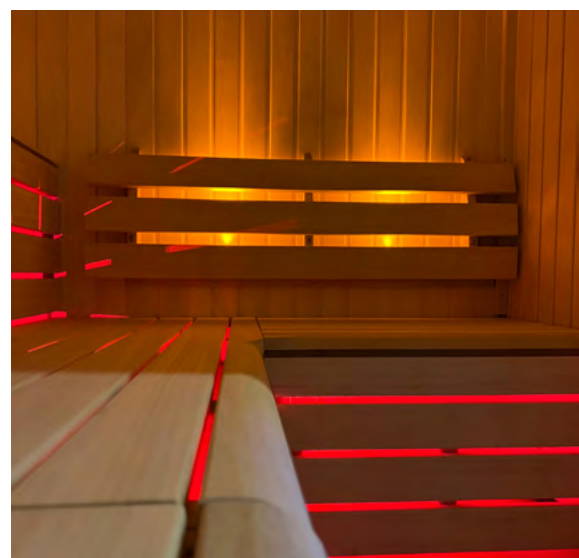


The background is a dark blue, textured surface with horizontal brush strokes or layered paper effects, creating a sense of depth and movement. The text is centered in a clean, white, serif font.

elevate

HEALTH AND FITNESS



Elevate Health & Fitness

At elevate health and fitness we are dedicated to helping you achieve your fitness and wellbeing goals. Come and work out in our well equipped gym or relax in the pool area making use of the pool, sauna and steam room – the choice is yours.

Memberships range depending on whether you sign up on a peak or off peak package (off peak times are Monday to Friday 9am – 5pm, Saturday between 8am and 12pm and Sunday 12pm to 8pm) and joining fees may be applicable at certain times of the year.

You can sign up to pay your membership via direct debit each month to spread the cost otherwise you can pay upfront which saves you one month worth of payments.

A large, dark, jagged rock formation stands prominently on a sandy beach. The rock is dark and textured, with some lighter patches. The beach is wide and sandy, with some shallow water pools. In the background, the ocean is visible under a heavy, overcast sky with grey clouds. The overall mood is serene and natural.

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. 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.



ishga | Body Treatments

Ishga Marine Back Therapy

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.

50 Minutes | £80 Monday to Thursday | £95 Friday to Sunday

Ishga Seaweed Foot Recovery

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.

25 Minutes | £40 Monday to Thursday | £50 Friday to Sunday

Ishga Seaweed Hand Recovery

This treatment begins with a soothing hand soak, filled with a blend of antioxidant rich seaweed and essential oils, followed by a hand scrub packed with minerals from pure sea salt. Relax during the hand and arm massage which is then followed by a regenerating seaweed gel mask.

25 Minutes | £40 Monday to Thursday | £50 Friday to Sunday



ishga | Facial Treatments

Ishga Anti Ageing Facial

Nourish the skin with a rich Marine Cleansing Balm packed with hydrating fatty acids, combined with a delicate eye massage to tighten and tone. The high content of seaweed extract 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.

50 Minutes | £85 Monday to Thursday | £100 Friday to Sunday

Ishga Express Facial

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

25 Minutes | £45 Monday to Thursday | £55 Friday to Sunday

Ishga Facial

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.

50 Minutes | £85 Monday to Thursday | £100 Friday to Sunday



ishga | Massage

Ishga Express Massage

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

25 Minutes | £40 Monday to Thursday | £50 Friday to Sunday

Ishga Full Body Massage

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.

50 Minutes | £80 Monday to Thursday | £95 Friday to Sunday

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.

25 Minutes | £40 Monday to Thursday | £45 Friday to Sunday

Ishga Hot Poultice Massage

A rebalancing, light massage using heated sea salt and seaweed granule filled poultices, which are applied to the body to relax the muscles, release tension and nourish the skin. Combined with manual massage movements, the relaxing warm poultices are rhythmically stroked and kneaded over the body. When the compress is heated it provides a detoxing effect to draw toxins from the body and add a host of vitamins and minerals deep within.

25 Minutes | £40 Monday to Thursday | £55 Friday to Sunday

50 Minutes | £85 Monday to Thursday | £100 Friday to Sunday

Ishga Hot Stone Massage

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.

25 Minutes | £45 Monday to Thursday | £55 Friday to Sunday

50 Minutes | £85 Monday to Thursday | £100 Friday to Sunday

Ishga Pregnancy 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.

50 Minutes | £85 Monday to Thursday | £100 Friday to Sunday





ishga | Other Treatments

Oncology

Relax and nurture the mind and body with our range of treatments suitable for anyone currently undergoing cancer treatment or in recovery. Our expertly designed treatments combine the health benefits of Hebridean seaweed skincare, with a range of simple but effective facials and massages.

50 Minutes | £85 Monday to Thursday | £100 Friday to Sunday

Reflexology

Reflexology involves massaging and applying pressure to areas of the feet, ears and hands. Encouraging the body's natural healing, reflexology can help relieve stress and tension by stimulating your nervous system.

Based on the idea that certain areas of your feet (reflexes) are linked to other areas of your body, your reflexologist will apply pressure to these reflexes to help stimulate energy flow, sending signals around the body to target areas of tension.

50 Minutes | £85 Monday to Thursday | £100 Friday to Sunday

A photograph of a modern indoor swimming pool. The pool is filled with clear blue water and is surrounded by a light-colored stone tile deck. In the background, there are dark grey tiled walls, a large cylindrical column covered in mosaic tiles, and a blue-framed glass wall. A stainless steel handrail is visible on the left side of the pool.

VOCO[®]
AN IHG HOTEL

Spa
Etiquette

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

Please note, spa treatments are available for guests aged 16 years and over. Under 16s cannot access the sauna or Steam room.

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 steam room. 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. 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. Or per your booking Terms & Conditions.

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.

Contact Us

voco Reading,
Select Car Leasing Stadium,
Reading
RG2 0FL

T: 0118 925 3844 | E: elevate@vocoreading.com
W: www.vocoreading.com

A product shot of a jar of ishga Organic Seaweed Natural Skincare Anti-oxidant Marine Cream. The jar is white with a silver-colored lid and is partially submerged in water, creating a large splash. The background is a light blue gradient. The text on the jar is in a purple font.

ishga

Organic Seaweed

Natural Skincare

Anti-oxidant Marine Cream

elevate

HEALTH AND FITNESS

Get in touch

Call Health Club: 01189 253 844

Call Hotel: 01189 253 500

Email: elevate@vocoreading.com

W: www.vocoreading.com

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