



St Brides Spa Treatment Menu

Welcome

Welcome to St Brides Spa, high up on a headland with breath taking coastal views, our Spa is the perfect place to escape, relax and unwind.

Our cliff edge dual treatment room invites couples or friends to fully benefit from their spa experience, with full height windows that slide open to 'breathe in' the fresh sea air and gentle sound of the tide. Treatment rooms and relaxation areas surround a restful infinity edge hydro pool and invigorating thermal spa bathing experiences.

Let our experienced team of friendly, professional therapists melt your cares away, leaving you relaxed, energised and fully rejuvenated.

Our Products

VOYA, are marine spa specialists who have used many generations of acquired wisdom harvesting the sea to create an exceptional range of beauty and skincare treatments in harmony with nature's richest resource. VOYA products encapsulate something of the sea in a pure form of 100% certified organic and seaweed products, designed to detoxify, re-mineralize restore and protect.

CAUDALIE, allow yourself to be pampered by the expert hands of our Vinotherapists, who will lavish you with an exceptional formulation of vine and grape extracted products combined with tailor-made treatments. Applauded by doctors and surgeons from around the world for their abundant anti-oxidant rich properties, Caudalie formulas deliver effective natural glamour with sustained ecology.

VINYLUX – A breakthrough polish that endures long lasting wear of colour perfection, without the need of a basecoat.

SHELLAC – 14* day glorious, high – gloss shine and extended chip free wear. Applied like a polish, wears like a gel.



Thermal Bathing

Thermal bathing promotes relaxation, enhances breathing and cleanses the body in preparation for treatments with your therapist. The thermal suite contains a series of cabins, with varying temperatures, each with a differing essence and Chroma therapy lighting, to stimulate all the senses.

You are invited to spend up to a maximum of 90 minutes in the thermal suite and infinity hydro pool area. The thermal suite comprises:-

Salt Infusion Room

A gentle moist heat, combined with bursts of sea salt infusions boosts blood circulation and helps to clear congestion. It will enliven your senses, eliminate toxins and ease muscular tension.

Sensation Shower

A selection of three water experiences with differing temperatures, aromas and colour therapy light moods. Explore the tropical rain, cold mist and gush showers, designed to refresh the mind and body.

Aroma Steam Room

Aromatically infused steam to slowly heat and refresh the body. Breathing is eased and the lymphatic system is cleansed, resulting in a glowing skin tone.

Herbal Rock Sauna

A relaxing and invigorating dry heat that has a purifying effect on the body. The immune system is boosted as everyday stresses are relieved.

Ice Fountain

A cooler option to stimulate and revitalise. Boost your circulation and help close pores after each heat experience by applying crushed ice all over your body. This contrast in temperature embraces the Kneipp philosophy of hot & cold to improve wellbeing.

Marine Hydro Pool

The perfect place to unwind and admire the spectacular coastal views. The wonderfully relaxing water treatment pool is heated to body temperature providing a cosy haven, even on frosty winter days. When the tide is in, you will experience the optical illusion of the pool edge blending to the sea below. The swan neck fountain will ease away tension in your neck and shoulders. Hydrotherapy jets will suspend you above the water recliner whilst gently massaging your body.



Thermal Bathing and Marine Hydro Pool Tariff

Resident Guests

Use of the Thermal Suite and Hydro Pool is complimentary to our resident guests for 90 minutes. To maintain the tranquillity and serenity within the Spa, we request that your 90 minute experience is booked in advance.

Non – Resident Guests

Complimentary when combined with at least two 55 minute treatments per guest
£25 when combined with at least one 55 minute treatment per guest
£35 with less than one 55 minute treatment per guest

Swimsuits are required to experience thermal bathing and the marine hydro pool. Thermal bathing and the marine hydro pool are not available to pregnant guests or to those under the age of 16.





St Brides Day Escapes

For the ultimate in relaxation, treat yourself to one of our "Day Escapes" which offer a range of spa experiences to enable you to make the most of your time with us. Our packages include a welcome show round of the spa, herbal teas and coffee, a two course light lunch* in the dry relaxation room or hotel restaurant and up to 90 minutes of thermal bathing and the hydro pool experience**.

Castaway- £195 (allow 6 hours)

Castaway those everyday stresses with this indulgent spa day. Your day will include:

Salty Fucus Luscious Body Scrub and VOYA Massage
Thermal Bathing
Two course light lunch
VOYA Marine Radiance Facial
St Brides Manicure or Pedicure

Drifting Tides - £180 (allow 6 hours)

A full day of top to toe pampering, featuring elements to relax and reduce stress. Your day will include:

Detoxifying Salt Body Scrub
Thermal Bathing
Two course light lunch
Back, neck and shoulder massage
Caudalie Express D-Vine Facial
St Brides Manicure
File & Polish on the Feet

Calm Seas - £140 (allow 4 ½ hours)

Take time to unwind with this blissful day spa experience. Guaranteed to leave you feeling completely relaxed and rejuvenated. Your day will include:

VOYA Tangle Me Up Marine Body Wrap
Thermal Bathing
Two course light lunch
Back, Neck & Shoulder Massage
File & Polish on the Hands or Feet



The Two of Us – Especially designed for 2 - £350 for 2 people (allow 5 hours)

A blissful journey for you to enjoy with a friend or loved one.
Your day will include:

Caudalie Divine Body Scrub
Thermal Bathing
Two course light lunch
Caudalie Fleur De Vigne Candle Massage
Caudalie Vinosource Facial

New Beginnings - £155 (allow 3 ½ hours)

A tranquil journey for mums to be, to promote relaxation at this important time.
Your day will include:

Caudalie Full Body Mums to be Massage
Two Course Lunch
Caudalie Vinoperfect Radiance Facial
File & Polish on the Feet

St Brides De-Stress Express - £75 (allow 50 minutes)

Experience two of our favourite relaxing treatments tailor made to suit those who are short on time. Your two 25 minute treatments will include:

Express D-Vine Facial: This treatment begins with eye and skin cleansing, followed by a deep exfoliation, the application of an appropriate mask and a hand massage completes this moment of well-being. The experience is completed with a specific serum and specially chosen moisturiser to meet your skin's individual requirements.

Back, Neck & Shoulder Massage: Concentrating on the whole back area, your therapist will tailor make the treatment to suit your needs. Over stressed muscles will be worked to leave you feeling stress and tension free.

**** Our Thermal Suite & Hydro Pool are not available during pregnancy. This package is available after the first twelve weeks of pregnancy or from six weeks after birth.**

GIFT VOUCHERS

St Brides Spa Hotel Vouchers offer the perfect gift solution, whatever the occasion. Gift vouchers are available for treatments and products in the spa, a stay in a luxury bedroom, dining in the cliff restaurant or art from our contemporary gallery. To order your voucher, simply call 01834 812304, email reservations@stbridesspahotel.com or visit main reception in person.



Marine Spa Therapies by VOYA

Face

Marine Radiance Facial – 55 minutes - £65

Awaken the radiance of your skin! A skin rejuvenating facial designed using VOYA's organic ingredients that have a combination of anti-oxidant algae complexes, pro collagen organic extracts and a restorative blend of organic ingredients to fight the signs of visible aging, reduce the appearance of fine lines and wrinkles, hydrate and plump the skin texture. Applied to your face and décolleté is a luscious gel mask and freshly harvested seaweed leaves resulting in instantly firmed and tightened skin with a natural radiant glow. Suitable for all skin types, though of particular benefit for mature, dry or dehydrated skin.

Body Exfoliation

Pure Organic Peppermint & Seaweed Sugar Glow - 25 Minutes - £40

This refreshing and all over exfoliating treatment awakens the skin and body. It features a fabulously fragrant mix of organic peppermint leaf, seaweed and sugar all of which perform the double action of gently exfoliating, while introducing you to the uplifting effects of VOYA's organic peppermint essential oil.

Salty Fucus Luscious Body Scrub and Massage – 85 minutes - £80

The ultimate treat for tired and dull skin, which will leave you deeply relaxed and rejuvenated. Starting with the feet, they will be exfoliated to remove the outer layer of dry, dull skin. This is followed by an invigorating application of VOYA Luscious Salt, infused with Dead Sea Salts and Fucus Serratus Seaweed leaving your skin velvety soft. After a light cleansing shower, you are treated to an intensive full body massage with VOYA's seaweed massage oil which attacks cellulite and is specially formulated to tone and firm skin.

Body Wrap

Tangle Me Up Hydrating Body Wrap – 80 Minutes - £75

This wonderful all over body treatment is deeply nourishing, Tired and lethargic muscles are relaxed, stress and fatigue are relieved and skin condition is revitalized and hydrated. Antioxidant compounds fight cellulite and the signs of aging, improving the suppleness and elasticity of your skin. VOYA's body wrap will have you nourished, untangled and tingling!

Draining & Detoxifying Seaweed Leaf Wrap – 80 Minutes - £75

This wonderful all over body treatment is deeply nourishing. Tired and lethargic muscles are relaxed, de-stressed and fatigue is relieved and the skin condition is revitalized and hydrated. Antioxidant compounds fight cellulite and the signs of ageing, improving the suppleness and elasticity of your skin. Voya's body wrap will have you nourished, untangled and tingling.



Caudalie Face

Resveratrol Lift Facial – Firming, Lifting and Anti-Wrinkle – 70 Minutes - £75

This facial has been specifically created for skin that lacks firmness and vitality. Skin is gently cleansed and a warming stimulating mask is applied to enhance the lifting and toning effect. The end result is that the face is re-sculpted, re-defined and the contours of the face are re-instated, leaving the complexion radiant and glowing.

Polyphenol (C15) Detox Facial – Deep Cleansing and Protecting – 55 Minutes - £65

Fantastic for Men, this facial treatment hydrates, renews, energizes and protects the skin cells in the Epidermis. A regenerating aromatherapy massage relaxes the skin and an anti-oxidant mask follows, concentrated in pink clays, grape marc and coffee. The skin is deeply cleansed, toxins are drained and the fine lines and wrinkles are visibly reduced and smoothed. This facial is excellent to protect the skin from environmental and free radical damage.

Vinoperfect Radiance Facial – 55 minutes - £70

This treatment nourishes and protects the delicate facial skin and includes a nurturing massage of the face, neck, shoulders, and scalp to revive the mind and soothe away any tension in the muscles. Using small hot and cold basalt stones, the luminosity of the complexion is awakened.

Vinosource Hydrating and Nourishing Facial – 55 Minutes - £65

A skin-renewing treatment to deeply moisturize the skin, a massage with fresh grapes is incorporated into this facial followed by an application of our intensely moisturizing mask full of essential oils that will soothe dryness and restore moisture levels. Your skin will be left beautifully soft, with a healthy glowing appearance.

Express D-Vine Facial – 25 Minutes - £40

This express treatment is tailor made for those who are time short, yet still want results. Every skin type can be addressed this treatment begins with eye and skin cleansing, followed by a deep exfoliation, the application of an appropriate mask and a hand massage completes this moment of well-being. The experience is completed with a specific serum and specially chosen moisturiser to meet your skin's individual requirements.

All Caudalie Facials are available during pregnancy, from twelve weeks or more.



Caudalie Body

Divine Firming Full Body Scrub – 25 Minutes - £40

A glamorous scrub, that gently exfoliates your body and helps you regain smooth, fresh skin thanks to brown sugar and grape-seed oil and Caudalie's world renowned Divine oil. The application of the nourishing body lotion combined with the Divine Oil finishes off this treatment and leaves your skin luminous and lightly scented.

Divine Relaxing Body Massage – 55 Minutes - £70

This treatment incorporates our signature Caudalie massage, featuring our Award-winning Divine Oil. Indulge in the floral, sun-kissed fragrance of Divine oil, while compression techniques gently soothe tension and re-boost your energy. Your skin will be luxuriously softened, moisturised and wrapped in a delicate fragrance blend of Roses, Grapefruit, Pink Pepper, Vanilla, Cedar and White Musk.

Crushed Cabernet Stimulating and Firming Body Treatment – 55 Minutes - £70

This indulgent body treatment incorporates one of the most popular scrubs from our Vinotherapie Spas. This exfoliation technique regains your skin's radiance and softness, providing optimum opportunity for the skin to absorb all the hydrating ingredients. The Contouring Concentrate stimulates and encourages natural elimination of toxins. An ideal treatment for relieving tension and invigorating your mind and body. Works in partnership with a slimming programme. Your skin will be left feeling clean, refined and perfectly smooth.

Contouring & Invigorating Body Wrap – 55 Minutes - £70

This balancing and detoxifying treatment involves gentle exfoliation with our Crushed Cabinet scrub, followed by an application of our Contouring Concentrate. Designed to help boost the metabolism and ease tension, it also speeds up the elimination of toxins. Followed by an application of our Vine Body Butter and wrapped to cocoon the body, relaxation is completed by a full scalp treatment.

Fleur De Vigne Relaxing and Soothing Candle Massage – 55 Minutes - £70

Under the glow of the soft light of a massage candle that melts into a warm oil, delicately scented with Fleur De Vigne (Grape Blossom), enjoy a unique and relaxing experience where all your senses will be indulged. Tension will be relieved and you will regain your energy.



Massage

Each one of our massage treatments are adapted by our therapists after consultation to offer you the best experience on the day. Below are some suggestions. Each massage is a **55 minutes treatment - £70**

St Brides Full Body and Scalp Massage

This all over body and scalp massage uses firm but gentle pressure and is designed to promote relaxation and relieve tension. Unwind and drift away while your therapist uses Swedish massage techniques to leave you feeling totally relaxed and rejuvenated.

Deep Tissue Massage

Deep tissue massage is a more intense, focussed massage technique in which your therapist uses slow, firm strokes, concentrating on the deeper layers of muscle tissue to release chronic muscle tension and adhesions. A massage that helps to relieve pain and its origin. It is not uncommon for you to feel sore after this type of treatment.

Expectant Mother Massage

This gentle and enveloping massage with grape-seed oil soothes tension brought on by pregnancy, stimulates blood circulation and improves the skin's tone and elasticity. Safely enjoy a moment of absolute relaxation and well-being with your baby-to-be.

Available during pregnancy, from twelve weeks or more.

Back, Neck and Shoulder Massage – 25 Minutes - £40

Concentrating on the whole back area, your therapist will tailor make the treatment to suit your needs. Over stressed muscles will be worked to leave you feeling stress and tension free.

Scalp Massage – 25 Minutes- £35

The head, neck and décolleté is massaged using a combination of oils and creams. Pressure points are massaged to rid you of built up tension leaving you in a state of pure relaxation.



Holistic Treatments

Indian Head Massage – 25 Minutes - £40

Indian head massage is a deeply relaxing and healing form of massage. It uses ayurvedic techniques to lift you from the everyday stresses of modern day life. Your therapist will concentrate on the neck and shoulder areas, working deeply over the muscles and pressure points, before moving on to the scalp where techniques are used to stimulate and revive. This holistic therapy is a very effective method to help reduce fatigue, dispel stress, relieve tension and increase vitality and clarity of thought.

As a wonderful introduction to 'hands on' therapy or as an alternative to body massage, this technique can be performed over the clothes, using no product if preferred, and is received in a seated position.

Lava Shells

Self-heating, silky smooth porcelain Lava Shells impart a gentle penetrating heat deep into the muscles to create a seamless massage of continuous heat and touch. Warming and soothing this is the maximum relaxation experience to melt away muscular aches and mental stress.

Lava Shell Warming Back Massage - 25 minutes - £45

The warming Lava shells back massage uses the gently heated shells with your therapist's experienced hands to glide over tired muscles to warm and relax promoting a deep sense of comfort in this bespoke treatment. The focus then shifts with targeted massage techniques that work on pressure points and areas of deep tension to ease stress and stiffness. An intense and powerful massage treatment.

Lava Shell relax Body Massage - 55 minutes - £75

Indulgent and truly pampering our Lava Shells Relax Body Massage offers an idyllic tranquil treatment using the comforting warmth of the shells with lovely relaxing massage techniques. During the massage, the shells are worked over the palms, arms, feet and legs in slow deep moves to warm and de-stress. Areas of bodily tension and knots are eased away leaving you relaxed and refreshed, bringing a sense of balance to the entire body and mind.



Hands & Feet

File and Polish – 25 Minutes - £20

Nails are perfectly shaped and nail products are used to protect the cuticles and nails. Finishing with perfectly applied nail colour for hands or feet.

French Polish, additional £5. Please state when making your treatment booking.

The St Brides Manicure – 45 Minutes - £40

Nails will be perfectly shaped, cuticles tidied and softened and hands prepared before deep conditioning creams are massaged in to replenish dehydrated hands. A perfect and lasting polish is then applied or nails can be buffed to a high shine.

The St Brides Pedicure – 50 Minutes - £50

Designed to restore your feet to their full glory. The nails will be shaped and cuticles tidied. The feet are soaked, exfoliated and massaged with nourishing creams to super condition often neglected feet and nails. The extra rich hydration replenishes and softens hard working heels, lavishing a rich and healing action on your skin. The nails are finished with perfectly applied nail colour. If you opt for no polish during this treatment, we allow more time for cuticle work and massage.

Divine Hand Treatment Manicure – 55 Minutes - £50

A truly pampering delight for your hands. Nails will be perfectly shaped and cuticles tidied. Hands and arms are gently exfoliated and after a light massage, a deeply hydrating luxury Divine Oil is applied and followed by our deeply nourishing warm Vine Body Butter, notably improving the skin condition and relieving any fatigue and tension in those hard working hands. Products are massaged in and a light application of highly nourishing cream is then applied to the skin, leaving it radiant. A perfect and lasting polish is then applied or nails can be buffed to a high shine.

Divine Foot Treatment Pedicure - 70 Minutes - £60

The ultimate treat for your feet! A deeply nourishing foot treatment which includes a reviving foot soak, cuticle work, shaping the nails and deep exfoliation. We begin by cleansing the feet, followed by a gentle foot exfoliation with a brown sugar and grape-seed oil based scrub. Tired legs are massaged with nourishing creams and wrapped in the decadent warm Divine oil and cocooned in the nourishing Vine Body Butter, replenishing, rehydrating and revitalising. Nails are finished with perfectly applied nail colour or nails can be buffed to a high shine.

All Hands & Feet treatments are available during pregnancy, from twelve weeks or more.



Hand Care for Men - 25 Minutes - £20

Hands are soaked and exfoliated to soften and cleanse. Nails are shaped and cuticles trimmed followed by a relaxing hand massage. Leaving with you with hands to be proud of!

Foot Care for Men - 25 Minutes - £30

Feet are soaked and exfoliated, hard skin is removed, and nails are trimmed and tidied. A soothing foot and leg massage then helps moisturise and relax.

High Shine Shellac Gel for nails

Say goodbye to chipped, scratched and dull nails and introduce yourself to a polish that offers you a gorgeous 14 * day glorious, high mirror shine, superior colour and chip free nails. This product goes on like a polish but wears like a gel with zero drying time and no nail damage.

Shellac is hypo-allergenic and 3-free leaving a brilliantly shiny finish with maintenance free wear that safely removes in minutes.

Shellac Manicure or Pedicure – 55 Minutes -£45

Shellac French Finish Manicure or Pedicure – 70 Minutes - £50

Nails will be perfectly shaped, cleansed and cuticles tidied. Your chosen polish will be applied, followed by the application of nourishing cuticle oil and hand cream.

Shellac Removal – 25 Minutes - £20

Highly recommended for regular shellac users, this treatment involves the safe removal of shellac polish followed by the application of nourishing cuticle oil and hand cream.

*Depending on the natural condition and care of the nail and the recommended daily use of cuticle oil.

All Hands & Feet treatments are available during pregnancy, from twelve weeks or more.



Finishing Touches

Full Leg Wax – 40 Minutes - £30

Half Leg Wax – 25 Minutes - £20

Bikini Wax – 25 Minutes - £20

Lip Wax – 15 Minutes - £10

Chin Wax - 15 Minutes - £10

Lip & Chin Wax – 25 Minutes - £15

Underarm Wax - 25 Minutes - £15

Back or Chest Wax – 40 Minutes - £25

Eyebrow Shape – 15 Minutes - £15

Eyebrow Tint – 20 Minutes - £12

Eyelash Tint - 20 Minutes - £15

Eyebrow Shape & Tint – 30 Minutes - £25

A skin test is necessary 24 hours prior to tinting for the first treatment.

Home Care Products

The products used during your treatments are available for home care. To re-order your products, or to discuss your individual needs with a therapist, simply call 01834 815 075 or email spa@stbridesspahotel.com. We will be pleased to post homecare products to you or deliver them to your room.



Oncology Care

Recovery at St Brides Spa Hotel

Are you in need of some peace and an alternative view? St Brides has a fresh uplifting approach to rest and recovery. There is nothing to distract from the exquisite natural beauty of this stunning sea coast and its abundant natural light that moves through the blue to pink colour spectrum and reflects the sea below: its powerful restoring effects offer a new perspective for even the most stressed and weary.

All of our therapy team have invested time in gaining an advanced accredited qualification in the treatment of those guests receiving or recovering from oncology care. We appreciate that spa therapies offer great benefits for those with cancer and our spa team work with a deeper level of understanding and are able to adapt their techniques and products to create individual treatments that nourish, support and relax in a beautiful natural coastal environment.

St Brides Cwtch Spa Day - from £145 per person. Your day includes:

- A personal greeting and private consultation
- Spa treatments chosen on the day from our Cwtch treatment menu below -up to 90 minutes duration in total
- Natural Beeswax and Essential Oil blends that provide uplifting and therapeutic benefits
- Deeply nourishing and organic products from Voya to address skin dryness and loss of elasticity
- Lunch from our delicious locally sourced spa food menu
- And a health Boosting Super Smoothie

St Brides Cwtch Spa Stay - from £300 per person. Your two night retreat includes:

- Our Cwtch Spa Day package on each day of your stay (lunch and health boosting super smoothie on second day only) with up to 60 minutes per day of treatments chosen from our specialist Cwtch treatment menu
- PLUS – Two nights luxury accommodation in a sea view bedroom

Cwtch Menu

All of our special Cwtch treatments have been conceived with those receiving Oncology care or in recovery in mind. Every Cwtch spa experience has an extended greeting period included with your therapist to ensure you are able to choose from the menu below the treatments most suitable for you on the day. All of our treatment products and ingredients used are Organic where possible, elevating, healing and nourishing for deep relaxation and skin radiance.

My little Hero Organic Facial Massage – 25 Minutes £35

A soft and soothing face massage with Voya's My Little Hero Serum – packed with anti-oxidants, offering nourishment to improve radiance and bring life to a dulled and depleted skin.

Deeply Nutritious Full Facial – 55 Minutes £65

A comforting and nutritious facial experience using organic cleansers, crèmes and face masks from Voya. The skin is primed then infused with moisture and relaxed into balance with gentle draining massage and the uplifting use of essential oils for comfort. This treatment also includes a head & scalp or Minty Foot Massage as desired or required.



Beeswax Body Massage – 25/55 Minutes £40/70

A completely personal massage sequence designed by you and your therapist: offered with a choice of delicious beeswax and essential oil combinations. Our therapists have all undergone advanced training in the delivery of massage to those undergoing or recovering from Oncology treatments and will adjust the pressure and location of treatment accordingly to promote wellbeing and relaxation.

Forget Me Knot: Scalp & Head Massage – 25 Minutes £35

The head, neck and décolleté are carefully massaged using a combination of essential oils and hair creams. A deeply relaxing and healing alternative to body massage. If required this treatment can be offered with no product and conducted through clothing in a seated position as required.

Minty Foot Massage: with Mint & Tea-Tree Beeswax – 25 Minutes £30

A foot soothing minty healing wax to pep and nourish is rubbed and coaxed into the feet lightening the load.

Citrus Mitts Massage: with Lime & Mandarin Beeswax – 25 Minutes £30

Hands that need extra nourishment and relief from tension will benefit from this citrusy infusion and massage.

Hydrating Body Immersion – 55 Minutes £65

A very light gentle body brush exfoliates before a warmed hydrating body beeswax is soothingly buffed painted and drizzled into the skin. Drift off in a linen cocoon whilst receiving an expert scalp or foot massage. Once unwrapped light comforting effleurage is used to further infuse all moisture into the skin leaving you softened and fragrant.

Softly Does It Pedicure – 55 minutes £50

Our lovely St Brides pedicure with perfect polishing and extra tender loving care.

Restoring Moisturising Manicure – 45 minutes £40

A replenishing manicure that treats the hands and shapes the nails: complete with a glossy polish or buffed finish.

**To discuss your individual needs confidentially with a therapist,
please call 01834 812 304**



How to Spa

HOW TO BOOK – Call +44 (0)1834 815 075 or email spa@stbridesspahotel.com

We advise that you book your treatments well in advance, including use of the thermal suite and marine hydro pool. **Resident Guests** – Use of the Thermal Suite and Hydro Pool is complimentary to our resident guests for 90 minutes. To maintain the tranquility and serenity within the spa and to enhance your enjoyment of the facilities, we limit the number of Thermal Suite and Hydro Pool bookings we accept at any one time and therefore, bookings must be made in advance. The sea view **dual treatment suite** can be requested at the time of booking and is subject to availability. For non-resident bookings, we will require your full address, telephone number and debit or credit card details to reserve your treatments.

CANCELLATION

Notification of cancellation is required in advance of your appointment. If we are unable to resell your booking, the full charge will be made on your debit or credit card. **Resident Guests -** cancellation notification is required at least **48 hours** in advance of your treatments. **Non Resident Guests -** cancellation notification is required at least **72 hours** in advance of your treatments.

HEALTH ADVICE

At the start of your spa day you will complete a medical questionnaire. Before having your treatments, it is important for us to know if you are **pregnant** or have undergone recent surgery or received medical treatment. We also need to know about any medical issues you may have such as high blood pressure, heart problems, varicose veins, allergies, or any other condition. Let us know at the time of booking so that we can ensure that the treatments are appropriate for your situation. All treatments are booked subject to medical status. Suitability of treatments will be reconfirmed on arrival at the spa. If you fail to notify us prior to your visit of pregnancy or a medical condition, we reserve the right to refuse offering treatments and charge for the treatment time reserved.

Thermal Suite & Hydro Pool – We recommend that our guests use the Thermal Suite & Hydro Pool for no longer than 90 minutes as prolonged exposure to high temperatures may cause faintness, dehydration and overheating. **Thermal Suite and the marine hydro pool are not available to pregnant guests.**

AGE RESTRICTIONS

The thermal suite, hydro pool and treatments are available to guests **16 years** and over.

TIMINGS

We advise you to arrive for your first appointment 15 minutes ahead of time to allow yourself the opportunity to complete your health questionnaire and relax prior to the treatment. If you are late, your treatment time may be shortened and the same treatment price will apply. To make the most of your treatment you are welcome to take time to relax and unwind in the relaxation areas.

WHAT TO BRING

For thermal bathing and using the hydro pool, you will need to bring your own swimsuit. Robes, slippers and towels are provided on arrival. If you are having a treatment without using the thermal suite and hydro pool, you will normally keep your underwear on or your therapist can provide you with disposable briefs if you prefer. Our therapists are professionally trained in proper draping techniques to ensure your privacy and comfort at all times.

Shampoo, conditioner and shower gel are available for you to use in our changing rooms. It is advisable to leave your jewelry and valuables in your room or at home. No sharp objects or razors are allowed in the Spa.

Resident Guests – for your comfort and convenience, you will find a robe and slippers in your wardrobe. Please ensure that you change into them before coming to the spa. The hotel lift will take you directly to the spa entrance which is located on the basement floor.



REFRESHMENTS

A selection of complimentary herbal teas and coffee are available in our dry relaxation room. When you choose from our spa menu or have lunch included in one of our day spa escapes, your meal will be served in dry relaxation room or gallery restaurant. Please do advise us of any dietary requests at the time of booking. **(Alcohol is not permitted in the spa).**

MOBILE PHONES

For courtesy to all our spa guests, we appreciate you leaving your mobile phone switched off in your locker or left in your room.

All details in this brochure are subject to change and availability at the time booking.

St Brides Spa Hotel
Saundersfoot, Pembrokeshire SA69 9NH, Wales
t: 01834 812 304/815075
e: reservations@stbridesspahotel.com
www.stbridesspahotel.com

