

**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

**32A**  
**THIRTY TWO**  
HEALTH CLUB & SPA  
*at the*  
**SPRINGFIELD HOTEL**

**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 single 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 £20 dinner allowance and breakfast per person
- 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 £20 dinner allowance and breakfast per person
- 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 night stay with £20 dinner allowance per person each night, with breakfast both mornings
- 1 x 50-minute treatment per person, from the options on page 8 & 9

## **LONG WEEKEND - SUNDAY NIGHT BREAK**

*From £79 (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 £20 dinner allowance and breakfast per person
- Full spa access from 2 until 8pm on the Sunday and until 2pm on Monday afternoon
- 20% discount on any pre-booked treatments



## Book direct

**Book direct through the hotel to get the guaranteed best rate and extra little treats.**

Room upgrades, early check in & late check out, extended access to the health club are all available when you book direct. Please note this is not available via third party booking sites and is subject to availability.

**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.

### **SUNRISE SPA DAY**

*Sun - Thur £49 pp / Fri & Sat £59 pp*

Your morning of pampering will include:

- 3-hour spa access with robes and slippers (8am - 11am)
- One x 25-minute treatment from page 10

### **BLISSFUL SPA DAY**

*Sun - Thur £69 pp*

Your mini day of relaxation will include:

- 3-hour spa access with robes and slippers
- Light Spa lunch served in the restaurant
- One x 25-minute treatment from page 10

### **AFTERNOON TEA & FIZZ SPA DAY**

*Sun - Thur £139 pp / Fri & Sat £159 pp*

Your day of pure pampering will include:

- Full Spa access from 10am with robes and slippers
- Afternoon Tea with a Glass of Prosecco served in the Restaurant
- Hot refreshments served throughout your day
- Two x 50-minute treatments from page 8 & 9
- £10 spa retail voucher, to take that spa feeling home with you\*

\*For use against products £30 & over

### **HEAVENLY ESCAPE SPA DAY**

*Sun - Thur £99 pp / Fri & Sat £119 pp*

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
- A choice of One x 50-minute or two 25 minute treatments from pages 8 -10
- £10 spa retail voucher, to take that spa feeling home with you\*
- 4 hours access either from 10am-2pm or 2pm-6pm

\*For use against products £30 & over

# Spa Evenings

## **Relax and unwind after a busy day**

Wind down your day with one of our evening packages which will leave you destressed and aiding a good nights sleep.

## **TWILIGHT SPA**

*Sun - Thur £49 pp*

Your evening of pampering will include:

- 3-hour spa access with robes and slippers (from 4pm onwards)
- Hot refreshment served on arrival
- One x 25-minute treatment from page 10

## **TWILIGHT SPA RASUL**

*£55 pp*

Your day of relaxation will include:

- 3-hour spa access with robes and slippers (from 4pm onwards)
- Sharing board served in the restaurant
- 45-minute Rasul (self application)

# 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 easy step by step remedy of salt and oil scrub to exfoliate; rasul lava clay to purify and refine to finish with a over head rainfall washing away all the mud to reveal silky- soft skin.

Enjoy the 45 minute ritual with a friend, partner or a group of four.

## **Rasul and facilities** *£49.99 pp*

Includes Robes and Slippers, 3-hours spa access

## **Rasul, facilities and lunch** *£59.99 pp*

Includes Robes and Slippers, 3-hours spa access and light spa lunch served in the restaurant.

*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* **MEN'S 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* **FULL 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 DELUXE 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.

### **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 13 weeks*

### **REFLEXOLOGY**

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. This can help with symptoms of stress and a wide range of pain, such as headaches and back ache.

### **LUXURY 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.

# 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.

### INDIAN HEAD MASSAGE

Intensely de-stressing scalp treatment to banish tension and aid restful sleep.

This Pressure Point massage includes Essential Oils to invigorate and calm, leaving a feeling of pure serenity.

### 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 RITUAL

Salt and oil hand scrub and relaxing hand massage, restoring nourishment and beauty to the hands.

### *ishga* FOOT RITUAL

Salt and oil foot scrub and relaxing foot massage, to reveal hydrated and smoother feet.

### *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 excess cuticles then finish off with a colour of your choice.



## Gift Vouchers

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

These can be purchased from both the Health Club  
& Main Hotel Reception, or online at  
**[thespringfieldhotel.com](http://thespringfieldhotel.com)**

## Specialist Facials

### 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*

Microdermabrasion uses fine crystals and a vacuum to remove dead skin cells, renewing overall skin tone and texture - reducing fine lines, minor scars, wrinkles and age spots, to make the skin smoother and younger looking.

# 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.

## TAILOR MADE FACIAL

45 mins £45

A bespoke facial designed just for you. Using our award winning Ishga products and warm and cold basalt stones, this facial will rejuvenate and stimulate all target areas, resulting in a radiant complexion. This facial concludes with a peel off seaweed mask alongside a choice of a scalp massage or a hand and arm massage for ultimate relaxation.

## ishga ANTI AGEING FACIAL

55 mins £55

Suitable for everyone. 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.

## ishga DELUXE 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.





# Body Treatments

## ishga **FACE & 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 **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.

## ishga **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.

## ishga **BACK. NECK & SHOULDERS SALT & OIL SCRUB**

25 mins £30

## ishga **FULL BODY SALT & OIL SCRUB**

45 mins £45

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

## **HOPI EAR CANDLE**

30 mins £25

This is an ancient and natural therapy that can offer relief from issues such as sinus problems, compact ear wax, tinnitus and headaches. The treatment rebalances your body's natural flow, calms and relaxes. It is also a proven alternative to ear syringing.



# Massage

## BACK, NECK & SHOULDERS MASSAGE

25 mins £25

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.

## TAILOR-MADE MASSAGE

45 mins £45

A massage designed just for you. Curate your bespoke massage to alleviate stress and release the discomfort of aching muscles. Essential oils work with your body to release localised areas of tension. Choose 2 - 3 areas of the body for our therapists to reduce muscle tension and re-energise.

Choose from:

- Scalp
- Neck
- Shoulders
- Lower back
- Back of legs
- Feet
- Arms
- Front of legs
- Calves

## ishga FULL BODY MASSAGE

55mins £55

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.



A vertical image on the left side of the page shows a glass of water with a dynamic splash, creating a sense of freshness and movement. The water droplets are captured in mid-air, adding texture to the background.

### **ishga HEAD MASSAGE**

25 mins £25

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

### **ishga MENS DETOX 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.

### **HOT STONES MASSAGE - BACK, NECK & SHOULDERS**

45 mins £50

### **HOT STONES MASSAGE - FULL BODY**

75 mins £65

A 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.

### **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 13 weeks*

# Hand & Feet Treatments

## ishga **HAND RITUAL**

*25 mins £25*

Salt and oil hand scrub and relaxing hand massage, restoring nourishment and beauty to the hands.

## ishga **FOOT RITUAL**

*25 mins £25*

Salt and oil foot scrub and relaxing foot massage, to reveal hydrated and smoother feet.

## **REFLEXOLOGY**

*55 mins £45 / 70 mins £55*

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.

# Manicure & Pedicure Services

## **LUXURY MANICURE OR PEDICURE**

*£38.50 / with Gel £42*

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** £30

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** £35

## **FILE & OPI POLISH (LACQUER)** £20



# Eye Enhancement

**Eyebrow Tint** £10

**Eyelash Tint** £14

**Eyelash & Brow Tint** £18

**Eyebrow Wax & Tint** £18

*(24 hour patch test is required for all tinting services)*

# 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 & 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 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

- Book by calling us on 01352 871000, emailing us at [contact@32ahealthclubandspa.co.uk](mailto:contact@32ahealthclubandspa.co.uk), or visit our website: [32ahealthclubandspa.co.uk](http://32ahealthclubandspa.co.uk)

### 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. Under 16s are not permitted in the club.



Springfield Hotel, Pentre Halkyn, CH8 8BA

**01352 871000 | [contact@32ahealthclubandspa.co.uk](mailto:contact@32ahealthclubandspa.co.uk) | [32ahealthclubandspa.co.uk](http://32ahealthclubandspa.co.uk)**