

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 by 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



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 range 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, and outdoor hot tub, with robes and slippers provided for the length of your stay.

BED & BREAKFAST

From £89.50 (per person per night based on 2 people sharing)

- One night's stay with £20 dinner allowance and breakfast per person
- One x 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 x 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
- One 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 2pm 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.

Contact us now to find your ideal spa stay.
Other options are available.

Spa Days

Whether you're starting your day with serenity, winding down in the evening, or looking for a full day experience, our spa days are designed to restore balance to your body and mind.

All our spa days include access to our Sauna, Steam Room and outdoor Hot Tub, complete with robes and slippers for extra comfort.

SUNRISE SPA EXPERIENCE

Sun - Thur £49 pp / Fri & Sat £59 pp

Your morning of pampering will include:

- 2-hour spa access (8am - 11am).
- **One 25-minute treatment** from page 10
- Hot refreshment served on arrival

AFTERNOON TEA & FIZZ SPA DAY

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

Your day of pure pampering will include:

- Full access to the spa from 10am
- **Two indulgent 50-minute treatments** of your choice (see pages 8 & 9)
- A delightful **Afternoon Tea with a glass of Prosecco**, served in our restaurant
- Hot refreshments available throughout the day
- A £10 spa retail voucher to take the spa feeling home*

*For use against products £30 & over



Spa Days Continued

HEAVENLY ESCAPE SPA DAY

Sun - Thur £115 pp / Fri & Sat £134 pp

Your day of relaxation includes:

- A choice of a morning session (10am-2pm) or afternoon session (2pm-6pm) access to the spa.
- Your choice of **One 50-minute treatment** or **Two 25-minute treatments** (see pages 8-10)
- A **light spa lunch** served in our restaurant
- Hot refreshments available throughout the day
- A luxurious **45-minute Rasul Experience** (see page 7)
- A £10 spa retail voucher to bring the spa experience home with you*

*For use against products £30 & over

TWILIGHT SPA EXPERIENCE

Sun - Thur £49 pp

Your evening of pampering will include:

- 2-hours evening spa access (4pm - 7pm).
- **One 25-minute treatment** from page 10
- Hot refreshment served on arrival

Rasul Experience

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 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 £64.99 pp

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

Minimum of 2 people, maximum 4 people. Available to book from 10am - 7pm

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 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.

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 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 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.

**Specialist treatments that may be subject to availability*

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



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.

Specialist Treatments

Please note, availability may be limited based on therapist schedules.

DERMAPLANE INTENSE FACIAL

45 mins £45

Reveal smooth, radiant skin with this gentle yet effective exfoliation treatment that removes dead skin cells and fine vellus hair (peach fuzz). Using a precision blade, this non-invasive procedure enhances product absorption, evens skin tone, and leaves your complexion instantly refreshed and glowing.

MICRODERMABRASION

45 mins £40

Using a diamond-tipped wand or fine crystals, this advanced technique removes dead skin cells, reduces the appearance of fine lines, acne scars, and uneven texture, revealing a smoother, more youthful glow. Ideal for all skin types, microdermabrasion enhances collagen production, improves skin tone, and leaves you with a refreshed, radiant look

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.

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.

HOPI EAR CANDLING

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.

Facial Treatments



ishga Express Facial

25 mins £30

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

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.

Tailor Made Facial

40 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.

Body Treatments

ishga FACE & BODY EXPERIENCE

55 mins £65

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

This revitalizing treatment focuses on your back, neck, and shoulders, gently exfoliating with Hebridean sea salt to remove dull, dry skin. Designed to stimulate circulation, eliminate toxins, and leave your skin nourished and glowing.

ishga FULL BODY SALT & OIL SCRUB

40 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 all over.

Massage

BACK, NECK & SHOULDERS MASSAGE

25 mins £30

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

40 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:

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

ishga FULL BODY MASSAGE

55mins £55

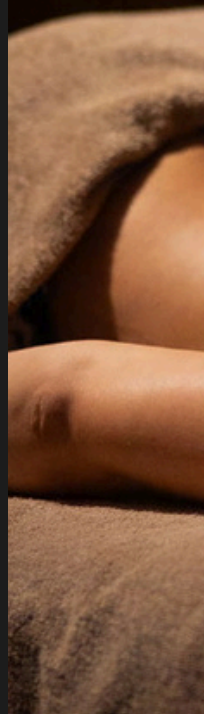
A medium pressure full body massage combining relaxing elements of aromatherapy massage, lymphatic drainage and traditional Swedish massage techniques to reduce muscle tension and re-energise the body. Choose from:

- **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.

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

40 mins £50

Using heated Basalt stones, this treatment relaxes the muscles, easing tension and promoting deep relaxation. Placed along key pressure points, the stones help alleviate aches and calm the mind, while a seaweed-based oil with lemongrass, lavender, and juniper detoxifies and nourishes the skin.

HOT STONES MASSAGE – FULL BODY

70 mins £70

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.



Eye Enhancements

LASH LIFT

75 mins £40

A semi-permanent treatment that enhances the natural lashes by curling and lifting them from the root. It creates the appearance of longer, fuller lashes lasting 6-8 weeks. Includes eyelash tint.

BROW LAMINATION

75 mins £40

A semi-permanent treatment that restructures brow hairs to keep them in a desired shape, creating a fuller, smoother, and more defined look. It tames unruly brows, fills in gaps, and enhances symmetry, lasting 6-8 weeks. Includes Eyebrow wax and tint.

LASH LIFT & BROW LAMINATION

75 mins £65

Eyebrow Tint	£10	Brow Wax & Tint	£18
Eyelash Tint	£14	Lash & Brow Tint	£18

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

Wax Smooth

Full Leg & Bikini	£42	Chin	£12
Bikini	£20	Upper Lip	£12
Full Leg	£32	Lip & Chin	£15
Half Leg	£24	Eyebrow	£10
Full Arm	£25	Men – Back	£25
Forearm	£18	Men – Chest	£25
Underarm	£15	Men – Back & Shoulders	£35

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.

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 an intensive 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

£20

O·P·I



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, or visit our website: 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 | 32ahealthclubandspa.co.uk