



spa

St BRIDES
spa hotel



welcome

to St Brides Spa, located high up on a headland with breathtaking 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 hear the gentle sound of the tide. Treatment rooms and relaxation areas surround a restful infinity edge hydrotherapy pool and invigorating thermal bathing experiences.

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

proud to be
partnered with...

VOYA

Voya are marine spa specialists who have used generations of acquired wisdom about 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 PARIS

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 antioxidant rich properties, Caudalie formulas deliver effective natural glamour with sustained ecology.

Our thermal suite & hydrotherapy pool....

...is a luxurious sanctuary of calm and tranquillity with breathtaking coastal views. Enjoy some time-out to relax and unwind in our hydrotherapy pool overlooking the sea, then explore our thermal suite, a series of cabins providing unique heat related experiences to soothe, relax and detoxify your body.

The wonderfully relaxing pool is heated to body temperature providing a cosy haven, even on 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 and the hydrotherapy jets will suspend you above the water recliner whilst gently massaging your body.

A 90 minute session in our thermal suite & hydrotherapy pool is complimentary with each night of stay. Residents are advised to make their bookings in advance of their stay as our Spa is likely to be fully booked by the time of check-in.

Non-residents are welcome to use the Thermal Suite & Hydrotherapy Pool at £40pp for a 90 minute session.



Our thermal suite & hydrotherapy pool

The Thermal Suite experience is a sanctuary designed for guests to relax and luxuriate in. It's made up of a series of cabins, with varying temperatures, each with a differing essence and chroma therapy lighting, to stimulate all the senses. It promotes relaxation, enhances your breathing and cleanses the body.

This wonderful area includes...

Salt Infusion Room

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

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.

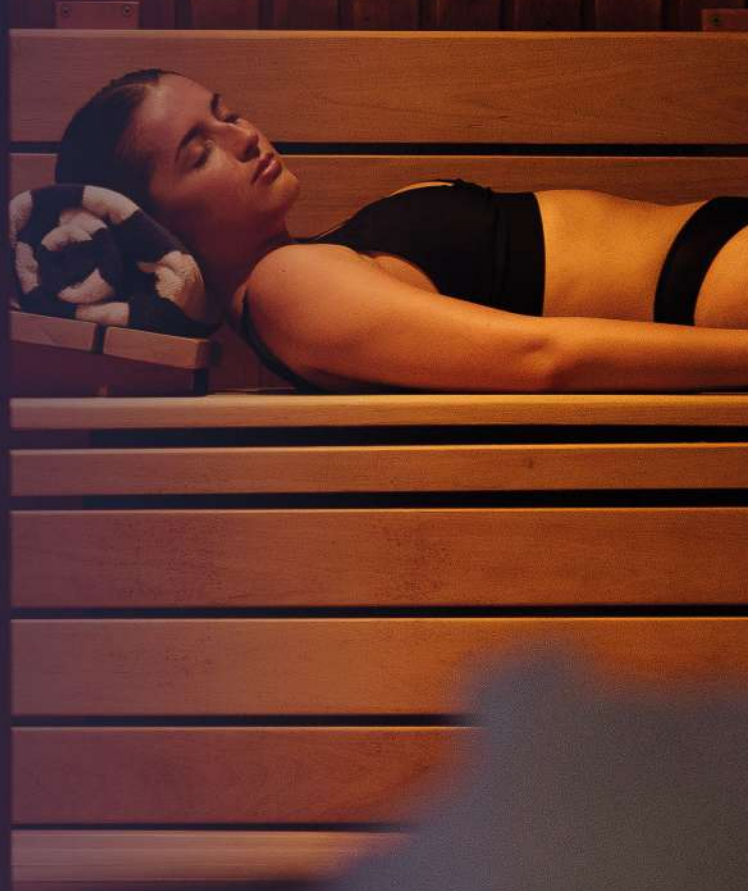
Sensation Shower

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

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.

Accompanying our range of thermal experiences, we also have our exclusive relaxation lounge and terrace for spa guests to enjoy during their session, providing a serene sanctuary to sit back and switch off from the outside world.



Our coastal dual treatment room...

...inviting couples or friends to fully benefit from their spa experience, with full height windows that slide open to reveal the fresh sea air and gentle sound of the tide.



*room subject to availability

the perfect package

Pamper yourself in our award winning Spa with our Perfect Package. Enjoy a relaxing 25 minute Back, Neck & Shoulder Massage followed by a deeply nourishing 25 minute VOYA Discovery Facial for just £85pp.

Back, Neck & Shoulder Massage

Let the aches and strains of everyday life just melt away with our back, neck and shoulder massage, designed to relax and ease tension in your upper body. Concentrating on the whole back area, your therapist will tailor make the treatment to suit your needs and over stressed muscles will be worked to leave you feeling stress and tension free.

VOYA Discovery Facial

VOYA's Discovery Facial is specifically tailored to your skin's needs. Following a complete skin analysis, products will be chosen to target your skin concern. Using a combination of cleanser, exfoliation, mask and moisturiser, this facial experience is designed to give you all the results of a 60 minute facial in 25 minutes. While the mask is working its magic you will experience a nourishing scalp massage leaving you feeling completely pampered and revived.

Include a 90 minute session in the **Thermal Suite & Hydrotherapy Pool** with this package for a £40pp supplement.

To book please call 01834 815 075 or email spa@stbridesspahotel.com

T&C'S Package subject to availability. Treatments cannot be changed for an alternative. Please note all treatment times stated include a pre-treatment consultation and changing time.

lazy days

Escape the hustle and bustle of everyday life and enter a world of soothing serenity and pure relaxation with our Lazy Days package.

Your Spa Experience:

- 60 minute session in the Thermal Suite & Hydrotherapy Pool
- 55 minute VOYA Organic Seaweed Body Wrap
- 25 minute Back, Neck & Shoulder Massage or 25 minute VOYA Discovery Facial
- 1 Course Lunch in our Cliff Restaurant
- £10 credit to spend on any Spa products during your visit.

VOYA Organic Seaweed Body Wrap

This wonderful cocooning 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 ageing, improving the suppleness and elasticity of your skin. VOYA's body wrap will have you nourished, untangled and tingling!

Choose one of the following to compliment your body treatment:

25 Minute Back, Neck & Shoulder Massage

Let the aches and strains of everyday life just melt away with our Back, Neck and Shoulder Massage, designed to relax and ease tension in your upper body. Concentrating on the whole back area, your therapist will tailor make the treatment to suit your needs and over stressed muscles will be worked to leave you feeling stress and tension free.

25 Minute VOYA Discovery Facial

VOYA's Discovery Facial is specifically tailored to your skin's needs. Following a complete skin analysis, products will be chosen to target your skin concern. Using a combination of cleanser, exfoliation, mask and moisturiser, this facial experience is designed to give you all the results of a 60 minute facial in 25 minutes. While the mask is working its magic you will experience a nourishing scalp massage leaving you feeling completely pampered and revived.

Package priced at £185pp.

**To book this package please call our Spa on 01834 815 075
or email spa@stbridesspahotel.com**

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gentle waves

Take time to unwind with this blissful spa experience guaranteed to leave you feeling completely relaxed and rejuvenated!

Your Spa Experience;

- 60 Minute Session in the Thermal Suite & Hydrotherapy Pool
- 1 Course Lunch in the Cliff Restaurant
- 70 minutes of Treatment Time which includes;

Indian Head & Facial Massage

Using Ayurvedic techniques, to lift you from the everyday stresses of modern day life. Your therapist will concentrate on the neck and shoulder; scalp and face, working deeply over the muscles and pressure points, where techniques are used to stimulate and revive, soothing away any tension in the muscles. Your skin will be left beautifully soft, with a healthy glowing appearance.

Organic Seaweed Foot Mask & Massage

While your stresses are melting away your feet will be cocooned in a warm organic seaweed foot mask to soften, smooth and moisturise the skin. Whilst the seaweed mask stimulates blood flow and soothes aching tired muscles, the feet and lower legs will be massaged to complete this holistic journey. A very effective method to help reduce fatigue, dispel stress and relieve tension, increasing vitality and clarity of thought.

Package priced at £150pp.

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≡ massage

St Brides Full Body & Scalp Massage (55 Mins) - £85

This deeply relaxing 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.

St Brides Upper Body & Scalp Massage (40 Mins) - £65

Concentrating on the whole upper body and scalp area, your therapist will tailor make the treatment to suit your needs. Overstressed muscles will be worked to leave you feeling stress and tension free.

VOYA Luxury Back Treatment (55 Mins) - £85

This deeply replenishing and relaxing treatment starts with a cleansing hand and foot ritual followed by a nourishing organic back treatment. A seaweed mask is used to stimulate the blood and lymph flow which is an excellent skin rejuvenator, combatting muscle fatigue and producing a smoothing and moisturising effect. Meanwhile the scalp is massaged to relieve tension, lifting you from everyday stresses. The treatment is completed with a muscle soothing back, neck and shoulder massage which will leave you feeling stress and tension free.

Expectant Mother Massage (55 Mins) - £85

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.

Book your treatment by calling the Spa on 01834 815075.

Please note all treatment times stated include a pre-treatment consultation and changing time. Each one of our massage treatments are adapted by our therapists after consultation to offer you the best experience on the day. Use of the Thermal Suite & Hydrotherapy Pool is not included with treatments, unless stated.



≡ facials

Tailored Caudalie Facial (55 mins) – £85

This treatment is tailored to your skin type to nourish and protect your delicate facial skin, it will include a nurturing massage of the face, neck, shoulders and scalp to revive the mind and soothe away any tension in the muscles.

Express D-Vine Facial (25 Mins) – £45

This express treatment is tailor made for those who are time short, yet still want results. Every skin type can be addressed and 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.

Book your treatment by calling the Spa on 01834 815075.

*Please note all treatment times stated include a pre-treatment consultation and changing time.
Use of the Thermal Suite & Hydrotherapy Pool is not included with treatments, unless stated.*

VOYA Marine Radiance Facial (55 Mins) – £85

Awaken the radiance of your skin! A skin rejuvenating facial designed using a combination of anti oxidant algae complexes, pro collagen organic extracts and a restorative blend of organic ingredients to fight the signs of visible ageing, reduce the appearance of fine lines and wrinkles, hydrate and plump the skin texture. In this truly organic facial, we use natural extracts to gently exfoliate your face. We follow by applying a luscious gel mask and freshly harvested seaweed leaves to your face and décolleté. The result is 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 types.

VOYA Discovery Facial (25 Mins) - £45

VOYA'S Discovery Facial is specifically tailored to your skin's needs. Following a complete skin analysis, products will be chosen to target your skin concern. Using a combination of cleanser, exfoliation, mask and moisturiser, this facial experience is designed to give you all the results of a 60 minute facial in 25 minutes. While the mask is working its magic you will experience a nourishing scalp massage leaving you feeling completely pampered and revived.

Book your treatment by calling our Spa on 01834 815075.

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holistic treatments

Indian Head Massage (40 mins) – £60

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.

Book your treatment by calling our Spa on 01834 815075.

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hands and feet

St Brides Manicure (45 mins) – £65

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.

St Brides Pedicure (50 mins) – £65

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.

Add CND Shellac Gel Polish for £10pp

Nails need to be free from gel polish on arrival. Additional charge will apply for gel removal or treatment may be refused if the time is not available for removal.

Finishing touches available upon request, starting from £10.
(waxing, tinting and shaping)



how to spa

HOW TO BOOK

Book by calling us directly on 01834 815075 or email us at spa@stbridesspahotel.com. We advise that you book your treatments well in advance, including use of the Thermal Suite and Hydrotherapy Pool. For all Spa bookings, we will require your full address, contact telephone number and a non-refundable 50% deposit to reserve your appointments.

CANCELLATION

Cancellation notification is required at least 48 hours in advance of your treatments. Deposits are non-refundable but transferable, providing at least 48 hours notice is given. If you do cancel any treatment within less than 48 hours of your Spa appointment, your deposit will be lost.

HEALTH ADVICE

Information about your health enables us to recommend the best treatments for you, please advise us of any medical issues you may have such as high blood pressure, heart problems, varicose veins, allergies, or any other condition. 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. All treatments are booked subject to medical status. Suitability of treatments will be re-confirmed 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.

AGE RESTRICTIONS

The Spa is an adult only environment which is available to guests 16 years and over.

TIMINGS

We advise you to arrive for your 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 post treatment relaxation room, after your treatment.

WHAT TO BRING

For Thermal Bathing and using the Hydrotherapy Pool, you will need to bring your own swimsuit. Robes, Slippers and towels are provided for your spa experience. If you are having a treatment without using the Thermal Suite & Hydrotherapy 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 as well as a hairdryer and straighteners are all available for you to use in our changing rooms. It is advisable to leave your jewellery and valuables in your room or at home. No sharp objects or razors are allowed 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

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