tRiBe

Spa



TREATMENT MENU



WELCOME

tRiBe Spa offers an idyllic escape in the heart of South Wales. From the moment you enter, you will be greeted warmly with friendly faces and vibrant tropical-inspired decor. Unload your stresses with one of our expertly formulated treatments before unwinding throughout our cosy facilities. Start with a dip in the relaxation pool, before soothing your senses in our brand-new Spa Garden.

We've taken the time to design a haven. Using natural materials, we've brought the outside in to create a seamless experience. We've covered every aspect of relaxation, with tranquillity pods dotted poolside, overlooking our luxury heated outdoor vitality hydrotherapy pool.

Compliment your spa experience with sensational dining. Enjoy a delicious all day Spa Brunch - featuring a selection of fresh seasonal smoothies, juices and superfood salads alongside a hot brunch dish chosen from our daily specials. Every aspect of your wellbeing is covered at tRiBe Spa.

GIFT VOUCHERS

Treat a friend or a loved one to some much-needed time out with a tRiBe Spa Experience Voucher

www.lanelayhall.co.uk/vouchers

PRICING

SPA EXPERIENCES

Enjoy a 60-minute treatment, followed by a delicious Spa Brunch and use of the facilities.

MONDAY - THURSDAY: £143
FRIDAY - SUNDAY: £163



OUR PRODUCTS

ishga

Our spa partner isgha is a luxury, award-winning organic skincare range from the Hebridean islands just off the coast of Scotland. Harnessing the power of seaweed, ishga have created a beautiful range of products designed to rejenerate and heal.

SPA EXPERIENCES

Spa experiences at tRiBe Spa are special. With wellness at the forefront, we've created an oasis inspired by far-flung tropical destinations. Soothe the senses with one of our signature treatments before indulging yourself in uninterrupted tranquility amongst our relaxation pool and spa garden.

SPECIALITY TREATMENTS

ishga MUM-TO-BE-MASSAGE | 60 minutes

Our Mum-to-be Massage has been specifically designed to pamper and relax pregnant clients and is suitable after the first trimester of pregnancy. This treatment focuses on the changes in the client's body during pregnancy, helping to ease aches and pains and can improve the client's sense of wellbeing, comfort levels and aid relaxation.

A nurturing full body massage to soothe aches, pains and general muscle fatigue often experienced during pregnancy. Designed to help relax and calm, ease leg cramps, reduce water retention and puffiness. Using ishga's Nurturing Oil which hydrates the skin and helps to improve elasticity, reducing stretch marks, the massage begins with mum-to-be seated allowing the therapist to fully work the upper and lower back. Then, lying comfortably and supported in an upright position on the therapy bed, the legs, feet, arms and most importantly the bump are gently but therapeutically massaged to release a sense of wellbeing for both mum and baby.

BODY TREATMENTS

ishga MARINE BACK TREATMENT | 60 minutes

The ultimate back facial designed to rejuvenate and exfoliate, while treating any congestion to reveal 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 the back of the legs is also included to leave you feeling deeply relaxed.

MASSAGE

ishga HOT ORBS MASSAGE | 60 minutes

A back massage incorporating heated orbs which instantly relax the muscles, allowing the treatment to work at a deeper level. Hot orbs work to relax the mind, melt muscle tension, and reduce aches and pains. A seaweed-based oil with lemongrass, lavender and juniper will detoxify and regenerate the skin.

ishga FULL BODY MASSAGE | 60 minutes

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.

Choose from:

Invigorating

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

Relaxing

The luxurious scent of nurturing rose geranium to aid stress relief, relax, soothe and balance a tired mind and body. A silky base of sweet almond and jojoba oil to hydrate and tone skin.

Warming

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

ishga DEEP TISSUE MASSAGE | 60 minutes

Powerful, deep and specifically placed techniques make this customised massage essential for relief of aching muscles. Using a stimulating muscle recovery oil containing fucus serratus extract, a natural anti-inflammatory, may chang, to relieve physical fatigue and rosemary to ease muscle pain. The Therapist will work on one to two body areas of your choice using remedial massage techniques, Thai stretching and localised deep tissue and myo-facial release.

ishga STRESS RELIEVER MASSAGE | 60 minutes

An invigorating back treatment, combined with scalp massage. A medium pressure massage designed to detox and balance the skin 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.

ishga FACE & BODY EXPERIENCE | 60 minutes

Indulge in a revitalising face and body experience, starting with a medium-pressure massage using aromatic oils to relax and energise. Follow with a luxurious facial to cleanse, exfoliate, tone, and moisturise. Ishga's seaweed-based skincare boosts hydration and collagen. A complete treatment for glowing skin and total relaxation.

Tides of Change | 60 minutes

A deeply restorative 60-minute ishga treatment designed for menopause, using organic seaweed skincare and soothing massage to balance mind, body, and spirit. It supports hormonal harmony, detoxification, and leaves you feeling renewed and radiant.

FACIALS

ishga FACIAL | 60 minutes

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-AGEING FACIAL | 60 minutes

Using our rich Marine Cleansing Balm packed with hydrating fatty acids and a lifting and fiming 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.

MENS TREATMENTS

ishga MENS FACIAL | 60 minutes

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.

FAQ

OPENING HOURS

tRiBe Spa is open from 10am until 6pm, seven days a week.

ATTIRE

We recommend that guests wear loose comfortable clothes when arriving at the spa. Your luxury robe and sandals will be awaiting your arrival in your locker. We ask that guests shower before heading into the facilities. Swimwear is essential when using the swimming pool, sauna and hydropool and guests are politely asked to wear an under-garment for the duration for any treatments.

ARRIVAL

Please arrive as early as you wish to fully enjoy the thermal spaces, however we do ask that you arrive at least 20 minutes ahead of your treatment time or spa experience as this gives ample time to check in, get acquainted with your surroundings and get changed ready for your consultation and treatment.

BOOKING

You can book treatments either by calling the hotel on 01443 558309 or spa@lanelayhall.co.uk

CANCELLATION POLICY

If you need to cancel a treatment or spa day for any reason we require at least 48 hours notice.

DISABLED ACCESS / HEALTH CONCERNS

If you have additional needs, please let a member of staff know on booking. Our treatments rooms are located on a ground floor level along with our pool. We can accommodate all guests, however certain treatments may be more suited to your needs. Please ask us at time of booking, or tell us if you'd like to speak with one of our therapists ahead of your arrival.

ALLERGIES

ishga products may include shellfish, nuts, iodine and seaweed. If you have any allergies please state this upon booking, as an alternative is available. tRiBe Spa can not responsible for any allergic reactions not stated.

MOBILE PHONES

To keep the tranquility of the spa, please ensure that your phone is on silent at all times. Please respect the privacy of others when taking photos and videos throughout the spa.

WRISTBANDS

You will be given a wristband upon entry, this will give you access to the vitality pool. Please return this at the end of your experience, we will hold a £5 deposit until this is returned.



SPA BOOKINGS

spa@lanelayhall.co.uk | 01443 558309 | www.lanelayhall.co.uk