors in the relaxation room or via the fire exit next to the treatment rooms

## Treatment Rooms

- The treatment rooms are located on the main Spa level which can be accessed by stairs or a lift from the main entrance levels
- Located through the changing rooms the treatment rooms are all located along one corridor
- There are two double treatment rooms and ten single treatment rooms
- The treatment rooms are level throughout, the door width is 80cm
- The treatment rooms are identified by an illuminated sign
- All rooms have their own shower facilities
- The treatment rooms have low level lighting but this can be increased if necessary
- The treatment rooms have hard flooring throughout
- The nearest toilets are in the changing rooms, there is a disabled toilet at the end of the treatment room corridor
- Treatments are available 9am to 8pm
- In an emergency the nearest exit is at the end of the treatment room corridor

## Salon

- The Salon is located on the main Spa level which can be accessed by stairs or a lift from the main entrance levels
- From reception you enter the spa through the double glass doors
- The salon is well lit with plenty of natural daylight from an overhead skylight
- The Salon has hard flooring throughout
- In an emergency the nearest exit is through reception and out to the grass area

## Spatisserie

- The Spatisserie is located on the top floor which can be accessed by 12 steps to a small landing followed by a further 13 steps or lift from the Reception and Spa level
- All tables have a central column
- Seating is a mixture of mostly upright chairs, some with arms and sofas
- Table service is offered
- We are able to cater for varying dietary needs, please advise our team when booking
- Menus are available in large print and staff will automatically take you through the menu

- The Spatisserie is well lit with plenty of natural daylight from doors and windows on two sides
- Evenly distributed lights are on when required
- Lighting can be increased at certain tables if required
- The Spatisserie has hard flooring throughout
- In an emergency the nearest exit is down the hub staircase and out via the treatment rooms or down the stairs to reception and turn right

#### Disabled Toilet

- Door width is 90cm
- Height of the WC from floor to seat – 47cm
- Heat of the washbasin – 70cm, there is clear space underneath the sink
- The sinks have lever taps
- The flooring is hard flooring throughout
- There is an emergency alarm located in the toilet

#### Disabled Changing Room

- Shower with seat and grab rails
- Height of the WC from floor to seat is 46cm
- Heat of the washbasin is 70cm, there is clear space underneath the sink
- There are grab rails by the toilet and sink
- The sinks have lever taps
- The flooring is tiled throughout
- There is an emergency alarm located in the toilet

#### Additional Information

- We have a set evacuation procedure – Alarm bells are a continuous alarm. If we have been made aware of your special access needs someone will come and assist with evacuation either out of the building or to a refuge
- All front of house staff have regular training which includes disability awareness training

#### Contact Information

Address: Gaia Spa, Boringdon Hall, Boringdon Hill, Plympton, Plymouth PL7 4DP

Telephone: 01752 344455

Email: [info@gaiaboringdon.co.uk](mailto:info@gaiaboringdon.co.uk)

Hours of Operation: 6am – 10pm