



Salthouse

SPA AND WELLNESS

YOUR WELLNESS PLANNER

Your stay includes £150 Spa & Wellness Credit, giving you the freedom to personalise your wellness journey.

Simply let us know what you'd like to book and your preferred time, and we'll apply your Spa & Wellness Credit to your booking. We recommend booking early, as treatment availability may be limited.

YOUR CHOICES

Wellness Bursts

Our signature thermal wellness experience overlooking the waterfront. Move through our sauna, steam room, wallow pool, ice fountain, foot spas and experience showers before relaxing in our boutique waterfront spa.

Choose from:

- 90-Minute Wellness Burst | £35
- 180-Minute Wellness Burst | £70

Spa Treatments

A 55 minute treatment, each followed by time in our relaxation lounge with option use of lightmask, and a cup of Doctor Seaweed tea.

- Ishga Face & Body Experience | £115
- Ishga Facial | £115
- Lava Shell Massage | £135
- Full Body Massage | £125
- Detox Body Wrap | £125



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Seaweed Bath Ritual | £45

Enjoy a private wellness experience from the comfort of your room. A seaweed bath bag will be placed in your room ready for your arrival, allowing you to enjoy a restorative coastal bathing ritual whenever it suits you during your stay. We recommend this for guests staying in a Marina or Copper room with a deep bath tub. Alternatively, you can take it home to enjoy at a later date.

HOW TO BOOK

Please [check the online availability here](#) for your chosen experiences, and let us know

- Which experience(s) you would like to book
- Your preferred date
- Your preferred time

Our Reservations Team will check availability, apply your £150 Spa & Wellness Credit, and confirm your personalised itinerary.

If the total value of your chosen experiences exceeds your included credit, we'll advise you of the remaining balance before confirming your booking.

We look forward to helping you create your perfect Salthouse wellness experience.



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A FINAL NOTE FROM US

We are proud to offer a personalised treatment experience delivered by a small team of highly skilled therapists, all Level 3 trained and dedicated to creating exceptional moments of relaxation and wellbeing.

While we do everything possible to honour all confirmed spa treatments, on rare occasions unforeseen circumstances may mean we need to adjust, reschedule or cancel your appointment. If this happens, we will always contact you as soon as possible and work with you to find the best alternative experience from our wellness offering.

Thank you for your understanding and for allowing us to maintain the high standards of care that define the Salthouse spa experience.