THE
LAGUNA
HEALTH & SPA
CARDIFF

Serenity in the City

At Laguna Health & Spa, we will help you find that moment of pure relaxation away from the hustle and bustle of everyday life. Whether you are joining us for a treatment, a day or a weekend, we invite you to Unwind, Relax and Heal.

Choose from one of our Relaxing Spa Experiences or a Luxurious Individual Treatment. Spoil yourself, you deserve it!

Whether you're a resident enjoying our full spa offering or a day visitor exploring our tailored Day Spa Programmes, we provide a wide array of treatments, wellness classes, and holistic therapies to support your personal wellbeing.

Step into a space where tranquillity reigns, and let our Spa renew your body, mind, and spirit.

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Spa Package Experience

At Laguna Health & Spa, we invite guests to indulge in a serene escape with our exquisitely curated Spa programmes. Guests also enjoy access to our state-of-the-art gym and our restaurant, where nourishing, seasonal cuisine complements your wellness journey.

Our Spa experiences include a selection of luxurious treatments paired with a light, health-focused meal, crafted to enhance your sense of wellbeing. Whether you're seeking a restorative retreat or a moment of indulgence, our team will tailor your experience to meet your personal needs.

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Choose from one of our Relaxing Spa Experiences or a Luxurious Individual Treatment. Spoil yourself, you deserve it! Design your own Spa Experience that allows you to Spa the way you wish.

Our experiences include:

- *Robe, Towel & Slippers*
- *2 hours use of our spa facilities*
- *A Luxurious Spa Treatment*
- *Use of Relaxation Room*
- *A choice of Dining Options*

Escape Package

- *75-minute Treatment*
- *Choice of Dining Option*
- *Use of Facilities*
- *Robe, Towel & Slippers*

Monday - Thursday: £150.00 per person
Friday - Sunday: £160.00 per person

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Relax Package

- *50-minute Treatment*
- *Choice of Dining Option*
- *Use of Facilities*
- *Robe, Towel & Slippers*

Monday - Thursday: £120.00 per person
Friday - Sunday: £130.00 per person

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Sunrise Spa

- *50-minute tTreatment*
- *Includes Breakfast*
- *Use of Facilities*
- *Robe, Towel & Slippers*

Monday - Friday: £95.00 per person

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Twilight Retreat

- *50-minute Treatment*
- *2 Course Dinner*
- *Use of Facilities*
- *Robe, Towel & Slippers*

Monday - Friday: £115.00 per person
Available from 4pm

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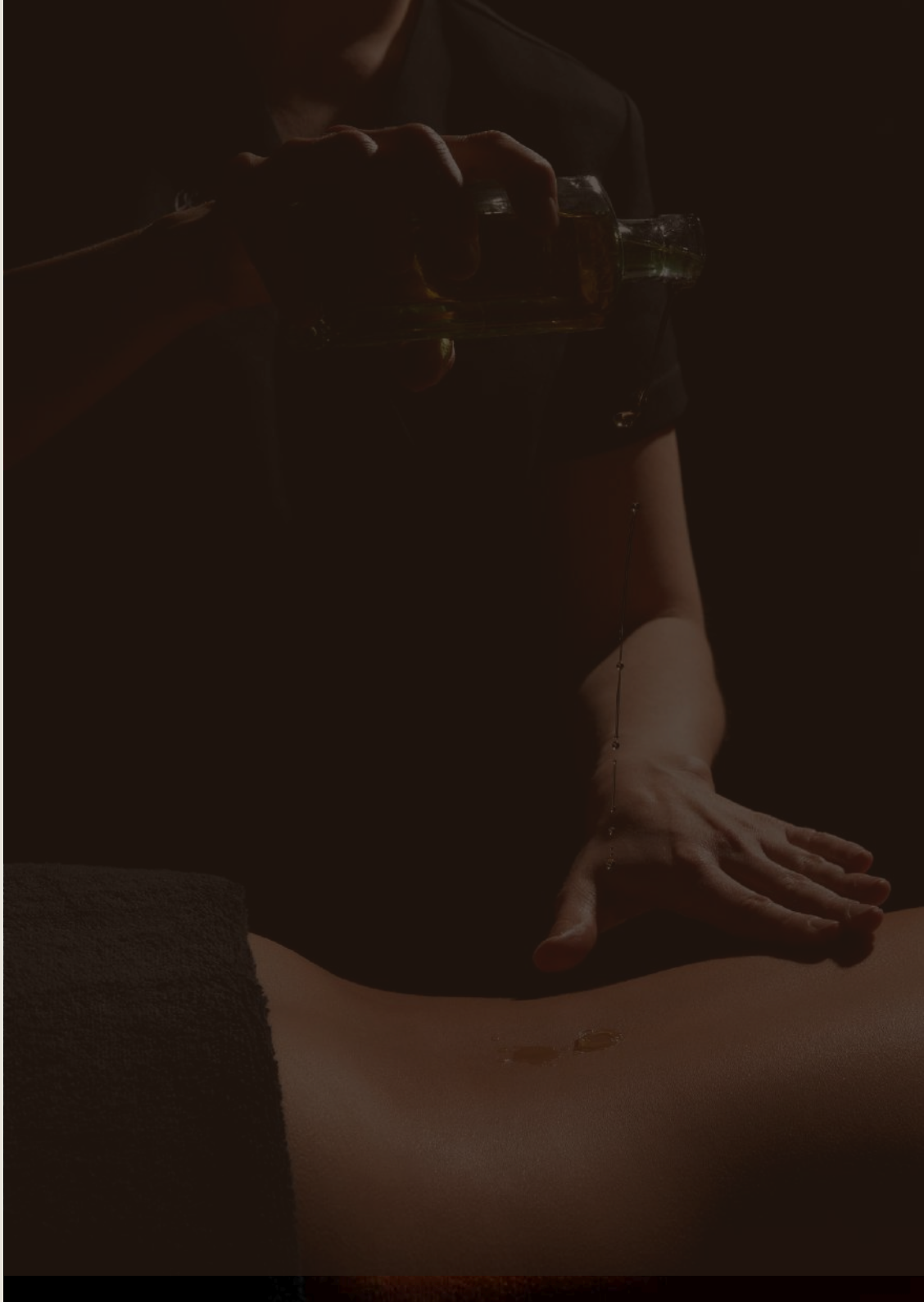


Treatment & Dining Options

THE LAGUNA HEALTH & SPA CARDIFF

50-minute Treatments

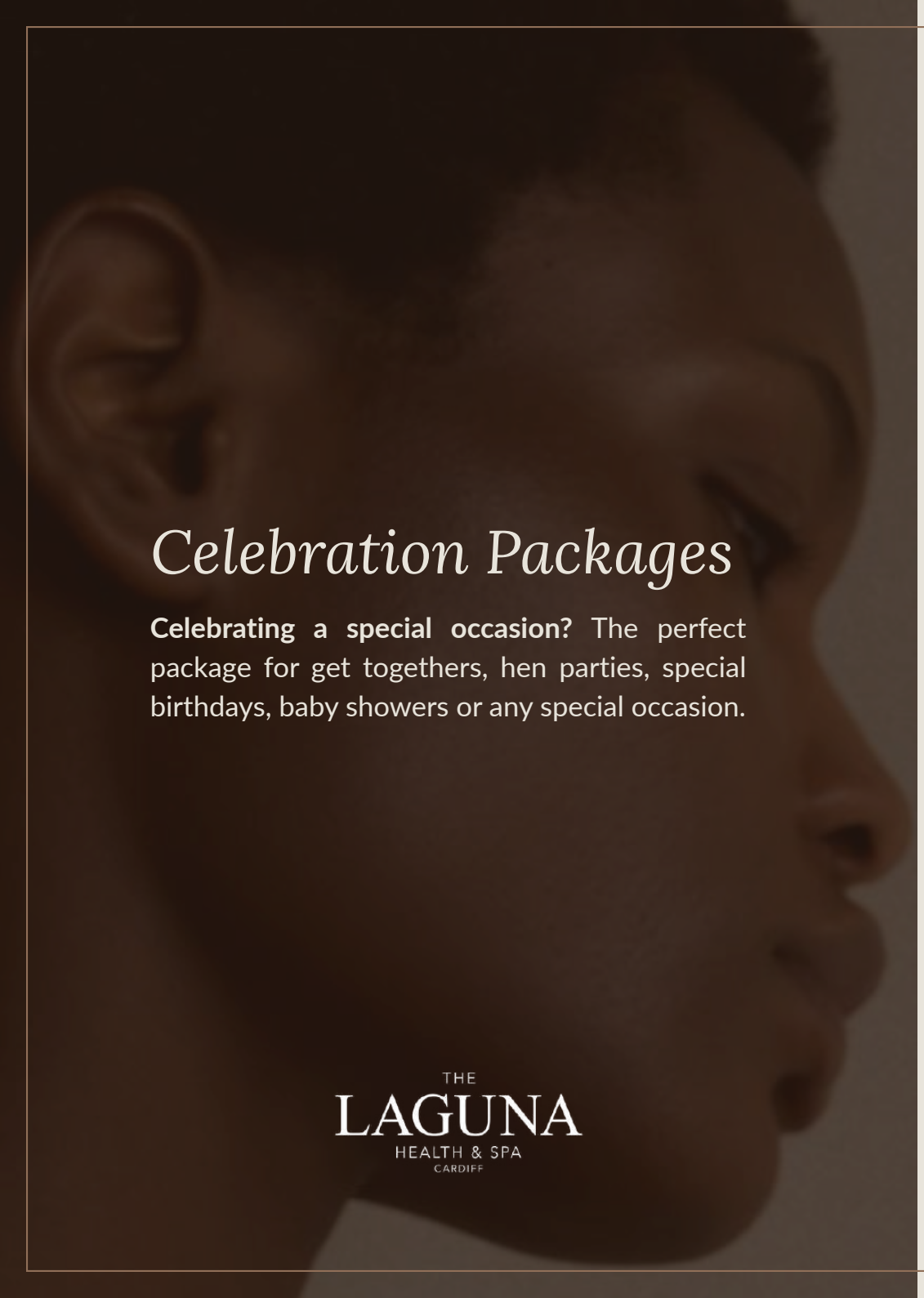
- *ESPA Inner Beauty Facial*
- *ESPA Inner Calm Massage*
- *ESPA Hot Stone Massage*
- *ESPA Body Wrap*
- *Laguna Signature Body Glow*

25-minute Treatments

- *ESPA Back, Neck and Shoulder Massage*
- *ESPA Personalised Express Facial*
- *ESPA Scalp Massage*
- *ESPA Exfoliation Experience*
- *ESPA Lighter Legs*

Dining Options

- *2 Course Lunch in Laguna Kitchen & Bar*
- *Traditional Afternoon Tea in Laguna Kitchen & Bar*



Celebration Packages

Celebrating a special occasion? The perfect package for get togethers, hen parties, special birthdays, baby showers or any special occasion.

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Lounge, Laugh & Glow

Package Includes:

- *Private Relaxation Room & Dining Room*
- *Robe, Towel & Slippers*
- *25-minute ESPA Back, Neck and Shoulder Massage*
- *25-minute ESPA Personalised Express Facial*
- *Use of Spa & Gym facilities*
- *Traditional Afternoon Tea*
- *Glass of Fizz*

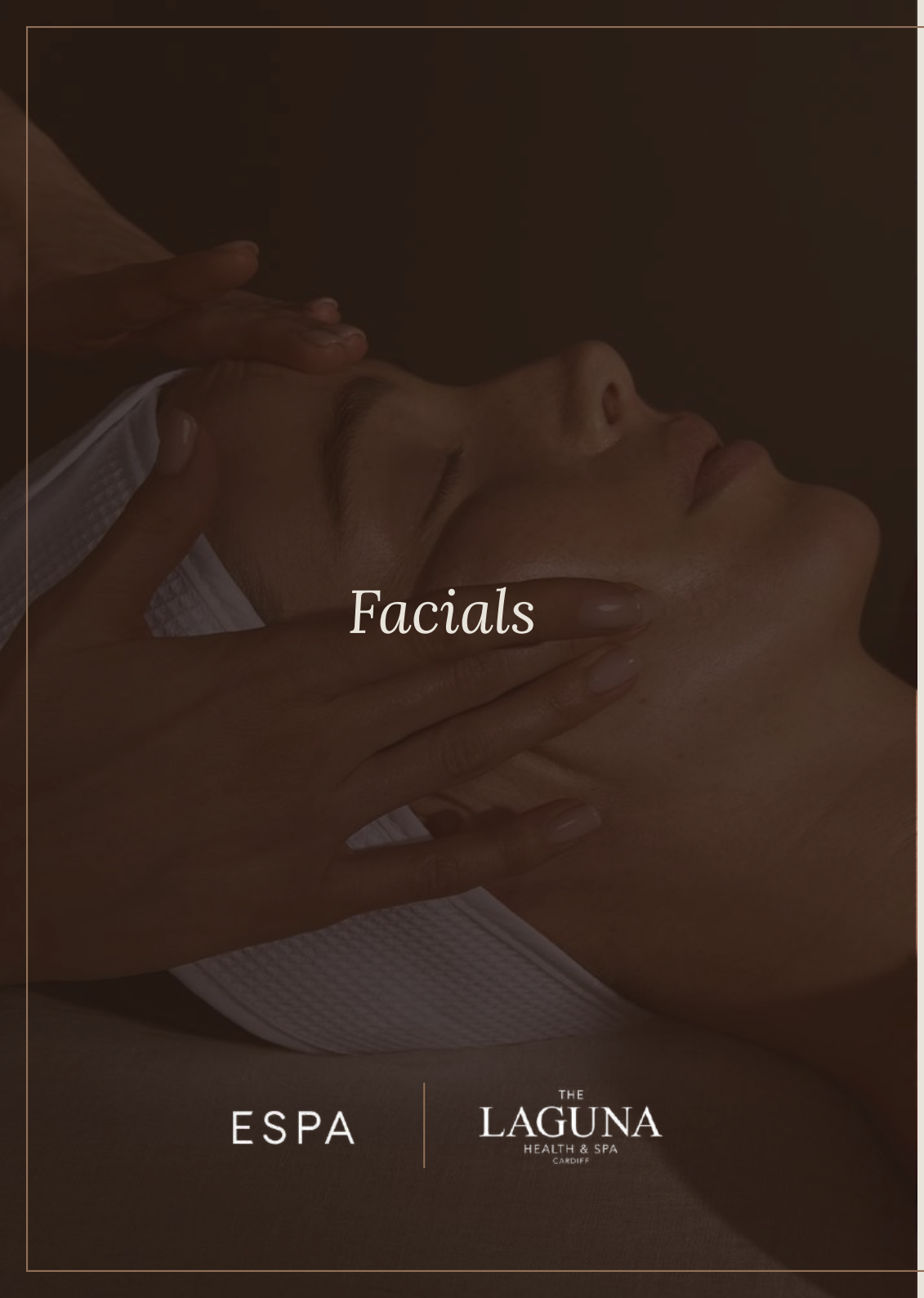
Minimum group size: 8 persons.
£130.00 per person.

Soirée Spa

Package Includes:

- *Private Relaxation Room*
- *Robe, Towel & Slippers*
- *25-minute ESPA Back, Neck and Shoulder Massage*
- *25-minute ESPA Personalised Express Facial*
- *Use of Spa & Gym facilities*
- *2 Course Lunch in Laguna Restaurant*
- *Glass of Fizz*

Minimum group size: 6 persons.
£125.00 per person.
(To dine in our Laguna Restaurant, you will be required to change out of your robe & slippers.)



Facials

ESPA | THE LAGUNA HEALTH & SPA CARDIFF

ESPA Inner Beauty Facial

50 mins:

Deeply cleanse, hydrate and renew with this instant results facial. Tailored to your skin's precise needs, Tri-Active™ formulas work immediately to transform your complexion while pure aroma therapeutic oils encompass your mind. Skin looks clear, quenched, naturally beautiful, and inner calm is blissfully restored.

Monday - Thursday: £95.00
Friday - Sunday: £105.00

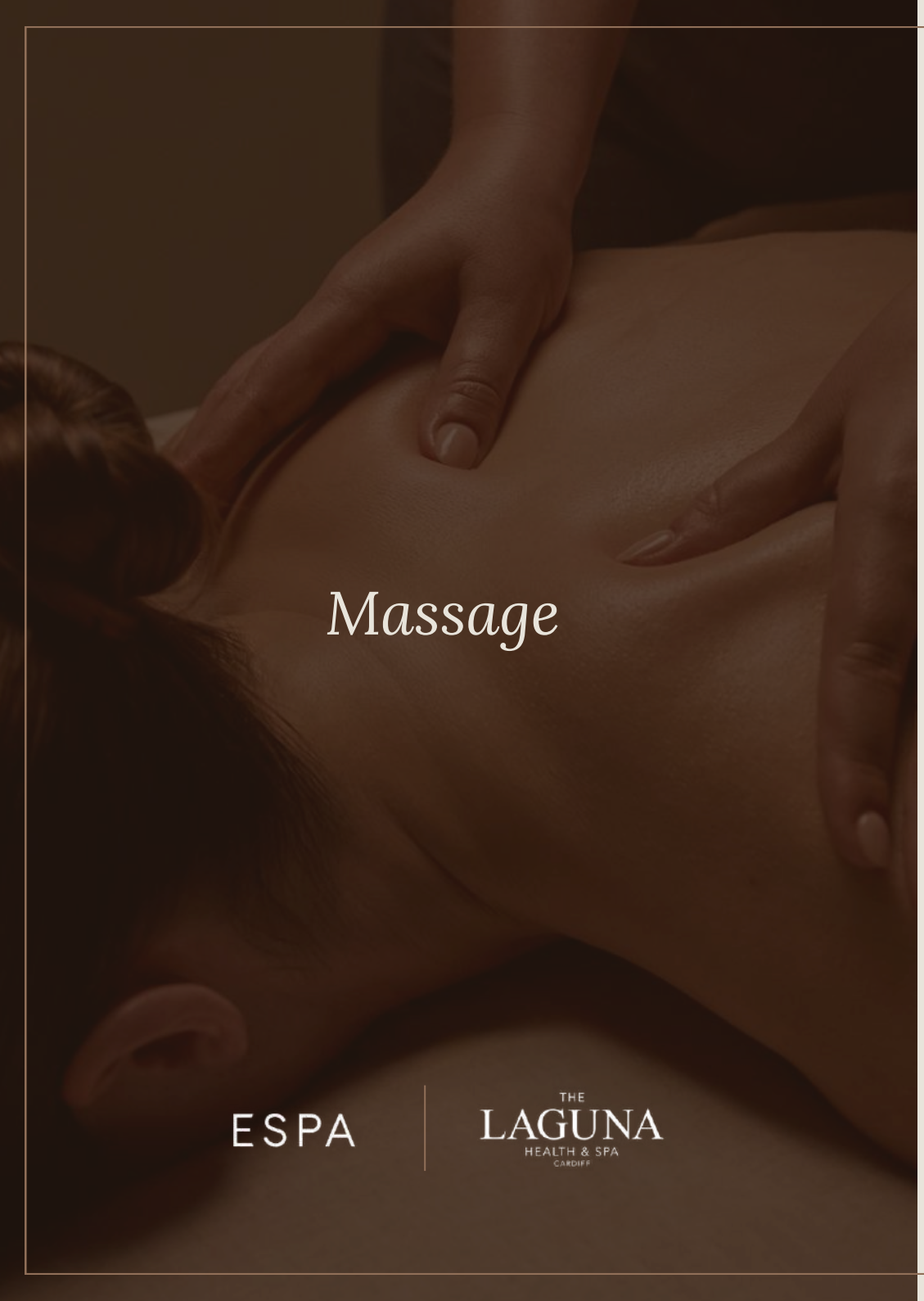
ESPA Active Nutrients Glow from within Facial

50 mins:

This invigorating nutrient-rich treatment embraces ESPA's holistic approach to restoring radiance, feeding your skin and your mood so your face glows with vitality.

Dull, lethargic complexions are brightened and refreshed with the power of a sweeping Gua Sha massage which stimulates the lymphatic and circulatory systems, helping boost the flow of blood and nutrients to the skin. Concentrating on your scalp, face, neck and décolleté and combining steaming, exfoliation and multi-masking to maximise results, the body, mind and skin feel renewed while your face has a lit-from-within luminosity.

Monday - Thursday: £95.00
Friday - Sunday: £105.00



Massage

ESPA | THE LAGUNA HEALTH & SPA CARDIFF

ESPA Inner Calm Massage

50 mins/80 mins:

Quieten your mind, release tension and nourish your skin with this holistic, ultimately restorative experience. Personalised to your physical and emotional needs, carefully chosen aromatherapy blends relax, cleanse or energise, while advanced massage alleviates muscular pressure, soothes anxiety and invokes profound relaxation. Mind and body feel balanced, energy renewed and inner calm beautifully restored.

Monday - Thursday: £85.00/£125.00
Friday - Sunday: £95.00/£135.00

ESPA Muscle Reviver

50 mins/80 mins:

Relax and revive body and mind with this multi-targeted massage. Instantly alleviate tension with this powerful yet soothing treatment focusing on the back, face and scalp. Using personally selected essential oils, persistent tension in the back is eased, skin looks re-energised, and a positive mindset is restored.

Monday - Thursday: £85.00/£125.00
Friday - Sunday: £95.00/£135.00

ESPA Hot Stone Massage

50 mins/80 mins:

Discover lasting relaxation for mind and body with this aroma therapeutic treatment. Tailored massage with hot stones unravels persistent muscular tightness and discomfort while pure, aromatic essential oils encompass the mind to relieve stress, recharge spirits and leave you feeling rejuvenated.

Monday - Thursday: £85.00/£125.00
Friday - Sunday: £95.00/£135.00

Body Treatments

ESPA | THE LAGUNA HEALTH & SPA CARDIFF

ESPA Back, Face & Scalp Treatment

80 mins:

Unravel tension, instantly boost your complexion and restore inner calm with our most renowned treatment. Targeted massage techniques combine with the purest aromatherapy oils and a highly-personalised facial helping you to look and feel your very best – restored, de-stressed and beautifully radiant.

Monday - Thursday: £125.00
Friday - Sunday: £135.00

ESPA Pre-Natal Relax & Restore Treatment

50 mins/80 mins

Nurture your changing body and calm your mind with this beautifully comforting treatment. Personalised to your needs and stage of pregnancy, the purest, most gentle formulas smooth and nourish skin while expert massage soothes tight, tender muscles and invokes a state of blissful relaxation.

Monday - Thursday: £85.00/£125.00
Friday - Sunday: £95.00/£135.00

ESPA *Jasmine & Lavender Body Exfoliation*

50 mins:

Transport your mind, body and spirit to a relaxing, naturally aromatic sanctuary with Jasmine & Lavender. Gently exfoliating and drenching your skin with hydrating, healing and soothing anti-stress plant extracts and detoxifying micro minerals. A truly pleasurable body experience that leaves you renewed and decompressed from head to toe.

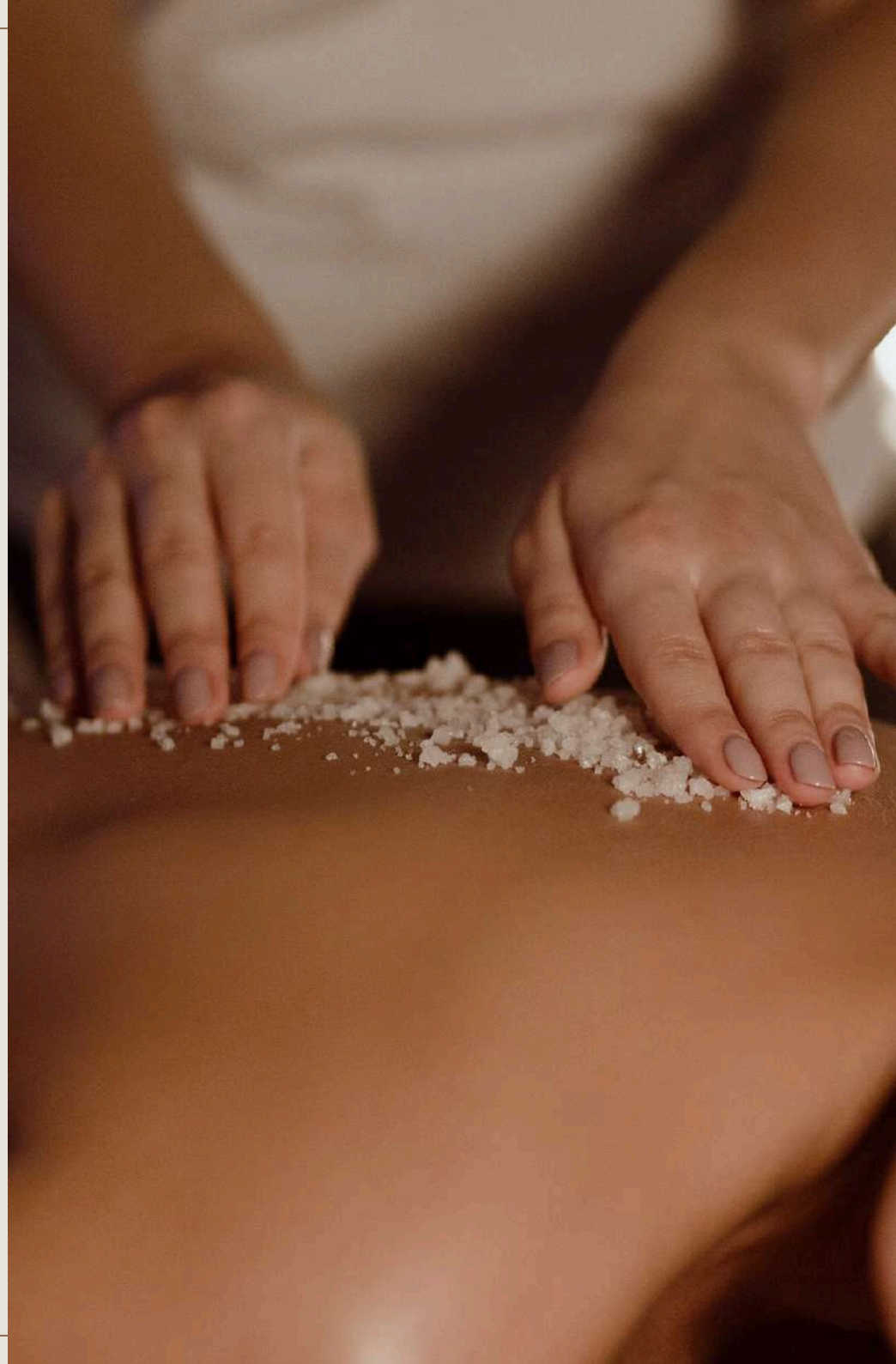
Monday - Thursday: £85.00
Friday - Sunday: £95.00

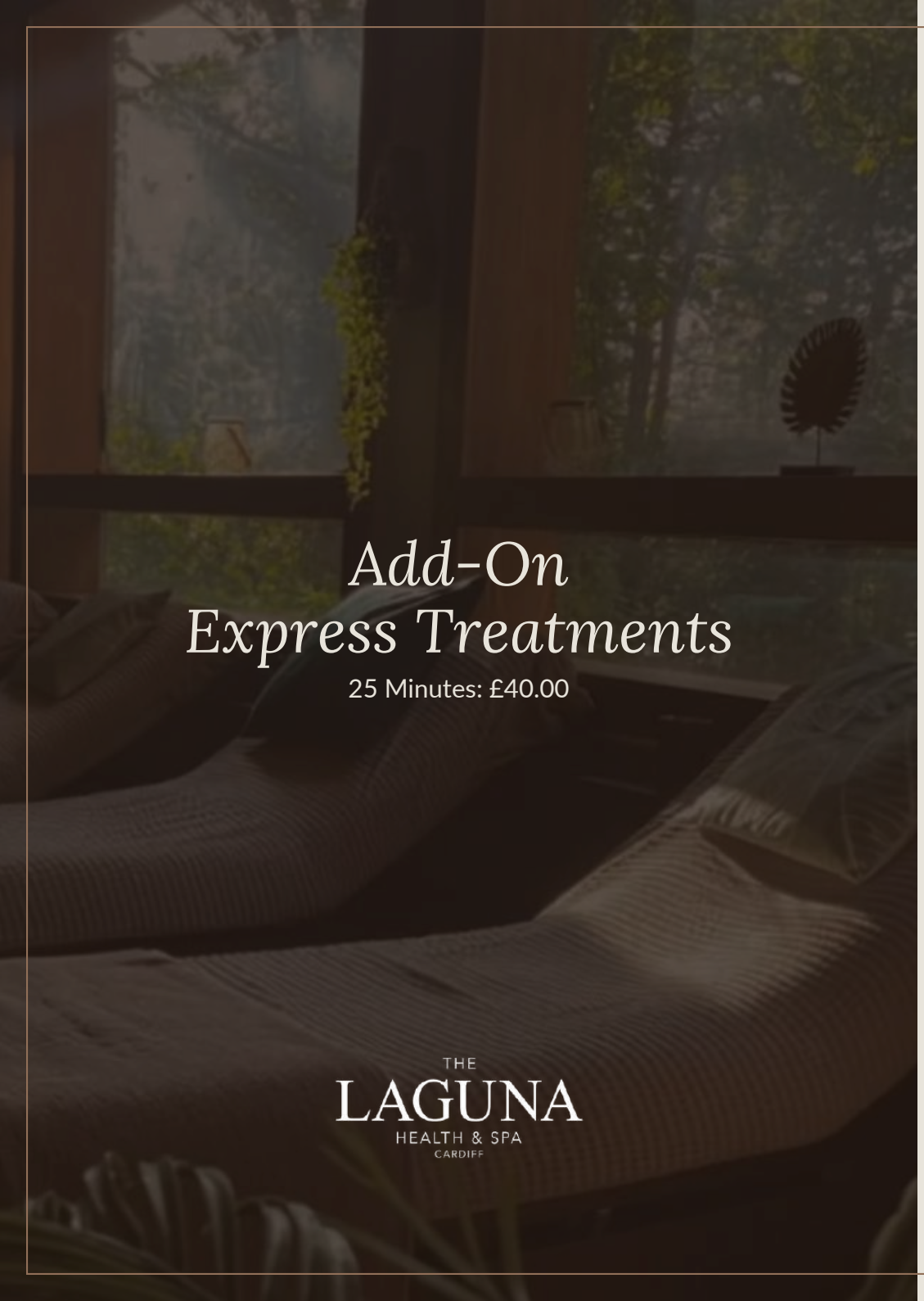
ESPA *Soothing Hand, Leg & Foot Massage*

50 mins:

This tailored experience is dedicated to hardworking hands, legs & feet. Ease muscle tension and diminish inflammation with Lemon & Lavender essential oils. Bespoke techniques help improve circulation and stiffness in joints, taking the weight off your hands, legs & feet leaving them feeling lighter, supple and hydrated.

Monday - Thursday: £85.00
Friday - Sunday: £95.00





Add-On Express Treatments

25 Minutes: £40.00

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ESPA Personalised Express Facial

Reveal a clear, refreshed, naturally beautiful complexion with this express facial. Personalised to your needs, natural active formulas cleanse, rebalance and hydrate while aromatic essential oils capture your mind, leaving you looking and feeling relaxed and radiant.

ESPA Back, Neck and Shoulder Massage

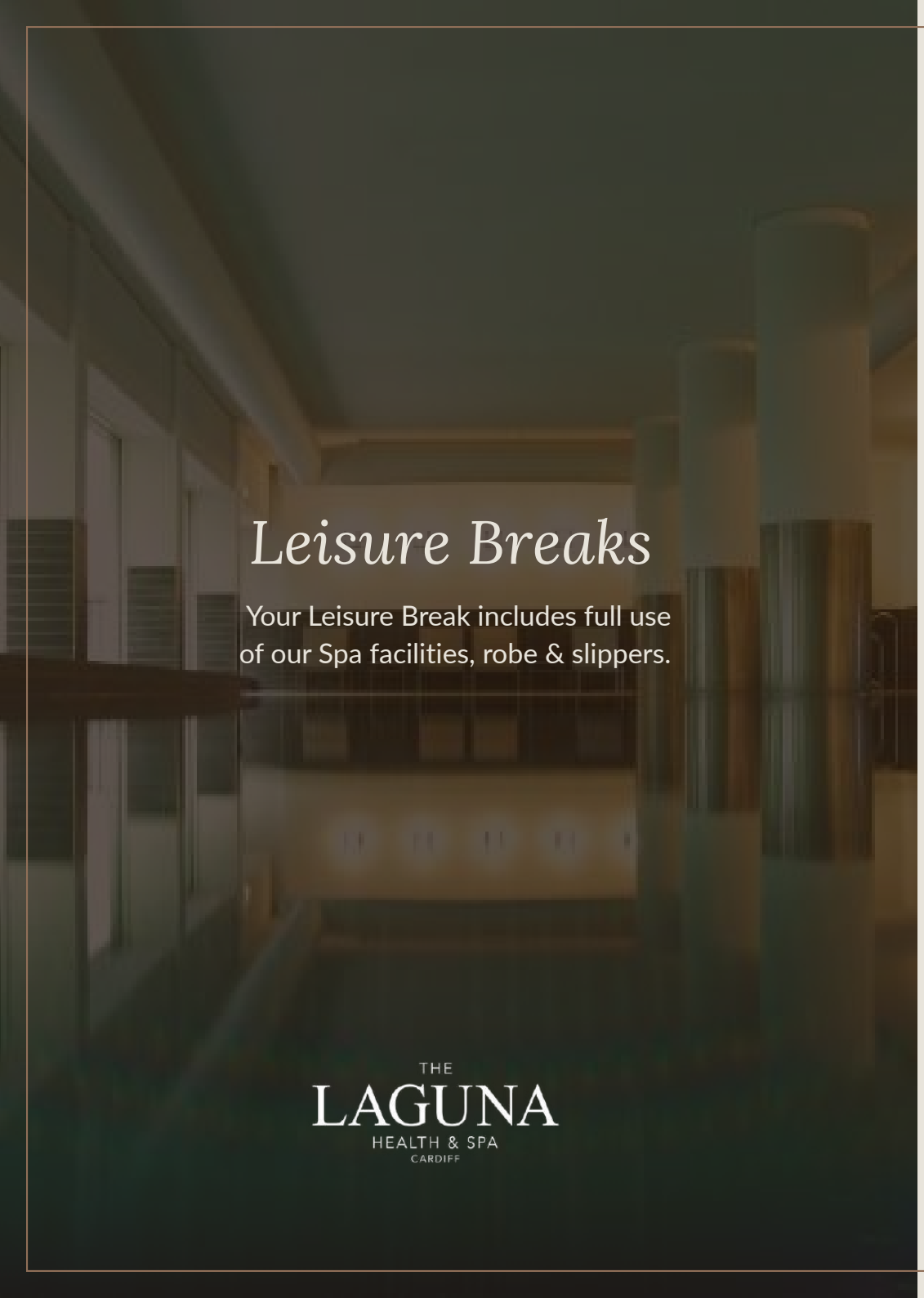
Ease tension where you need it most with this fast-acting de-stressing treatment. Personalised to your unique needs, targeted massage with pure aromatherapy blends relaxes tense muscles, re-energises your body and calms your mind.

ESPA Lighter Legs

Soothe tired, aching or swollen feet and heavy legs with this luxurious and revitalising treatment. Cleanse and smooth hard-working feet and lower legs, then treat them to a rejuvenating and intensely reviving massage - restoring cool comfort and leaving you ready for another active day.

ESPA Body Exfoliation

This refreshing treatment begins with gentle body brushing, followed by a cooling polish with natural apricot seed kernels to smooth and renew the skin. Spearmint invigorates while soothing aloe vera deeply hydrates and calms the skin. The treatment is completed with a personalised body moisturiser, tailored to your skin's needs, for refreshed, smooth and glowing skin.



Leisure Breaks

Your Leisure Break includes full use of our Spa facilities, robe & slippers.

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Tranquil Getaway

Escape and immerse yourself in pure luxury.

Spa treatments, 2 course lunch or dinner at Laguna Kitchen & Bar, a relaxing overnight stay in one of our superior rooms with full Welsh breakfast and a late checkout till 1pm

Treatment duration 50 minutes:
25-minute ESPA Back, Neck & Shoulder Massage and a 25-minute ESPA Personalised Express Facial

From £180.00 per person sharing

Friday Chill

Begin your weekend by unwinding and indulging with a Friday overnight stay, full Welsh breakfast & spa treatment.

Treatment duration: 50 minutes, choose from:
ESPA Inner Beauty Facial
ESPA Inner Calm Massage

From £137.50 per person sharing

Sunday Spa Break

Relax and dine before the week ahead with our perfect Sunday package. Enjoy a 2 course dinner, spa treatment, and overnight stay with full Welsh breakfast.

Treatment duration: 50 minutes, choose from:
ESPA Inner Beauty Facial
ESPA Inner Calm Massage.

From £152.50 per person sharing

How to spa at Laguna

TREATMENT TIMES

Monday – Friday 9.00am – 7.00pm
Saturday – Sunday 9.00am – 6.00pm

ADVANCE BOOKINGS

We highly recommend booking your treatment in advance to ensure your preferred time and service is available.

ARRIVAL TIME

Please arrive at least 10 minutes before your treatment. Appointment timings specified are inclusive of a consultation, de-robing and re-robing and hands-on treatment time. Note that late arrivals will result in a reduction of your treatment time.

SPA EXPERIENCE PACKAGES

Please arrive at reception 1.5 hours before your scheduled treatment time.

APPOINTMENT TIMES

Please note appointment timings specified are inclusive of a consultation, de-robing and re-robing and hands-on treatment time.

TREATMENTS

Individual treatments do not include the use of any facilities or Robe, Towel & Slippers. Please speak to our reception team to upgrade.

ROBE, TOWEL, SLIPPERS & PADLOCK

Spa packages include complimentary hire of robe, towel, slippers and padlock. You will need to sign for them on receipt and at the end of your Spa Day, please return to reception. Failure to do so will incur a charge of £30 per person.

ADDITIONAL GUESTS

Spa guest passes are available for £25 which includes two hours' use of the leisure facilities and robe, towel and slippers.

STUDIO CLASSES

We have a wide variety of studio classes to suit individual requirements and fitness levels. Contact us for pricing and schedule.

HEALTH CONDITIONS

Kindly advise of any health conditions, allergies, medical or cosmetic procedures or injuries which could affect your choice of treatment when making your spa reservation. Please be aware that no treatment can be performed within 3 months of surgery or injury.

PREGNANCY

We have specifically designed treatments for mothers to be or nursing mothers and we will be happy to advise you of suitable treatments. Only suitable for guests over 13 weeks pregnant.

SPA ETIQUETTE

Please respect your fellow spa-users' right to peace and privacy whilst in the Spa. Our relaxation area is for reading, sleeping or quiet contemplation. In light of this we request that you set your mobile phone to silent on arrival. All spa users will need to be over 16 years old.

PERSONAL BELONGINGS

Individual lockers are provided for the safety of your belongings. Please remove all jewellery before your visit. Please do not leave personal items in your robe pockets. The Laguna Health and Spa will not accept responsibility for any lost items.

PAYMENT & CANCELLATION POLICY

Individual Treatments
A credit / debit card will be charged at the time of booking for full payment to secure your reservation. Any treatments not cancelled 48 hours prior to your appointment will incur a 100% cancellation charge.

Spa Days / Group Bookings
A credit / debit card will be charged at the time of booking for 100% of the total cost to secure your reservation. Any spa experiences not cancelled 7 days prior to the booking date will incur a 100% cancellation charge. Group bookings not cancelled 28 days prior to the booking date will incur a 100% cancellation charge.

Leisure Breaks
A credit / debit card will be required at the time of booking to secure your reservation. Pre payment is required 3 days prior to arrival. In the unfortunate circumstance that you need to amend or cancel your reservation, it can be done so without charge up until 2pm, 72 hours prior to arrival. Cancellation after this point will result in the full accommodation charge.

GIFT VOUCHERS

The perfect gift for someone special. Please purchase online via our website **https://www.parkplazacardiff.com/gift-vouchers/**

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spareservations@lagunahealthandspa.com

LAGUNA KITCHEN & BAR
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www.lagunakitchenandbar.com

PARK PLAZA HOTEL
02920 111 111
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THE KUKU AT PARK PLAZA HOTEL
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