
SPA
AT ST. DAVID'S

OUR PRODUCT RANGE

The Spa at St. David's offers a range of luxurious and holistic face and body treatments that have been individually designed for our guests. We use the highest quality products that blend the potency and power of organic raw ingredients with an advanced bioscientific approach to skincare. This ensures that our treatments are both holistic and results-driven, representing some of the most effective available in the world today.

Our hydrotherapy pools provide relaxing, tranquil and soothing water therapies. Whether you are walking through the water corridor to stand beneath the swan-neck fountains, relaxing on a waterbed or sitting in the spa pool, the water jets beneath the surface will massage your body and stimulate circulation. Our 15-metre 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.

ISHGA

ishga is derived from the Gaelic word for water. Their products have been developed in the Outer Hebrides using the highest quality and purest Scottish seaweed combined with water from a natural spring situated on the beautiful Isle of Lewis. Seaweed has been used for centuries for its natural healing and therapeutic properties and contains a high content of vitamins, minerals and powerful natural antioxidants, which are considered essential for maintaining glowing skin; while recent scientific research shows the seaweed extract used in ishga preserves the skin's natural collagen. The mineral rich seaweed extract is carefully blended with cucumber extract, macadamia, jojoba, aloe vera and lemon peel so that your ishga treatment will detoxify, nourish, firm and hydrate the skin.

OSKIA

OSKIA is a British nutri-cosmeceutical beauty brand specialising in luxurious, nutritional formulas that improve skin health for a vibrant, glowing complexion. Winner of over 200 beauty and wellness awards, OSKIA's founder Georgie Cleeve has spent 12 years working with a team of internationally-recognised nutritionists, doctors, dermatologists and skincare experts, developing pioneering technologies that increase ingredient bio-availability and perfecting the concept of nutritional skincare. All the award-winning products are manufactured in OSKIA's own UK factory and laboratory in Monmouth, South Wales.



Welcome

TO SPA AT ST. DAVID'S



Spa Wellness

PACKAGES

St. David's Signature Spa Day

£135 Monday to Thursday | £155 Friday to Sunday

Relax with a two-hour pool session and a 50-minute ishga treatment, or two 25-minute ishga treatments of your choice, followed by a two-course meal.

Spa & Dine

£60 Monday to Thursday | £80 Friday to Sunday

Enjoy a two-hour pool session followed by a two-course meal.

Reinvigorate Spa Day

£120 Monday to Thursday | £140 Friday to Sunday

Enjoy a one-hour pool session, and a 50-minute or two 25-minute ishga treatments.
End your morning with a two-course meal. Available at 10am only.

Please note, due to timings our afternoon tea upgrade is unavailable with this package.

Indulgence Spa Day

£180 Monday to Thursday | £210 Friday to Sunday

Enjoy a two-hour pool session, a 50-minute ishga massage followed by a 50-minute ishga facial.

Please contact our team if you wish to make a separate lunch resevation with this package.

Fancy upgrading to an Afternoon Tea?

£10 supplement per person

A selection of our spa packages can be upgraded to an Afternoon Tea instead of a two-course lunch.

Please note, afternoon tea is served between 1.30pm and 4.30pm, Friday to Sunday only.

Bank holidays = Weekend prices

The OSKIA Experience

£145 Monday to Thursday | £165 Friday to Sunday

Relax with a two-hour pool session and a 50-minute OSKIA treatment,
or two 25-minute OSKIA treatments, followed by a two-course meal.
Plus, you'll also receive 10% off our OSKIA skincare products to
take home and continue your wellness journey.

The OSKIA Opulence

£190 Monday to Thursday | £220 Friday to Sunday

Enjoy a two-hour pool session, a 50-minute massage followed by a 50-minute facial.
Plus, you'll also receive 10% off our OSKIA skincare products to
take home and continue your wellness journey.

Please contact our team if you wish to make a separate lunch resevation with this package.

Fancy upgrading to an Afternoon Tea?

£10 per supplement per person

The OSKIA Experience can be upgraded to an Afternoon Tea instead of a two-course lunch.

Please note, afternoon tea is served between 1.30pm and 4.30pm, Friday to Sunday only.

Bank holidays = Weekend prices



Spa Wellness

PACKAGES



ishga Treatments

SEAWEED SKINCARE

ishga Invigorating Massage 50 minutes
£90 Monday to Thursday | £105 Friday to Sunday
An invigorating full body massage focusing on removing tension and relieving stress from the muscles. Feel uplifted after the use of a seaweed-based oil with lemongrass, juniper and rose geranium, designed to detoxify and revitalise the body.

ishga Detox Body Wrap 50 minutes
£90 Monday to Thursday | £105 Friday to Sunday
Start with a full body sea salt scrub which gently buffs away dry, tired skin. An algae wrap is applied to deeply detoxify and stimulate. Relax and unwind with a head and scalp massage whilst the products stimulate the lymphatic system. This treatment is designed to eliminate toxins, reduce cellulite and improve skin tone.

ishga Marine Back Therapy 50 minutes
£90 Monday to Thursday | £105 Friday to Sunday
The ultimate combination of massage and exfoliation designed to decongest the back to reveal a brighter and smoother skin tone. The back is prepped with a sea salt scrub before a powerful clay mask is applied to clarify and hydrate. Enjoy a back and leg massage whilst the products heal and warm the skin and muscles.

ishga Deep Tissue Massage 50 minutes
£100 Monday to Thursday | £115 Friday to Sunday
Specialist treatment £10 supplement to package.
A massage therapy that focuses on realigning the inner deeper layers of muscles by applying long, slow and firmer strokes focusing on one or two target areas. Especially beneficial for chronic tension, aches and pains, sports injury and stiff contracted areas. Using a specially formulated Muscle Recovery Oil by ishga containing a powerful blend of anti-inflammatory seaweed extract, eucalyptus, rosemary and peppermint to boost circulation and break down lactic acid.

ishga Hot Stone Massage 50 minutes
£100 Monday to Thursday | £115 Friday to Sunday
Specialist treatment £10 supplement to package.
Stone therapy uses heated basalt stones incorporated into an invigorating massage. The heat from the stones allows the massage to work at a deeper level easing any tension whilst ensuring you are totally relaxed. Stones are placed on the chakra energy points to open energy pathways which will uplift and create a sense of wellbeing.

ishga Bespoke Massage 50 minutes
£90 Monday to Thursday | £105 Friday to Sunday
Start the treatment with a sensory journey to determine which blend of essential oils are most suited to your personal needs. Soothe and nourish tired muscles with this medium pressured massage, encouraging the body to relax.

ishga Facial 50 minutes
£95 Monday to Thursday | £110 Friday to Sunday
Organic seaweed-based products are used to achieve a hydrated, glowing complexion. Repair and protect the skin from environmental damage with the use of powerful anti-oxidants. Facial massage techniques are incorporated to lift and firm the skin tone whilst the seaweed extract is proven to preserve the skin's natural collagen. Suitable for all skin types.

ishga Pregnancy Massage 50 minutes
£90 Monday to Thursday | £105 Friday to Sunday
A blissful experience for both mum and baby. Slow soothing massage techniques are used to calm and alleviate any aches and stresses associated with pregnancy. For mothers to be of over 12 weeks.

Bank holidays = Weekend prices

50 minutes £90 Monday to Thursday | £105 Friday to Sunday

Choose any 2 express treatments below to create your own bespoke spa experience.

Salt & Oil Scrub

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

Detox Foot Wrap

Relax as your feet and lower legs are exfoliated with a sea salt scrub. An algae wrap is applied to nourish and heal any dry or cracked skin. The feet are then massaged to hydrate the skin and relax tired feet.

Head Massage

A massage focusing on the head and scalp to target tension and release stress, with the option of an oil pouring to nourish and treat the hair and scalp.

Back, Neck & Shoulder Massage

An adaptable treatment focusing on the back, neck and shoulders to target areas of tension, release everyday stress and relax the nervous system.

Express Facial

An express facial using our organic product range for essential skin maintenance.

Bank holidays = Weekend prices





OSKIA Treatments

NATURALLY-DERIVED SKINCARE

OSKIA Indulgent Escape Facial 50 minutes
£105 Monday to Thursday | £120 Friday to Sunday
This conditioning facial is perfect for those who want to unwind and float through the remainder of the day. OSKIA's gentle exfoliating peel and nourishing moisture mask ensures skin is smoothed and softened while the acid mantle, natural moisturising factors and microbiome are thoroughly restored. Reflex points on the feet, ancient scalp massage techniques, and a soothing Shoulder massage with the Rose de Mai Skin Smoothing Massage Candle wax guarantee you will be lured into a deeply relaxed state enabling the nutritional formulations to work optimally while you and your skin are resting.

OSKIA Purify and Revive Facial 50 minutes
£105 Monday to Thursday | £120 Friday to Sunday
This reviving facial is perfect for oiler skin types. Natural, scientifically advanced products are used to enhance the deep steam cleanse and stimulating facial massage. Cool eye stones awaken even the most tired eyes, while a focused neck and shoulder massage helps to soothe and revive both mind and body, leaving you feeling relaxed and looking sharper.

OSKIA Bespoke Radiance Renewal Facial 50 minutes
£105 Monday to Thursday | £120 Friday to Sunday
OSKIA's Bespoke Radiance Renewal Facial offers the perfect balance between indulgence and efficacy. Beginning with an in-depth consultation, OSKIA's highly trained skincare therapist will personalise your facial treatment which ingredients such as Vitamin C and E, Hyaluronic Acid, Bakuchiol, Omegas, Salicylic Acid and Probiotics to ensure concerns and conditions are individually treated.

OSKIA Bespoke Super Nutrient Massage 50 minutes
£105 Monday to Thursday | £120 Friday to Sunday
Allow our highly trained therapists to create a bespoke massage ritual for you in response to you and your body's needs, using either nurturing, or awakening cold pressed, super berry massage oils to create a superbly personalised experience.

Bank holidays = Weekend prices

50 minutes £105 Monday to Thursday | £120 Friday to Sunday

Relax with two express treatments for your own head-to-toe spa experience.

The Quick Fix

25 minutes

Ideal pre-party, this cleanse, exfoliate and radiance enhancing treatment, improves skin hydration and delivers a visible complexion boost.

Nourishing Head Massage

25 minutes

A calming and soothing Tibetan-inspired head massage originally designed to reduce stress, aid sleep, and stimulate hair growth. The gentle, nourishing, circular movements help to promote the body's natural healing processes, encouraging a deep sense of relaxation and wellbeing.

Bank holidays = Weekend prices



OSKIA

EXPRESS TREATMENTS



Group Spa Breaks

AND GIFT VOUCHERS

GROUP SPA BREAKS

Group bookings

From £135 per person | Optional extras with lunch:
Prosecco £8 each, Champagne £17 each

Whether it's a birthday, special occasion or a pre-wedding celebration, our group spa break is your answer to celebrate. Enjoy a two-hour pool session and choose from a 50-minute treatment of either an ishga Facial or an isgha Invigorating Massage, indulge over a light lunch with your group.

Please note, group bookings are available for 6-10 people and need to be prebooked in advance.

GIFT VOUCHERS

Sharing is caring, so why not treat a loved one to a gift voucher for the Spa at St. David's?

Gift vouchers can be purchased at the Spa reception or online at www.stdavidshotel.skchase.com/vouchers.

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

Hotel guests can enjoy access to our spa and leisure facilities from 1pm on the day of arrival until check-out at 1pm on the day of departure, allowing you to make the most of your experience.
Children's swim times are 7.30am - 9.30am and 4.00pm - 6.00pm daily.
Please note, spa treatments are available for guests aged 16 years and over.
Under 16s cannot access the sauna or hydro pools.

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.

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.

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 spa, health club facilities with treatments and refreshments as described (excludes Unwind & Dine). 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 or injuries at time of booking. We try to keep our products as natural as possible, so If you have any allergies then we can adapt and accommodate you, please let us know in advance.

If you are pregnant we'll be happy to advise of the specially designed treatments. We advise against any treatments during your first trimester.

Cancellation Policy

If you wish to cancel your appointment, please contact us no later than 48 hours or 72 hours for group bookings above six, after this your full payment would still be chargeable.
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

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

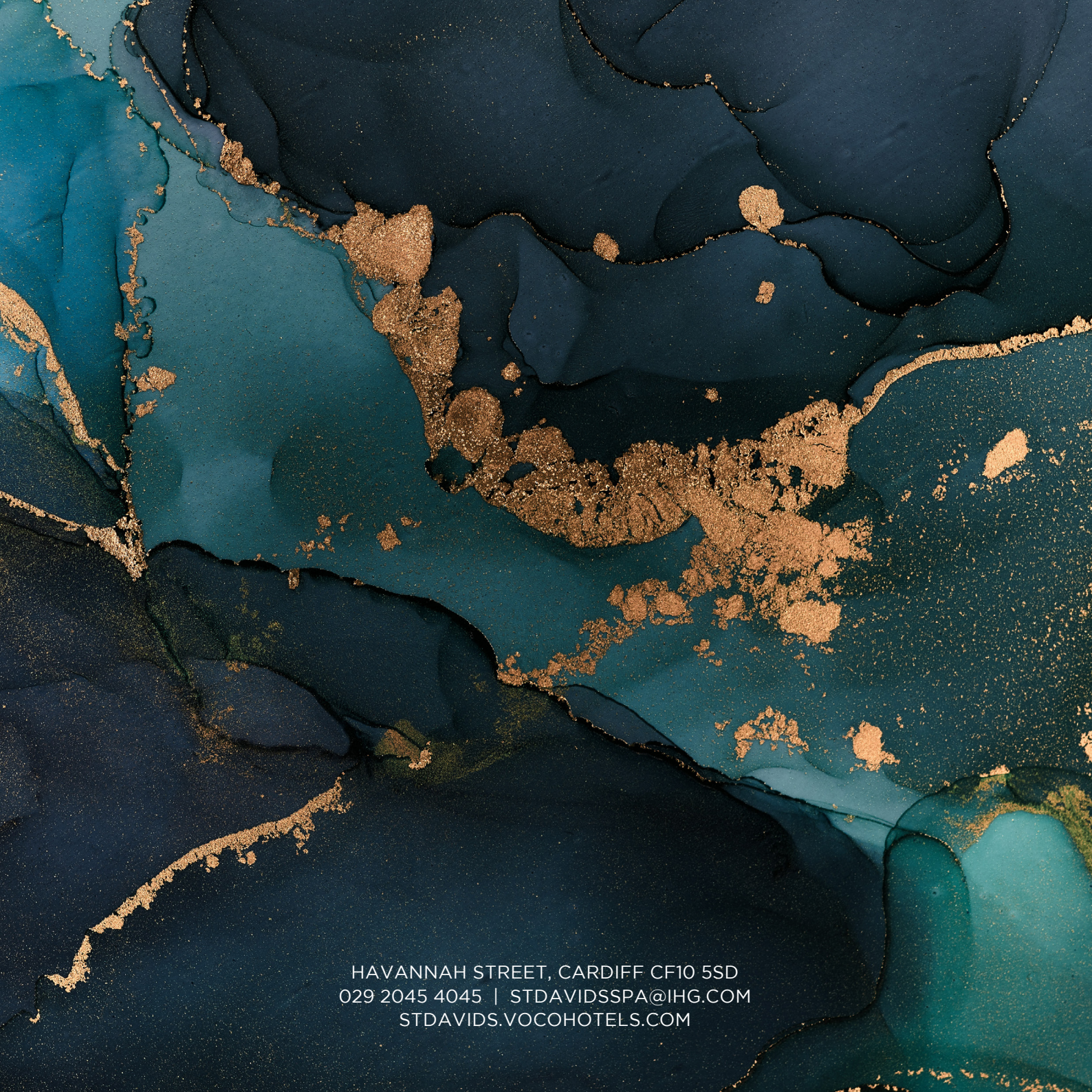
To extend your experience your therapist can advise you which products will help you look and feel your best until your next visit.

Gift Vouchers

Gift vouchers can be purchased 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 online. 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.

CONTACT US

Spa at St. David's, Havannah Street, Cardiff CF10 5SD
T: 029 2045 4045 E: stdavidsspa@ihg.com



HAVANNAH STREET, CARDIFF CF10 5SD
029 2045 4045 | STDAVIDSSPA@IHG.COM
STDAVIDS.VOCOHOTELS.COM