

Spa Packages



Accommodation can be booked in conjunction with any of our Spa Packages, with rates starting from an additional £40 per person, (based on 2 sharing).

*All packages include full use of Spa Facilities.
If your spa package does not include a Spa Buffet, this can be added on at a charge of £9.95 per person or an alternative light bites menu is available,
Please be advised all food orders are required to be booked 24 hours in advance.*

Please contact us if you would like any more information on anything.

*The Towers Hotel & Spa
Ashleigh Terrace, Jersey Marine, Swansea Bay, SA10 6JL.
Hotel Tel: 01792 814155 Spa: 01792 325025
www.thetowershotel.co.uk
E-mail: spa@towershotel.co.uk*

Why not take advantage of our double room and have a treatment side by side perfect for that girly day or a romantic evening. This is available upon request depending on availability and what treatment you will be having. Please let the therapist know on booking.

Terms and Conditions of The Towers Hotel & Spa

Please note that all our gift vouchers have a 6 months expiry date. Any vouchers that are past the expiry date will not be redeemed

You will need to book treatments/ packages 4-6 weeks in advance to avoid disappointment

Please arrive 15 minutes before your treatment

Use of Spa area is available depending upon treatment booked. If your treatment is under

£50.00 then a charge of £16.00 will be incurred for the facilities.

Please remove all jewellery and clothing leaving on your undergarments or swimming costume.

For some treatments you will be given disposable undergarments by your therapist.

Please always shower before using pool facilities and after treatments. Bathrobe and slippers should be worn in all common areas.

Please make sure your valuables are kept in the locker. The management cannot be held responsible for the loss of any personal possessions.

Your appointment may be released if you are more than 15 minutes late for your treatment and late arrivals will constitute a reduced treatment time.

A 48 hour cancellation notice is required otherwise we regret that full deposit will be lost. For group bookings of 5 guests or more please be advised our cancellation notice is 5 days prior to booking date, otherwise we regret that the full deposit will be lost.

IT IS VERY IMPORTANT TO INFORM THE THERAPIST OF ANY MEDICAL CONDITIONS OR MEDICATION YOU MIGHT BE TAKING BEFORE COMMENCING WITH ANY TREATMENT OR SPA USE.

Opening Times*

<i>Sunday</i>	<i>10.00am - 6.00pm</i>
<i>Monday</i>	<i>9.00am - 5.00pm</i>
<i>Tuesday</i>	<i>9.30am - 5.30pm</i>
<i>Wednesday</i>	<i>9.00am - 8.00pm</i>
<i>Thursday</i>	<i>9.00am - 8.00pm</i>
<i>Friday</i>	<i>9.00am - 8.00pm</i>
<i>Saturday</i>	<i>9.00am - 5.00pm</i>

**Times May Vary Slightly*

Please don't hesitate to contact us on 01792 325025 if you have any questions about any of our treatment

Deluxe Spa Day - £55.00 per person – 25 minutes treatment time

A complimentary fruit juice on arrival.

Use of a robe, towel and slippers for the day.

Full use of indoor heated pool, sauna, steam room, Jacuzzi, gymnasium, Chill out Lounge and Relax room.

Choice between an oriental head massage, a back, neck and shoulder massage, mini rain forest facial or a Gerard's taster facial.

A healthy nutritious lunch, accompanied with a glass of wine or fresh fruit juice

Complimentary tea and coffee

Eastern Promise - £65.00 – 1 Hour 10 minutes treatment time

A complimentary fruit juice on arrival.

Use of a robe, towel and slippers for the day.

Full use of indoor heated pool, sauna, steam room, Jacuzzi, gymnasium, Chill out Lounge and Relax room.

An eastern back, neck & shoulder massage

An eastern inspired head massage

A mini rain forest facial or Gerard's taster mini facial

Complimentary tea and coffee

Week Day Pamper – Cost - £57.00 – 1 Hour treatment time - (Mondays, Tuesdays & Wednesdays Only)

Option 1

£57.00

A complimentary fruit juice on arrival

Use of robe towel and slippers for the day

Full use of the facilities

Back neck and shoulder massage

Mini facial

A healthy nutritious lunch, accompanied by a glass of wine or fruit juice.

Complimentary tea and coffee

Option 2- £52.00

A complimentary fruit juice on arrival

Use of robe, towel and slippers for the day

Full use of the facilities

Back massage

Nail shape and polish {hands and feet}

A healthy nutritious lunch, accompanied by a glass of wine or fruit juice.

Complimentary tea and coffee

Spa & Sleep Break – Cost - £135.00 – 1 Hour 25 Minutes treatment time

A complimentary fruit juice on arrival.

Use of a robe, towel and slippers for the day.

Full use of indoor heated pool, sauna, steam room, Jacuzzi, gymnasium, Chill out Lounge and Relax room.

A back, neck and shoulder massage.

Rain forest facial or Gerard's prescriptive facial.

Afternoon cream tea served in the chill-out-lounge

1 nights accommodation.

A 2 course dinner in the conservatory restaurant

Full welsh breakfast the following morning.

Free car parking

The spa & sleep break offer is subject to availability and the price is per person and based on 2 people sharing a twin or double room.

Perfect Pamper Hen Package - £135.00 – 55 minutes treatment time

A complimentary fruit juice on arrival

Complimentary use of robes, towel and slippers for the day.

Full use of indoor heated pool, sauna, steam room, Jacuzzi, gymnasium, Chill out Lounge and Relax room.

A choice of two treatments from: A back, neck and shoulder massage, a mini rain forest facial, Gerard's taster facial, oriental head massage, mini manicure or a mini pedicure.

A Healthy lunch served in the chill-out-lounge with a glass of wine.

A 2 course dinner served in the conservatory restaurant.

1 nights' accommodation in a superior room.

Full welsh breakfast served the following morning.

Free Car Parking.

The Perfect Pamper Hen Package offer is subject to availability and the price is per person and based on 2 people sharing a twin or double room.

Complimentary tea and coffee in chill out lounge

Chocoholics Dream – Cost - £110.00 — 3 Hours treatment time

A complimentary fruit juice on arrival

Use of a robe, towel and slippers for the day

Full use of indoor heated pool, sauna, steam room, Jacuzzi, gymnasium, Chill out Lounge and Relax room.

The mini chocolate facial

The chocolate after eight body wrap

The chocolate pedicure

Hot chocolate to finish off served in our chill out lounge.

Oriental Bliss – Cost - £70.00 – 1 Hour 55 minutes treatment time

A Complimentary fruit juice on arrival

Use of a robe, towels and slippers for the day

Full use of indoor heated pool, sauna, steam room, Jacuzzi, gymnasium, Chill out Lounge and Relax room.

Lemongrass salt scrub

Oriental hot stone massage

Herbal tea to finish in the chill-out lounge

Spice Islands – Cost - £85.00 – 2 Hours 10 Minutes treatment time

A complimentary fruit juice on arrival

Use of a robe, towels and slippers for the day

Full use of indoor heated pool, sauna, steam room, Jacuzzi, gymnasium, Chill out Lounge and Relax room.

Boreh spice scrub

Balinese massage incorporating spice pomanders

Herbal Facial

Spice tea to finish in the chill- out lounge

Coconut Paradise - £90.00 – 2 hours treatment time

A complimentary fruit juice on arrival

Complimentary use of robes, towels and slippers for the day

Full use of pool, sauna, steam room, Jacuzzi, gymnasium, Chill out Lounge and Relax room.

A Coconut cocoon body wrap

A coconut deluxe foot treatment

A coconut milk smoothie served in the chill-out lounge.

Sunday Slumber & Spa Break - £90.00 per person – 30 minutes treatment time

1 Nights luxury accommodation on Sunday night

Full Welsh breakfast

2 Course Dinner

Full use of the leisure facilities, gymnasium, Chill out Lounge and Relax room.

Choice of 1 Spa treatment from: Back, neck and shoulder massage, mini facial, mini pedicure or mini manicure.

Treatment must be taken on Monday