



source spa

MEMBERSHIPS

Source Spa and Wellness is inspired by the natural playground of Saunton Sands. Surrounded by awe-inspiring natural beauty, Source is a space for self-care and a place to nourish yourself and rejuvenate.

Invest in your health, nurture wellbeing and get inspired for fitness with a membership at our ocean-view spa with beautiful facilities and treatments inspired by nature.

There's no place quite like Source

MENU

Use this page to explore each area of Source Spa.

Simply click on the section titles to jump straight to what interests you most, from our Thermal Suite to the Holistic Wellness Experience. It's a seamless way to discover all that your membership includes.

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Member PRIVILEGES

Outdoor facilities, equipment hire and group lessons

Membership includes use of our large outdoor swimming pool and its sun loungers with spectacular views over Saunton Beach. You'll also have access to our tennis court with the same inspiring vistas. Equipment hire and group lessons are also included in the price of your membership.

Spa facilities

Swim laps in our large heated indoor swimming pool. Then relax in our marine-inspired Thermal Suite with salt inhalation steam room, Finnish aroma sauna, ice fountain, contrast showers and a vitality pool, which looks out onto the fabulous panorama of Saunton Beach.

Gym and exercise classes

Wherever you are on your fitness journey, our state-of-the-art gym is packed with everything you need for a workout. Our fitness and wellbeing classes offer something for everyone, including yoga, Pilates, dance workouts, tennis coaching and full-body workouts.

Rooftop relaxation room and sun deck

Unwind in our rooftop oasis with cosy loungers, blankets, infused water and exceptional views.

More member PRIVILEGES

Exclusive discounts

Members enjoy discounts on spa treatments, spa products and food and drink at Saunton, as well as reduced accommodation rates across the Brend Hotels Group in Devon and Cornwall.

Luxury changing facilities and childcare

Our changing rooms have everything you need. Wash under monsoon showers in large private cubicles, using Source Spa Collection shampoo, conditioner and body wash. Secure lockers include fresh towels, a robe and flip-flops on every visit, and our dressing tables feature hair dryers and well-lit mirrors. Our supervised playroom offers childcare from as little as £5 an hour for members (must be pre-booked).

Other perks

We hold exclusive member events throughout the year and members get first refusal on many other events held at the hotel. You'll also benefit from free car parking and receive four complimentary guest passes annually.

DISCOVER

■ *Level 1 Source Active*

Complimentary laundered towels await you in our lavish and spacious changing facilities, on each visit. Then, depending on your energy levels, work up a sweat in our state-of-the-art gym or take some leisurely laps in our large heated indoor pool. For the ultimate unwind, relax in our marine-inspired Thermal Suite overlooking the ocean.

■ *Level 2 Source Nurture*

Six treatment rooms are available for therapies, wellness rituals and treatments to soothe, restore, invigorate and nourish. For a unique, shared spa experience we'd recommend booking a treatment in our double therapy room with two beds. The light-filled space features unrivalled views across miles of golden sands, dunes and the ocean via floor-to-ceiling windows.

■ *Level 3 Source Chill*

Unwind on our rooftop oasis with its epic views of the shimmering ocean and miles of golden sands. When it's warm, bask on the sun deck and, when it's not, order a drink and snuggle up with blankets on one of the cosy loungers in the relaxation room.

THERMAL SUITE

Take a therapeutic thermal journey

Elevate and cool your body's temperature through our range of marine-inspired facilities. Alternating between increasingly hot and cold temperatures is believed to improve circulation, relax aching muscles and aid the flushing of toxins to rejuvenate skin and boost the immune system.

Our facilities

- Beach-view marine vitality pool is heated to 38°C and filled with mineral-rich Dead Sea saltwater. Powerful jets massage muscles and improve circulation to provide a mini-hydrotherapy experience.
- Salt inhalation steam room releases salt vapour into the air, believed to help respiratory and skin conditions, as well as aiding relaxation.
- Finnish aroma sauna uses heat to stimulate the release of endorphins and ease muscle soreness, aches and pains.
- Ice fountain and contrast showers offer a refreshing way to cool the body between heat experiences. Alternating between hot, cold and temperate sensations helps boost circulation, aid recovery and restore balance.

Infrared Therapy SMART SAUNA

You're invited to optimise your wellbeing in the wellness ecosystem of our infrared sauna. **The Sunlighten® mPulse Smart Sauna** is the world's first – and only – dynamic sauna which offers pre-set programmes to target specific health benefits. Enhanced with red light and near-infrared LEDs for better skin and cell health, reduced pain and inflammation, and improved muscle recovery.

Programmes include:

- Detoxification
- Weight Loss
- Relaxation
- Pain Relief
- Anti-Aging
- Cardio
- Chromotherapy



Book your session at the Spa Reception. For more information visit **sunlighten.com** for saunas and contraindications. Members receive a 10% discount when booked.

GYM

Our state-of-the-art gym is fully air conditioned and features an impressive range of cardiovascular, resistance and functional fitness equipment. When joining us at Source Spa and Wellness, book a gym induction with our Membership Manager. All machines have Wi-Fi capability. Plug in your headphones to access radio, TV (including Netflix) and music TV.

Our equipment:

- Rowing machine
- Treadmill
- Cross trainer
- FlexStrider
Variable-Stride Trainer
- PowerMill Climber
- Stairclimber
- Upright bike and
lumber bike
- Chest press
- Lat pulldown machine
- Smith machine
- TRX multi-functional
trainer with rope
- Rope pull
- Chin-up bar
- Free weights, resistance
bands and kettlebells
- Mats for floorwork
and stretching



Holistic Wellness EXPERIENCE

Restore balance. Reconnect with your best self.

Alongside your Source Spa membership, we're delighted to introduce two independent wellness professionals based here at Saunton Sands. **Lucy Wright**, specialist physiotherapist and movement expert, and **Gavin Kervill**, acupuncturist and Traditional Chinese Medicine practitioner, offer transformative treatments designed to restore balance, ease tension and support overall wellbeing.

Their services complement the Source Spa philosophy — blending clinical expertise with holistic healing for a truly restorative experience. These treatments are booked directly with the practitioners, and we will be exploring exclusive discounts for Source Spa members in the near future.



Indoor POOL

Heated to a comfortable 28°C, our indoor pool offers the ideal environment for both fitness and relaxation. Swim energising laps to awaken the body or take a gentle dip to soothe and restore. Afterwards, unwind on a poolside lounge with a magazine or good book and let the calm surroundings wash over you.

Pool access varies by membership. **Full Members** enjoy use throughout the whole day and evening, while **Twilight Members** may swim between 5pm-10pm.

At selected times, the pool is also open to children staying within the hotel (accompanied by an adult) – this is labelled as 'Family Swim'. Members are welcome to swim as usual during these sessions.

Timetable

SCHOOL HOLIDAYS

Adults	7am – 9am	6pm – 9.30pm
Family swim*	9am – 6pm	

NON-SCHOOL HOLIDAYS

Adults	7am – 9am	10.30am – 3pm	5.30pm – 9.30pm
Family swim*	9am – 10.30am	3pm – 5.30pm	

Last entry to the pool is 9.15pm. Facilities close at 10pm.

* Please refer to members' terms and conditions



Outdoor POOL

Members have access to one of the best-positioned outdoor pools in Devon.

MAY TO OCTOBER

Heated to 28°C and open daily from 9am to 8pm (weather permitting), it's surrounded by loungers for relaxing between swims or soaking up the sunshine.

OCTOBER TO MAY

For those who love the invigorating benefits of cold-water immersion, the pool remains open for refreshing dips throughout the cooler months. Regular Chill Courses, run in partnership with **Chill Therapy**, are a highlight for members - offering a safe, guided introduction to cold-water swimming and its many wellbeing benefits, including improved circulation, reduced inflammation and enhanced mood.

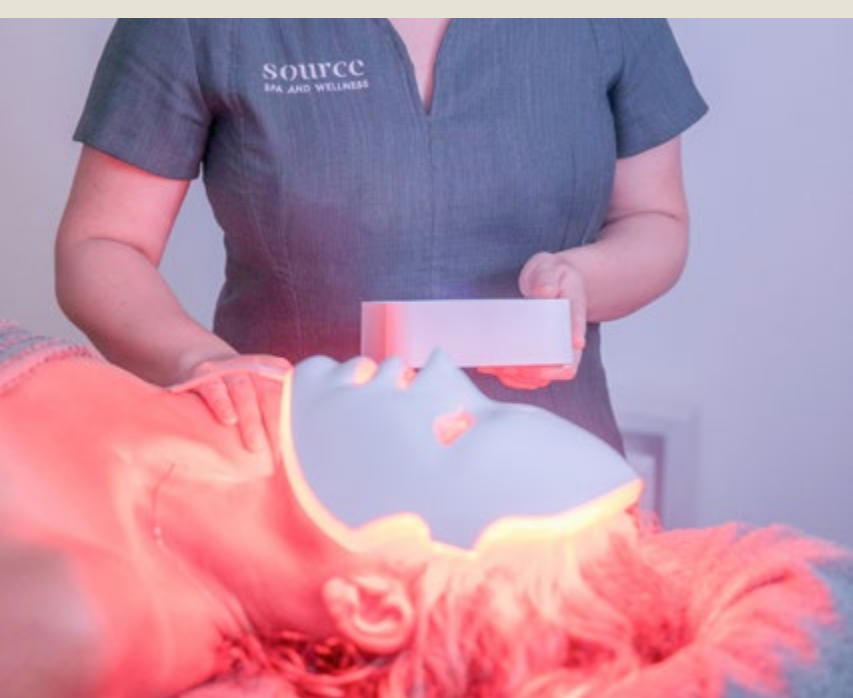
Daily temperature checks are taken and displayed at the pool gate, helping members enjoy their swim safely and mindfully year-round.



Spa TREATMENTS

Created to blend results-driven treatments with holistic wellness, our products complement the range of spa treatments.

- Six treatment rooms
- Facials: cosmeceutical results-driven and natural
- Body therapy: massage, scrubs and wellness
- Pregnancy: specialised massage and scrubs
- Men: specialised facials and deep-tissue massage



Members are entitled to 10% off any full price spa treatment and 10% off products.

Source Spa PRODUCTS



Our products are the epitome of natural indulgence and authentic beauty and wellness. They complement our holistic approach and include our Source Spa Collection and a revolutionary cosmeceutical skincare range for results-driven treatments.

The vegan, cruelty-free formulas are gentle on the earth and designed to support your wellbeing, naturally. The range includes:

- Face Masks
- Eye Creams
- Serums + Skin Boosters
- Facial Oil
- Bath Salt
- Body Scrub
- Body Butter
- Exfoliators
- Moisturisers
- Hair, Hand + Body Wash
- Cleansers + Toners
- Candles
- Bathrobes
- Reed Diffuser
- Pillow Mist
- Water Bottle
- Source KeepCup
- iS Clinical products
- Happy Me CBD products



Members are entitled to 10% off products.

Purchase the products at Reception and take the spa experience home.



Stay awhile and DINE WITH US

TERRACE LOUNGE

Relax on velvet sofas among pot plants and objets d'art and savour light dishes. This is also a wonderful space to enjoy your morning coffee or afternoon tea. On sunny days, head out and eat alfresco on the Terrace with its jaw-dropping vista.

THE DINING ROOM 🌹🌹

Dine in Art Deco glamour with views of the shimmering coastline. Our two-AA rosette restaurant is open for lunch and dinner every day of the week and its menus showcase British classics crafted from the finest local produce.

BEACHSIDE GRILL

Head down to our chilled out restaurant on the beach for grilled-to-perfection steaks, a great veggie, vegan and gluten-free selection, immense burgers, seafood and classic fish and chips. The best seats in the house are on the terrace where you can watch the sunset.

BREAKFAST BUFFET

Join us 7am – 11am for a sensational breakfast spread which includes nutritious and indulgent choices to fuel your day.

NOTE: Booking essential for all dining. Tables subject to availability.

Members are entitled to 5% off food and drink.

Full MEMBERSHIP

Become a full annual Source Spa and Gym member for daily access 7am-10pm and enjoy all of the following benefits:

- Use of all spa and leisure facilities including the indoor and outdoor pools, Thermal Suite, gym and tennis court
- Full unlimited timetable of fitness and wellbeing classes
- Flip flops and freshly laundered towels and robe on each visit
- Unique member events, plus VIP access to other hotel events and seminars
- Four guest passes per year
- Complimentary locker use
- Up to two hours of childcare in our supervised playroom 10am – 4pm at £5 per hour (booking essential, subject to availability)
- Free car parking

Plus:

- 10% off all treatments
- 10% off all spa products
- 10% off accommodation at the Brend Collection (when booked through a Membership Manager)
- 10% off Wanderlust Life Jewellery stocked at Source
- 5% off food and drink

Annual upfront membership

£1,500 **SAVE £50**

(+ £100 one off joining fee. £1,600 total)

Monthly membership

£125.⁰⁰

(Direct Debit + £150 one off joining fee.£1,650 total)

Twilight MEMBERSHIP

Become a Twilight Source Spa and Gym member for daily access 5pm-10pm and enjoy the following benefits:

- Use of all spa and leisure facilities including the indoor and outdoor pools, Thermal Suite, gym and tennis court
- Evening fitness and wellbeing classes
- Flip flops and freshly laundered towels and robe on each visit
- Unique member events, plus VIP access to other hotel events and seminars
- Four guest passes per year
- Complimentary locker use
- Up to two hours of childcare in our supervised playroom 10am – 4pm at £5 per hour (booking essential, subject to availability)
- Free car parking

Plus:

- 10% off all treatments
- 10% off all spa products
- 10% off accommodation at the Brend Collection (when booked through a Membership Manager)
- 10% off Wanderlust Life Jewellery stocked at Source
- 5% off food and drink

Annual upfront membership

£1,000 **SAVE £46**

(+ £50 one off joining fee. £1,050 total)

Monthly membership

£83.00

(Direct Debit + £100 one off joining fee.£1,096 total)