

THE
LAGUNA
HEALTH & SPA
CARDIFF

Treatment Portfolio

The Nature
of Our Space





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Serenity in the City

At Laguna Health and Spa, we will help you find that moment of pure relaxation away from the hustle and bustle of everyday life.

Being happy never goes out of style so choose a soothing self-care plan from one of our Spa Experiences or a luxurious individual treatment.

Spoil yourself today, you deserve it!

Browse through our menu to find total tranquillity.



Spa Package Experience

IT'S ALL ABOUT YOU

Design your own Spa Experience that allows you to spa the way you want.

All our experiences include:

- Spa treatment
- Dining options to suite your taste
- 2 hours use of the spa facilities
- Use of relaxation room
- Robe, towel and slippers

SELECT FROM:

ESCAPE

Treatment Duration 80 minutes

Monday–Thursday **£120** per person

Friday–Sunday **£130** per person

RELAX

Treatment Duration 50 minutes

Monday–Thursday **£95** per person

Friday–Sunday **£105** per person



SELECT YOUR TREATMENTS TO MATCH YOUR PACKAGE:

50 MINUTE TREATMENTS

- Aromatherapy Ultimate De-stresser Full Body Massage
- Luxury Pevonia Prescriptive Facial
- Detox Seaweed Wrap
- Aromatic Moor Mud Tension Relief Back Treatment with Massage
- Mother to be Massage
- Prescriptive Pedicure

30 MINUTE TREATMENTS

- Aromatherapy Ultimate De-stresser Back Massage
- Aromatherapy Ultimate De-stresser Leg Massage
- Pevonia Essential Express Facial
- Tension Relieving Scalp Massage
- Body Renew Exfoliation Experience
- Mini Pedicure
- Mini Manicure

SELECT FROM:

- Sunrise Breakfast
- 2 Course Lunch
- Traditional Afternoon Tea*
- Sunset 2 Course Dinner

Please note that all of the above dining options will be served in our stylish Laguna Kitchen & Bar within the Park Plaza Hotel. To dine in the restaurant, you will be required to change out of your robe & slippers.

*Upgrades are available on speciality Afternoon Teas at an additional supplement



Celebration Package

SPA GROUP PACKAGE

Celebrating a special occasion?

This is the perfect package for Hen Parties, Special Birthdays and Baby Showers.

Package Includes:

- Private Relaxation & Dining room
- 25 minute Aromatherapy Ultimate De-stresser Back Massage
- 25 minute Essential Express Facial
- Robe, towel and slippers
- Use of the pool & gym facilities
- Traditional Afternoon Tea
- Glass of Fizz

Minimum group size: 8 persons.

£110 per person



Face by Pevonia

PRESCRIPTIVE PEVONIA FACIAL

Our certified skincare specialist will recommend your ideal prescriptive facial to suit your specific needs:

Prescriptive Rejuvenating Vitamin Facial

This revitalising treatment deeply moisturises and protects the skin from daily stresses of city life and the free radical damage that contributes to the ageing process. An ideal repair treatment for any time.

Prescriptive Soothing Sensitive Facial

Sensitive skin requires special care, a gentle treatment that mildly cleanses and exfoliates, whilst decongesting, diffusing redness and calming irritation. This facial is designed to leave the skin feeling fresh, cool and alleviated.

Prescriptive Luminous and Oxygenated Facial

Recommended for all skin types seeking an illuminating glow but especially good for dull, sallow skin. Highly recommended for sun worshippers' skin types. This treatment releases vitamin C into your skin to build collagen and brighten the complexion while hyaluronic acid works to visibly repair and smooth the skin.

Treatment duration 50 minutes
£70

PRESCRIPTIVE AGE-DEFYING FACIAL

Extraordinary facials with instant results.

Luminous Skin & Smoothed Wrinkles

Collagen Polypeptides With Myoxy-Caviar®

Recommended for all skin types with wrinkles, lack of lustre and a tendency towards dryness and deep dehydration. This facial will leave skin feeling smooth and plump.

Luminous & Firm Skin

Elastin Polypeptides with Sorghum

Recommended for all skin types with loss of elasticity and lack of lustre. Helps prevent premature slackening of the skin while hydrating and tightening for a instantly firmer more youthful appearance.

Treatment duration 50 minutes
£80

RS2 FACIAL

This luxurious treatment is proven capable of delivering the exceptional results desired by those suffering from severe sensitivity, broken capillaries, Rosacea, and Acne Rosacea. This alleviating thermal clay mask provides soothing relief and visible results to dilated capillaries, congestion, blotchiness, and irritability. Comforting and healing ingredients such as Rose, Green Tea, Chamomile and Liquorice, combine to properly decongest and calm your skin for an even, healthy appearance.

Treatment duration 50 minutes
£75

YOUTH RENEW HYDRA-GLOW PEEL

Treat your skin to a smoother texture, minimized wrinkles, and a brightened complexion with the YouthRenew™ HydraGlow Peel. Using pure natural lactic acid this gentle peel unveils wonderfully hydrated and plump skin with a radiant, healthy glow. Perfect peel for pre-wedding or special events. Not recommend for hypersensitive skin. For optimum results: 3-6 Peel Series.

Treatment duration 50 minutes
£75



Body by Pevonia

BODY RENEW EXFOLIATION EXPERIENCES

Transport your mind, body, and spirit to a relaxing, naturally aromatic sanctuary. Pevonia's BodyRenew™ Treatment Experiences gently exfoliate and drench your skin with hydrating, healing, and soothing anti-stress plant extracts and detoxifying micro minerals. Enjoy a holistic, truly pleasurable rejuvenating body experience that leaves you renewed and decompressed from head to toe.

Scrub Selections:

- Pineapple & Coconut Tropical Retreat - Brightens and repairs.
- Peach & Vanilla Parfait - Anti-inflammatory and healing.
- Jasmine & Lavender Pure Splendour - Relaxing and soothing.

Treatment duration 40 minutes

£55

SALTMOUSSE-GLOW FULL BODY EXFOLIATING TREATMENT

Increase negative ions released into the skin for a healthier and softer body. French sea salt and organic fruit extracts enriched in pro-vitamin A and carrot seed oil are applied to your body recreating the seawater ambiance experience. This revolutionary anti-ageing saltmousse refines your skin unlike any other exfoliation treatment.

Treatment duration 40 minutes

£55



BODY WRAPS

Detox Seaweed Wrap

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

Treatment duration 50 minutes

£75

Pineapple Crème Fraîche Wrap - Tropical Escape

This papaya-pineapple body wrap is enriched with Crème Fraîche natural butter, calcium, a high content of vitamin A, pomegranate extract and other anti-ageing ingredients such as wrinkle smoothing collagen polypeptides and firming elastin polypeptides. The luscious Crème Fraîche formula is applied all over your body for a glorious sensory escape. As you are enveloped by the scent of vanilla and enticing tropical fruits, your skin is deeply nourished and rejuvenated revealing an astonishing youthful look.

Treatment duration 50 minutes

£75



Massage by Pevonia

AROMATHERAPY ULTIMATE DE-STRESSER

Close your eyes, relax and bid stress farewell. Your therapist rhythmically applies proven effective Swedish massage techniques combined with aromatherapy to help you de-stress, unwind and achieve a deep sense of wellness. Your circulation is boosted as sore joints and muscles are quickly alleviated.

Massage Oil Selections:

- Serenity - Alleviates stress & promotes relaxation.
- Vitality - Energising and revitalising, uplifts the spirit, stimulates alertness.
- Recovery - Warming and anti-inflammatory delivers stimulating and healing benefits.
- Clarity - A relaxing massage, delivers an unscented experience.

Treatment duration 40 minutes

£60

Treatment duration 50 minutes

£70

Treatment duration 80 minutes

£90

**Deep Tissue Massage – supplement of
£5 on above prices**

AROMATIC MOOR MUD TENSION RELIEF BACK TREATMENT

A luxurious back treatment incorporating the wonderful, results-driven Aromatic Moor Mud. As this thermal mud aids muscular tension, aches and pains, escape into a state of deep relaxation as we perform the highly relaxing cocoon massage techniques followed by a tension relief back, neck and shoulder massage.

Treatment duration 40 minutes

£55



ESSENTIAL HAND & FOOT MASSAGE

A soothing hand and foot massage designed to help you unwind, relax and achieve a sense of wellness

Dedicated to the hard-working hands and feet, relax and unwind with Pevonia's Hand & Foot Massage treatment, leaving you feeling soft, supple and re-energised. Take the weight off your hands and feet, relieve the tension, allowing them to feeling lighter and hydrated.

Treatment duration 40 minutes

£55

LIGHTER LEGS & FOOT MASSAGE

A luxurious leg and foot massage leaving joints and muscles alleviated.

Revitalise both your legs and feet and reduce the stress and tension, leaving you with a restored natural flow from your entire body.

Treatment duration 50 minutes

£60



Pregnancy Treatments by Pevonia

MOTHER TO BE MASSAGE

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

Treatment duration 50 minutes
£70

MOTHER TO BE LUMAFIRM EXPERIENCE

This nurturing Lumafirm experience is designed for mothers to be. Enjoy a results driven soothing massage, to reduce aches and pains as well as fluid retention. Followed by a part body wrap which is enriched with an exclusive combination of anti-ageing extracts to help firm, brighten and nourish your skin. Your treatment concludes with a hydrating facial and scalp massage, a complete top to toe treatment, making the wonderful journey to motherhood a pleasurable experience.

Treatment duration 70 minutes
£85



Signature Treatments by Laguna

BACK, NECK & SHOULDER MASSAGE & ESSENTIAL EXPRESS FACIAL

The perfect combination treatment, starting with a back, neck and shoulder massage to ease any stresses and tension away, followed by your personalised Pevonia essential express facial to leave you feeling rejuvenated and relaxed.

Treatment duration 50 minutes
£70

BODY RENEW EXFOLIATION & BACK, NECK & SHOULDER MASSAGE

These treatments are perfectly combined to ensure the skin is left feeling soft and the muscles are relaxed. Pevonia's Body Renew treatment will gently exfoliate and drench your skin with hydrating, healing, and soothing anti – stress plant extracts. Finishing with a Swedish Back, Neck and Shoulder massage which will reduce muscle tension and leave your mind, body and soul completely relaxed.

Treatment duration 50 minutes
£70

URBAN HOT STONES

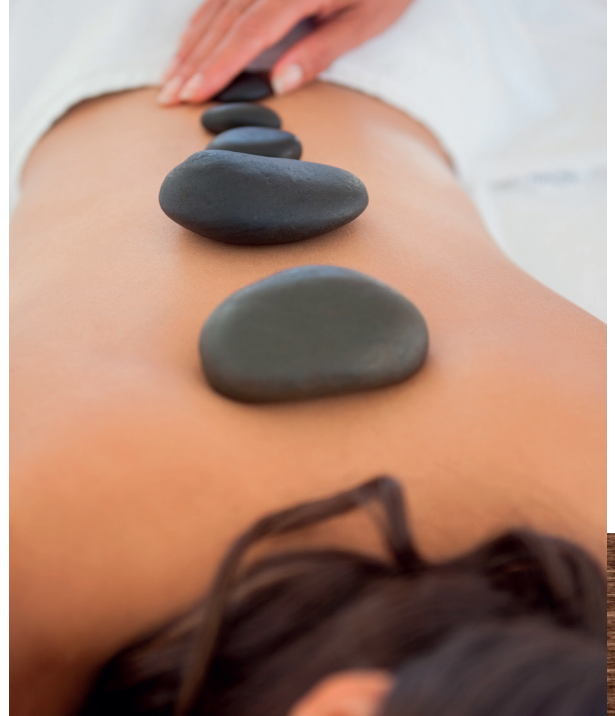
A therapeutic massage using Aromatherapy oils and warm volcanic stones to relieve deep muscle tension. The warmth of the stones penetrates your muscles to soothe aches and pains.

Treatment duration 50 minutes
£70

BAMBOO JOINT RELEASE EXPERIENCE

A back of body treatment using heated bamboo sticks to massage, assist in stretching, joint mobility and improve flexibility. Ideal for anyone in need of deep tension release and those who exercise regularly. This fast paced, free flowing and energetic treatment is perfect for slowing busy minds, stretching and elongating tight muscles whilst helping to soothe and reduce tension.

Treatment duration 40 minutes
£55



Treatment Add On's

Customise your perfect day with these Add-ons to create a personalised, holistic experience of relaxation. Add-ons can only be used in conjunction with a full priced treatment.

Treatment duration 25 minutes
£30

AROMATHERAPY ULTIMATE DESTRESSER BACK MASSAGE

Swedish massage techniques combined with Aromatherapy to help your muscles and joints destress.

AROMATHERAPY ULTIMATE DESTRESSER LEG MASSAGE

Revitalise both your legs and feet and reduce the stress and tension leaving you with a restored natural flow from your entire body.

PEVONIA EXPRESS FACIAL

Recommended for all skin types to deeply moisturise and protect the skin from daily stresses of daily life.

TENSION RELIVING SCALP MASSAGE

This luxurious treatment relieves scalp tension and increases blood circulation which will leave the mind and body completely relaxed.

BODY RENEW EXFOLIATION EXPERIENCE

Gently exfoliates and drenches your skin with hydrating, healing, and soothing plant extracts.



Hands and Feet

PRESCRIPTIVE MANICURE

Nails are analysed and treated for their specific type. This prescriptive manicure includes exfoliation, massage and cuticle care. Nails are beautifully shaped and treated with a prescriptive base coat.

Treatment duration 40 minutes
£40

PRESCRIPTIVE GEL MANICURE

Nails are beautifully shaped, cuticles are professionally groomed and the skin is exfoliated and massaged leaving the skin supple and soft. Finger nails are left perfectly polished using Gel polish.

Treatment duration 50 minutes
£50

PRESCRIPTIVE PEDICURE

Awaken your senses and discover the restorative powers of Asian aquatic plant extracts to purify, cleanse, soothe and calm. Hard skin is removed, feet and legs are massaged with conditioning creams. Cuticles are groomed & toe nails are shaped and perfectly polished.

Treatment duration 50 minutes
£45

PRESCRIPTIVE GEL PEDICURE

This prescriptive pedicure cleanses, exfoliates and soothes the feet. Hard skin is removed and massaged using nourishing lotions leaving the feet feeling refreshed and energized. Cuticles are groomed and toe nails are shaped and perfectly polished with Gel polish.

Treatment duration 60 minutes
£55

Please call 02920 111 110 for further information.



How to Spa at Laguna

OPENING TIMES

Monday–Sunday 9.00am–7.30pm

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 time in preparation for your experience, note that late arrivals will result in a reduction of your treatment time.

INDIVIDUAL TREATMENTS

Use of robe, towel and slippers and access to the facilities is not included in the treatment price. To upgrade, there will be a supplement charge of £15.00 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.

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.

PREGNANCY

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

Available for 13 weeks onwards.

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 16 years of age or older.

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





Pevonia is...

Nature. Pure. Holistic. Clean. Beauty. Wellness.
Healing. Treatment. Results. Reviving. Nourishing.
Family.



THE
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www.parkplazacardiff.com

LAGUNA KITCHEN & BAR

02920 111 103

www.lagunakitchenandbar.com

THE KUKU AT PARK PLAZA HOTEL

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