



spa  
**Naturel**  
*fitness*

welcome to wellness

Spa Brochure

# Our Philosophy

At Spa Naturel Fitness, we are dedicated to putting your wellbeing at the heart of everything we do. We have 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 infusing quality through every decision we make. We treat each member and every guest as individuals. We are passionate about personalising our service at every point, from tailoring our consultations to ensuring that every treatment is unique.



# Discover the power of organic seaweed skincare.

The name ishga is derived from the Gaelic word for water. The pure, clean waters of the Hebridean Islands off the north west coast of Scotland are home to ishga, and where we sustainably hand harvest the four types of seaweed that are at the heart of our organic skincare range.

Hebridean seaweed contains potent natural antioxidants with properties, which transform and protect skin. ishga has developed a bespoke process to extract its natural goodness, harnessing an abundance of vitamins and bioactive minerals to create a remarkable range of high performing products that deliver efficacy for all skin types.

ishga

Organic Seaweed Skincare



# Our Thermal Experience

## Sauna

A 'dry' heat treatment in a wood-lined room with a temperature reaching 90°C, designed to induce perspiration in order to cleanse the body of impurities.

## Experience Shower

Immerse yourself in two unique showering experiences. A balance of heat, light and water create our Caribbean Storm and Arctic Rain shower experiences. The shower is designed to rapidly heat up or cool down your body depending on which option you choose. It will also help to stimulate your circulatory system.

## Steam Room

Our steam room, has steam heated to 45°C helping you clear your lungs and breathe easier.





### Ice Room

Our ice room is chilled to 8°C and the Ice Fountain produces ice flakes to be rubbed on the body along with an ice cold shower which stimulates circulation and facilitates the cooling of the body.

### Relaxation Room

An oasis of calm. This quiet sanctuary is a designated area taking in the sounds of running water and relaxing music to help you slip away into pure relaxation.

### 18 Metre Heated Pool

The perfect place to enjoy a dip as well as swimming some lengths, our pool is heated to 29-30°C, as well as offering the perfect place to lounge around after with temperatures of 33°C.

### Fully Equipped Gym & Stretch Studio

Begin your spa journey with movement in our fully equipped gym and stretch studio – an ideal way to awaken the body before indulging in a day of pampering and relaxation.

# Champagne Bar

If your spa day includes lunch or afternoon tea, this is where your experience continues. Overlooking the beautiful Sheffield Winter Garden, the Hotel Champagne Bar offers a relaxed and elegant setting to dine and unwind. It's also the perfect place to end your day – perhaps with a well-deserved glass of champagne or a cheeky cocktail.





# Spa Day Packages

## Complete Relaxation Afternoon Tea and Fizz Spa Day

*Mon-Fri £165pp - Sat-Sun £185pp*

Your day of pure pampering will include:

- » Full Spa & relaxation room access with robes and slippers.
- » Hot refreshments served throughout your day
- » Prosecco Afternoon tea served in the Champagne Bar.
- » Two x 50-minute treatments from page 8
- » »£10 spa retail voucher, to take that perfect gift home with you.

## Indulge Yourself Spa Day

*Mon-Fri £119pp - Sat-Sun £139pp*

Your day of relaxation will include:

- » Full Spa access with robes and slippers.
- » Light Spa lunch served in the hotel/Spa lounge
- » Hot refreshments served throughout your day
- » One x 50 minute treatment from page 8
- » £10 spa retail voucher, to take that perfect gift home with you

## Express Rebalance Spa Session

*Mon-Fri £85pp - Sat-Sun £105pp*

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 9
- » £10 spa retail voucher, to take that perfect gift home with you.

## Baby On Way Pamper Day

*Mon-Fri £119 - Sat-Sun £139*

- » Full spa access with robes and slippers.
- » Hot refreshments served throughout your day
- » Ishga Pre Natal-Massage (60 min)
- » Light lunch served in the hotel/spa lounge
- » £10 spa retail voucher, to take that perfect gift home with you.

# 50 Minute Treatments

## ishga Face and 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

Rejuvenate tired hands or feet with this deeply relaxing and detoxifying ritual. The treatment begins with an exfoliating scrub using nutrient-rich salts and nourishing oils to smooth and refresh the skin. A detoxifying seaweed gel mask is then applied to draw out impurities and restore vitality, before being gently removed with warm towels. The experience continues with a soothing massage of the legs and feet or arms and hands, easing tension and promoting circulation, and is completed with a blissful mini scalp massage.

## ishga Facial

This revitalising facial is designed to restore radiance and support skin repair, making it suitable for all skin types, including sensitive skin. Ideal for dull or tired complexions, it helps to brighten, balance skin tone and texture, and protect against environmental damage. The treatment includes a thorough cleanse, tone, gentle exfoliation, and deep moisturisation to leave the skin refreshed, hydrated, and renewed. To enhance relaxation and wellbeing, the facial also features a soothing chest massage, a relaxing hand and arm massage, and a tension-relieving scalp massage for a truly restorative 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.

Included in specific spa day packages or £80 on their own.



# 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.

## ishga Hand Recovery

Salt and oil hand scrub, followed by a cooling and detoxifying seaweed gel mask, combined with a relaxing hand and arm massage.

## ishga Foot Recovery

Salt and oil foot scrub, followed by a cooling and detoxifying seaweed gel mask, combined with a relaxing lower leg and foot massage.

## Moment of Tranquillity

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

## Salt & Oil Scrub

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

Included in specific spa day packages or £50 on their own.



# Facial Treatments

## ishga Express Facial

*25 minutes*      *£50*

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

## ishga Facial

*50 minutes*      *£80*

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-Aging Facial

*60 minutes*      *£89*

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 Men's Facial

*25 minutes*      *£80*

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.

# Body Treatments

## Salt & Oil Scrub

*25 minutes*      *£50*

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

## Marine Back Treatment

*50 minutes*      *£80*

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

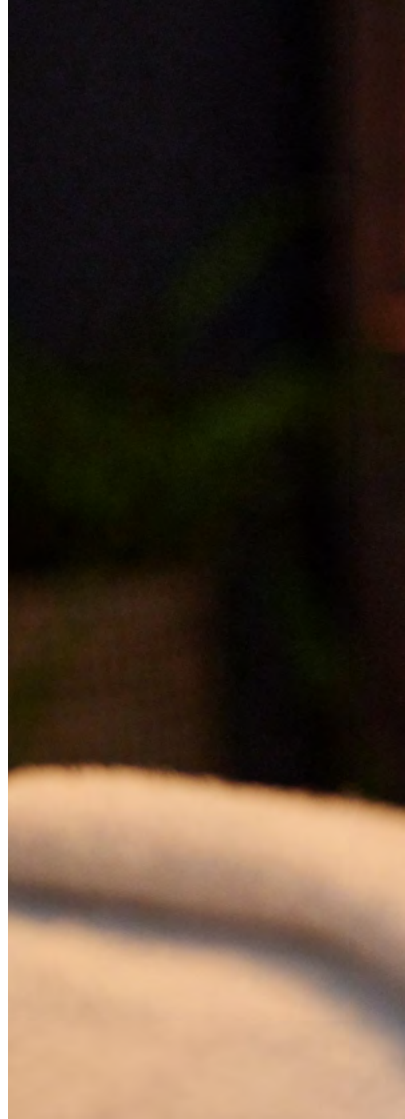
*60 minutes*      *£95*

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

*60 minutes*      *£95*

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.







# Massages

## Body Massage

25 minutes £50 / 50 minutes £80

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. If you require more attention in a specific area, choose our 30-minute option for a shorter, one area targeted massage.

*Choose from:*

### Invigorating Oil

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

### Muscle Recovery Oil

A soothing, nutrient-rich oil that helps ease muscle tension and support recovery. Made with Hebridean seaweed extract and essential oils like lavender, eucalyptus, and peppermint to calm, refresh, and hydrate the body.

### Warming Oil

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

## Moment of Tranquillity Scalp Massage

*25 minutes      £50*

Intensely de-stressing shoulder, neck and 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

## Walking on Air Leg & Foot Treatment

*25 minutes      £50*

A revitalising massage for the front and back of the legs and feet, designed to ease tension, improve circulation, and leave you feeling light, relaxed, and re-energised—just like walking on air.

## Men's Stress Reliever Massage

*50 minutes      £80*

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 Stone Massage

*25 minutes £55 / 50 minutes £90*

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. Available for either the full body or our 30 minute option for a one area targeted massage.

## Deep Tissue Muscle Energiser

*25 minutes £55 / 50 minutes £90*

Deep Tissue is not only a firm massage with more pressure, but a range of techniques to work on the deeper layers of muscle and connective tissue to release chronic patterns of tension. It involves working beneath superficial layers, to the layers of muscle and tissue, using slow, sustained, deep pressure focusing on one or two areas of the body.

We have to work slowly but deeply into the muscle layers and fibres to relieve pressure once the muscles have been thoroughly warmed and relaxed, as to avoid a painful and ineffective massage. The results are aided by the use of ishga's Muscle Recovery Oil containing a powerful blend of anti-inflammatory seaweed extract, eucalyptus, rosemary and peppermint to boost circulation and break down lactic acid.

If you desire a full body massage, we recommended our 50-minute invigorating Swedish body massage.

# Pregnancy Treatments

*\*Please note, all treatments will be down to therapist/manager discretion following the consultation, treatments may be adapted to suit the needs of the client. ishga treatments are for mothers to be of over 12 weeks.*

## ishga Pregnancy Massage

25 minutes £65 / 60 minutes £90

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.

## ishga Express Facial

25 minutes £55

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

## ishga Facial

50 minutes £80

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.

## Nurturing Salt & Oil Scrub

25 minutes £55

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

## Nourishing Hand Recovery

25 minutes £45

Nurturing salt and oil hand scrub; coated with a nourishing gel mask; completed with a relaxing, gentle hand and arm massage.

## Nourishing Foot Recovery

25 minutes £45

Nurturing salt and oil foot scrub; coated with a nourishing gel mask; completed with a relaxing, gentle foot and lower leg massage.



# Nurturing Touch Therapy Treatments

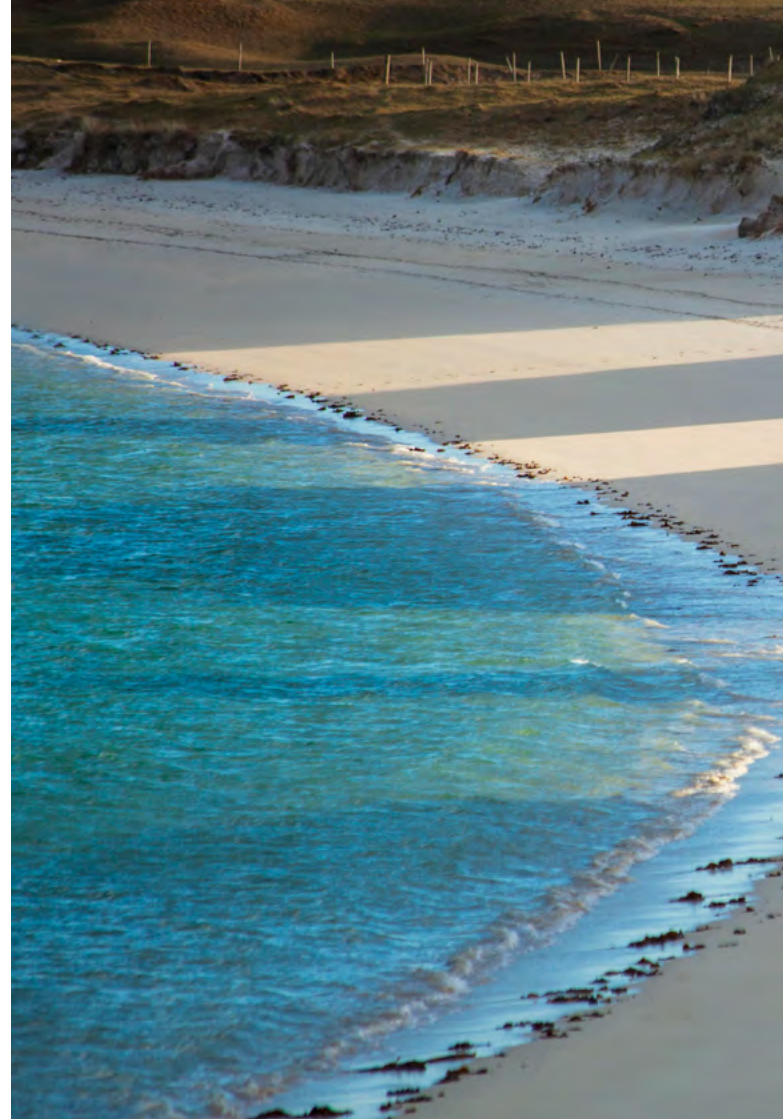
ishga Nurturing Touch is a specialised therapy for individuals undergoing or recovering from cancer treatment. It uses gentle, mindful techniques to support comfort, relaxation, and emotional wellbeing. SATCC approved.

Using ishga Nurturing Body Oil, the massage works to promote relaxation, reduce stress and alleviate muscle tension without overwhelming the body. The oils nourishing properties help to hydrate and replenish the skin while the massage techniques are carefully tailored to suit the needs of those with sensitive conditions promoting a sense of calm and wellbeing. This treatment offers a safe and restorative experience providing comfort and care during challenging times.

Expert trained therapists are also able to deliver tailored facials, created for those undergoing or recovering from cancer treatment. Using the ishga Capsule Collection, a range of gentle, certified organic products designed for the most sensitive skin, it delivers soothing hydration and comfort while supporting skin health and natural balance.

Every treatment is bespoke, with your therapist curating a nurturing experience tailored entirely to your needs.

*\*Please note, all treatment will be down to therapist/manager discretion following the consultation, treatments may be adapted to suit the needs of the client*





## Nurturing Scalp Massage

25 minutes £50

Intensely de-stressing scalp treatment to banish tension and aid restful sleep. This massage includes Essential Oils of Rose Geranium to soothe and calm, leaving a feeling of pure serenity.

## Nurturing ishga Facial

25 minutes £50 / 50 minutes £80

Our express facial cleanses, tones and moisturises for essential skin maintenance. Whereas our extended 50 minute facial 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.

## Nourishing Hand Recovery

25 minutes £45

Nurturing salt and oil hand scrub; coated with a nourishing gel mask; completed with a relaxing, gentle hand and arm massage.

## Nourishing Foot Recovery

25 minutes £40

Nurturing salt and oil foot scrub; coated with a nourishing gel mask; completed with a relaxing, gentle foot and lower leg massage.

## Nurturing Touch Massage

25 minutes £50 / 60 minutes £80

Unlike traditional massage, Nurturing Touch focuses on comfort and connection rather than deep pressure. The treatment uses light; flowing movements designed to soothe the nervous system, reduce anxiety, and promote deep relaxation. You may even find yourself drifting into a restorative sleep as your body lets go of stress.

# Hand and Feet Treatments

## ishga Hand Recovery

25 minutes      £45

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

## ishga Foot Recovery

25 minutes      £45

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

## ishga Luxurious Seaweed Hand Experience

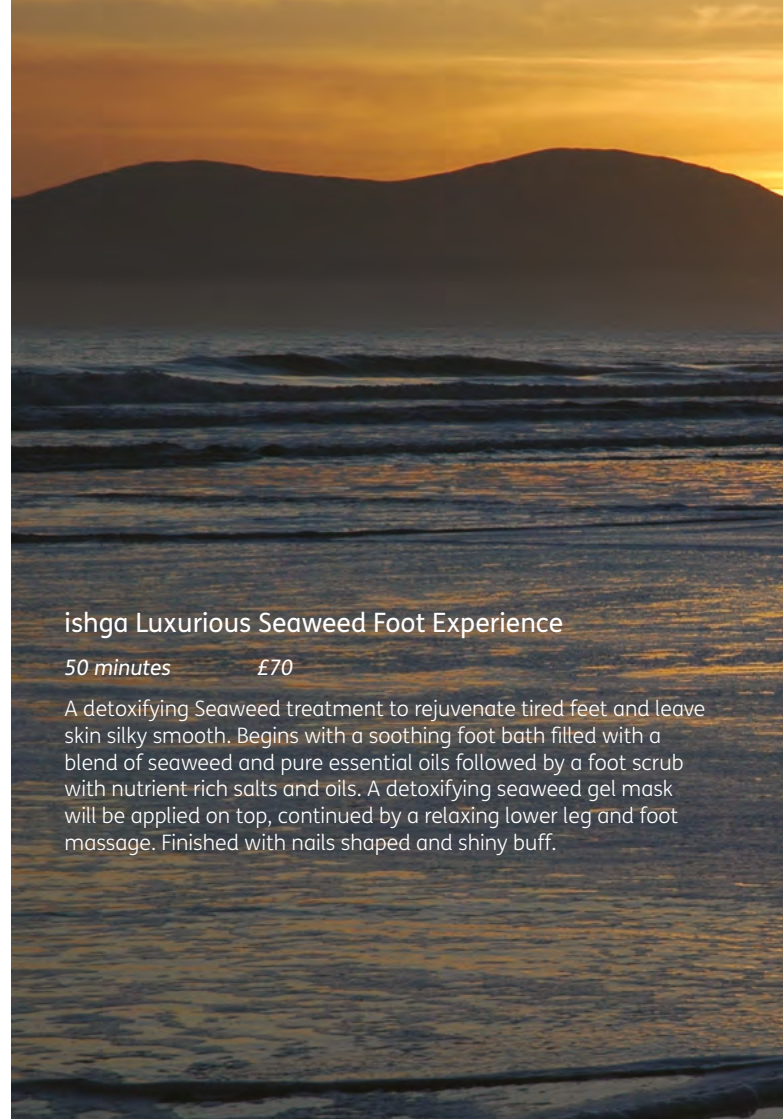
50 minutes      £70

A detoxifying Seaweed treatment to rejuvenate tired hands and leave skin silky smooth. Begins with a soothing hand bath filled with a blend of seaweed and pure essential oils followed by a hand scrub with nutrient rich salts and oils. A detoxifying seaweed gel mask will be applied on top, continued by a relaxing hand and arm massage. Finished with nails shaped and shiny buff.

## ishga Luxurious Seaweed Foot Experience

50 minutes      £70

A detoxifying Seaweed treatment to rejuvenate tired feet and leave skin silky smooth. Begins with a soothing foot bath filled with a blend of seaweed and pure essential oils followed by a foot scrub with nutrient rich salts and oils. A detoxifying seaweed gel mask will be applied on top, continued by a relaxing lower leg and foot massage. Finished with nails shaped and shiny buff.





# Body Care

## Eye Enhancements

Eyebrow tint	£15
Eyelash tint	£20
Eyelash and brow tint	£25

*(48 hour patch test required on all the above)*

## Wax Smooth

Full leg	£35
Three-quarter leg	£30
Half leg	£25
Full leg and bikini	£45
Bikini	£20
Full arm	£25
Forearm	£18
Underarm	£20
Back and shoulder	£35
Upper lip	£15
Chin	£15
Lip and chin	£25
Eyebrow	£16

# 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 women 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 women are strongly advised against the use of the sauna and steam room.

## Booking a Treatment or Spa Day

### How to book

- » Via our website [spanaturelfitness.com](http://spanaturelfitness.com) or call 0114 2782050

### Spa treatment payment

- » Full pre-payment is required at time of booking for all individual 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.

### Spa day payment

- » Full pre-payment is required at time of booking for all day packages
- » Spa day treatment times will be allocated between 10am and 5pm and will be confirmed to you prior to arrival.
- » All spa day and treatment times are subject to availability
- » Spa day bookings made via the Spa website are confirmed by email for your chosen date and the spa will contact you to arrange your treatment times within 24 hours of payment.

### Method of payment

- » Fees are inclusive of VAT on treatments as listed
- » Extra treatments will be charged at the applicable rates.
- » Pre-booked additional treatments will be charged at the applicable rates on the date of booking
- » We accept all major credit cards
- » 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 online bookings. To book with a gift voucher please call the spa.

## Parking

- » Please note that we do not have on-site parking.
- » The nearest car parks are Arundel Gate Car Park and Q-Park Charles Street.
- » If you require parking for your spa day, please contact our spa team in advance to receive a pre-booking discount code.

## Spa Day Cancellation

- » We require 72 hours' notice for all cancellations to avoid a 100% charge.
- » Group Bookings- We require 14-day notice to cancel groups of 6 people or more. Any bookings cancelled with less than 14 days' notice will incur a 100% cancellation charge.
- » All promotional offers are non-refundable or transferable

### Spa day cancellation

- » We require 72 hours' notice for all cancellations to avoid a 100% charge.
- » Group Bookings- We require 14-day notice to cancel groups of 6 people or more. Any bookings cancelled with less than 14 days' notice will incur a 100% cancellation charge
- » All promotional offers are non-refundable or transferable

## Spa Terms & Conditions

- » Spa Naturel fitness 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 are kept on silent or switched off in the spa. We are happy to relay any messages via the Spa reception
- » Photography is not 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
- » Mercure Hotel 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 any of the thermal suites. They are only allowed in during the specific Children swim times and must be accompanied by an adult, with one adult per 2 children.

 @SpaNaturelFitness\_Sheffield

 Spa Naturel Fitness Sheffield

St Paul's Hotel & Spa

T: 0114 2782050 E: h6628-th1@accor.com

**[spanaturelfitness.com](https://spanaturelfitness.com)**