



THE  
MARINE  
SPA

THE ST DAVID'S HOTEL  
Cardiff



# ABOUT OUR SPA

Our hydrotherapy pools provides a relaxing, tranquil, soothing water therapies. The water has been treated to replicate seawater which is rich in minerals and sea salts, it is then heated to the body temperature. Whether you are walking through the water corridor to stand beneath the swan-neck fountains, relaxing on a water bed or sitting in the spa pool . The water jets beneath the surface will massage your body and stimulate your circulation.

The liquid in which the human body's cells bathe is similar in composition to diluted sea water. When sea water and seaweed preparations are heated to body temperature a two-way process occurs whereby the salts in the water draw out the impurities in the body, and in turn absorbs those minerals within the water that needs to replace in order to regenerate. This conception follows that delivered by continual thalasso therapy spas thalassa being the Greek word for sea.

Our 15 meter exercise swimming pool offers stunning views over the bay and a chance to relax and unwind.

The Dry heat sauna will help to rejuvenate the skin, relax your muscles, ease joint pain, improve blood flow and detoxify your body.

Our gym is fully equipped with fitness machines and you can enjoy inspirational views over the bay whilst you exercise. A selection of classes can be enjoyed in our dance studio, including spin, Pilates and yoga.

Within the Marine spa we have 11 treatment rooms and a deep relaxation lounge. With all of our 50 minute treatments and longer treatments and our spa packages we offer use of the Marine spa facilities complimentary, including your towel and robe.

*Enjoy your stay at The Marine Spa*

## THE MARINE SPA PACKAGES

All of our spa packages include full use of the spa facilities and a healthy light lunch.

### DIVINE SPA DAY

90 min

Whether you are looking for escapism from every day life, want to catch up with a friend in a tranquil environment or celebrating a special occasion this is the perfect spa day for you. This spa day includes

- Back Treatment
- Express Facial
- Heavenly Scalp Massage

£125 MONDAY - FRIDAY | £135 SATURDAY - SUNDAY

### TRANQUIL ESCAPE SPA DAY

125 min

When you deserve a real treat, this is a taste of luxury. A relaxing Spa Day to really unwind and relax, it's a truly luxurious top to toe experience. This spa package includes

- 50 min Facial
- 50 min Body Wrap
- 25 min Back, Neck and Shoulder Massage

£143 MONDAY - FRIDAY | £153 SATURDAY - SUNDAY

### ME ME ME SPA DAY

150 min

An day of full-on pampering is ready to carry you off on a journey of complete bliss. This experience gives you the perfect excuse to clear the schedule and focus on your wellbeing. You will enjoy a day of complete including

- 50 min Body Wrap
- 50 min Tailored Body Massage
- 50 min Tailored Facial

£173 MONDAY - FRIDAY | £183 SATURDAY - SUNDAY

### DOUBLE DECADENCE SPA DAY FOR TWO

100 min

What could be better than enjoying a wonderful day of pampering and relaxation in a beautiful and tranquil setting. Having somebody special to share it with of course! A Spa Day is a lovely way to spend quality time with a best friend, partner or loved one. Enjoy a 50 minute tailored massage each and a 50 minute specialised facial each.

£260 MONDAY - FRIDAY | £270 SATURDAY - SUNDAY

### RADIANT MUM-TO-BE SPA DAY

75 min

Pregnancy can take its toll on your body so relax and let a highly trained therapist safely and gently treat you to a truly nurturing experience. This blissful face and body treatment includes a comforting tummy mask that actively helps reduce the risk of stretch marks plus draining massage to reduce water retention thus lightening 'heavy' legs. A skin-brightening facial ensures you look as glowing as you feel. Safe and nurturing pregnancy ritual, suitable for pregnancies over 12 weeks.

£128 MONDAY - FRIDAY | £138 SATURDAY - SUNDAY

## MIX & MATCH

Choose two of the following 25 minute treatments to make your own 50 minute treatment or add them on to any 50 minute treatment.



### AROMATHERAPY BACK NECK & SHOULDER MASSAGE

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Say goodbye to everyday stresses and strains with this heavenly Aromatherapy massage experience that focuses on key pressure points.

£40

### SEA SALT & OIL EXPRESS BODY EXFOLIATION

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A hebridean sea salt and oil scrub gently exfoliates, sweeping away dull, dry skin. An invigorating express treatment to stimulate circulation, eliminate toxins and leaves the skin nourished and glowing.

£40

### SOFT FEET TREATMENT

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Transforming dry, cracked skin to velvety smooth feet. You will receive a foot soak, exfoliation, foot mask and a luxuries foot massage, leaving you feel like your walking on air.

£40

### DISCOVERY EXPRESS FACIAL

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When you're short of time but want to bring back an irresistibly healthy complexion, this is the perfect rescue remedy. For rapid results, your expert therapist uses a combination of massage, Essential Oils and a gentle polish to smooth and revitalise tired skin leaving it fresh and radiant instead.

£40

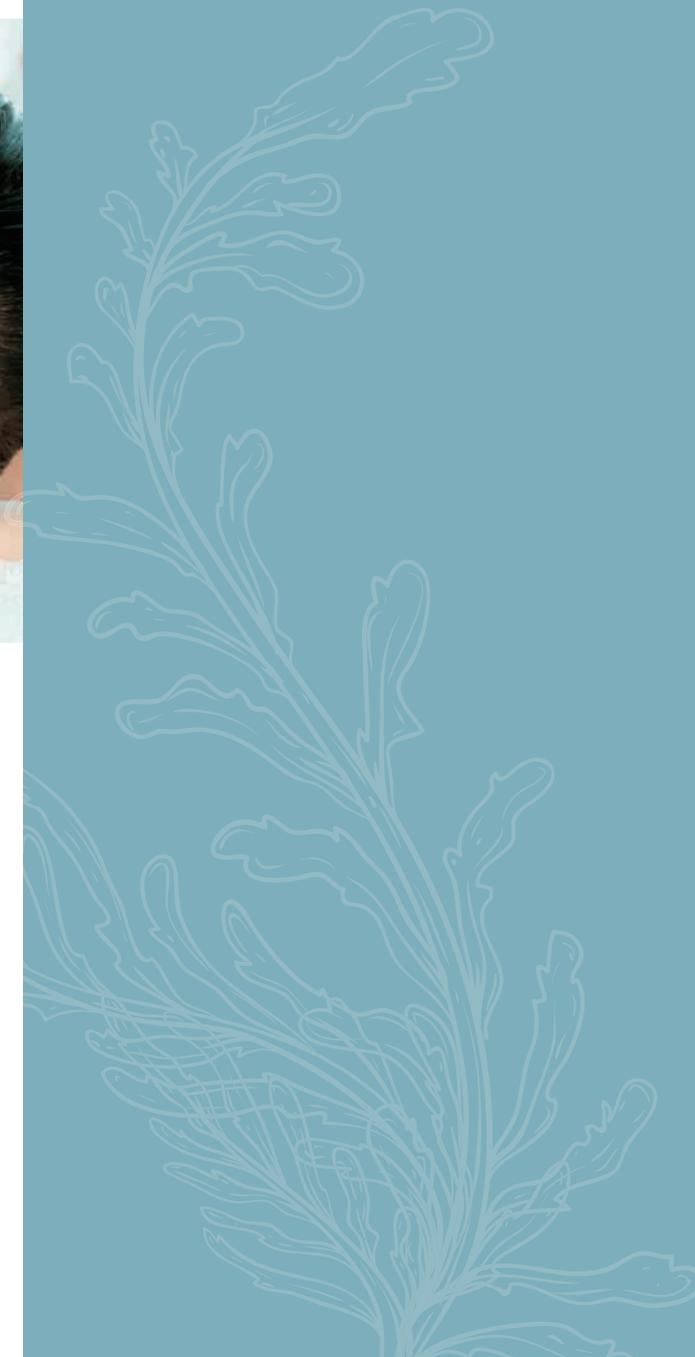
### SCALP MASSAGE

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Complete relaxation massage to re-balance, de-stress, energise and stimulate whilst the therapists hands melt away the muscle tension.

£40

REFRESH





# RELAX

## ISHGA TREATMENTS

### ISHGA INVIGORATING MASSAGE

50 mins

A medium pressure massage combining a powerfully detoxifying seaweed body oil with lemongrass, juniper and rose geranium. The treatment is designed to be invigorating but equally relaxing with a focus on removing tension to re-energise the body. The seaweed body oil used regenerates, firms and tones the skin.

£79 MONDAY - FRIDAY | £89 SATURDAY - SUNDAY

### ISHGA HOT POULTICE MASSAGE

50 mins

A rebalancing, light massage using heated sea salt & seaweed granule filled poultices, which are applied to the body to relax the muscles, release tension and nourish the skin. When the compress is heated it provides a detoxifying effect to draw toxins from the body and pass a host of vitamins and minerals deep within. The poultices can be taken away and used as a detoxifying seaweed bath experience at home.

£79 MONDAY - FRIDAY | £89 SATURDAY - SUNDAY

### ISHGA BACK TREATMENT

50 mins

The ultimate back facial designed to rejuvenate and exfoliate, while treating any congestion and reveal a brighter smoother skin. Beginning with a cleanse, tone and exfoliation, a powerful Moroccan seaweed lava clay mask is applied to clarify and soften the skin while providing a deep moisturising treatment. Ideal for skin concerns such as acne on the back, dryness or skin conditions and for muscular aches and pains. A massage of the back and legs is also included to send you to a place of peace and relaxation.

£79 MONDAY - FRIDAY | £89 SATURDAY - SUNDAY

### ISHGA MARINE EXPERIENCE

100 min

A top to toe package to awaken the senses and leave the skin feeling soft and fresh on the face and body. Begin with an all over body exfoliation with our pure sea salt and oil scrub infused with seaweed and lemongrass to remove dead skin, followed by a full body massages to soothe aching tired muscles and hydrate the skin. Finish the ultimate relaxation with an express facial to brighten, firm and tone the face and relaxing scalp massage to finish.

£100 MONDAY - FRIDAY | £120 SATURDAY - SUNDAY

### ISHGA FACE & BODY SENSATION

70 min

An invigoration yet relaxing back, neck and shoulder massage to target and smooth any tension using our organic seaweed body oil combined with the healing oils of lavender, lemongrass and juniper. Follow with an express ishga facial to rejuvenate and brighten all skin types using a powerful blend of organic seaweed high in antioxidants and anti-ageing benefits.

£85 MONDAY - FRIDAY | £98 SATURDAY - SUNDAY

### ISHGA ANTI-AGEING FACIAL

50 mins

A rejuvenating facial designed to revitalise and repair. It is particularly useful for toning, firming and nourishing but also repairing and protecting the skin from environmental damage. This treatment will cleanse, tone and moisturise the skin leaving it revitalised and hydrated. The high content of seaweed extract in the products used is scientifically proven to preserve the skins natural collagen with a powerful anti-aging properties.

£79 MONDAY - FRIDAY | £94 SATURDAY - SUNDAY

### ISHGA SEAWEED BODY WRAP

50 mins

A powerful Hebridean sea salt and oil scrub with a body wrap. This combines the detoxifying and nourishing effect of the purest seaweed gel with the stimulating and hydrating properties of the scrub. The treatment is designed to eliminate toxins, reduce cellulite, boost energy and improve skin tone.

£79 MONDAY - FRIDAY | £89 SATURDAY - SUNDAY

## BEAUTY TREATMENTS

Your hands and feet never take a day off, so remember to take care of them....

### OPI MANICURE OR PEDICURE

50 mins

There is beauty and elegance in a well manicured nails- this luxurious and effective treatment includes a cleanse, exfoliation, mask and massage. Your hands and feet will feel softer and smoother and look even more attractive with a polish application.

£50

### OPI GEL APPLICATION

40 mins

Perfect for anyone who likes to have manicured nails all the time, OPI's shine-intense Gel Color shades cure in 30 seconds under a LED light and last for up to two weeks! From deep and edgy to sheer and shimmer, we've got the shade for you!

£35

## TEEN TREATMENTS

The Teen Pamper Spa Day provides the perfect opportunity for teenagers to discover the delights of life in a luxury spa.

### MINI FACIAL

Experience your first taste of a facial with this quick fix, leaving your skin refreshed and hydrated.

£35

### MINI NECK & SHOULDER MASSAGE

This treatment focuses on the common areas of tension; the neck, back and shoulders, at a pressure to suit the individual and our aromatherapy oils are sensitive enough to use on young skin.

£35

### HEAD MASSAGE

Complete relaxation massage to re-balance, de-stress, energise and stimulate whilst the therapists hands melt away the muscle tension

£35

### NAIL SHAPE & POLISH

File and a colour application to either your hand or toes using our OPI nail range.

£15

*\* For all nail treatments we advise that you enjoy the Marine spa facilities before your treatment*



## FOR YOUR PROTECTION

The management cannot accept any responsibility for the loss of money or the loss, damage of valuables of any kind that are brought onto the premises. Please keep valuables safe. Smoking is prohibited within the spa.

## FAMILY SWIM TIMES

We do cater for our member and guest families at certain times throughout the day. All children up to the age of 16 must be accompanied by all times on poolside area by a parental guardian. Children are unable to use the sauna and hydro therapy pools. Please note there is an entry charge for children age 6 to 16.

## HEALTH & SAFETY

Trained staff are on duty within the spa; however we do not have any dedicated lifeguards watching the poolside area as it is an unattended pool. If you suffer from high blood pressure, have recently been unwell or believe you may be pregnant you should not use the sauna or hydrotherapy pools. The spa is equipped with showers on poolside and within the changing facilities and it is particularly important that you shower to remove any commercial products before using the pools and after using the sauna.

## YOUR AGE

Clients under the age of eighteen must be accompanied at all times by their parent or guardian when receiving a treatment or using the spa facilities. Persons from the age of 13-18 years are only able to receive a 25 minute treatment to their face, hands or feet. Unfortunately we will not accommodate children under the age of thirteen for spa treatments.

## SPA PACKAGES

Treatments for all spa packages cannot be exchanged or shared with another person. All treatments included on the Spa packages are subject to availability. All Spa packages are inclusive of the use of the Marine Spa, Health Club facilities with treatments and refreshments as described. Itinerary timings may be subject to change without notice.

## PAYMENT

Please ensure all charges are settled before leaving the spa. If paying by gift voucher, the voucher must be presented on the day as your payment method prior to your treatment.

## HEALTH CONDITIONS & PREGNANCY

Certain medical conditions may preclude you from some of the treatments available, please advise of any health conditions, allergies or injuries at time of booking. If you are pregnant we'll be happy to advise of the specially designed treatments.

## CANCELLATION POLICY

If you wish to cancel your appointment please do so within 72 hours to reschedule your appointment and to avoid a 100% cancellation charge. A full fee will be imposed for guests who fail to appear for their appointment. Failure to arrive on time for treatments will result in treatment time being shortened and no discounts will be offered.

## SPA ATTIRE

Before you have your spa treatment, we recommend you change into a robe and slippers for ultimate relaxation. Please wear dry swimwear or your undergarments underneath your robe during your treatment. Residents are welcome to arrive in the robe from their bedroom or you may collect one from Spa reception. We can also provide disposable underwear if required and our therapists will ensure that you are modestly covered with towels at all times. Robe and towels will be provided for guests on spa day packages.

## HOMECARE PRODUCTS

To extend your experience your therapist can advise you which products will help you look and feel your best until your next visit.

## GIFT VOUCHERS

Gift vouchers can be purchase for any treatment or can be made to a value to allow the recipients to choose their own treatment. The gift vouchers are valid for 12 months from the date of purchase and cannot be exchanged for cash. Gift vouchers are only valid for the dates described and cannot be extended. Vouchers can be purchased in person or via our website [www.thestdavidshotel.com](http://www.thestdavidshotel.com). We reserve the right to replace treatments and products no longer available. We reserve the right to change the Terms and Conditions without written notice.

# WE ARE A BARE FOOT SPA

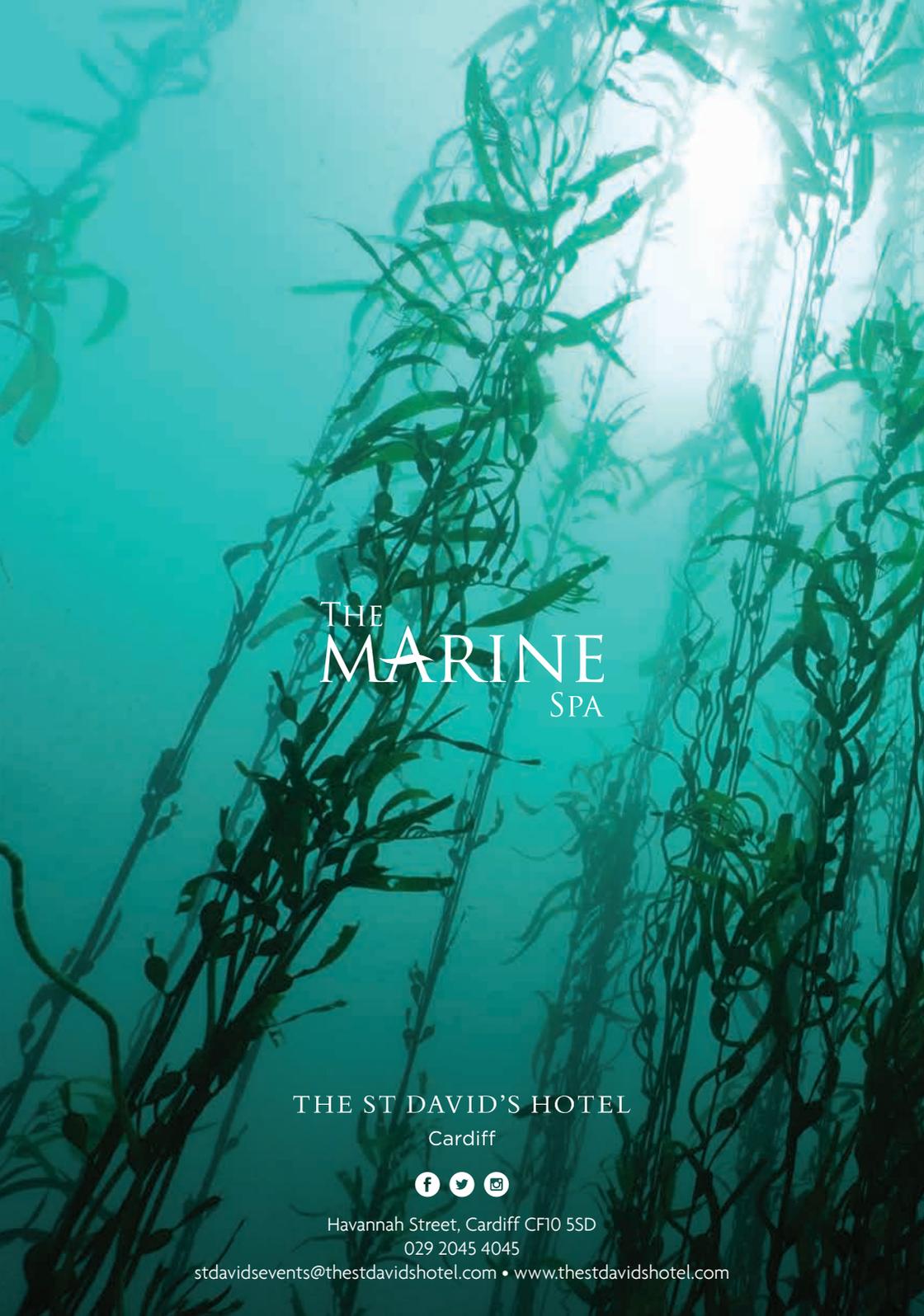
## Did you know?

EVERY YEAR IN WALES WE THROW AWAY  
4 MILLION TONNES OF RUBBISH? THAT'S  
ENOUGH TO FILL THE PRINCIPALITY STADIUM  
EVERY 20 DAYS!

At St David's Hotel we are environmentally friendly. To help us meet our environmental goals and to cut down on the amount of slippers ending up in the bin we have decided to become a bare foot spa! Not only does this help the environment but it also has health benefits too:

Helps clear your mind  
Grounds you to the earth  
Decreases stress and anxiety  
Strengthens and stretches your muscles  
Improves balance

However, if walking bare foot isn't for you, you are more than welcome to wear your own footwear around the spa. Flip flops are also available to purchase from reception for just £2 and you can take them home with you too. If you would like to purchase any flip flops please call reception on 3000 and a member of the team will bring you a pair to your room.



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