

32A
THIRTY TWO
HEALTH CLUB & SPA

TREATMENT MENU

ishga

Organic Seaweed Skincare

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.



'Enjoy some needed 'me' time.

Release all the tension and stress from life's everyday rigours at 32A Spa.

WELCOME TO THE SPA AT 32A

Our treatment menu beautifully combines exquisite holistic spa rituals with results driven treatments for the perfect blend of healing and balance.

Our carefully chosen spa partners work with us to continually develop amazing and exceptional experiences for you to enjoy.

OUR PHILOSOPHY

At 32A Health Club and Spa we are dedicated to putting your wellbeing at the heart of everything we do.

We've created a space to escape the everyday and find a moment of relaxation, helping you to unwind, de-stress and feel totally refreshed.

We do this by prioritising quality through every decision we make and every service we offer treating each member and guest as individuals. We're passionate about personalising our service at every point, from tailoring our consultations to ensuring that every treatment is unique.



RESIDENTIAL BREAKS

A day is never enough so we offer choice of spa breaks that combine a stay in one of our bedrooms with a memorable spa and dining experience.

All spa breaks include use of our wellness facilities including, sauna, steam room, outdoor hot tub and more, with robes and slippers provided for the length of your stay.

BED & BREAKFAST

From £99.50 *(per person per night based on 2 people sharing)*

- One night's stay with breakfast for 2 people
- One 25 minute treatment each from the options on page 10

SPA GETAWAY TOGETHER

From £139.50 *(per person per night based on 2 people sharing)*

Take time out to relax and unwind together with this truly luxurious spa package.

Your escape includes:

- One night's stay with dinner and breakfast for 2 people
- One 50 minute treatment each from the options on page 8 & 9

SPA 2 NIGHT WELLNESS PACKAGE

From £117 *(per person per night based on 2 people sharing)*

This two-night package will allow you to benefit from the hotel facilities and surrounding areas while at the same time unwinding and rejuvenating in the spa.

Your Spa Wellness Package includes:

- Two nights' stay with breakfast and dinner included for two people
- 1 x 50-minute treatment per person, from the options on page 8 & 9

LONG WEEKEND - SUNDAY NIGHT BREAK

From £74.50 *(per person per night based on 2 people sharing)*

This is the perfect way to extend your weekend or spa day. We'll make sure you check out feeling revived, relaxed and ready to face the world again.

Your escape includes:

- One Sunday night's stay with dinner and breakfast for 2 people
- Full spa access from 2 until 8pm on the Sunday and until 2pm on Monday afternoon
- 20% discount on any pre-booked treatments

Find your ideal package, contact us now, other options are available.

SPA DAYS

A spa day well spent brings so much content.

Whether you've only got a few hours to spare or need a full day of relaxation, a spa day is the perfect way to treat your mind and body whilst boosting your wellbeing. Combine with a treatment designed to make you feel good whilst meeting your individual needs.

AFTERNOON TEA & FIZZ SPA DAY

Mon to Fri £139pp • Sat £159pp

Arrive at 10am for your spa day.

Your day of pure pampering will include:

- Full Spa & relaxation room access with robes and slippers.
- Hot refreshments served throughout your day
- Afternoon Tea with a Glass of Prosecco served in the Restuarant
- £10 spa retail voucher, to take that perfect gift home with you. (to use against purchases of £30 & over)
- Two x 50-minute treatments from page 8 & 9

HEAVENLY ESCAPE SPA DAY

Mon to Fri £99pp • Sat & Sun £119pp

Your day of relaxation will include:

- Full Spa access with robes and slippers.
- Light Spa lunch served in the restaurant
- Hot refreshments served throughout your day
- One x 50-minute treatment from page 8 & 9
- £10 spa retail voucher, to take that perfect gift home with you (to use against purchases of £30 & over)
- 4 hours access either from 10am-2pm or 2pm-6pm

TWILIGHT SPA

Mon to Fri £59pp

Available from 4pm onwards.

Your mini day of pampering will include:

- 3-hour spa access with robes and slippers.
- Hot refreshments served throughout your experience
- One x 25-minute treatment from page 10

RASUL EXPERIENCE

Our private rasul room is a blissful holistic haven that will transport you to exotic climes, soothe your mind, boost your circulation and ease muscle tension.

Our spa hosts will guide you through this self-application restorative ritual that treats the hair, face and body with a four-step remedy of black soap to cleanse and exfoliate; rasul lava clay to purify and refine; scented water to soothe then completed with shea butter and precious oils to soften.

Relax in the private steam room before washing away all the mud to reveal silky-soft skin. Enjoy the 45 minute ritual with a friend or partner or a group of four.

45 minute treatment

Rasul only £29.99 per person

Rasul and facilities £39.99 per person

Rasul, facilities and lunch £49.99 per person

minimum of 2 people, maximum 4 people.



PACKAGE TREATMENT CHOICES

50 MINUTE TREATMENTS

ishga FACE & BODY EXPERIENCE

The treatment starts with a medium pressure massage combining a powerful detoxing seaweed body oil with lemongrass, juniper and rose geranium. It is designed to be invigorating but equally relaxing, with a focus on removing tension to re-energise the body. The seaweed body oil regenerates, firms, tones the skin and is particularly useful for eliminating toxins. To conclude, the focus moves to the face combining a cleanse, exfoliation, tone and moisturise using a powerful blend of organic seaweed high in antioxidants and anti-ageing benefits. While the products do their work, enjoy a scalp massage to complete the experience.

ishga LUXURIOUS SEAWEED FOOT or HAND EXPERIENCE

A detoxifying Seaweed treatment to rejuvenate tired feet or hands and leave skin silky smooth. A luxury pedicure or manicure incorporating nail work and file and polish. Begins with a soothing foot or hand bath filled with a blend of seaweed and pure essential oils followed by a foot or hand scrub with nutrient rich salts and oils, and a relaxing lower leg/arm and foot/hand massage. A detoxifying seaweed gel mask will be applied followed by nails shaped, cuticles conditioned and finished with your choice of nail polish or shiny buff.

MENS FACIAL

The *ishga* men's products are designed to detox and draw impurities from the skin whilst stimulating collagen production and combat signs of ageing. This treatment will cleanse, tone and moisturise the skin leaving it revitalised and hydrated leaving a protective layer to prevent environmental damage. Great for outdoors, sports or harsh weather conditions.

ishga BODY MASSAGE

A medium pressure full body massage combining relaxing elements of aromatherapy massage, lymphatic drainage and traditional Swedish massage techniques to reduce muscle tension and re-energise the body.

ishga MUM TO BE MASSAGE

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

DELUXE *ishga* FACIAL

A rejuvenating facial designed to revitalise and repair. Suitable for all skin types, even sensitive. It is particularly useful for brightening dull, tired skin and balances skin tone and texture, protecting the skin from environmental damage. This treatment will cleanse, tone, exfoliate and moisturise the skin leaving it revitalised and hydrated.

OPI GEL MANICURE

If your hands or feet appear tired, let our specialists help achieve the best condition for the nails and cuticles including a Gel polish application to achieve the finished look.

MARINE BACK TREATMENT

The ultimate back facial designed to rejuvenate and exfoliate, while treating any congestion to reveal a brighter and smoother skin. Beginning with a cleanse, tone and exfoliation, a powerful heated seaweed 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 back of legs is also included to leave you feeling deeply relaxed.

REFLEXOLOGY

Includes 1/2 leg massage. Reflexology is a relaxing pressure point foot massage technique that encourages the body to balance and heal itself. These points known as “reflexes”, reflect the organs and structures of the body, acting as a map to stimulate these areas and encourage holistic healing. Can help with symptoms of stress and a wide range of pain such as headaches and back ache.



PACKAGE TREATMENT CHOICES

25-MINUTE TREATMENTS

ishga EXPRESS FACIAL

A cleanse, tone and exfoliating mask with relaxing scalp massage and *ishga*'s finishing products to hydrate, balance and firm the skin.

MOMENT OF TRANQUILITY

Intensely de-stressing scalp treatment to banish tension and aid restful sleep. Power Point massage includes Essential Oils to invigorate and calm, leaving a feeling of pure serenity.

ishga BNS MASSAGE

A medium pressure back, neck and shoulder massage combining relaxing elements of aromatherapy massage, lymphatic drainage and traditional Swedish massage techniques to reduce muscle tension and re-energise the body.

ishga HAND RECOVERY

Salt and oil hand scrub, relaxing hand massage and cooling and detoxifying seaweed gel mask.

ishga FOOT RECOVERY

Salt and oil foot scrub, relaxing foot massage and cooling and detoxifying seaweed gel mask.

ishga SALT & OIL SCRUB

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

EXPRESS MANICURE *or* PEDICURE

We will file your nails, remove any cuticles then finish off with a colour of your choice.





GIFT VOUCHERS

Gift Vouchers are available to purchase for treatments, Day Spa and Overnight Packages.

These can be purchased from both the Health Club & Main Hotel Reception, or online at **thespringfieldhotel.com**

FACIAL TREATMENTS

ishga EXPRESS FACIAL

25 mins £25

An express facial cleanses, tones and moisturises for essential skin maintenance. Includes an exfoliating mask and scalp massage to complete the experience.

DELUXE ishga FACIAL

55 mins £55

A rejuvenating facial designed to revitalise and repair. Suitable for all skin types, even sensitive. It is particularly useful for brightening dull, tired skin and balances skin tone and texture, protecting the skin from environmental damage.

This treatment will cleanse, tone, exfoliate and moisturise the skin leaving it revitalised and hydrated.

ishga ANTI AGEING FACIAL

55 mins £55

Using our rich Marine Cleansing Balm packed with hydrating fatty acids and a lifting and firming gel face and eye mask to tighten and tone the skin.

The high content of seaweed extract in the products used is scientifically proven to preserve the skins natural collagen, with powerful anti-ageing properties that repair damaged skin cells which results in smoothing fine lines and wrinkles.

MENS FACIAL

55 mins £55

The ishga men's products are designed to detox and draw impurities from the skin whilst stimulating collagen production and combat signs of ageing. This treatment will cleanse, tone and moisturise the skin leaving it revitalised and hydrated leaving a protective layer to prevent environmental damage. Great for outdoors, sports or harsh weather conditions

SPECIALIST TREATMENTS

DERMAPLANE INTENSE FACIAL

55 mins £45

Dermaplaning is a method of exfoliation that consists of using a scalpel to gently scrape off the top layer of dulling dead skin cells in order to reveal a smoother, brighter complexion, including unwanted facial hair.

MICRODERMABRASION

45 mins £40

Deluxe Facial - revealing younger, healthier skin. Targeting Acne, Scarring, fine Lines & Wrinkles.

**BUY 4 IN ADVANCE & GET 1 OF OUR
55 MINUTE FACIALS FOR FREE**



MASSAGE

ishga BODY MASSAGE

55 mins £55
or 25 mins £25

A medium pressure full body massage combining relaxing elements of aromatherapy massage, lymphatic drainage and traditional Swedish massage techniques to reduce muscle tension and re-energise the body. Choose from:

Invigorating - An uplifting, detoxifying seaweed body oil with lemongrass, juniper, lavender and rose geranium. Particularly useful for improving fatigue and eliminating toxins.

Relaxing - The luxurious scent of nurturing rose geranium to aid stress relief, relax, soothe and balance a tired mind and body. A silky base of sweet almond and jojoba oil to hydrate and tone skin.

Warming - A comforting, woody oil containing patchouli, bergamot and sandalwood. Ideal for muscular aches, nervous tension and insomnia.

MOMENT OF TRANQUILLITY

INDIAN HEAD MASSAGE

25 mins £25

Intensely de-stressing scalp treatment to banish tension and aid restful sleep. Power point massage includes Essential Oils to invigorate and calm, leaving a feeling of pure serenity

HOT STONE MASSAGE

55 mins £65

A full body massage incorporating heated Basalt stones which instantly relax the muscles, allowing the treatment to work at a deeper level. Hot stones work to relax the mind, ease muscle tension, reduce aches and pains and are placed along the chakras to open up energy pathways. A seaweed based oil with lemongrass, lavender and juniper will detoxify and regenerate the skin.

ishga MENS STRESS RELIEVER MASSAGE

55 mins £55

An invigorating full body treatment combined with scalp massage. A medium pressure massage designed to detox and balance the body whilst removing any areas of muscular tension and stress. The seaweed based oil nourishes and protects the skin with a masculine sandalwood and patchouli aroma.

DEEP TISSUE MUSCLE ENERGISER

55 mins £65
or 30 mins £35

Created to alleviate stress and release the discomfort of aching muscles, whether through fatigue or stress, essential oils work with your body to release localised areas of tension. Your mind will be left feeling less cluttered, and your muscles intensely relaxed.

HOPI EAR CANDLE

30 mins £25

BODY TREATMENTS

SALT & OIL FULL BODY SCRUB

45 mins £45

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

MARINE BACK TREATMENT

55 mins £60

The ultimate back facial designed to rejuvenate and exfoliate, while treating any congestion to reveal a brighter and smoother skin. Beginning with a cleanse, tone and exfoliation, a powerful heated seaweed 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 back of legs is also included to leave you feeling deeply relaxed.

DETOX BODY WRAP

55 mins £60

A powerfully detoxifying Hebridean sea salt and oil scrub with body wrap. This combines the detoxifying and nourishing effect of the purest seaweed gel with the stimulating and hydrating properties of the scrub. The treatment is designed to eliminate toxins, reduce cellulite, boost energy and improve skin tone and texture, increase circulation and detoxifying congestion from the body.

NOURISHING BODY WRAP

55 mins £60

Combining a hydrating salt and oil scrub infused with sweet almond, jojoba and rose geranium to remove dull, tired skin followed by a cocoon of our nourishing gel body mask which soothes, cools, hydrates and tones even the driest, sensitive skins. A warmed geranium oil scalp massage completes the experience

FACE AND BODY EXPERIENCE

55 mins £60

The treatment starts with a medium pressure massage combining a powerful detoxing seaweed body oil with lemongrass, juniper and rose geranium. It is designed to be invigorating but equally relaxing, with a focus on removing tension to re-energise the body. The seaweed body oil regenerates, firms, tones the skin and is particularly useful for eliminating toxins. To conclude, the focus moves to the face combining a cleanse, exfoliation, tone and moisturise using a powerful blend of organic seaweed high in antioxidants and anti-ageing benefits. While the products do their work, enjoy a scalp massage to complete the experience.

ishga PREGNANCY MASSAGE

55 mins £60

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.

HAND & FEET TREATMENTS

OPI ProSpa Professional Spa Manicure and Pedicure Services

REJUVENATING HAND RITUAL 25 mins £25

A rejuvenating, protective treatment rich in Vitamin E and Karitè Butter, restoring nourishment and beauty to the hands.

RENEWING FOOT RITUAL 25 mins £25

Revitalizing foot ritual with neem extract to reveal polished and smoother feet.

REFLEXOLOGY 45 mins £35

Reflexology is a relaxing pressure point foot massage technique that encourages the body to balance and heal itself. These points known as “reflexes”, reflect the organs and structures of the body, acting as a map to stimulate these areas and encourage holistic healing. Can help with symptoms of stress and a wide range of pain such as headaches and back ache.

LUXURY MANICURE £35 *or* PEDICURE *or* £40 with Gel

The ultimate deluxe hand or foot treatment, combining attention to the nail plates and cuticles and a thermal treatment to soften the skin and hydrate. Finished to perfection with your choice of colour.

GEL MANICURE *or* PEDICURE £25

If you're looking for a polish that will last for up to 14 days this is perfect for treatment for you.

GEL REMOVAL & CONDITIONING £10

GEL REMOVAL, CONDITIONING & REAPPLY 45 mins £30

FILE AND POLISH (LACQUER) £18

EYE ENHANCEMENTS

Eyebrow Tint £10

Eyelash Tint £14

Eyelash & Brow Tint £20

Eyebrow Wax & Tint £18

(24 hour patch test required on all the above)

WAX SMOOTH

Full Leg & Bikini £42

Bikini £20

Full Leg £32

Half Leg £24

Full Arm £25

Forearm £18

Underarm £15

Chin £12

Upper Lip £12

Lip & Chin £15

Eyebrow £10

Men - Back £25

Men - Chest £25

Men - Back & Shoulders £35



TERMS AND CONDITIONS

SPA MEDICAL CONSULTATION

Your health and wellbeing is our primary concern, therefore if you are currently pregnant, have any allergens, have a heart disorder, have a diagnosed medical condition or are taking any prescribed drugs, please let us know in advance. A full consultation will be completed with you on arrival but if you are aware of any contra-indications your chosen treatment may need to be changed.

PREGNANCY

Please note that we do not offer massage or body treatments for ladies who are 1-13 weeks pregnant. From 13 weeks we offer a range of specialised luxury pregnancy treatments. If you need any further guidance, please ask any member of the Spa Team. Pregnant ladies are strongly advised against the use of the sauna and steam room.

BOOKING A TREATMENT OR PACKAGE

HOW TO BOOK Via our website

PAYMENT

- Full pre-payment is required at time of booking for all spa packages
- All treatment times are subject to availability
- Treatment bookings made via the Spa website are confirmed by email for your chosen time and date

GIFT VOUCHERS

Gift vouchers must be redeemed at time of payment. We apologise that we are currently unable to take gift vouchers as a method of payment for an on-line booking. To book with a gift voucher please call the spa.

SPA TREATMENT & PACKAGE CANCELLATION POLICY

- All packages must be paid for upon booking
- We require a minimum of 72 hours' notice to transfer your booking to a different date, under this time and 100% of the booking value is chargeable
- All non-arrivals to be charged 100% of treatment or package price
- Group Bookings - For groups of 6 people or more, we require 14 day notice to transfer your booking to a different date, under this time and 100% of the booking value is chargeable
- All promotional offers are non-refundable or transferable

SPA TERMS & CONDITIONS

32A Health Club and Spa reserves the right to alter your treatment times if necessary. Please note that treatment time includes medical consultation, set up and your chosen treatment.

We request that mobile phones, tablets and pagers are kept on silent or switched off in the spa. We are happy to relay any messages via the Spa reception. No photography is permitted in the changing areas and/or on poolside. You may be required to remove jewellery for treatments; we advise that you choose to leave jewellery at home.

32A Health Club and Spa or 3d leisure will not be liable, under any circumstances whatsoever, for damage, injury or consequential loss, however caused, to our customers, their property and belongings unless it is solely due to the negligence of the Company, its employees or agents.

Offers cannot be used in conjunction with one another and are subject to availability. We advise guests to consider insurance to cover the cancellation of their spa treatments/spa day.

Please note guests suffering from any heart conditions, high blood pressure or are pregnant will be unable to use any of our heat experiences.

CHILDREN

Children 17 years and under are not permitted to use the treatment and relaxation rooms unless booked into a specific treatment with an adult that is also receiving a treatment in the same treatment room. Children under 16 are not permitted to use the sauna, steam room or hot tub.



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