

# TREATMENT MENU

The  
Spa  
at

*Tre-Usgawen Hall*

# The Spa

## WELCOME TO THE SPA AT TRE-YSGAWEN HALL

Come and experience the latest in holistic and beauty therapies by Decleor, Guinot, Universal Contour Wrap, Ionithermie and Jessica. Allow our experienced therapists to indulge you in ultimate relaxation, allowing your mind, body and soul to be rejuvenated, revitalised and rebalanced.

Introducing **The Spa Face and Body Range** – unique to The Spa at Tre-Ysgawen Hall.

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The Spa Signature Treatments

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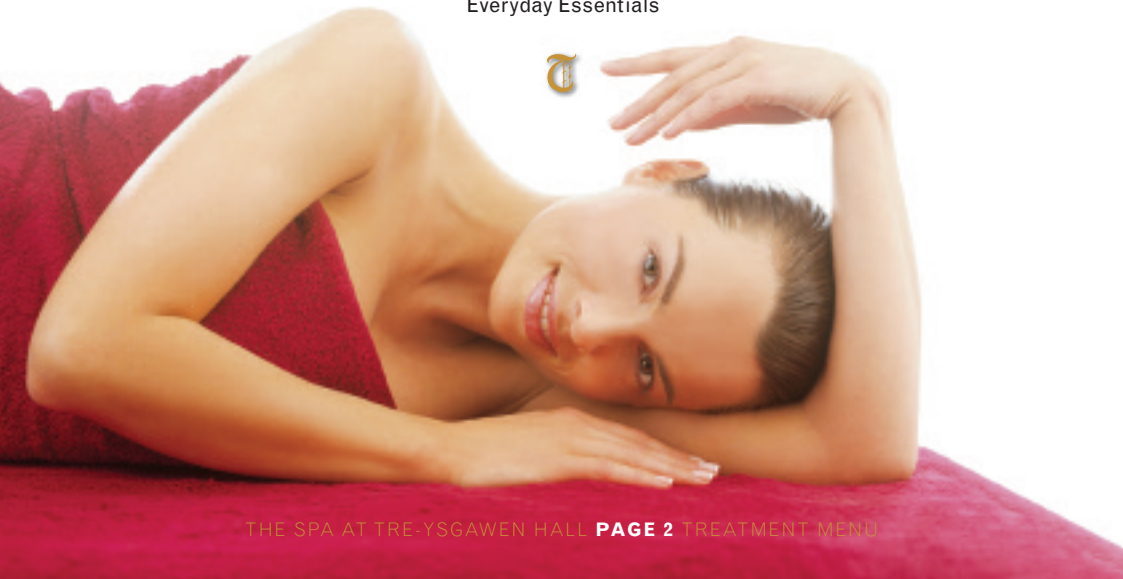
Expert Facials by Decleor and Guinot

Specialist Body Treatments by Decleor

Inch Loss and Toning

Especially for Men

Everyday Essentials



## PAMPER DAY PACKAGES

Surround yourself in the warmth, peace and tranquillity of The Spa, while our dedicated therapists ensure you are thoroughly pampered. Each spa package features our signature product range with treatments designed by our expert team of therapists.

### Your Spa Day Package Includes:

- Refreshments on arrival.
- Full use of the Spa facilities.
- Towels, robes and slippers which are provided for use during your stay.
- A two course lunch in the Clock Tower with a choice of beverage.

Get ready to relax and unwind...

### THE SPA ESCAPE

#### a full day of heavenly pampering

Full use of spa facilities including gym, heated pool, steam, sauna and spa bath  
2 course lunch and drink  
Tea and coffee on arrival

#### Two hours of indulgent treatments, choose two from the following:

Luxury Blossom Facial  
The Spa Full body massage  
Luxury manicure or pedicure  
Anglesey Salt Polish Relaxer

**A full pamper day available everyday ..... £110.00**

### TIME OUT

#### a morning or afternoon to enjoy the blissful calm of The Spa

Full use of spa facilities including gym, heated pool, steam, sauna and spa bath  
2 course lunch and drink  
Tea and coffee on arrival

#### An hour of indulgence, choose from one of the following:

Luxury Blossom Facial, The Spa full body massage, Luxury manicure or pedicure,  
Anglesey Salt Polish Relaxer

**Available morning or afternoon ..... £75.00**

## CELEBRATION DAY

### ideal for groups of 3 or more, wedding parties and a girl's day out

Full use of spa facilities including gym, heated pool, steam, sauna and Spa Bath

2 course lunch and drink

Tea and coffee on arrival

**And indulge in one of the following:**

Express facial

Back, neck & shoulder massage

Express manicure or pedicure

**Available morning or afternoon ..... £60.00**

## SUNSET AT THE SPA

### a time to unwind at the end of a busy day

Full use of spa facilities including gym, heated pool, steam, sauna and Spa Bath

2 course evening meal and drink

Tea and coffee on arrival

**And indulge in one of the following:**

Express facial

Back, neck & shoulder massage

**Available Tuesday to Thursday evening, 5pm – 9pm ..... £55.00**

## A TASTE OF THE SPA

### we guarantee you'll come back for more

Full use of spa facilities including gym, heated pool, steam, sauna and Spa Bath

1 course lunch and drink

**And indulge in one of the following:**

Express facial

Back, neck & shoulder massage

Express manicure or pedicure

**Available Monday or Tuesday ..... £45.00**

## TRE-YSGAWEN RETREAT

Full use of spa facilities

2 course lunch and drink

Add any treatments of your choice at an additional cost

**Available Sunday To Friday ..... £30.00**

# SIGNATURE TREATMENTS

using our own signature product range

**Natural. Beautiful. Nurturing.** With inspiration taken from our beautiful gardens at Tre-Ysgawen Hall, we have developed a fragrant and natural face and body care range. Each item is carefully handmade using only natural ingredients and local Anglesey Sea Salt in our body scrub to nurture, protect and balance your skin whatever its type.

## FACE

Using our blossom range, with carefully blended neroli, ylang ylang and geranium to nurture, balance and revive your skin.

**Luxury Blossom Facial** (1 hour) ..... **£45.00**

**Mini Blossom Facial** (30 mins) ..... **£35.00**

## BODY

**The Spa Full Body Aromatherapy Massage** (1 hour) ..... **£46.00**

**The Spa Aromatherapy Back Massage, inc neck & shoulders** (30 mins) ..... **£32.00**

Using the world renowned Anglesey Sea Salt

**Anglesey Salt Polish Relaxer - full body** (55 mins) ..... **£50.00**

Includes a blissful back, neck and shoulder massage

**Anglesey Salt Polish - back** (25 mins) ..... **£35.00**

Blended with our very own authentic Anglesey sea salt

## HOLISTIC BODY THERAPIES

**Hot Stones Full Body Massage** (1 hour 15 mins) ..... **£55.00**

Restoring balance and vitality through massage, warm stones offer a comforting pressure to the body's stress zones while deep flowing massage awakens the body's natural healing ability.

**Hot Stones Back Massage** (45 mins) ..... **£42.00**

The back is gently exfoliated followed by a soothing massage using warm basalt stones. A warm and detoxifying mud is applied leaving you feeling uplifted.

**Reflexology** (45 mins) ..... **£40.00**

An ancient healing therapy, massaging the reflex points on the feet to benefit the whole body. A wonderfully balancing experience that can improve health by restoring the natural energy flow.

**Indian Head Massage** (30 mins) ..... **£32.00**

A massage of the head, neck, shoulders with pressure points of the face helping to create a sense of deep relaxation and calmness.

## DECLEOR FACIALS

Each Decleor treatment features the distinctive Decleor diagnostic back massage and facial tailored to the specific nature of your skin.

### **Decleor Anti Ageing Aroma Expert** (1 hour 15 mins) ..... **£58.00**

Beautiful skin at every age to preserve youthfulness. Your therapist will recommend from:  
 Expression De L'age - For the first signs of ageing  
 Experience De L'age - For wrinkles and firmness  
 Excellence De L'age – For advanced signs of ageing

### **Decleor Aroma Expert Facial** (1 hour 15 mins) ..... **£55.00**

A customised facial to suit each individual skin type, Your therapist will choose from:  
 Hydra Force - For Dehydrated skin,  
 Mate Et Pure - For Oily to Combination skin,  
 Delice De Peau - For Dry skin  
 Harmonie Douceur Extreme - For Sensitive Skin  
 White Bright Extreme - For dull, lifeless complexions.

### **Decleor Aromamassage Facial** (1 hour) ..... **£48.00**

Your beauty therapist uses techniques exclusive to Decleor, combining localised, gentle pressure with light sweeping strokes. Get ready to slip into complete and utter relaxation, say goodbye to fatigue, stress and tension.

### **Decleor Alpha Plus Facial** (45 mins) ..... **£42.00**

Deep cleansing facial using AHA fruit acids, to exfoliate and refine the skin, suitable for congested skin, open pores or dull lifeless skin lacking lustre.

### **Decleor Express Taster Facial** (30 mins) ..... **£35.00**

The perfect introduction to DECLEOR facials and products.

## DECLEOR BODY TREATMENTS

### **Decleor Aroma Wrap Rituals** (1 hour) ..... **£55.00**

A delightful top to toe ritual including exfoliation, back massage and full body mask.  
 Anti Fatigue – Boosts and energises.  
 Silhouette – Refines and detoxes the body.  
 Intense Firming – Reshapes for more toned skin.

### **Decleor Aroma Full Body Massage** (1 hour) ..... **£52.00**

### **Decleor Mother-To-Be Treatment** (1 hour 30 mins) ..... **£60.00**

Your body will be cocooned in the mother-to-be wrap whilst a relaxing facial is performed.

**GUINOT FACIALS**

With more than 40 years of professional skincare experience in the Spa, Guinot's comprehensive range of facial and body treatments caters for all skin care needs and is available only from exclusively appointed salons.

The **Guinot Hydradermie** facial is the most advanced beauty salon treatment for maintaining a balanced healthy complexion. It deep-cleanses, oxygenates and regenerates the skin.

**Hydradermie Lift Treatments** give immediate and long-lasting visible results that improve the skin's appearance. Designed for skin that shows a loss of elasticity, it treats both the skin and delicate facial muscles for an immediate 'lift' and overall boost in radiance.

**Hydradermie Lift** (1 hour 15 mins) .....**£55.00; or a course of 6 (2 per week) £275.00**

Uses lymph drainage and a safe effective microcurrent to eliminate toxins, improve skin tone and work on the underlying muscle structure to 'lift' and firm the face, eye area and neck. Hydradermie Lift is suitable for all skin types. The treatment includes drainage, stimulation, as well as a masque and massage.

**Hydradermie Plus** (1 hour 30 mins) ..... **£58.00**

A Hydradermie facial with added firming and toning serums to revitalise the skin. This treatment focuses on the eye area, face, neck and décolleté. Regenerates, soothes and tones the contours of the skin giving a youthful radiance.

**Hydradermie** (1 hour 15 mins) ..... **£54.00**

A deep cleansing, regenerating Hydradermie facial that will keep your skin in optimum condition. The therapist will customise the treatment to suit your skin type: de-hydrated, mature, oily, sensitive or pigmented.

# The Spa

## INCH LOSS AND TONING



**Universal Contour Wrap** (2 hours 30 mins) ..... **£60.00; or a Course of three £150.00**

Universal Contour Wrap provides the UK's best selling body wrap, With a **GUARANTEED** loss of 6 inches. The superb exfoliation and detox properties will also make your skin look and feel great.



**Ionithermie** (1 hour) ..... **£50.00; or a course of 5 £200.00**

Probably the most effective Anti-cellulite treatment available, its results are immediate and visible. The body treatments work using two kinds of electrical stimuli to break down fatty deposits. Additional benefits include firming and toning, inch-loss and detoxification using specialised products for maximum results on cellulite.

**Hip &Thigh Sculpture** -Targets a particularly notorious area for cellulite with instant results for slimmer hips and smoother, sleeker legs.

**TummyTrim** -Targets soft fat and loss of tone around the tummy making it tighter, more sculpted and flatter.

**Cheek Lift** - Lifts and tightens and bottom and tummy.

(Ionithermie will be working in the body for 36-48 hours after the treatment therefore use of spa facilities/heat treatments is not allowed after the treatment).

## ESPECIALLY FOR MEN

Skin often weakened by daily shaving, a body fatigued by stress? These days men need special care, whilst many of our treatments are suitable for both ladies and gentlemen, the following treatments are designed and recommended especially for men.

### DECLÉOR FACIALS

**Intense Energising Face Treatment** (1 hour 15 mins) ..... **£55.00**

The ultimate purifying facial treatment using oak bark extract to restore pure clean skin and a balanced, de-stressed complexion.

**Tres Homme Hydradermie** (1 hour 15 mins) ..... **£55.00**

An enhanced version of the classic Hydradermie facial created especially for men. The machine-based treatment uses galvanic and high frequency electrotherapy to deep-cleanse, rehydrate and rebalance the skin.

**Express Energy** (30 mins) ..... **£35.00**

Refreshes dull and tired complexions

### HANDS AND FEET

**Executive Footcare For Men** (1 hour) ..... **£32.00**

A luxury foot and leg treatment, all hard skin is removed, feet and legs are deeply moisturised and massaged leaving the skin softer and smoother. Cuticle are treated and your toe nails perfectly shaped.

**Gentlemen's Hand & Nail Treatment** (45 mins) ..... **£28.00**

Hands and cuticles are exfoliated and softened removing any dryness and nails are trimmed and perfectly shaped.

### PERSONAL GROOMING

**Back Wax** ..... **£20.00**

**Chest Wax** ..... **£20.00**

**Eyebrow Tidy** ..... **£8.50**

## EVERYDAY ESSENTIALS

### HANDS & FEET

**Deluxe Manicure** (1 hour) ..... **£32.00**

The ultimate in hand and nail care with all the benefits of LeRemedi Hand treatment and the Jessana Express manicure.

**Deluxe Pedicure** (1 hour) ..... **£34.00**

Hard skin will be removed, feet and legs will be massaged leaving them softer and smoother, your cuticles will be groomed and your toenails will be shaped and polished.

(Open toe shoes are a must for Pedicure treatments)

**Express Manicure or Pedicure** (30 mins) ..... **£26.00**

Your nails will be beautifully shaped and treated with a prescriptive basecoat finishing with the perfect polish.



### WAXING TREATMENTS

Using PHD the most hygienic and safest waxing system around.

**Full Leg Wax** ..... **£30.00**

**Half Leg Wax** ..... **£20.00**

**Bikini Wax** ..... **£12.00**

**Under Arm** ..... **£12.00**

**Eyebrows Shape/Wax** ..... **£8.50**

**Upper Lip** ..... **£8.00**

**Chin** ..... **£8.00**

**Hollywood (Hot Wax)** ..... **£30.00**

**Brazilian (Hot Wax)** ..... **£20.00**

(Please note the use of Spa facilities or heat treatment is not allowed 12 hours after waxing), and 72 hours after any cosmetic surgery procedures including botox and UV exposure. We do not advise taking waxing appointments with any other treatment including massage.

### CALIFORNIA TAN

**Full Body** ..... **£20.00**

A spray tan designed to dry as it sprays on. Results are an instant natural golden tan which will further develop in 6-12 hours.

# The Spa

## SPA ETIQUETTE

### **Booking Appointments**

Please inform us at the time of booking if you have any medical conditions, skin allergies or reactions, are taking any medication or think that you are pregnant.

Demand for treatments at The Spa is high, especially at weekends. Advance booking is therefore highly recommended and often essential.

### **What do I wear?**

We provide paper disposable underwear to be worn during treatments where necessary. We especially advise this in our spa body treatments. Alternatively, you may wear your own swimwear.

### **General Advice**

We advise you to shower before all body treatments.

### **Payment and Cancellation Policy**

**Treatments:** Cancellation within 12 hours will incur a 100% charge.

Cancellation within 24 hours will incur a 50% charge

**Spa Pamper Days:** Cancellation within 72 hours will incur a 50% charge.

Cancellation within 24 hours will incur a 100% charge.

Prices are subject to change without notice. All prices shown include VAT.

### **Mobile Phones**

For the comfort and peace of all our guests we request that mobile phones are switched to silent at all times whilst within the spa and treatment rooms.

### **Age requirements**

No person/s under the age of 16 is permitted to use the spa facilities.

### **Valuables**

We advise you not to bring valuables with you to the spa. You will need to remove items of jewellery for all treatment and heat experiences. We are unable to accept responsibility for looking after your personal effects and for any loss or damage incurred.

This brochure is valid from 1 September 2011 and supersedes any previous treatment brochure.



## OPENING HOURS

Mon: 09.00 - 17.00

Tue: 09.00 - 21.30

Wed: 09.00 - 21.30

Thurs: 09.00 - 21.30

Fri: 09.00 - 20.00

Sat: 10.00 - 18.00

Sun: 10.00 - 18.00

Gift vouchers can be purchased throughout the year and are available online at [www.treysgawen-hall.co.uk](http://www.treysgawen-hall.co.uk)



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