50 minute Spa Experience

Weekend Treatments - £50

the well spa
mind • body • soul

OPEN DAILY 9am - 7pm
01834 862 418

ALL OF OUR 50 MINUTE EXPERIENCES START WITH A SIGNATURE FOOT RITUAL, HELPING COMBINE THE BALANCING PROPERTIES WITHIN OUR ESPA RESTORATIVE BATH OIL, AND OUR SIGNATURE DRIED WELSH LAVENDER TO HELP RELAX THE MIND, BODY AND SOUL IN PREPARATION FOR THE TREATMENT.

AROMATHERAPY FULL BODY MASSAGE (M)
Every bit of tension is eased from your body with this heavenly massage. The combination of our highly trained therapists touch and pure essential oils help ease tension and leave your body feeling nourished and hydrated.

DEEP TISSUE FULL BODY MASSAGE (M)
Specialized techniques concentrate on areas of tension and alleviate common discomforts such as stiff neck, painful lower back or sore tight shoulders.

DEEP CLEANSING BACK RITUAL (M)
The back area is often neglected, this treatment acts like a facial for the back. The deep cleaning ritual will help purify and balance while the massage helps to hydrate and restore clarity to this delicate area.

FULL BODY HOT STONE MASSAGE (M)
A therapeutic full body massage using pure essential oils and warm volcanic stones to relieve deep muscle tension. The warmth of the stones penetrates your muscles to soothe aches and pains helping you to unwind and your body to feel rejuvenated.

BACK, FACE AND SCALP MASSAGE (M)
A deeply relaxing treatment, helping to relieve muscular aches and pains from the shoulders and neck area.

FULL BODY SALT AND OIL TREATMENT
This treatment starts with a full body exfoliation using sea salt and essential oils before a top to toe body massage. This treatment will leave the skin feeling soft to the touch with a radiant glow. Choose from Detoxifying, Invigorating or Relaxing aromatherapy blends.

MATERNITY MASSAGE (P)
Our trained experts will offer personal advice on how to relax and unwind during pregnancy. This deeply relaxing treatment will help relax both mum and baby and help relieve muscular aches and pains that pregnancy can cause.

WELSH CHOCOLATE BODY WRAP (M)
This Treatment includes a full body exfoliation before being wrapped in pure welsh chocolate, helping to nourish and hydrate the skin. The application of essential oils will help leave the body feeling relaxed and rejuvenated.

MENU LAUNCHES 3RD MARCH 2014

Treatments suitable for Men (M)
Treatments suitable for pregnancy, once passed the first trimester (P)

**Minimum of 24 hours for all cancellations on Spa Treatments*

50 minute Spa Experience

Weekend Treatments - £50

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ESPA SKIN SOLUTIONS FACIAL (P) (M)

Each of our Espa facials offer a luxurious relaxing experience while targeting those specific skin care concerns, choose from:

- **SKIN RADIANCE FACIAL**
  This revitalizing facial treatment helps refresh tired skin, giving a noticeably brighter and naturally radiant appearance. A special application of Espa skin radiance moisturiser; rich in AHA's and BHA's from Hawaiian Algae and Meadowsweet, helps to smooth, reduce irregular pigmentation and brighten the skin to deliver intant results.

- **RE-HYDRATOR FACIAL**
  An intensive and regenerating facial for dehydrated skin leaving it supple and nourished. Gentle cleansing and exfoliation help the skin absorb replenishing face treatment oils and masks to deeply moisturise and soothe the complexion. This rehydrating facial leaves skin smooth and feeling rejuvenated.

- **DE-SENSITISER FACIAL**
  A comforting facial for sensitive skins prone to redness and irritation, leaving skin calmed and nourished. De-sensitising natural plant extracts and calming aromatherapy oils such as chamomile and benzoin are used to gently cleanse, nourish and hydrate fragile skin. This soothing facial helps to reduce skin sensitivity leaving skin calmed, nourished and comfortable.

- **SKIN PURIFYING FACIAL**
  Ideal for oily, congested and problematic skin, or those suffering with hormonal imbalance. This deep cleansing facial helps regulate oil secretions and refine open pores. Essential tea Tree and White Thyme oils, which are naturally decongesting and anti inflammatory, are used to soothe and calm the skin, encouraging a more balanced and clearer complexion.

- **AGE DEFYER FACIAL**
  A luxurious and regenerating facial for maturing skin to help minimize lines and wrinkles around the eyes, neck, lips and jaw line to help combat the signs of ageing. This treatment visibly improves the appearance of the skin by using special age-defying massage techniques and a selection of age defying products to replenish and revitalize the skin, leaving your complexion tones, radiant and rejuvenated.

  * Upgrade to our LIFESTAGE FACIAL for a more advanced anti-ageing treatment. The patented technology used within our Lifestage product range help to offer a luxurious treatment with outstanding results. 97% of women see an increase in firmness after just 1 treatment. £10 extra.

MENU LAUNCHES 3RD MARCH 2014

Treatments suitable for Men (M)
Treatments suitable for pregnancy, once passed the first trimester (P)

**Minimum of 24 hours for all cancellations on Spa Treatments*

25 minute Express Beauty Experience
Weekend Treatments - £20

the well spa
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OPEN DAILY 9am - 7pm
01834 862 418

JESSICA MANICURE OR PEDICURE (M) (P)
This treatment will help tidy the cuticles, shape the nails and nourish the skin during our massage phase. Choose one of our Jessica Colours to complete your treatment and leave the nails with a high gloss shine.

GELERATION TREATMENT (P)
An application of a setting gel to the hands or toes. This gel will help offer a chip free high gloss finish to the nail. Results can last for up to 3 weeks.

SPRAY TAN (M)
A natural way to get that sun kissed look! Our experts will select the best colour options suited to your skin tone.

MAKE UP SESSION (P)
Perfect for a special occasion, our experts will offer advice on the latest make up trends and create the perfect look for you. They will match the colours and tones used to our individual skin type leaving you with a natural flawless finish.

WAXING TREATMENT (M) (P)
A quick hair removal process, choosing from the following areas; facial waxing, half leg, under arm or bikini.

INDIAN HEAD MASSAGE (M) (P)
Using ancient healing techniques this treatment will help create balance and a sense of calm for the whole body, while working on the physical and psychological elements.

HOLISTIC FACE & SCALP MASSAGE (M) (P)
A deeply relaxing treatment, helping to relieve muscular aches and pains from the neck and shoulder area, while the pure essential oils will help leave the skin feel nourished and hydrated.

BODY POLISH TREATMENT (M)
This treatment starts with a stimulating skin brush technique helping to improve skin tone and banish cellulite. The body polish application with its spearmint ingredients help to nourish and condition the skin leaving it silky smooth.

QUICK FIX FACIAL (M) (P)
A time precious facial including cleanse, tone, exfoliation and treatment mask suited to your skin type.

FOOT RELIEF TREATMENT (M) (P)
This treatment includes a foot soak, exfoliation and a foot and calf massage helping to soothe tired muscles and help improve circulation.

MENU LAUNCHES 3RD MARCH 2014

Treatments suitable for Men (M)
Treatments suitable for pregnancy, once passed the first trimester (P)

**Minimum of 24 hours for all cancellations on Spa Treatments*

Thermal Spa Experience

Weekend Treatments from £25

the well spa
mind • body • soul

OPEN DAILY 9am - 7pm
01834 862 418

Thermal Experience

£25 for a 2 hour Experience

£10 TO UPGRADE TO A THERMAL EXPERIENCE
WHEN HAVING A 50 MINUTE TREATMENT

*TWILIGHT THERMAL EXPERIENCE £30PP 7PM-9PM
INCLUDES GLASS OF BUBBLY ON ARRIVAL
(AVAILABLE SATURDAY & THURSDAY)

Step inside our thermal and hydrotherapy experience and help leave your worries behind.

In our Thermal Suite lies a series of heated and cooling treatments inspired by ancient therapies. These luxury heated experiences include a dry salt infused grotto, Celtic sauna, brick sauna, herbal steam room and marine steam room with blissfully scented Aromas helping to detoxify the mind, body and soul. This heat experience combined with our cooling treatments in the ice pod help to stimulate the body's natural circulation. Included in the suite are experience showers helping to relieve muscular aches and pains.

Take a plunge in our open top terrace hydrotherapy pool and let the health-giving properties of H20, our Jacuzzi jets and massage showers relieve all your aches and pains. the pool is surrounded by loungers helping you to kick back, relax and unwind.

Chill out in one of our relaxation rooms, offering you a sanctuary of tranquillity and inner peace

Day Experiences

Half Day Spa Experience £45*

Includes 2 hour thermal entry, 25 minute express beauty treatment and light lunch (bento box) and a £5 retail voucher**

MORNING SESSION 10AM-1PM
AFTERNOON SESSION 2PM- 5PM

Full Day Spa Experience £65*

Includes unlimited spa entry, 50 minute treatment experience and light lunch (bento box) and a £10 retail voucher**

EXPERIENCE 11AM – 5PM

* *Session times are set to those listed and your treatment time will be allocated to you on arrival. If booking in groups please note your treatments may not be at the same time. Please call the spa team to select your treatment and pre-order your bento box. .*

** *Can only be used on spa retail and on day of spa visit. Minimum spend of £20 and only 1 voucher per person per transaction. Cannot be used in conjunction with any other offer.*

MENU LAUNCHES 3RD MARCH 2014

**Minimum of 24 hours for all cancellations on Spa Treatments*

EcoChic
Boutique

the well spa
mind • body • soul

OPEN DAILY 9am - 7pm
01834 862 418

Celtic Chic Experience

For girls aged between 5 and 15 years
£15 each

INTRODUCTION TO SKIN CARE

Treatment includes a cleanse tone and moisturize, skin analysis and expert advice on how to care for our skin with specific product recommendations suited to your individual skin type.

INTRODUCTION TO MAKE UP

Expert advice on how to create the perfect look, choose from smoky eyes, perfect lips, flawless complexion, eyebrow enhancing.

CELTIC CHIC MANICURE

Express manicure with expert advice on how to shape and care for your nails. Includes a nail paint.

CELTIC CHIC PEDICURE

Express pedicure with expert advice on how to care for your feet and nails. Includes a nail paint.

Upgrade your nail treatment to include nail art or diamanté gems for £1 per nail.

FEATHER HEADS

Chose from a range of colourful feathers that will last for up to 6 weeks, they can be curled or straightened.

MENU LAUNCHES 3RD MARCH 2014

**Minimum of 24 hours for all cancellations on Spa Treatments*