



THE
MARINE
SPA

TREATMENT LIST



SPA TREATMENTS

For a limited time we are offering a reduced treatment list to help redress the balance in your life.

COUPLES PARADISE (for two) 90 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 Poulitice full body massage each along with a Two Course Dinner to finish overlooking Cardiff Bay.

BACK NECK & SHOULDER MASSAGE £40

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

DEEP TISSUE BACK MASSAGE £45

Alleviate stress and release the discomfort of aching muscles.

DECLOR RELAX & DESTRESS MASSAGE 50 mins

£79 MONDAY - FRIDAY | £87 SATURDAY - SUNDAY

Our expert therapists will create your very own personally-tailoring sculpting massage targeted to your individual needs. Aromatherapy Essential Oils help to relax and unwind, energise or harmonise your well-being. Whether its pure relaxation, body firming or refining your silhouette, this highly effective massage will ensure your needs will be met.

COCONUT HOT POULTICE MASSAGE 50 mins

£79 MONDAY - FRIDAY | £87 SATURDAY - SUNDAY

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

ISHGA INVIGORATING MASSAGE 50 mins

£79 MONDAY - FRIDAY | £87 SATURDAY - SUNDAY

A medium pressure massage combining a powerfully detoxing 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.

HOT STONE BACK MASSAGE £45

Melt stress away with this warm stone massage. The volcanic stones help release tension and soothe aches.

**Suitable for pregnancy over 12 weeks*



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 OPI nail range.

GEL REMOVAL

25 mins

£20

OPI and Shellac only.

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



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