



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 non-resident 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 meals, 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

- 50-minute treatment
- 25-minute treatment
- Choice of dining option
- Use of Facilities
- Bathrobe, towel & slippers

Monday - Thursday: £150.00 per person

Friday- Sunday: £160.00 per person

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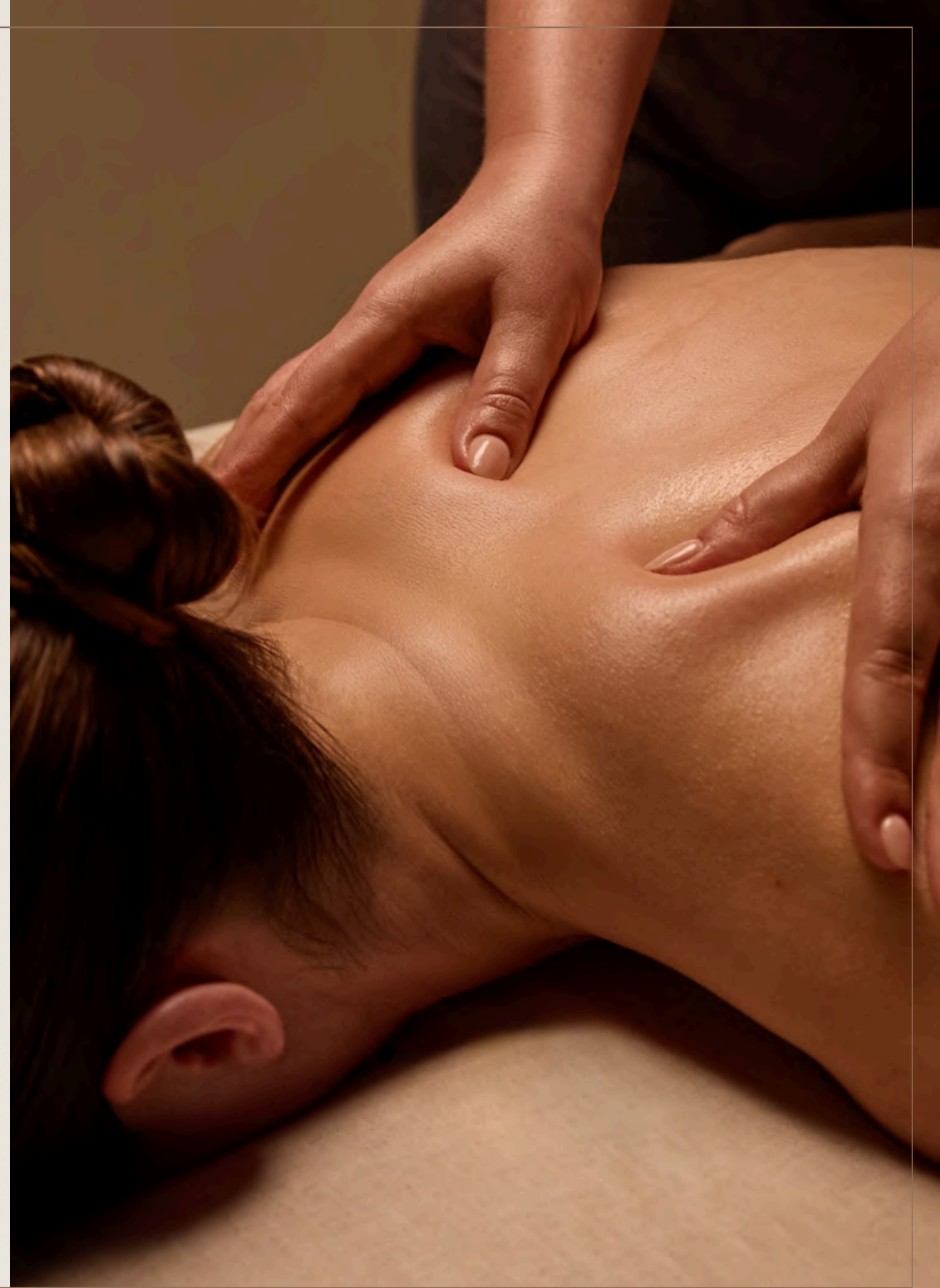
## Relax Package

- *50-minute treatment*
- *Choice of dining option*
- *Use of Facilities*
- *Bathrobe, towel & slippers*

**Monday - Thursday: £120.00**

**Friday - Sunday: £130.00**

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## Sunrise Spa

- 50-minute treatment
- Includes breakfast
- Use of Facilities
- Bathrobe, towel & slippers

Monday - Thursday: £150.00 per person

Friday - Sunday: £160.00 per person

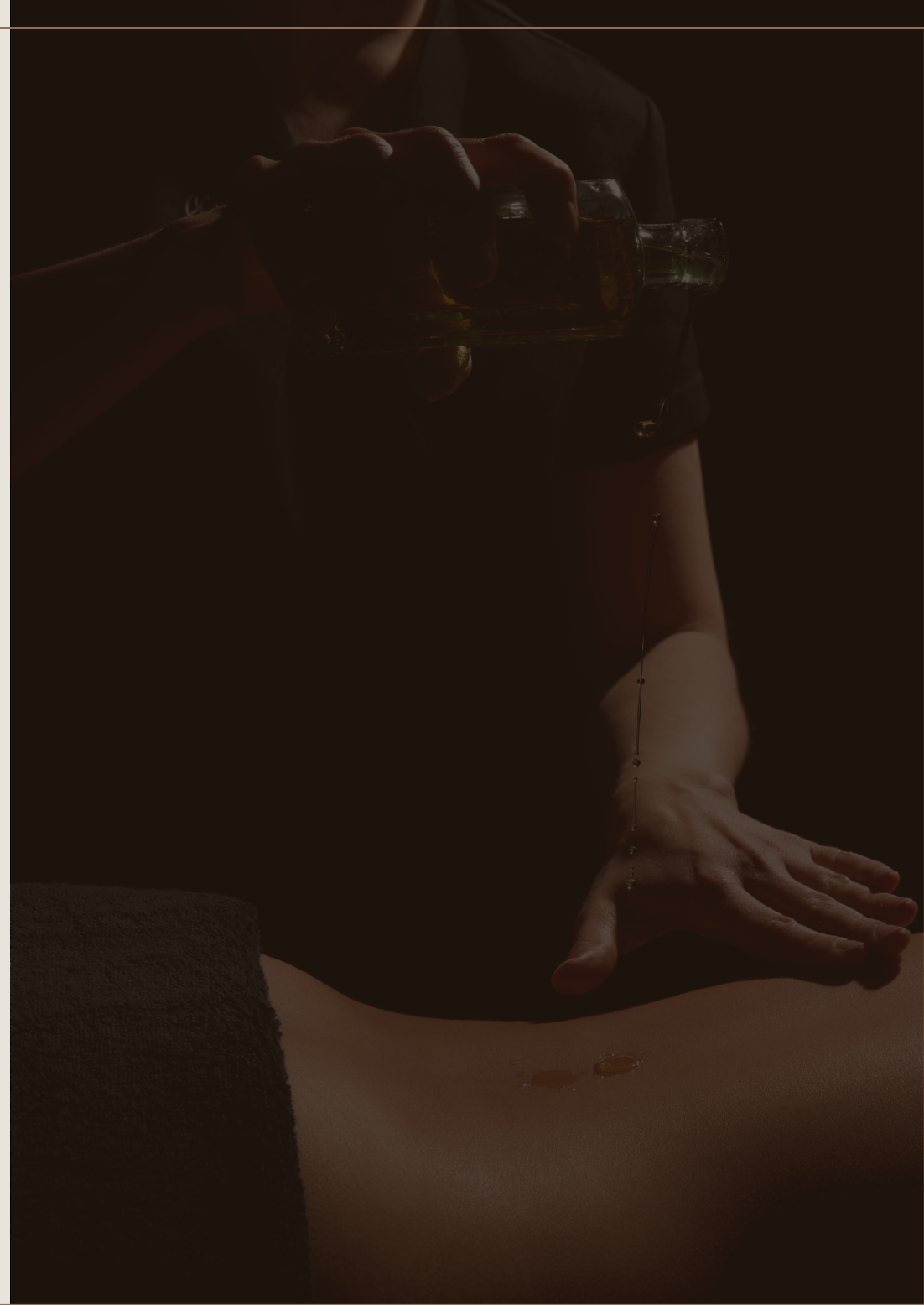
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# Twilight Retreat

- 50-minute treatment
- 2 Course Dinner
- Use of Facilities
- Bathrobe, towel & slippers

Mon - Fri: £115.00

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# Treatment & Dining Options

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## 50-minute Treatments

- *ESPA Inner Beauty Facial*
- *ESPA Inner Calm Massage*
- *PEVONIA Detoxifying Seaweed Wrap*
- *PEVONIA Tropical Papaya & Pineapple Salt mousse Body Glow*

## 25-minute Treatments

- *ESPA Back Neck and Shoulder Massage*
- *ESPA Personalised Express Facial*
- *ESPA Scalp Massage*
- *Pevonia Invigorating Exfoliation Experience*

## Dining Options

- *2 Course Lunch in Laguna Restaurant*
- *Traditional Afternoon Tea in Laguna Restaurant*

## 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 and 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 per person.**

## Soirée Spa

### Package Includes:

- *Private Relaxation Room*
- *Robe, Towel and Slippers*
- *25-minute ESPA Back Neck and Shoulder Massage*
- *25-minute ESPA personalised express facial*
- *Use of Spa & Gym facilities*
- *2 Course Lunch at Laguna Bar*
- *Glass of Fizz*

**Minimum group size: 6 persons.**

**£125 per person.**

*(To dine in our Laguna Bar, you will be required to change out of your robe & slippers.)*



# Facials

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## ESPA Inner Beauty Facial

**50 mins:**

*Deeply cleanse, hydrate and renew with these 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.*

*Includes: Skin analysis with Skin Vision™ lamp – triple cleanse – exfoliation – steam and extraction (if required) – facial massage – personalised mask – scalp massage.*

**Mon - Thurs: £95.00**

**Fri - Sun: £105.00**

## PEVONIA Hydra Cloud Mask Treatment

**50 mins:**

*A restorative, tightening, firming, calming and soothing facial experience that helps your skin Age Backwards! Uniquely formulated to counteract signs of ageing as well as the effects of sun damage, it works quickly to rid your skin of environmental pollutants and toxins. A true sensorial experience that will help you to feel 'as light as a cloud'.*

**Mon - Thurs: £95.00**

**Fri - Sun: £105.00**

## LUMAFIRM LIFT Vegetable Botox Firming Facial

**50 mins:**

*Seeking a treatment with amazing instant results? Redefining radiance and facial contouring, this exclusively formulated treatment features the latest in freeze-dried technology to deliver instant results and cumulative skincare benefits. Ideal for any skin type showing signs of ageing, or as the perfect instant repair boost when you want to look your absolute best. Proven to perform, this facial renders your skin ultra-luminous with a firmer, tighter and more youthfully defined appearance.*

**Mon - Thurs: £95.00**

**Fri - Sun: £105.00**



# Massage

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## 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.*

*Includes: Breath work, full body aromatherapy massage, scalp massage with Rose Quartz Crystals.*

**Mon - Thurs: £85.00/£125.00**

**Fri - Sun: £95.00/135.00**

## PEVONIA Revitalising Full Body Massage

*with rosemary & grapefruit*

**50 mins:**

*Revive and restore tired muscles with our energizing blend of Rosemary & Grapefruit. Uplifting to the spirits and boosting circulation, this revitalizing experience will leave you ready to take on the world anew!*

**Mon - Thurs: £85.00**

**Fri - Sun: £95.00**

## Muscle recovery full body massage

*with eucalyptus & camphor*

**50 mins:**

*Whether you seek relief from aches and pains or simply crave a moment to recharge, this warming and anti-inflammatory blend alleviates discomfort and delivers stimulating and healing benefits. Experience immediate relief from stiff, aching muscles and sore joints as you are transported to an oasis of therapeutic relaxation.*

**Mon - Thurs: £85.00**

**Fri - Sun: £95.00**

# Body Treatments

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## 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.*

*Includes: Back exfoliation, back massage, Inner beauty facial, scalp massage.*

**Mon - Thurs: £125.00**

**Fri - Sun: £135.00**

## PEVONIA Detoxifying Seaweed Wrap

**50 mins:**

*This therapeutic seaweed wrap contours, firms, hydrates and re-mineralises environmentally damaged skin. The treatment begins with a gentle exfoliation, followed by a generous application of warm micronized Seaweed. You are then 'wrapped' to ensure your entire body releases stress and toxins.*

**Mon - Thurs: £85.00**

**Fri - Sun: £95.00**

## PEVONIA Tropical Papaya & Pineapple Salt Mousse Body Glow

**50 mins:**

*Invigorated, cleansed and polished to perfection. French sea salt and organic fruit extracts enriched in Vitamin A and Carrot Seed Oil are applied to your body removing dead skin cells and impurities whilst releasing negative ions to counteract damaging environmental pollutants. This revolutionary antiaging treatment refines your skin like no other exfoliator.*

**Mon - Thurs: £85.00**

**Fri - Sun: £95.00**

## *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.*

**Mon - Thurs: £125.00**

**Fri - Sun: £135.00**

## *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.*

**Mon - Thurs: £85.00**

**Fri - Sun: £95.00**

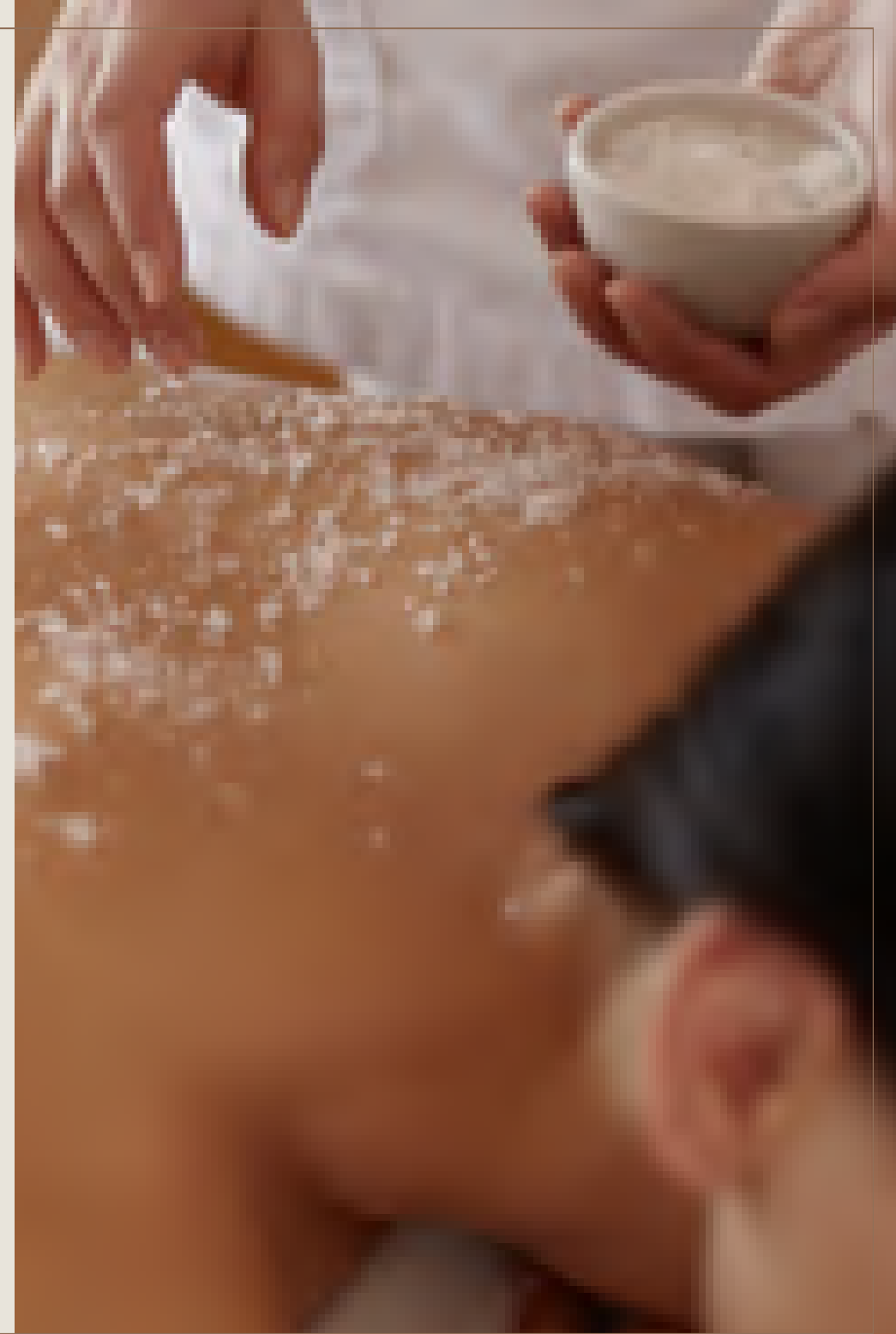
## *Thermal Stone De-Stresser*

**50 mins:**

*An indulgent holistic treatment using warm Volcanic Stones to relieve deep muscle tension. We transport you to a warm sanctuary as the Volcanic Stones are expertly glided over your body with varying pressures and precision. The heat of the stones penetrates your muscles to soothe mind, body and soul. Treatment duration.*

**Mon - Thurs: £85.00**

**Fri - Sun: £95.00**





## Mother-To-Be Treatments

Only suitable for guests  
over 13 weeks pregnant.

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### *Soothing Massage*

**50 mins:**

*A soothing massage designed for mother to be, to help you unwind, relax and achieve a sense of wellness.*

**Mon - Thurs: £125.00**

**Fri - Sun: £135.00**

### *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.*

**Mon - Thurs: £85.00**

**Fri - Sun: £95.00**

### *ESPA Inner Beauty Facial*

**50 mins:**

*Deeply cleanse, hydrate and renew with these 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.*

*Includes: Skin analysis with Skin Vision™ lamp – triple cleanse – exfoliation – steam and extraction (if required) – facial massage – personalised mask – scalp massage.*

**Mon - Thurs: £95.00**

**Fri - Sun: £105.00**

# Add-On Express Treatments

25 Minutes: £40.00

*\*Suitable for Mothers-To-Be*

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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.

Includes: Skin analysis with Skin Vision™ lamp, double cleanse, exfoliation, personalised mask, scalp massage.

## 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.

Includes: Massage to the back, neck and shoulders.

## Therapeutic Leg Massage\*

Revitalise your legs with therapeutic Massage to improve circulation and reduce inflammation, leaving you feeling restored, grounded, and ready to put your best foot forward.

## Tension Reducing Scalp Massage\*

Discover the power of our tension reducing Scalp Massage and reconnect with your body, mind, and spirit as you realign to a state of harmonious bliss. This luxurious treatment relieves scalp tension and increases blood circulation which will leave your mind clear, and your body completely relaxed.

## Invigorating Exfoliation Experience

Gently exfoliate your skin with hydrating, healing, and soothing natural ingredients. The perfect choice to ensure the skin is left feeling soft and the muscles are relaxed.

*\*Suitable for Mothers-To-Be*

## 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 includes 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 hour's 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 to the spa. 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.

## GIFT VOUCHERS

The perfect gift for someone special, please purchase online via our website [www.lagunahealthandspa.com](http://www.lagunahealthandspa.com)



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[info@lagunahealthandspa.com](mailto:info@lagunahealthandspa.com)

LAGUNA KITCHEN & BAR  
02920 111 103  
[www.lagunakitchenandbar.com](http://www.lagunakitchenandbar.com)

PARK PLAZA HOTEL  
02920 111 111  
[www.parkplazacardiff.com](http://www.parkplazacardiff.com)

THE KUKU AT PARK PLAZA HOTEL  
02920 111 123  
[www.kukucardiff.com](http://www.kukucardiff.com)

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