

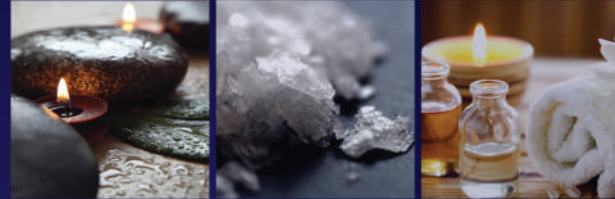


The
Spa

Tre-Usgauwen Hall

Country House Hotel & Spa

Beauty Treatment Tariff



Welcome to

The Spa at Treysgawen Hall



Spa Managers Note

My team here at the Spa have all been fully trained as professional beauty therapists and will have completed as a minimum, beauty VTCT Level 2 & 3 or NVQ Level 2 & 3.

Further bespoke training has also been provided by our specific product houses that we use to ensure the team are qualified to carry out treatments in line with quality standards set by each product house.

Ongoing in house training is then also provided allowing us to be up to date with the latest techniques used in the industry.

The investment we make in time and training will then result in the best possible treatment and experience in line with the standards and expectations of a professional spa.

We offer the latest in holistic and beauty therapies by ESPA, Guinot and the spas own signature product range using Anglesey Sea Salt. Allow our therapists to indulge you in ultimate relaxation, allowing your mind, body and soul to be rejuvenated, revitalised and rebalanced.

Our spa packages are designed with every eventuality, occasion and individual in mind. From overnight stays, to full and half days, we are sure you will find something that's perfect for you. Surround yourself in the warmth, peace and tranquillity of The Spa, while our dedicated therapists ensure you are thoroughly pampered. All treatments including packages are suitable for both men and women unless otherwise stated.

All our pamper day guests can enjoy complimentary use of our thermal suite which comprises a state of the art Salt Inhalation Room, Ice Fountain, Herbal Sauna and Experience Shower. Along with our 16m level deck pool and spa bath, this is undoubtedly the finest spa experience in the region.



Our bespoke hand built salt inhalation room is the only room in existence to partner with Anglesey Sea Salt to provide you with a truly unique salt inhalation experience.

From us all here at the Spa we hope you have an enjoyable and relaxing experience with us, if you have any questions or queries my team and I will do our best to accommodate you.

Best Wishes

Rob Roberts - Spa Manager

Follow us on Social Media for all the latest news events & Offers

Or visit: treysgawen-hall.co.uk/spa/offers Email: spa@treysgawen-hall.co.uk

Our Pamper Day Packages

THE TRE YSGAWEN CLASSIC FULL DAY

A perfect day at the spa 9am-5pm

- Full use of thermal suite inc salt room, sauna, ice fountain, heated pool, spa bath, gym and experience shower
- Tea or coffee on arrival
- 1 hour full body massage
- 1 course lunch & drink *
- 1 hour prescription facial

£125.00

DAY DREAMER

- Full use of thermal suite including salt room, sauna, ice fountain, heated pool, spa bath and gym and experience shower
- Tea or coffee on arrival
- 1 course lunch and drink *
- A 1 hour treatment consisting of a ESPA tailored made facial and ESPA shoulder neck & scalp massage

£95.00

BUNDLE OF JOY

A full day of 'me-time'

- Use of heated pool, and gym and experience shower
Use of the heated facilities is not recommended during pregnancy
- Tea or coffee on arrival
- 1 course lunch and drink *
- 1 hour of indulgence with the Espa Pre or Post Natal Treatment which includes gentle back exfoliation, a deeply soothing body massage targeting areas prone to stress and tension during or after pregnancy, followed by a scalp massage.

£79.00

Treatment only

£60.00

* Non-alcoholic drink

Enjoy

TOUCH OF HEAVEN

A half day of pampering

- Full use of thermal suite inc salt room, sauna, ice fountain, heated pool, spa bath, gym and experience shower
- Tea or coffee on arrival
- 1 course lunch and drink *

Choose from two of the following:

- Back neck and shoulder massage
- Scalp massage
- Leg massage
- Tailored facial

£95.00

TIME TOGETHER

Ideal for groups

- Full use of thermal suite inc salt room, sauna, ice fountain, heated pool, spa bath, gym and experience shower
- Tea or coffee on arrival
- 1 course lunch and drink *

And indulge in one of the following:

- Shoulder, neck and scalp massage
- Personalised express facial
- Leg massage

Available morning or afternoon

(Timings from 9am-1pm or 1pm – 5pm)

£75.00

SPA DAY USE - Other options without treatment

Feel Good @ The Spa

- Full use of thermal suite inc salt room, sauna, ice fountain, heated pool, spa bath, gym and experience shower
- Tea or coffee on arrival
- Towel, robe & slippers provided for the day
- 1 course lunch & drink *
- Add any treatments of your choice at an additional cost

10AM-5PM DAILY

£49.00

Advanced booking is recommended

Day rate spa use only

£36.00

Relax

* Non-alcoholic drink

SPA SIGNATURE TREATMENTS

Using our own signature product range



With inspiration taken from our beautiful gardens at Tre-Ysgawen Hall, we have developed a fragrant and natural body care range. Each item is carefully handmade using only natural ingredients and local Anglesey Sea Salt in our body scrub.

SIGNATURE HOLISTIC BODY THERAPIES

Using the world renowned Anglesey Sea Salt



Anglesey Salt Polish Relaxer

A full body exfoliation including a blissful back, neck and shoulder massage using our own silky massage balm. Choose soothing Blossom or uplifting Herbal.

1 hour - £60.00

Hot Stones Full Body Massage

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, includes scalp massage.

1 hour 15 minutes - £62.50

Hot Stones Back Massage

The back is gently exfoliated followed by a soothing massage using warm basalt stones. Leaving you feeling uplifted.

45 minutes - £45.00

Swedish Massage

A traditional full body massage using firm pressure to promote relaxation and ease muscle tension. This treatment is ideal as an introduction to massage; stimulating movements help soothe tired aching muscles to leave you relaxed and revived. Includes: Swedish massage to back, legs, feet, arms, neck and shoulders.

1 hour - £55.00

Swedish Back Massage

This massage focuses on the key areas of tension around the shoulders, neck and scalp using a choice of Herbal or Blossom signature balm.

½ hour - £39.00

Unwind



ESPA

ESPA BODY TREATMENTS

Aromatherapy massage gives you the best of both worlds, a full massage and essential oils which has a huge effect on both physiological and psychological. This is a lighter soothing relaxing massage.

A Good Night's Sleep

Aromatherapy full body massage including back exfoliation face and scalp. You will feel truly revived – a real treat.

1 hour 20 Minutes - £79.00

Sleep Deeply

This luxurious full body massage uses essential oils tailored for individual needs

1 hour - £58.00

Back, Neck & Shoulder Massage

Aromatherapy massage using an oil that tailors your needs including gentle back exfoliation

½ hour - £39.00

Shoulder, Neck & Scalp Massage

This massage focuses on the key areas of tension using an ESPA body oil chosen for your specific needs.

½ hour - £39.00

ESPA FACIALS

Natural skin care and luxury spa products, a British brand, aroma therapy products and results driven. All our ESPA facials use pressure points to help release stored tension, lymph draining to help drain toxins and reduce puffiness.

Select from the following or allow your therapist to choose for your skin type.

- Age defier - Firming to combat the first signs of aging
- Skin radiance - Aimed to brighten tired looking skin
- Re hydrator - Hydrating skin care
- De sensitise - Sensitive Touch
- Skin purifying - Oily / combination skin
- Age rebel - For all types of men's skin

All 1 hour - £58.00

Lift & Firm Eye Treatment

Perfect for those who are concerned with the first signs of ageing around the eyes. An effective firming and hydrating treatment, helping to reduce the appearance of fine lines and protect against the impact of the environment. This regenerating eye treatment also helps relieve tension from eye-strain and computer headaches.

½ hour - £39.00

Light Headed

A nourishing scalp massage rehydrating scalp and hair perfect for eczema and psoriasis, dry hair or scalp and also releases tension. Includes a hand massage rehydrating cuticles leaving hands nourished- recommended to leave the product on for at least 20 Minutes

½ hour - £39.00

GUINOT HISTORY



L'Institut Guinot, Paris - was founded by French biochemist Rene Guinot, who introduced a revolutionary professional skincare treatment – Cathiodermie – in the 1960s. It was the first facial to use mild galvanic and high frequency currents to deep cleanse, ionise and oxygenate the skin. For the past 30 years, under the ownership of Jean Daniel Mondin, a doctor of pharmacology, the company has been at the forefront of advances in the beauty industry. Guinot was one of the first professional skincare companies to include the 'cellular life complex' in its skincare products. This complex of 56 vitamins, proteins and amino acids was developed in a hospital burns unit to help repair skin. Today, Guinot treatments and products are available in 70 countries worldwide.

FACE & BODY TREATMENTS

Guinot 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

The Star Treatment

Discover visible results from your very first treatment with Guinot's exclusive Hydradermie Facial. Adapted to your skin type and concerns, this unique innovation enables fast and deep penetration using double ionisation technology combined with active ingredients, resulting in exceptional effectiveness.

1 hour - £62.00

Hydradermie Age Logic

The Anti-Ageing Star Treatment

Clinically proven to improve wrinkle depth by up to 49.5%*, this specially designed anti-ageing Hydradermie facial focuses on the eyes, face and neck to target signs of ageing.

1 hour 15 minutes - £77.00



*Independent Clinical Trial Results

Hydradermie Lift

The Instant Lifting Treatment

Hydradermie Lift brings revolutionary youthfulness and renewed tone by stimulating the muscles and providing a massage that lifts the facial features. In the same way that body muscles are “sculpted” at a gym, this treatment adds a spectacular “lift effect” to your face after just a few sessions.

55 minutes - £62.00

Hydradermie Lift Express

The Express Treatment

For those who are in a hurry and need quick results, this treatment includes cleansing, exfoliation and muscle stimulation restoring a youthful tone to the complexion.

30 minutes - £48.00

Hydradermie Lift Deluxe

The Ultimate Lifting Treatment

A combination of the Hydradermie Age Logic and the Hydradermie Lift will leave your skin looking fresh and radiant. Experience an immediate lifting treatment through the stimulation of the muscles, lifting the face, adding firmness and leaving an overall younger appearance to the face.

1 hour 30 minutes - £115.00

Eye Logic

The Instant Eye Repair Treatment

This unique treatment targets signs of ageing and tiredness around the delicate eye area, including fine lines, wrinkles, puffiness and dark circles. Using an expert combination of machine technology, a specific hands-on massage and a specially designed eye mask soaked in a concentrated skin repair serum for maximum effectiveness, 87.5% of volunteers found their wrinkles and fine lines to be diminished and smoothed away*. *Consumer trial results tested on a panel of 8 subjects

40 minute - £50.00



MANUAL FACE TREATMENTS

Age Summum

The Ultimate Anti-Ageing Treatment

The pinnacle of anti-ageing treatments, Age Summum, uses pure Vitamin C, Hyaluronic Acid and Pro-Collagen to target the signs of ageing. Active ingredients are penetrated into the skin using the exclusive Age Summum anti-ageing facial massage. Fine lines and wrinkles are smoothed and the skins youthful radiance is restored.

50 minutes - £75.00

Liftosome Facial

The Firming, Lifting Treatment

This treatment focuses on restoring firmness and youth to skin which is showing signs of ageing and fatigue. The modelling and gentle heating effects from the ThermoLift Mask penetrate the active ingredients into the skin leaving the face firm and the skin smooth.

50 minutes - £54.00

Beauté Neuve

The Radiance Treatment

This treatment uses a double peeling mask to remove dead skin cells, encouraging new cells to shine through. After just one treatment the a radiant complexion will be restored, while a course of three will reduce pigmentation marks on the skin and eliminate any dead skin cells allowing the skin to breathe again. The cellular renewal is accelerated, revealing a more youthful and radiant complexion.

50 minutes - £54.00

Aromatic

The Relaxation Treatment

Powered by essentials oils, this luxurious, holistic treatment uses carefully selected plant concentrates to bring natural beauty to your skin. The bespoke treatment method combines the benefits of essential oils with unique massaging techniques to fill your skin with energy. Concluding with an Aromatic mask, your skin will restore its natural radiance.

45 minutes - £50.00



Guinot Essential

The Express Treatment

For those who are in a hurry who have regular facials and just want an extra boost. We use precious essential oils, gentle exfoliation and a delightful plant mask to leave skin looking luminous.

30 minutes - £38.00

Aromatic Body Polish

The Exfoliating Treatment

Achieve firm and silky-smooth skin with this complete body exfoliation which helps to eliminate dry, flaky skin, refining the skin's texture. The exfoliation is followed by a body moisturiser leaving the skin soothed and refreshed.

45 minutes - £41.00

Aromatic Body Softening

The Relaxation Treatment

This complete body exfoliation with a sugar-kiwi scrub is followed by a relaxing massage with energising essential oils, designed to thoroughly soften and relax the entire body.

1 hour - £67.00



Hands and Feet



Here at the spa we only use the CND Nail care range, all products are Shellac and Vinylux these treatments are carried out in the comfort of our treatment rooms.

Shellac- is a polish that's long lasting, doesn't chip, scratch or smug. It's perfect for special occasions, holidays or great for the everyday look.

Vinylux - is the weekly polish system that defies time, it gives week long wear, has a self-adhering colour coat and gives time-enhanced durability with exposure to natural light.



Shellac Application Hands or Feet

Includes cuticles pushed back and nails are filed followed by a shellac application. Book in for this and receive a voucher for free removal on your next booking with us.

***£25.00**

Vinylux Hands or Feet

Nails are filed and an application of your chosen colour is applied.

***£20.00**

*Membership discount does not apply



Waxing Treatments

Full leg	£32.50
Half leg	£22.50
Bikini	£15.00
Under arm	£15.00
Forearm	£20.00
½ Forearm	£15.00
Eyebrows Shape/Wax	£9.50
Upper lip	£9.00
Chin	£9.00
Eye brow and lash tint (Requires patch test 24hrs PRIOR)	£9.00

Waxing Packages

Eye brow lash and tint	£15.00
Eye brow lip and chin	£15.00
½ Leg, bikini and under arm	£30.00

Men`s Personal Grooming

Back wax	£24.00
Chest wax	£24.00
Eyebrow tidy	£9.50

(Please note the use of Spa facilities or heat treatment is not allowed at least 4 hours prior to waxing and 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.



Spa Break Packages

TRE-YSGAWEN SPA BREAK

(Prices are subject to change without notice)

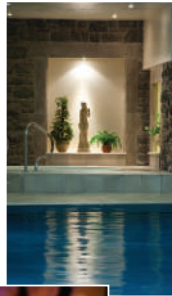
- Stay in a twin or double room
- Full Welsh breakfast
- £25.00 per person towards dinner in Noelle's or Il Giardino
- Full use of the spa
- Bottle of prosecco per room on arrival
- 1 hour treatment per day per person, choose from the full body massage or tailored facial
- Full use of thermal suite including salt room, sauna, ice fountain, heated pool, spa bath, gym and experience shower throughout your stay.

Available Friday and Saturday, subject to availability, all treatments to be booked in advance to avoid disappointment.

2 nights	£329.00 per person
1 night	£207.00 per person

Available Sunday – Thursday, subject to availability, all treatments to be booked in advance to avoid disappointment.

2 nights	£314.00 per person
1 night	£197.00 per person



Renew

Booking Appointments and Arrival at the Spa

All treatments may be booked in advance through our spa reservations team. Please call us on 01248 753270 or email us on spa@treysgawen-hall.co.uk.

A consultation is required prior to many of the treatments on this menu, so that the most effective treatment can be given on the day. 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.

Please arrive at least 15 minutes prior to your treatment time in order to complete a Health Assessment Form.

Late arrival may result in treatments being shortened or cancelled and will be charged in full.

What do I wear?

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

General Advice

We advise you to shower before all body treatments.

Patch tests are required before first eyelash or brow tints.

Allow 12 hours after any heat treatment before waxing and 72 hours after any cosmetic surgery procedures including botox.

We do not advise taking waxing appointments with any other treatment including massage.

Please strictly avoid UV exposure for 72 hours after any light peeling treatments.

Payment and Cancellation Policy

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

Cancellation: - within 24 hours will incur a 50% charge

Pamper Days & Courses: - must be paid for in full at time of booking.

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 November 2016 and supersedes any previous treatment brochure.



Spa Membership

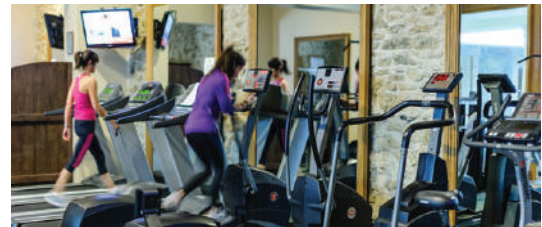
Become a member and enjoy amazing offers on treatments, invitations to exclusive member's only events. Speak to our team to find out more about various membership packages including Flexible Membership and Trial Membership. Facilities include fully equipped gym, 16m level deck luxurious swimming pool, steam room, sauna and spa bath.

1 Month Trial Membership only £99.00! Unlimited access everyday including weekends. A trial membership will entitle you to full use of the gymnasium, swimming pool, spa bath, thermal suite comprising salt inhalation room, sauna, experience shower and ice fountain – PLUS a spa robe and towel for use during each visit.

Most membership packages start from around £3.00 per day, can include unlimited access to the spas exclusive facilities, enable you to enjoy discounts in the hotel Clock tower, Il Giardino, discounted treatments and skincare products and invitations to exclusive member's events throughout the year.

Sign up to our facebook page and be the first to enjoy our monthly special offers, news and promotions.

The Spa at Tre-Ysgawen Hall



SPA OPENING TIMES

Monday to Friday: 7.00 am – 9.00 pm
Saturday 8.00am-7.30pm
Sunday 8.00am-5.00pm

TREATMENT OPENING TIMES

Monday to Friday 10.00am-7.00pm
Saturday 10.00am-6.00pm
Sunday 10.00am-5.00pm

Please check public holiday opening times with our reception on **01248 753270**.

Gift vouchers can be purchased throughout the year and are available from spa reception or online at

www.treysgawen-hall.co.uk



Tre-Ysgawen Hall Country House Hotel & Spa
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TheSpaTreysgawen



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