



32A

THIRTY TWO

HEALTH CLUB & SPA

Spa Brochure



Welcome to



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

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.

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.

At 32A Spa & Health Club, we've chosen ishga to complement our commitment to your wellbeing, offering naturally restorative treatments that help you relax, recharge and feel your best.



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 health and wellness facilities, with robes and slippers provided for the length of your stay.

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

Room upgrades, early check in & late check out, and extended access to the health club are all available* when you book direct.

*subject to availability.





Bed & Breakfast

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

- One night's stay with breakfast included
- One 25 minute treatment each from the options on page 7

Spa Getaway Together

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

Take time out to relax 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 6

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 Sunday Stay 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

Spa Two 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 Wellness Escape 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 6

Luxury Spa Days

Our Luxury Spa Day is designed to restore balance to both body and mind. Enjoy access to our sauna, steam room and outdoor hot tub, with robes and slippers provided for your comfort. Hot refreshments are available throughout the day, plus you'll receive a 20% spa retail voucher to extend the spa experience beyond your visit

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
- *Afternoon Tea with a glass of fizz*, served in our restaurant

Heavenly Escape Spa Day

Sun - Thur £99 pp / Fri & Sat £109 pp

For your day of relaxation will include:

- Morning or Afternoon Spa Access for 3 Hours
- Your choice of *One 50-minute treatment* or *Two 25-minute treatments*
- A light spa lunch served in our restaurant

Choose from our 50-minute treatments:

- Full Body Massage
- Deluxe Facial
- Face & Body Experience
- Men's Facial
- Marine Back Treatment
- Reflexology*

See pages 10 - 14 for more details on treatments. *subject to availability.

Sunrise Spa Experience

Sun - Thur £49 pp / Fri & Sat £59 pp

Your day of pure pampering will include:

- 2 hours spa access from 8am
- One indulgent 25-minute treatments of your choice

Twilight Spa Experience

Sun - Thur £49 pp / Fri & Sat £59

Your evening of pampering will include:

- 2 hours spa access from 4pm
- One indulgent 25-minute treatments of your choice

Choose from our 25-minute treatments:

- | | |
|------------------|------------------------|
| • BNS Massage | • Hand Ritual |
| • Express Facial | • Foot Ritual |
| • Head Massage | • BNS Salt & Oil Scrub |

See pages 10 - 13 for more details on treatments.

Upgrade your Spa Day

Upgrade any spa day with a luxurious Rasul Thermal Experience and an extra 1 hour of spa access for just £20pp

Discover the benefits of this unique experience on page 8.

Mini Spa Escapes

Perfect for those short on time but in need of a little relaxation. Unwind with access to our sauna, steam room and outdoor hot tub, with robes and slippers provided for your comfort. Enjoy a hot refreshment on arrival and take home a 20% spa retail voucher to help you take the spa feeling home with you.

Rasul Spa Day

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 partner, friends or a group of four.

Rasul & Spa

£49.99pp

Includes 3-hours spa access, Robes & Slippers

Rasul, Spa & Lunch

£64.99pp

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

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



A Gift to Remember

Whether you're celebrating a special occasion or simply want to treat a loved one, we may have just the answer. With our gift vouchers you can choose from a luxurious Spa Day, a relaxing Mini Spa Escape, an indulgent Overnight Stay, or a soothing treatment tailored to their needs. Don't forget to explore our range of ishga spa retail products, lovingly crafted from organic Scottish seaweed, allowing them to continue their spa experience at home. Vouchers can be bought online or at the health club reception.



Massage



Upgrade to deep pressure + £5

Body Massage

55 Mins £55 / 25 Mins £30

A medium-pressure massage combining relaxing massage techniques, lymphatic drainage and traditional Swedish massage to ease muscle tension, improve circulation and restore balance and wellbeing. Full body massage (55-min) or back, neck & shoulder massage (25-min).

Hot Stone Massage

70 Mins £70 / 40 Mins £50

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. Full body massage (70-Min) or back, neck & shoulder massage (40-min).

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. Choose 2 – 3 areas of the body for our therapists to reduce muscle tension and re-energise.

Head Massage

25 Mins £25

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.

Aromatherapy



£5 upgrade to any massage

Enhance your massage with ishga's luxurious aromatherapy oils, handcrafted in Scotland using organic Hebridean seaweed and pure essential oils. Rich in natural minerals, vitamins and antioxidants, each bespoke blend is designed to elevate your massage, deeply hydrate the skin and create a personalised wellbeing experience. Choose the blend that best suits your mood and needs:



Invigorating – Ideal when you need a natural pick-me-up. This vibrant blend of lemongrass, juniper, lavender and rose geranium creates a fresh, uplifting aroma, while organic Hebridean seaweed extract and botanical oils nourish the skin and leave you feeling renewed from head to toe.



Muscle Recovery – Perfect for aching muscles and post-exercise recovery, this comforting blend of rosemary, lavender and eucalyptus helps release tension and soothe tired limbs. Made with organic Hebridean seaweed extract and nourishing sweet almond and jojoba oils, it leaves both body and mind feeling restored.



Nurturing – Let the gentle floral notes of rose geranium calm the senses and promote a feeling of wellbeing. Combined with sweet almond and jojoba oils, this indulgent blend deeply hydrates and softens the skin, enhancing your massage with lasting comfort and relaxation.

More information on ishga's organic products can be found on page 3.

Body Treatments

ishga Face & Body Experience

55 Mins £65

Begin with a medium-pressure back of the body massage to ease tension, improve circulation and leave the skin nourished while re-energising the body. The treatment continues with a facial including a cleanse, exfoliation, tone and moisturise, leaving your complexion refreshed and revitalised, before finishing with a relaxing scalp massage.

ishga Marine Back Experience

55 Mins £60

The ultimate back facial to cleanse, exfoliate and treat congestion, revealing brighter, smoother skin. Your treatment includes a cleanse, tone and exfoliation, followed by a heated seaweed clay mask to clarify, soften and deeply moisturise. Ideal for acne-prone, dry or problematic skin, while also easing muscular aches and pains. Finished with a relaxing back and back of leg massage.

ishga Detox Body Wrap

55 Mins £60

A powerfully detoxifying Hebridean sea salt and oil scrub with body wrap. 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 Salt & Oil Scrub

40 Mins £50 / 25 Mins £35

A revitalising exfoliation using mineral-rich salt and nourishing oils to gently remove dull, dry skin, leaving it soft, smooth and radiant. Full body (40-min) or back, neck and shoulders (25-min).

ishga Hand Ritual or Foot Ritual

25 Mins £25

A nourishing salt and oil scrub followed by a relaxing massage to restore softness and hydration. Available as either a hand or foot ritual.

Facial Treatments

ishga Express Facial

25 Mins £35

Perfect when you're short on time but want glowing, refreshed skin. Your skin will be deeply cleansed, gently exfoliated and intensely hydrated, leaving your complexion brighter, smoother and beautifully radiant. Includes a scalp massage to complete the experience.

ishga Anti-Ageing Facial

55 Mins £60

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 skin's natural collagen, with powerful anti-ageing properties that repair damaged skin cells which results in smoothing fine lines and wrinkles.

ishga Tailor-Made Facial

40 Mins £50

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 scalp massage or hand and arm massage for ultimate relaxation.

ishga Deluxe Facial

55 Mins £60

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.

Specialist Treatments

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

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 £55

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 aches and pains.

Dermaplane Facial

40 Mins £50

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.

Hopi Ear Candling

25 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.



ishga

TIDES OF CHANGE

 80 mins - £80 

This restorative treatment supports hormonal balance and emotional well-being. Especially beneficial for those experiencing menopausal symptoms, this treatment offers gentle support during times of transition. Using soothing massage techniques for the face and body including the abdomen, combined with ishga's organic seaweed skin care, this treatment helps ease fatigue, tension, and hormonal shifts.



Nail Treatments

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 the perfect treatment for you.

Polish Manicure or Pedicure

£25

Perfect for those who enjoy a fresh new colour more often, our regular polish treatment delivers a beautifully polished look.

Gel Removal & Reapply

£35

Gel Removal

£10

the
MANICURE
company

Eye Enhancements

Lash Lift

40 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

40 mins £40

A semi-permanent treatment that restructures brow hairs to keep them in a desired shape, creating a fuller, and more defined look lasting 6-8 weeks. Includes Eyebrow wax and tint.

Lash Lift & Brow Lamination

50 mins £65

Brow Wax & Tint

£18

Lash & Brow Tint

£18

Brow Tint

£10

Lash Tint

£12

24 hour patch test is required for lash lift, brow lamination and all tinting services

Wax Smooth

Face

Eyebrow

£10

Upper Lip

£10

Chin

£10

Lip & Chin

£18

Body

Bikini

£20

Half Leg

£24

Full Leg

£32

Full Leg & Bikini

£42

Underarm

£15

Forearm

£18

Full Arm

£25

Mens

Back

£25

Chest

£25

Back & Shoulders

£35

How to book

Book by calling us on 01352 871000, emailing us at contact@32ahealthclubandspa.co.uk, or visit our website: 32Ahealthclubandspa.co.uk

Terms & Conditions

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.

Terms & Conditions

PAYMENT

- Full pre-payment is required at time of booking for all spa packages & Treatments.
- 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 MEDICAL CONSULTATION

- Your health and wellbeing is our priority. Please inform us before your appointment if you are pregnant, have any allergies, medical conditions, injuries, have recently undergone surgery (including cosmetic procedures), or are taking prescribed medication. A consultation will be completed on arrival, and your treatment may need to be adapted if any contraindications are identified.

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 thermal suite.

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



Springfield Hotel, Pentre Halkyn, CH8 8BA

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