



THE
LAGUNA
HEALTH & SPA
CARDIFF



Park Plaza
CARDIFF

Treatment Menu

New to Laguna Spa

ESPA

Natural Beauty
Inner Calm

Mindfulness is one of the cornerstones of the ESPA philosophy, an essential element of our integrated approach to natural beauty and inner calm.

Truly unique treatments are created by combining traditional holistic therapies, modern day techniques and the purest natural ingredients.



pevonia®

Natural ingredients. Professional results.

Eco friendly, natural ingredients and professional results are at the core of the Pevonia philosophy.

Botanical and marine elements create effective formulations. Celebrity fans include Angelina Jolie and Eva Mendes.

Day Spa Experiences

Choose from a selection of exquisite treatment experiences which all incorporate use of our tranquil relaxation lounge and full use of our spa facilities, including our 20m indoor swimming pool, spa bath, steam room and gymnasium.

Day Spa Experiences

Sunrise Spa

Treatment Duration:
50 minutes

Price:
Sun-Fri: 8.00am to 12.00pm £45

Plus, enjoy 20% off additional individual treatments booked between 9am- 11am

Choose one of the following:

- Pevonia Luxury Signature Facial
- Pevonia Signature Full Body Massage
- Laguna Luxury Manicure
- Laguna Luxury Pedicure

Includes:

- Use of robe, towel and slippers
- Use of the relaxation lounge
- Use of the spa facilities
- Continental Breakfast served in the Spa Dining Room at 8.30am

Sunset Supper & Spa

Treatment Duration:
50 minutes

Price:
Sun-Fri: from 4.00pm £65

Choose one of the following:

- Pevonia Luxury Signature Facial
- Pevonia Signature Full Body Massage
- Laguna Luxury Manicure
- Laguna Luxury Pedicure

Includes:

- Use of robe, towel and slippers
- Use of the relaxation lounge
- Use of the spa facilities
- 2 Course Dinner in the Laguna Restaurant

Couples Ritual

Treatment Duration:
80 minutes

Price:
Mon-Fri: £139
Sat-Sun: £159

Please ask for details on our Couples Room

Choose one the following:

- Pevonia Signature Full Body Massage and Pevonia Signature Facial
- Pevonia Luxury Signature Facial and Pevonia Signature Back Massage

Includes:

- Use of robe, towel and slippers
- Use of the relaxation lounge
- Use of the spa facilities
- Light lunch in the Spa Dining Room
- Chilled glass of Prosecco each

ESPA Moment

Treatment Duration:
50 minutes

Price:
Mon-Fri: £65
Sat-Sun: £85

- ESPA Inner Calm Back, Neck and Shoulder Massage
- ESPA Express Prescription Facial

Includes:

- Use of robe, towel and slippers
- Use of the relaxation lounge
- Use of the spa facilities
- Light lunch in the Spa Dining Room

Please note, the ESPA Escape can be tailored for expectant and nursing mothers. Please inform our Spa Reception team upon making your reservation and they will guide you with your treatment selection

ESPA Escape

Treatment Duration:
80 minutes

Price:
Mon-Fri: £85
Sat-Sun: £105

Choose 3 of the following treatments:

- ESPA Personalised Express Facial
- ESPA Express Back, Neck and Shoulder Massage
- ESPA Salt & Oil Full Body Scrub
- ESPA Express Tension-Relieving Head Massage
- ESPA Express Invigorating Foot Treatment
- Laguna Express Manicure
- Laguna Express Pedicure

Includes:

- Use of robe, towel and slippers
- Use of the relaxation lounge
- Use of the spa facilities
- Light lunch in the Spa Dining Room

ESPA Luxury Retreat

Treatment Duration:
120 minutes

Price:
Mon-Fri: £99
Sat-Sun: £119

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- ESPA Inner Calm Massage
 - ESPA Body Wrap
 - ESPA Express Tension-Relieving Head Massage

Includes:

- Use of robe, towel and slippers
- Use of the relaxation lounge
- Use of the spa facilities
- Light lunch in the Spa Dining Room
- Chilled glass of Prosecco

Afternoon Tea Delights

Afternoon Tea Pamper

Treatment Duration:

50 minutes

Price:

Mon – Fri: £69

Sat – Sun: £89

Choose either:

- Pevonia Luxury Signature Facial

- Pevonia Signature Full Body
Massage

- Laguna Luxury Manicure

- Laguna Luxury Pedicure

Includes:

- Use of robe, towel and slippers

- Use of the relaxation lounge

- Use of the spa facilities

- Traditional Afternoon Tea served
in the Laguna Restaurant

Hendrick's Afternoon Tea & Spa

Treatment Duration:

50 minutes

Price:

Mon – Fri: £69

Sat – Sun: £89

Choose either:

- Pevonia Luxury Signature Facial

- Pevonia Signature Full Body
Massage

- Laguna Luxury Manicure

- Laguna Luxury Pedicure

Includes:

- Use of robe, towel and slippers

- Use of the relaxation lounge

- Use of the spa facilities

- Hendrick's Gin Afternoon Tea
served in the Laguna Bar

Signature Treatments
by Pevonia



Pevonia Signature Facial

Treatment Duration: 25 minutes

Price: £30

This introductory facial provides a quick and instant pick-me-up for any occasion.

Pevonia Signature Back Massage

Treatment Duration: 25 minutes

Price: £30

Let our therapists take you on a journey to ease away stress & tension with our Signature Back Massage.

Pevonia Signature Full Body Massage

Treatment Duration: 55 minutes

Price: £50

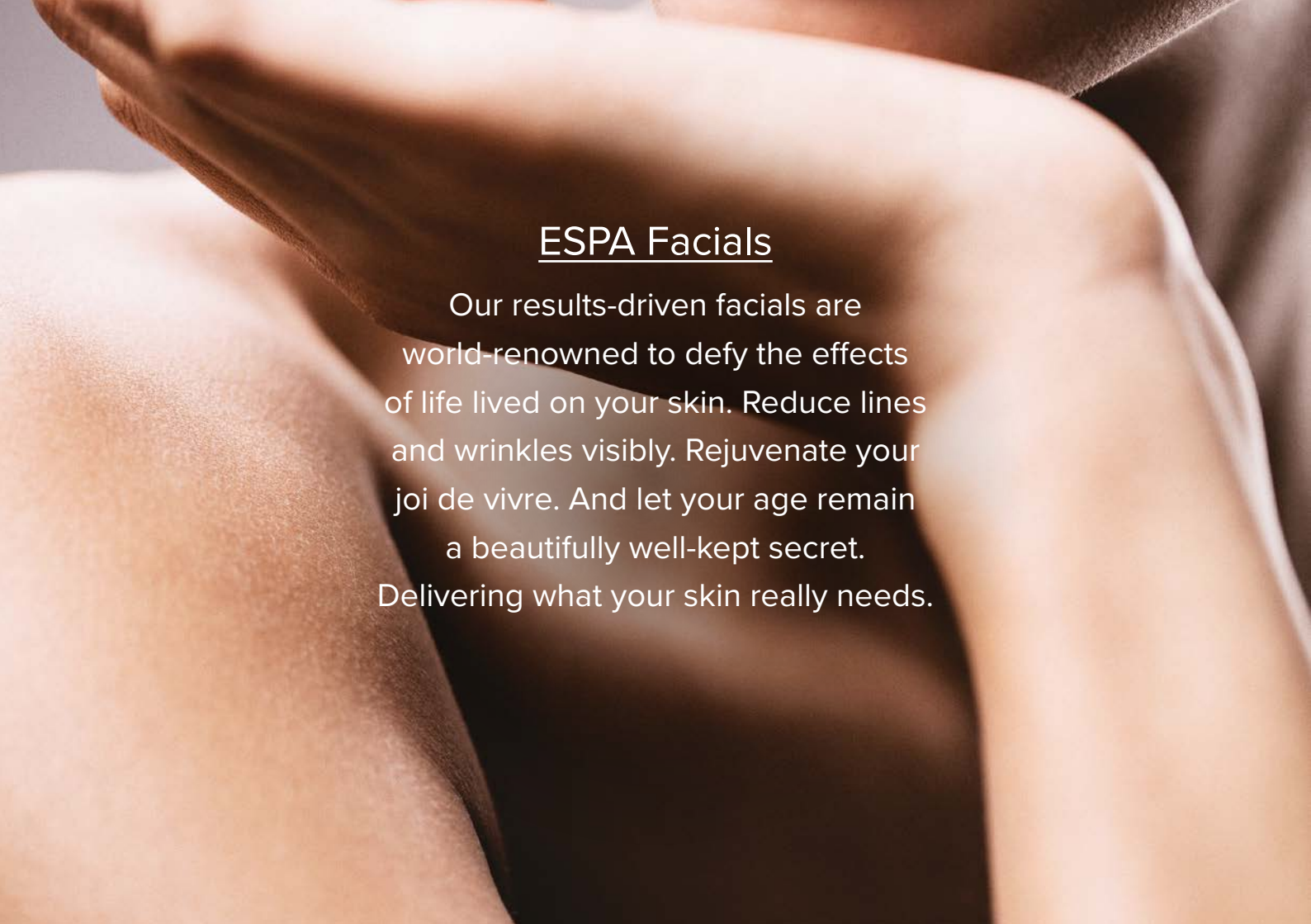
Let our therapists take you on a journey to ease away stress and tension from head to toe with our Signature Full Body Massage.

Pevonia Luxury Signature Facial

Treatment Duration: 55 minutes

Price: £50

Whether you need a moisture boost or just want to enhance the natural glow of your complexion, our highly trained therapist will recommend the perfect facial for you.



ESPA Facials

Our results-driven facials are world-renowned to defy the effects of life lived on your skin. Reduce lines and wrinkles visibly. Rejuvenate your joi de vivre. And let your age remain a beautifully well-kept secret. Delivering what your skin really needs.

Skin Solutions Facials

All ESPA's tailored facials include:

An in-depth skin analysis using SkinVision™ technology to identify skin conditions not visible to the naked eye

A detailed consultation

Cleansing, exfoliation, treatment specific massage, mask and intensive serum chosen to achieve the best possible results

Personalised prescription chosen for your individual needs

To maintain the ultimate in healthy radiant skin we recommend a facial once a month

Optimal Skin Profacial

Treatment Duration: 55 minutes

Price: £55

Rebalance, hydrate and revitalise with this targeted facial that unites the pioneering formulas of our optimal skin collection with expertly tailored facial techniques.

Tri-Phase cleansing technology is enhanced with Clarisonic brushing for a deep cleanse while new optimal skin ProMoisturiser targets the delivery of nutrient-rich, hydrating actives to where your skin requires them the most. Instantly reviving and brightening the complexion, this facial ultimately helps to protect against environmental damage and delay the early signs of skin ageing.



Re-Hydrator Facial

Treatment Duration: 55 minutes

Price: £55

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 smooth complexion. This rehydrating facial leaves skin smooth and feeling rejuvenated.

Skin Radiance Facial

Treatment Duration: 55 minutes

Price: £55

This revitalising facial treatment helps refresh tired skin, giving a noticeably brighter and naturally radiant appearance.

A special application of ESPA Skin Radiance Moisturiser; rich in natural AHAs and BHAs from Hawaiian Algae and Meadowsweet, helps to smooth, reduce irregular pigmentation and brighten skin to deliver instant results.

Skin Purifying Facial

Treatment Duration: 55 minutes

Price: £55

Ideal for oily, congested, and problematic skin, or those suffering with hormonal imbalance.

This deeply cleansing facial helps to 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 clear complexion.

De-Sensitiser Facial

Treatment Duration: 55 minutes

Price: £55

A soothing facial for sensitive skin prone to redness and irritation, leaving skin calmed, nourished and comfortable.

De-sensitising natural plant extracts and calming aromatherapy oils such as Chamomile and Benzoin are used to gently cleanse, nourish and hydrate fragile skin.

Intensive and Age-Defying Facials

Lift & Firm Facial

Treatment Duration: 85 minutes

Price: £69

An advanced facial using Super Active products to improve skin tonicity and firmness and enhance cellular regeneration.

This facial uses Tri-Active ingredients combined with specialised facial massage lifting techniques to help combat the signs of ageing, stimulate collagen production and deliver intensive results; the benefits of which can be seen immediately.

Includes: Deep cleanse, skin analysis with SkinVision™ lamp, specialised age defying, contouring and lifting facial massage techniques, Lift & Firm Mask, Scalp Massage and ESPA Lift & Firm product range

Upgrade your facial to include:

Lift & Firm Eye Treatment

Treatment Duration: 25 minutes

Price: £20

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 relieve tension for eye strain and computer headaches.

Includes: cleanse, exfoliation, massage and application of our lift and firm intensive eye serum





Body by ESPA

We offer a huge range of solution led ESPA body treatments, rituals, massages and wraps, each one designed and tailored specifically to ensure you experience the best physical and emotional therapeutic benefits depending on your needs.

Essential Body Massage

ESPA Personalised Massage

Treatment Duration: 50 minutes
Price: £55

Following a personalised consultation and sensory test, your expert therapist selects the most suitable combination of essential oils and massage techniques to suit your needs and ensure you get the most out of this bespoke treatment.

Includes: Tailored massage selected from aromatherapy, hot stone, deep muscle or Swedish

ESPA Inner Calm

Treatment Duration: 50 minutes
Price: £59

A deeply relaxing and balancing aromatherapy treatment for mind and body, this massage uses guided breathing techniques and a specially selected blend of oils specifically tailored to help you find your inner calm.

Includes: Aromatherapy massage to back, legs, arms, abdomen, neck/shoulder areas

ESPA Hot Stone Massage

Treatment Duration: 50 minutes
Price: £59

A therapeutic full body massage using aromatherapy oils and warm volcanic stones to relieve deep muscle tension. The warmth of the stones penetrates your muscles to soothe aches and pains.

Includes: Hot Stone Aromatherapy Massage to back, legs, arms, abdomen, neck/shoulder areas

ESPA Deep Muscle Massage

Treatment Duration: 50 minutes
Price: £69

A powerful massage designed to deep relieve seated tension and muscular stress. Specialised techniques concentrate on specific areas of concern and alleviate common discomforts.

Includes: Specialised targeted massage to specific areas of concern

ESPA Mindful Massage

Treatment Duration: 80 minutes
Price: £79

This holistic, deeply relaxing and clarifying experience works on the concept of mindfulness, focusing on both mind and body to help reduce stress and 'be more in the present'. The therapist first skilfully guides you through breathing and visualisation techniques to help relax the mind and release physical or emotional anxieties.

The metamorphic zones on the feet are then massaged to help rebalance and ground, before a soothing, deeply therapeutic massage is continued up through the body to promote positivity to the mind, finishing with a re-energising scalp massage using warm Rose Quartz Crystals.

Includes: Massage on the Metamorphic Zones of the Feet, Full Body Massage, Scalp Massage with Warm Rose Quartz Crystals

ESPA Body Treatments

ESPA Back, Face & Scalp Treatment

Treatment Duration: 80 minutes

Price: £69

Renowned as our 'Hero' treatment and loved by all; this ESPA experience delivers triple results by targeting three key areas – the back, the face and the scalp, making it the ideal treatment for anyone.

Your treatment begins with an in-depth skin analysis using SkinVision™ Technology which is used on the face to identify skin conditions not visible to the naked eye. This is followed by a cleansing back exfoliation and a deeply relaxing back massage leading to a personalised facial treatment and complemented with a soothing scalp massage.

Includes: A Back Exfoliation, Back Massage, Personalised Facial and Soothing Scalp Massage

Body Wraps

Treatment Duration: 50 minutes

Price: £49

Following skin brushing and exfoliation, a complete body wrap of Algae or Marine Mud combined with essential oils is blended and applied to meet your specific needs. Skin feels nourished and hydrated and the mind is left totally relaxed after a soothing scalp massage.

Includes: Full Body Skin Brush, Body Exfoliation, Personalised Wrap and Soothing Scalp Massage

Why not compliment your treatment with;

Salt & Oil Scrub

Treatment Duration: 25 minutes

Price: £30

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple. Perfect as a stand-alone treatment, or in preparation for an ESPA Massage. For a lighter application Exfoliating Body Polish is applied instead of Salt & Oil Scrub.

Includes: Full body salt and oil scrub

ESPA Maternity

Pre & Post Natal Treatment

Treatment Duration: 55 minutes

Price: £59

Nourish skin and calm the mind with this regenerating and smoothing treatment.

Focused entirely on your personal needs, a gentle yet effective exfoliation to the back area is followed by a comforting body massage using a pure, unscented blend of deeply nurturing oils to safely target areas prone to stress and tension during or after pregnancy and alleviate muscular aches and pains. Finishing with a soothing and conditioning scalp massage, this blissful treatment will leave you feeling relaxed and restored.

Includes: Back exfoliation (if required), personalised body massage, scalp massage

Lighter Legs

Treatment Duration: 40 minutes

Price: £45

Soothe tired, aching or swollen feet and heavy legs with this luxurious and revitalising treatment from ESPA.

A relaxing foot ritual cleanses and exfoliates the feet and lower legs before they are treated to a rejuvenating massage with pure Jojoba and Sweet Almond Oils and enveloped in a cooling yet deeply nourishing moisturiser.

Includes: Foot Ritual, lower leg and foot exfoliation and massage



Express Treatments by ESPA

ESPA Express Tension-Relieving Head Massage

Treatment Duration: 25mins
Price: £35

This massage focuses on the key areas of tension using an ESPA Body Oil chosen for your specific needs. Where needed, Hot Stones are also used to penetrate warmth and help ease aches and pains.

ESPA Personalised Express Facial

Treatment Duration: 25mins
Price: £35

Your therapist will select the most suitable facial for your skin. Every ESPA personalised facial includes a consultation, SkinVision analysis, cleanse, exfoliation, personalised facial mask and finishes with an application of a booster serum to suit your skin.

ESPA Express Back, Neck & Shoulder Massage

Treatment Duration: 25mins
Price: £35

This massage is tailored to address any areas of concern and uses the most appropriate massage techniques along with the ESPA Body Oil to suit your needs.

ESPA Salt & Oil Scrub

Treatment Duration: 25mins
Price: £35

This exceptional skin softening body exfoliation combines sea salt with essential oils to leave your skin nourished, smooth and supple. Perfect as a stand-alone treatment, or in preparation for an ESPA Massage.

ESPA Express Invigorating Foot Treatment

Treatment Duration 25mins
Price: £35

Soothe tired, aching or swollen feet and heavy legs with this luxurious and revitalising treatment from ESPA.





ESPA for Men

Our ESPA face and body treatments for men are specifically tailored to your skin type, each one designed specifically to ensure you experience the best physical and therapeutic benefits depending on your needs.

ESPA for Men

Back, Face & Scalp Treatment

Treatment Duration: 80 minutes

Price: £69

Renowned as our 'Hero' treatment and loved by all.

This ESPA experience delivers triple results by targeting three key areas – the back, the face and the scalp, making it the ideal treatment for anyone.

Includes: Back exfoliation, back massage, personalised facial, scalp massage

Age-Rebel Facial

Treatment Duration: 55 minutes

Price: £55

Instantly energise skin and help reduce fine lines and wrinkles.

Refine, smooth and condition skin while combating the signs of ageing with this invigorating and instantly effective advanced facial.

Includes: Deep brush cleanse, skin analysis with SkinVision™ lamp, Enzyme Peel, personalised mask, scalp massage, Intensive Facial Serum and chosen Moisturiser sealed into the skin using Rose Quartz Crystals

Finishing Touches

ESSENTIAL EYE CARE

Eyebrow Tint*	£10
Eyelash Tint*	£15
Eyelash and Brow Tint*	£20

** Requires a 24 hour patch test*

WAXING TREATMENT

Eyebrow Shape	£10
Upper Lip or Chin	£10
Underarm	£10
Half Leg	£15
Full Leg	£20
Regular Bikini	£10
High Bikini	£15
Brazilian	£25
Hollywood	£30

MEN'S WAXING

Back Wax	£25
Chest Wax	£25

How to spa

OPENING HOURS

Spa

Monday - Friday:	9.00am - 8.00pm
Saturday:	9.00am - 7.00pm
Sunday:	9.00am - 6.00pm

Health Club

Monday - Thursday:	6.30am - 10.00pm
Friday:	6.30am - 9.00pm
Saturday - Sunday:	8.00am - 8.00pm

IMPORTANT INFORMATION

Arrival Time

Please arrive 20 minutes before your treatment time in preparation for your experience, note that late arrivals may result in a reduction of your treatment time.

Use of Spa Facilities

Bookings of less than 55 minutes do not include use of the relaxation room, leisure facilities, robe, towel or slippers.

Treatments of 55 minutes or more include a one hour use of leisure facilities either before or after treatment. Use of towel and slippers is also included however no robe or access to the relaxation lounge is included.

Our facilities include a 20m UV filtered swimming pool, steam room, spa bath, spa changing areas and state of the art gym. Following your treatment why not relax in our Laguna Kitchen & Bar downstairs at the Park Plaza Hotel.

PAYMENT & CANCELLATION POLICY

Individual Treatments

A credit / debit card will be charged at the time of booking for full payment to secure your reservation. A 100% cancellation charge will be incurred for any individual treatment not cancelled 48hrs prior to your appointment.

Spa Days

A credit / debit card will be charged at the time of booking for 50% of the total cost to secure your reservation. 7 days prior to arrival full payment will be charged including upgrades and any additional costs. A 100% cancellation charge will be incurred for any Spa Day not cancelled 7 days prior to the booking date.

Group Bookings

For larger parties the use of a private room can be made available at no extra charge however this must be pre-booked. Please ask at the time of booking.

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.

Pregnancy

We have specifically designed treatments for expectant women or nursing mothers and we will be happy to advise you of suitable treatments.

Spa Etiquette

Our Spa is one of relaxation and tranquillity, please respect your fellow spa-user's right to peace and privacy. In light of this we request that you set your mobile phone to silent on arrival. The relaxation lounge is for quiet contemplation and we request that all guests keep noise to a minimum.

Personal Belongings

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

Children Policy

Children under the age of 16 are not permitted in the spa treatment area or relaxation lounge at any time.

Gift Vouchers

An ideal gift for someone special, please contact our reception team or purchase online via our website www.lagunahealthandspa.com

Gift Vouchers

Gift Vouchers are available for all treatments and products and are an ideal present for someone special. Please contact our spa team for details.

Gift vouchers can be purchased online at lagunahealthandspa.com



THE
LAGUNA
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