



St Brides Spa is a seaside retreat which reflects its marine location, perched on a headland with dramatic coastal views.

The cliff edge dual treatment room invites couples and friends to fully benefit from the healing properties of the sea. Treatment rooms and relaxation areas surround a restful hydro-pool with thermal spa experiences.

THERMAL SUITE

Thermal bathing promotes relaxation, enhances breathing and cleanses the body in preparation for treatments with your therapist. We recommend that you spend up to a maximum of 90 minutes in the thermal suite and vitality pool areas. The Thermal Suite and Vitality Pool experience comprises:-

- **Salt Infusion Room**
A gentle moist heat, combined with bursts of sea salt infusions encourages the body to perspire and increases blood circulation. It will enliven your senses, eliminate toxins and ease muscular tension.
- **Sensation Shower**
A selection of three water experiences with very differing temperatures, aromas and colour therapy light moods stimulate all the senses. Explore the tropical rain, cold mist and gush showers.
- **Aroma Steam Room**
This aromatic room is filled with hot steam, creating 100 percent humidity. Breathing is eased and your lymphatic system is cleansed through perspiration, resulting in a glowing skin tone.
- **Herbal Rock Sauna**
A relaxing and invigorating dry heat helps boost your immune system.
- **Ice Fountain**
Cool between the various hot temperatures of the thermal suite by rubbing flaky, crushed ice vigorously all over your body. The contrast of temperature will boost your circulation and strengthen the immune system.

HYDRO POOL

This infinity edge 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 air jets will suspend you above the under water recliner whilst gently massaging your body.

A horizontal banner with a light blue background. On the left is the St BRIDES spa hotel logo. To its right is the text: 'st brides spa hotel', 'Saundersfoot, Pembrokeshire SA69 9NH, Wales', 't: +44 (0) 1834 812 304', 'f: +44 (0) 1834 811 766', 'e: reservations@stbridesspahotel.com', and 'www.stbridesspahotel.com'. To the right of the text are four small images: a room with a bed and a metal sculpture, a woman in a hot tub, and a spa treatment table with a recliner.

THERMAL SUITE AND VITALITY POOL TARIFF FOR 90 MINUTES:-

RESIDENT GUESTS

- **Complimentary** when combined with at least one 55 minute treatment per guest
- **£25** with less than one 55 treatment per guest


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
- **£45** with less than one 55 minute treatment per guest


Swimsuits are required to experience the thermal suite and vitality pool treatment, and may be purchased at spa reception.

GIFT VOUCHERS

St Brides Spa Hotel Vouchers offer the perfect gift solution, whatever the occasion. Whether you choose a specific treatment, a monetary value or a day spa, our complimentary* presentation box adds finishing touches to a personalised gift. To order your voucher, simply call 01834 815 075, email spa@stbridesspahotel.com or visit the spa in person. 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. *A complimentary gift box is available on a minimum of £100 spend. Alternatively, they may be purchased for £5 each. We will be delighted to send the voucher directly to the recipient or deliver it to your room.



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TREATMENT MENU

ALGOTHERM is a leading marine spa product using natural sea botanicals, including sea salt, sea weed varieties and algae from the north coast of France. This specialist thalassotherapy company perfectly compliments our seaside location.

COMFORT ZONE is an award winning international skincare company who have designed a collection of three exclusive coastal treatments to celebrate St Brides being their first platinum status spa, Each begins with a tranquility welcome and closes with an infused tea ritual:-

- **OCEAN BREEZE** **1 HOUR, 55 MINUTES** **£125**
The refreshing touch of a **foot ritual** deeply cleanses and revitalises. A recover touch **facial** will allow you to rediscover and reconnect with your mind. A calming and activating **back massage** with sublime cream leaves your skin feeling hydrated and silky smooth, reawakening the spirit.
- **OCEAN RENEWAL** **55 MINUTES** **£75**
A full body pureness **scrub** warms the soul from within. Hot **sea mud** enriched with thermal water and pure essential oils restore energy to the body, and relieves tiredness.
- **OCEAN MIST** **40 MINUTES** **£55**
This purifying treatment gently **cleanses feet, awakens eyes** to render the skin clean, rebalanced and rejuvenated. It clears away the old to bring in the new, embracing the nourishing surroundings of St Brides Marine Spa.


DAY SPA ESCAPES

St Brides Spa Days include a welcome showround of the spa, herbal teas and coffee, two course light lunch in the Gallery Bar or Cliff Restaurant and a 90 minute Thermal Suite and Vitality Pool experience.


- DOLWEN BAY** **£215**
- Complete Body Wrap of your choice
 - Skin Specific Facial
 - Manicure
 - Pedicure

- GILWEN POINT for two** (request dual treatment room at the time of booking) **£165**
(per person)
- Complete Body Wrap of your choice
 - Hands on Back, Neck and Shoulder Massage
 - Skin Specific Facial

- RAGWEN SANDS** **£125**
- Marine Body Scrub
 - Hands on Back, Neck and Shoulder Massage
 - Skin Specific Facial



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FACE

GLORIOUS SKIN AND EYE SUPREME

70 MINUTES

£75

A corrector for visible expression signs, resulting in younger looking skin. The tingling chrono reverser gel deeply exfoliates the skin, and hexapeptides give an immediate lifting, plumping and tensing action. This facial combined with the eye supreme remedy restores moisture, reduces puffiness, dark circles, and smoothes signs of ageing.

INO SENSI

70 MINUTES

£70

A natural source of softness for sensitive skin. Hypoallergenic protective fluid caresses and cocoons the face. Unique glass globes calm irritation, leaving even, cool to touch skin.

MARINE RADIANCE

55 MINUTES

£65

Awaken the radiance of your skin with this intensive treatment to combat dull complexions, pigmentation and stressed skin. A combination of amino acids and vitamin E stimulates cell renewal resulting in a bright natural glow.

ACTIVE PURENESS

55 MINUTES

£60

A deeply cleansing treatment, recommended for oily or combination skins. Extracts of sage balm, mint and orange fruit water purifies and balances, leaving the skin feeling refreshed and restored.

HYDRAMEMORY

55 MINUTES

£60

A 24 hour deeply hydrating treatment. The special ingredient trehalose combined with hibiscus and honey rapidly improve moisture levels for silky smooth skin.

OCEAN FOR MEN

55 MINUTES

£60

Designed specifically to combat blocked pores, oiliness, sensitivity and ageing. A relaxing fuss free treatment with marine aromas that will leave your skin feeling cleansed and refreshed.

BODY

FULL BODY AND SCALP MASSAGE

55 MINUTES

£65

BACK NECK AND SHOULDER MASSAGE

25 MINUTES

£35

SCALP MASSAGE

25 MINUTES

£30

HOT AND COLD STONE RITUAL MASSAGE

85 MINUTES

£90

This ritual involves the application of heated basalt stones with alternating cooling marble stones which are applied to the body to offer relief to tired and sore muscles. This 'vascular gymnastics' for the circulatory system assists the body's self-healing process that goes beyond the normal parameters of stone therapy.

STONE THERAPY FULL BODY MASSAGE



55 MINUTES

£70

STONE THERAPY BACK NECK AND SHOULDER MASSAGE

25 MINUTES

£40

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BORA BORA - DEEP SEA RITUAL

1 HOUR, 55 MINUTES

£125

A full body sugar scrub exfoliation prepares the skin for a full body massage using marine stamps which are made of natural linen and cotton filled with pure chondrus crispus seaweed. Heated and impregnated with elixir deep sea water, these exclusive stamps are used on pressure points and meridian lines. This Algoterm signature treatment continues with a hands on massage and concludes with the application of divine cream to achieve ultimate relaxation.

SEA SALT EXFOLIATION AND WRAP

55 MINUTES

£65

Sea salts blended with marine oils exfoliate the body relieving tiredness, eliminating toxins and minimising water retention. Whilst cocooned in a heated blanket, your circulation is increased, aching muscles relieved and a scalp massage aids relaxation. Moisturising creams are gently massaged onto the entire body, resulting in a silky smooth texture to your skin.

MARINE BODY SCRUB

25 MINUTES

£35

Seaweeds exfoliate and assist the absorption of sea minerals. This is recommended to prepare the skin for the above treatments.

DRAINING AND DETOXIFYING WRAP

55 MINUTES

£65

Seaweeds boost metabolism. Toxins and excess fluid are eliminated, leaving your body feeling slenderized and lighter.

ACHES AND PAINS WRAP

55 MINUTES

£65

Marine mud deposits rich in minerals benefit inflamed aching joints and stiff limbs. Skin texture is softened by the healing properties of the sea.

D-AGE WRAP

55 MINUTES

£65

Reduces the appearance of stretch marks and aids in the prevention of new ones. Kamani oil stimulates collagen production and walnut works against the adverse effects of atmospheric pollution, to actively firm your skin.

NEW MUM

55 MINUTES

£65

A treatment during pregnancy for 12 weeks and more. Sweet, delicate ingredients have a draining effect and relieve joint tension by reducing swelling and heaviness. Skin tone and elasticity is maintained whilst the muscles of the lower back are deeply relaxed.

NEW LIFE

55 MINUTES

£65

Restores body shape and firms skin tissues with a synergy of products that help regain tone, firmness and elasticity. Available when baby is six weeks to two years old.



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HANDS AND FEET

ST BRIDES LUXURY PEDICURE

55 MINUTES

£60

Nourishing creams super condition neglected feet and nails. The extra rich hydration replenishes and softens hard working heels, lavishing a rich and healing action on your skin. Your feet will then be enveloped in comforting warm mitts to increase circulation and soften the skin. If you opt for no polish during this treatment we allow more time for cuticle work and massage.

ST BRIDES LUXURY MANICURE

55 MINUTES

£60

Nails will be perfectly shaped, cuticles will be 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 and a strengthening treatment added as needed.

FILE AND POLISH

25 MINUTES

£25

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

WAXING AND TINTING

FULL LEG WAX

40 MINUTES

£30

HALF LEG WAX

25 MINUTES

£20

BIKINI WAX

15 MINUTES

£15

UNDERARM WAX

15 MINUTES

£15

BACK OR CHEST WAX

25 MINUTES

£20

EYEBROW/EYELASH WAX OR TINT

25 MINUTES

£15

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 send your products with complimentary postage and packaging. We will be pleased to post homecare products to you or deliver them to your room.



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SPA ETIQUETTE

HOW TO BOOK – Call +44 (0)1834 815075 or email spa@stbridesspahotel.com

We advise that you book your treatments well in advance including the 90 minute Thermal Suite and Vitality Pool Treatment. The sea view **dual treatment room** 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, a charge will be made on you 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 **one week** 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. 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. **(Please note that the Thermal Suite and Vitality Pool are not available to pregnant guests).**

AGE RESTRICTIONS

The Thermal Suite and Vitality 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

When using the Thermal Suite and Vitality Pool, you will need to bring your own swimsuit. Robes, slippers and towels are provided on arrival. If you are having a treatment without the Thermal Suite and Vitality Pool, you will normally keep your underwear on or your therapist can provide you with disposable briefs if you prefer. Shampoo, conditioner and shower gel are available for you to use in our changing rooms. It is advisable to leave your jewellery and valuables in your room or at home.


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 the Gallery or Cliff Restaurants. As we are a spa hotel, guests are welcome to dine in your robes and slippers.

MOBILE PHONES

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

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



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