



THE  
MARINE  
SPA



# About our spa

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

Our pools are enhanced with mineral salts, which are hugely beneficial to the skin thanks to the high magnesium content, calcium, zinc and potassium. This can help plump up skin because it attracts and binds water, and improves hydration by strengthening the barrier function of the skin. Salts in the water allow a two-way process to occur, helping to detoxify the body and allowing it to absorb the minerals it needs to regenerate.

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 10 treatment rooms and a deep relaxation lounge.

With all our 50 minute or 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.

# Relax, rejuvenate & unwind at The Marine Spa

## THE MARINE SPA PACKAGES

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

### DIVINE SPA DAY

90 min

£125 MONDAY - FRIDAY | £137 SATURDAY - SUNDAY

Whether you are looking for an escape from everyday 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 a 40 minute back treatment, a 25 minute facial and a 25 minute heavenly scalp massage.

### COUPLES PARADISE (for two)

50 min

£160 MONDAY - FRIDAY | £176 SATURDAY - SUNDAY

Treat yourself and the one you love with a romantic spa retreat. Let us take you away with a 50-minute Hot Coconut Poultice full body massage each along with a Two Course Dinner to finish overlooking Cardiff Bay.

### TWILIGHT SPA PACKAGE\*

25 min

£55 MONDAY - FRIDAY | £60 SATURDAY - SUNDAY

Unwind at the end of your day and join us for a chilled out evening with a 25 minute treatment of your choice and Afternoon Tea or Two Course Dinner.

*\*Treatments are available after 4:30pm*

### ME ME ME SPA DAY

150 min

£173 MONDAY - FRIDAY | £190 SATURDAY - SUNDAY

An exquisite day of full-on pampering is ready to carry you off on a journey of complete bliss. This luxurious experience gives you the perfect excuse to clear the schedule and focus on your wellbeing. You will enjoy a head to toe pamper including a 50 minute tailored massage, 50 minute tailored facial and a 50 minute body wrap.

### DOUBLE DECADENCE SPA DAY (for two)\*

100 min each

£260 FOR TWO MONDAY - FRIDAY | £286 SATURDAY - SUNDAY

What could be better than enjoying a wonderful day of pampering and relaxation? 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.

### RADIANT MUM TO BE SPA DAY\*

75 mins

£128 MONDAY - FRIDAY | £140 SATURDAY - SUNDAY

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.

*\*Suitable for pregnancy over 12 weeks*

# 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 for an extra treat.

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## **BACK NECK & SHOULDER MASSAGE** £40

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

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## **SEA SALT & OIL EXPRESS BODY EXFOLIATION\*** £40

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.

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## **DISCOVERY EXPRESS FACIAL\*** £40

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.

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## **LEG MASSAGE\*** £40

A luxury leg massage that will be leaving you feel like you're walking on air.

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## **SCALP MASSAGE\*** £40

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

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## **DEEP TISSUE BACK MASSAGE** £45

Alleviate stress and release the discomfort of aching muscles.

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## **HOT STONE BACK MASSAGE** £45

Melt stress away with this divine warm stone massage. These magical stones help release tension and soothe aches, with the use of luxurious Aromatic Balms to ensure skin emerges as soft as silk.

*\*Suitable for pregnancy over 12 weeks*

*When booked alone our 25 minute treatments do not include use of The Marine Spa thermal areas. Add on access for only £15.*



# BODY TREATMENTS

## SWEDISH FULL BODY MASSAGE

50 mins

£79 MONDAY - FRIDAY | £87 SATURDAY - SUNDAY

This relaxing massage will stimulate circulation, remove toxins from the circulatory system, release tight muscles, restore range of motion and relieve pain. You will be left with soothed muscles and feeling deeply relaxed.

## DEEP TISSUE FULL BODY MASSAGE

50 mins

£79 MONDAY - FRIDAY | £87 SATURDAY - SUNDAY

Powerful, deep and strongly rhythmic movements make this customised massage pure therapy for body and soul. Created to alleviate stress deep down and release the discomfort of aching muscles (whether through fatigue or stress), 100% natural Decleor Essential Oil Balms actively work with your body to release localised areas of intense tension. Leaves your mind feeling less cluttered and muscles intensely relaxed.

## HOT STONE FULL BODY MASSAGE

50 mins

£79 MONDAY - FRIDAY | £87 SATURDAY - SUNDAY

The most blissful way to soothe body and mind, stress doesn't stand a chance against this divine warm stone massage. Your personalised sensorial journey relies on the therapist's intuitive touch in harmony with smooth, heat-releasing stones. Individually shaped, these magical stones help release tension, soothe aches and rebalance energy levels; the use of luxuriously melting Aromatic Balms ensure skin emerges soft as silk too.

## COCONUT HOT POULTICE MASSAGE

50 mins

£79 MONDAY - FRIDAY | £87 SATURDAY - SUNDAY

A rebalancing, rhythmic massage using heated coconut poultices to relax muscles, release tension and nourish the skin. A feeling of deep relaxation will be yours, as your body is pressed and massaged, and skin is conditioned with anti-oxidant coconut oil.

## PREGNANCY PAMPER MASSAGE\*

50 mins

£79 MONDAY - FRIDAY | £87 SATURDAY - SUNDAY

Using tailored expert techniques, this massage helps to relieve stress and tension in this important time. With oils safely formulated to be used during pregnancy, let us help to reduce swelling and discomfort.

## DECLEOR AROMATHERAPY FULL BODY MASSAGE

50 mins

£79 MONDAY - FRIDAY | £87 SATURDAY - SUNDAY

Everyday stresses and strains simply disappear with our heavenly Aromatherapy Massage to either relax, detoxify, tone or stimulate. The incredibly soothing sensation of the Aromatherapy Balms, expertly blended from an exquisite elixir of natural Essential Oils, melt away tension and ease stress for renewed energy and velvety skin.

## ISHGA INVIGORATING MASSAGE

50 mins

£79 MONDAY - FRIDAY | £87 SATURDAY - SUNDAY

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.

# BODY TREATMENTS

## ISHGA HOT POULTICE MASSAGE

50 mins

£79 MONDAY - FRIDAY | £87 SATURDAY - SUNDAY

A rebalancing, light massage using heated sea salt & seaweed granule filed 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.

## ISHGA BACK TREATMENT

50 mins

£79 MONDAY - FRIDAY | £87 SATURDAY - SUNDAY

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.

## ISHGA MARINE EXPERIENCE

100 min

£100 MONDAY - FRIDAY | £110 SATURDAY - SUNDAY

A top to toe package to awaken the senses and leave the skin feeling soft and fresh on the face and body. Begin with a 25 minute all over body exfoliation with our pure sea salt and oil scrub infused with seaweed and lemongrass to remove dead skin, followed by a 50 minute full body massage to soothe aching tired muscles and hydrate the skin. Finish the ultimate relaxation with an express 25 minute facial to brighten, firm and tone the face and relaxing scalp massage to finish.

## AROMATHERAPY BODY WRAPS

50 mins

£79 MONDAY - FRIDAY | £87 SATURDAY - SUNDAY

### • LEMON & MANGO FIRM & TONE

This collagen boosting body wrap tones slackened skin, repairs sun damage and helps improve the look of stretch marks.

### • PEPPER & GRAPEFRUIT SLIM EFFECT

Naturally invigorating & detoxifying essential oils are used to ultimate effect in this fat-fighting & firming body envelopment

### • VANILLA & YLANG YLANG RELAXING HYDRATION

Banish stress with this cocooning treatment and warming relaxation wrap.

### • ISHGA SEAWEED BODY WRAP

A powerful Hebridean sea salt and oil scrub with a seaweed body wrap. The treatment is designed to eliminate toxins, reduce cellulite, boost energy and improve skin tone.

*\*Suitable for pregnancy over 12 weeks*

# FACIAL TREATMENTS

Treat yourself to a refreshing facial that's guaranteed to revitalise and repair.



## ISHGA FACE & BODY SENSATION

75 min

£85 MONDAY - FRIDAY | £93 SATURDAY - SUNDAY

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 Ishga anti-ageing facial to rejuvenate and brighten all skin types using a powerful blend of organic seaweed high in antioxidants and anti-ageing benefits.

## ISHGA ANTI-AGEING FACIAL

50 mins

£79 MONDAY - FRIDAY | £87 SATURDAY - SUNDAY

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 skin's natural collagen with a powerful anti-aging properties.

## DECLEOR ULTIMATE VITAMIN GLOW FACIAL

50 mins

£69 MONDAY - FRIDAY | £76 SATURDAY - SUNDAY

Power-packed with vitamins and anti-oxidants, this award winning facial melts away stress. Combines a rebalancing Essential Oil elixir plus warm, decongesting mask for skin that's purified, perfectly replenished and glowing.

## DECLEOR JASMINE POWER BOOSTER

45 mins

£65 MONDAY - FRIDAY | £72 SATURDAY - SUNDAY

For instant refined and flawless skin, this power packed facial awakens even the most tired of complexions in the shortest of times. Exquisite massage techniques revitalise the mind and body whilst the powerful infusion of Essential Oils in the Hydrogel mask leave the skin with an airbrushed luminosity and as fresh as the morning dew.

## DECLEOR EXPERT BEAUTY ENHANCING FACIAL

75 mins

£79 MONDAY - FRIDAY | £87 SATURDAY - SUNDAY

A sensation of extreme effectiveness and well-being prescribed to your individual skin needs. After an expert skin analysis, your therapist will select from one of our targeted active masks with renowned properties that will enhance the beauty of your own skin.

## DECLEOR HYALURONIC ACID WRINKLE RESIST

75 mins

£79 MONDAY - FRIDAY | £87 SATURDAY - SUNDAY

This is the secret to youthful skin! Using powerful youth-boosting botanicals, this pampering facial intensively targets the appearance of lines and wrinkles. The mineral-loaded mask lifts, plumps and firms while gentle exfoliation refines skin texture. Bringing dramatic and immediate results, expression lines and wrinkles are smoothed ensuring skin looks luminous.

## DECLEOR FACIAL LIFT YOGA

75 mins

£79 MONDAY - FRIDAY | £87 SATURDAY - SUNDAY

A lifting facial for smoothed, firmed and luminous skin. A unique facial combining the flow, rhythm and repetition of powerful Kobido massage technique with the power of Iris and Lavandula essential oils for smoothed, firmed and luminous skin. Facial Lift Yoga aims to fight against the signs of ageing whilst leaving your skin, body and mind feeling uplifted.

## DECLEOR FACIAL PILATES

75mins

£79 MONDAY - FRIDAY | £87 SATURDAY - SUNDAY

The ultimate precision contouring facial, Facial Pilates has been created to help reshape the contours of the face with a re-cushioning effect. After a deep cleansing & three facial massages, your therapist will help lift your skin with a massage using our Orexcellence Energy Concentrate Youth Mask. This will plump and smooth the appearance of lines & wrinkles, whilst softening & increasing the tone, leaving the skin glowing with rosy youthfulness. Let the youth you feel inside show on the outside.

## DECLEOR TOTAL AROMATHERAPY ESCAPE

75mins

£95 MONDAY - FRIDAY | £105 SATURDAY - SUNDAY

A divinely indulgent treatment, your journey begins with Decléor's warm aromatic balms being gently applied to the body, followed by a deeply de-stressing full body massage to melt tension and stress away. You will then receive a prescriptive facial suited to your skin's needs and concerns, leaving you feeling intensely rejuvenated and relaxed from head to toe.

## BEAUTY TREATMENTS

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

### **MANICURE OR PEDICURE** 50 mins

**£50**

There is beauty and elegance in 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.

### **GEL APPLICATION** 40 mins

**£35**

Perfect for anyone who likes to have manicured nails all the time, 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!

### **NAIL SHAPE & POLISH** 25 mins

**£20**

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

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

## TEEN TREATMENTS

Our teen pamper treatments provide the perfect opportunity for teenagers to discover the delights of life in a luxury spa.

### **MINI FACIAL** (Ages 13+) **£35**

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

### **MINI NECK & SHOULDER MASSAGE** (Ages 16+) **£35**

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.

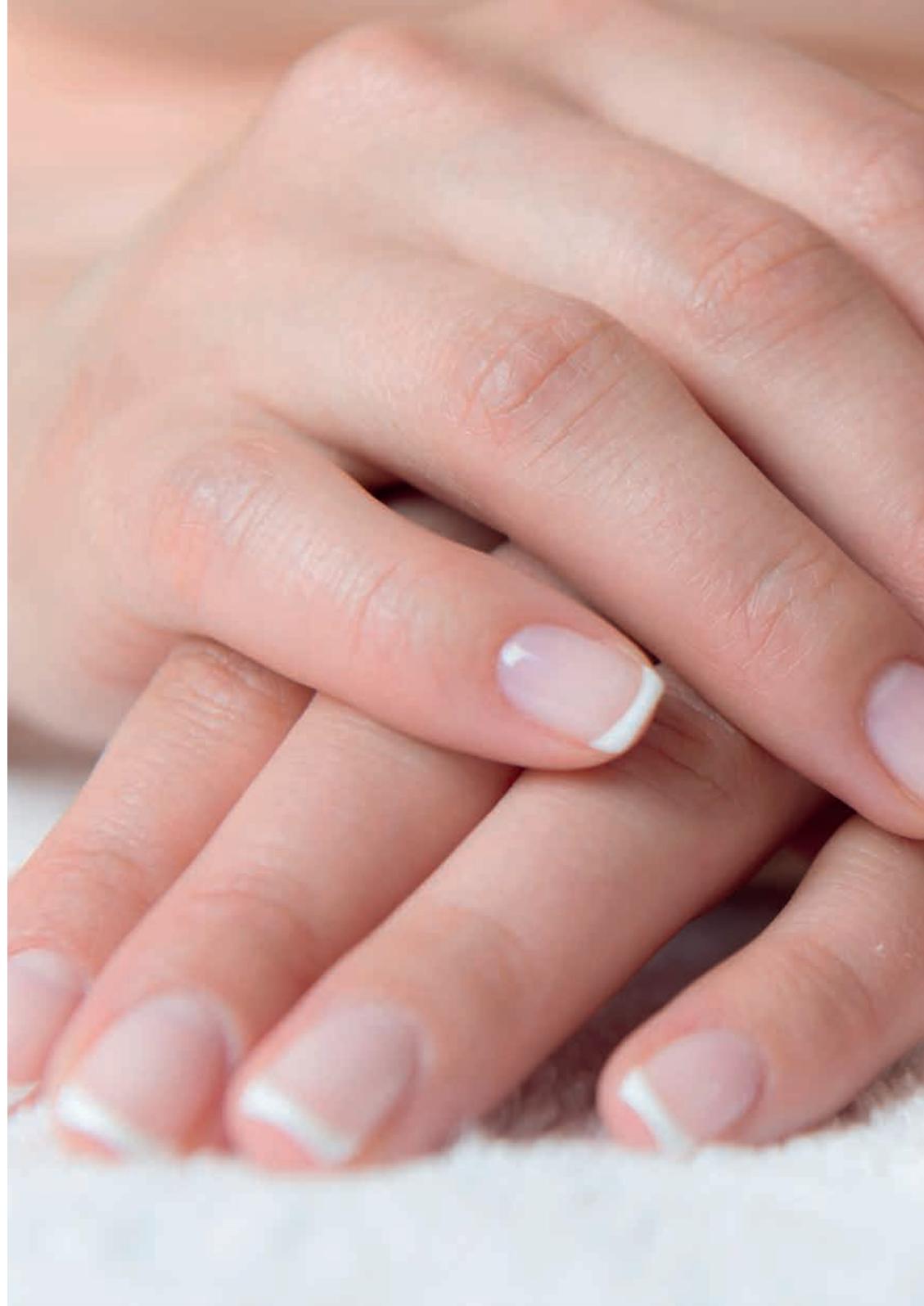
### **HEAD MASSAGE** (Ages 16+) **£35**

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

### **NAIL SHAPE & POLISH** (Ages 13+) **£20**

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

**NOTE:** Teen treatments do not include access to The Marine Spa thermal area, and guests under the age of 18 are restricted to children's access times. Add on access for £10 per teen guest.



## SPA ETIQUETTE

If you are new to spa experiences and aren't sure what to prepare, you're not alone. Let us take you through our spa etiquette so that you can be confident on arrival and ready to relax.

## SPA ACCESS

Use of the Marine Spa thermal areas, relaxation spaces and gymnasium is available for £25 per guest Monday to Thursday, and £35 Friday to Sunday. Hotel residents enjoy guaranteed complimentary access between 7-10am and 5-10pm daily and is subject to availability between these times.

## 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, between 8-10am and 5-7pm daily. 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 18.

## 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 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. 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 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.vocohotels.com/stdavids](http://www.vocohotels.com/stdavids). 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 voco™ St. David's Cardiff 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.

THE  
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Havannah Street, Cardiff CF10 5SD

029 2045 4045

[stdavidsspa@ihg.com](mailto:stdavidsspa@ihg.com) • [www.voco-hotels.com/stdavids](http://www.voco-hotels.com/stdavids)