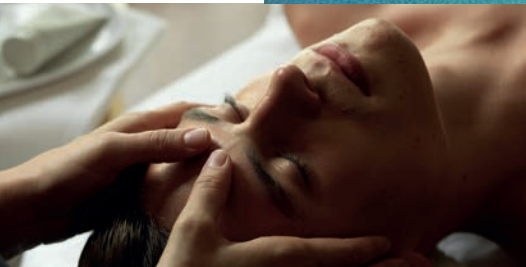




A Historic House Hotel
of the National Trust
www.bodysgallenspa.com

The SPA

at Bodysgallen Hall
A Guide and Tariff
for health and beauty treatments
2019-2020



The SPA at Bodysgallen Hall

Opening Times

1st April – 31st October

Monday – Thursday	7.30 am – 9.00 pm
Friday	7.30 am – 8.00 pm
Saturday – Sunday (and Bank Holidays)	8.00 am – 7.30 pm

1st November – 31st March

Monday to Thursday	7.30 am – 8.30 pm
Friday	7.30 am – 8.00 pm
Saturday – Sunday	8.00 am – 7.30 pm

Club Room

Monday – Thursday	8.00 am – 9.00 pm*
	*8.30 pm during winter
Friday	8.00 am – 8.00 pm
Saturday – Sunday	8.00 am – 7.30 pm
Food Service	9.00 am until 3.00 pm

Residential guests have full use of the Bodysgallen Spa, indoor swimming pool, whirlpool spa bath, steam room, sauna, gymnasium and Club Room. The gym and pool close 20mins before the club closing time.

Children

Children of hotel residents between the ages of 8 and 16 may use the Spa between the hours of 10.00 am and 11.00 am and 4.00 pm and 5.00 pm daily when accompanied by an adult. Members' children between the ages of 8 and 16 may use the Spa on Sundays between the hours of 9.00 am and 12 noon when accompanied by an adult. Two children maximum only may accompany an adult.

Booking Conditions

We respectfully remind guests that a reservation constitutes a contract between themselves and Bodysgallen Hall and a 50% charge will be incurred for any treatment cancelled less than 24 hours prior to appointment. A credit card number will be taken as a guarantee against all reservations.

These prices are valid from 1st April 2019. Our tariffs are all inclusive of service & VAT. If they wish, guests may leave gratuities at their discretion.

So that all clients are not inconvenienced, clients are requested to attend punctually for treatments.

Those who arrive late will still be charged at tariff rates and may receive a shorter treatment and those more than 30 minutes late (15 minutes for 30 minute treatments), will probably not be able to receive the treatment booked.

Gift vouchers must be presented on arrival.

Contents

Gift Vouchers	3
Bioslimming Wrap	4
Aromatherapy Associates	5 - 7
Quick Luxuries	8
Essential Treatments	9
Jessica Nail Treatments	10
5D Gommage Facial	11
Environ Treatments	12
Caci Treatments	13
Men's Refinery Treatments & Spa Days	14 - 15
Spa Days and Breaks	16 - 17
Spa Club Membership	18 - 19
Contact Details	20

The Calm of an Historic Setting

Gift Vouchers

The Perfect Flexible Present. The ideal gift for family, friends and loved ones that can be purchased easily and securely online at www.bodysgallen.com.

Bodysgallen Gift Vouchers can be redeemed for a wide variety of benefits including an overnight stay, Lunch or Dinner, Afternoon Tea, a Spa beauty day, a Spa beauty half day, Spa products, or a Monetary Gift Voucher.

Gift vouchers can be sent as a gift via email for those last minute presents, together with your own typed personal message.

Or once purchased can be sent by Royal Mail presented in an elegant gift wallet together with the Bodysgallen brochure.

A thoughtful gift that never fails to delight.



BIOSLIMMING

Bioslimming Wrap

Bioslimming Wrap is a paraben free fat burning and slimming body wrap. The treatment enhances weight loss and firms and tones the skin. It eliminates toxins, boosts circulation and increases the metabolism of fat cells, reducing the appearance of stretch marks and stimulating the lymphatic system. This wrap is extremely effective at producing visible, instant and more importantly, long lasting results from the first treatment using thermo regulation to burn fat. Burns calories for two hours after application and continues working for 12 hours after treatment.

Bioslimming Hourglass Wrap & 5D Gommage Facial

To achieve the ultimate results combine Bioslimming Hourglass wrap and 5D Gommage facial

Price – £125.00 – see page 11



Body Wrap Hourglass

Price – £70.00

Body Wrap Hourglass and Arms

Price – £78.00

Body Wrap Hourglass, Arms and Bust

Price – £85.00



WELL BEING TREATMENTS

Sleep Deeply

A powerful body and mind switch off to induce a serious state of relaxation, leaving you prepared for a sound night's sleep, ideal for jetlag and recuperation after travel.

80 mins – £94.00

Clear Your Mind

Perfect for times of stress and over activity, this treatment helps the mind unwind and refocus, getting you back on track.

80 mins – £94.00

Uplift Your Mood

For times when you need a little emotional pampering, this indulgent treatment helps to harmonise and rejuvenate the spirits.

50 mins – £64.00

Massage Treatments

The Ultimate Aromatherapy Experience

This treatment releases tension held in every part of your body leaving you feeling deeply relaxed and recharged. This hero treatment starts with a consultation to find out what your physical and emotional needs are.

50 mins – £64.00

80 mins – £94.00

Intensive Muscle Release

An intensive massage that works deep into stiff, tight aching muscles to release pain and tension instantly.

50 mins – £64.00

Pregnancy Treatments

The Rose Pregnancy Massage

Give yourself a moment to appreciate the joy of pregnancy and leave the stresses of life behind you.

50 mins – £64.00

16 weeks plus for spa treatments





SCRUB & WRAP TREATMENTS



Intense Nourishment

An intense treatment for dry, dull skin includes a scrub, followed by the layering of hydrating marine algae and velvety moisturising body butter. Your skin has never felt so amazing!

80 mins – £94.00

Rose Hydrator

This hydrating treatment includes the layering of rich rose serum oil and cream, leaving your skin radiant, soft and smooth and your spirits bright and uplifted.

50 mins – £64.00

The Ultimate Detox Reviver

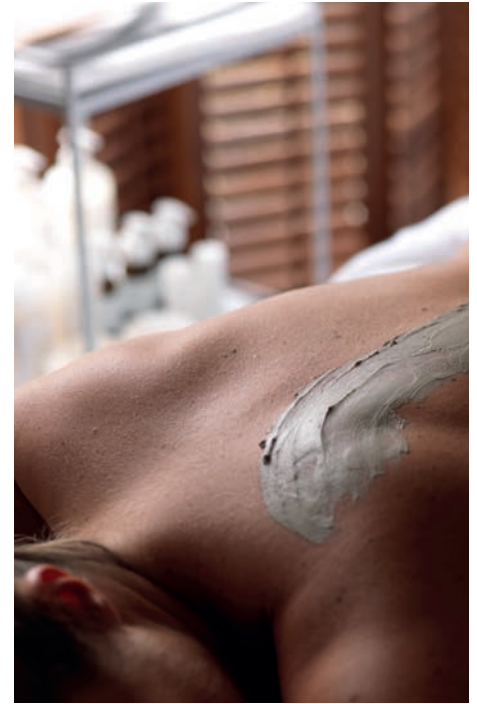
The ultimate trilogy of body brushing, exfoliation and mud mask stimulate lymph, remove dead skin cells while re-mineralising the skin. This enables the application of the Revive body gel, Revive body oil and Revive body lotion to penetrate efficiently into the body, resulting in a deeply recharged mind and re-energised body.

50 mins – £64.00

Bespoke Skin Polish

A relaxing all over exfoliation and layering of richly nourishing products to leave the skin looking radiant and feeling wonderfully smooth.

25 mins – £36.00





FACIAL TREATMENTS



Ultimate Aromatherapy Associates Facial

Treats your individual skincare needs to restore and recondition, leaving your complexion smooth and luminous. This treatment starts with a personalised consultation to establish your skincare needs.

50 mins – £64.00
80 mins – £94.00

Age Repair Facial

For a firm plumped up more youthful looking complexion.

80 mins – £94.00

Essential Rose Facial

The result is a smooth, radiant complexion and a relaxed state of mind.

50 mins – £64.00
80 mins – £94.00 (incl. back massage)

Skin Solutions Facial

This treatment refreshes and balances, leaving the complexion super clean and fresh.

50 mins – £64.00
80 mins – £94.00 (incl. back massage)

Inner Strength

This treatment will soothe, nourish and restore skin's natural balance.

50 mins – £64.00
80 mins – £94.00 (incl. back massage)





QUICK LUXURIES

For when you are short on time or as an addition to your treatment.

Instant Eye Repair

Feel rejuvenated with eyes looking fresh, bright and youthful.

25 mins – £36.00

Scalp Treatment

Still a busy mind while simultaneously conditioning the scalp and hair.

25 mins – £36.00

Aching Foot Relaxer

Aches are eased and feet feel light.

25 mins – £36.00

Bespoke Skin Polish

A relaxing all over exfoliation and layering of richly nourishing products to leave the skin looking radiant and wonderfully smooth.

25 mins – £36.00

Quick Fix Facial

This facial will refresh the skin and leave a fresh radiant complexion.

25 mins – £36.00



ESSENTIAL TREATMENTS



Full Body Massage

A traditional Swedish body massage helps to ease tension, relieve stress and alleviate muscular aches and pains.

50 mins – £62.00

Back, Neck & Shoulder Massage

This Swedish massage is tailored to your needs to ease the stresses and tension of everyday life.

25 mins – £36.00

Full Body Massage with Hot Stones

A luxury full body massage with hot stones to ease tension, relieve stress and leave your body and mind relaxed.

50 mins – £69.00

Back, Neck & Shoulder Massage with Hot Stones

A luxury back, neck and shoulder massage with hot stones to ease away tension and bring harmony to the body.

25 mins – £49.00



JESSICA NAIL TREATMENTS



Luxury Jessica Manicure

Hands are exfoliated and encased in warm mittens before nails and cuticles are tidied and finished with Jessica Phenom long lasting nail polish.

50 mins – £36.00

Nail Shape & Polish

Nails are shaped and finished with Jessica Phenom long lasting nail polish.

25 mins – £26.00

Luxury Jessica Pedicure

Includes foot soak, exfoliation, massage, hot booties, cuticle care and finished with Jessica Phenom long lasting nail polish.

50 mins – £47.00



GELeration

The beauty of Jessica in a gel. With the health of the natural nail in mind, GELeration's gel formula delivers a long lasting, flawless finish that dries in seconds and protects the natural nail. GELeration is available in Jessica's popular colours.

GEL Manicure

Includes hand exfoliation, massage, cuticle care, nail shape and finished with Jessica GELeration gel polish.

55 mins – £47.00

GEL Nail Shape & Polish

Nails are filed, shaped and finished with Jessica GELeration gel polish.

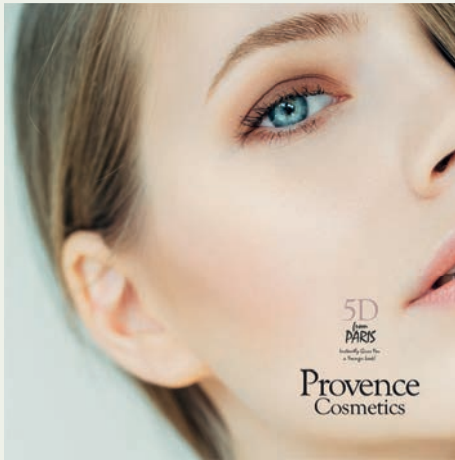
30 mins – £36.00

GEL Pedicure

Includes foot exfoliation, massage, cuticle care, nail shape and finished with Jessica GELeration gel polish.

55 mins – £52.00

5D GOMMAGE FACIAL



5D Anti-Ageing Facial from Paris

Anti-wrinkle, lightening, oxygenating, hydrating and skin regenerating effects. Decreases appearance of wrinkles, repairs and brightens skin.

Instantly gives you a younger look!

Restores luminosity, diminishes the appearance of dark spots and fine lines.

This facial will also remove dry, dull skin and even out tone, helps generate new collagen and reduce pigment production.

Skin is smoother, nourished and renewed by 45%

Price – £65.00

Bioslimming Hourglass Wrap & 5D Gommage Facial

To achieve the ultimate results combine Bioslimming Hourglass Wrap & 5D Gommage Facial.

Price – £125.00 see page 4



BIOSLIMMING
PARIS

ENVIRON

Scientific skincare that really makes a difference. Outstanding results for all skin types and ages.

Environ® Skin Care was developed by South African plastic surgeon Dr Des Fernandes to address the effects of UV radiation, pollution, stress and free radical damage. Environ® salon treatments and homecare products feature active, effective ingredients such as vitamin A, pentapeptides and potent protective antioxidants, which are scientifically proven to combat environmental and physical ageing of the skin. Environ® uniquely offers vitamin A in increasing levels in its creams for optimal results.

Environ's aim? Beautiful skin for a lifetime.

Active Vitamin Facial Treatment

Packed with nourishing, anti-ageing ingredients, the Active Vitamin Treatment will leave your skin looking radiant and dewy.

The freshest, most active forms of vitamin A, C and Anti-Oxidants are driven deep into the lower layers of the skin using sound waves and small electrical pulses.

This scientific approach stimulates collagen to soften lines and improve elasticity, increase hydration and boost radiance.

The Active Vitamin Treatment is suitable for all skin types and is particularly effective at addressing sun damage, pigmentation, premature ageing dryness, uneven skin tone and scarring with measurable differences after just one session.

60 mins – £67.00

90 mins – £87.00

Course of 10 x 60 mins – £611.00

Course of 10 x 90 mins – £799.00



CACI QUANTUM

The most advanced treatment system available.
Works to restore and redefine the facial muscles,
reduces lines and wrinkles.



Caci Face Treatments

Caci Facial	60 mins – £62.00
Super Caci	90 mins – £82.00
Caci Eyes	30 mins – £42.00

Course of Ten Treatments

Caci Facial	£564.00
Super Caci	£752.00
Caci Eyes	£376.00



Men's Refinery Treatments & Men's Spa Days



The Refinery

The Refinery Men's Ultimate Face and Body Treatment

For an overall relaxing treatment that includes a relaxing massage and balancing facial.

80 mins – £94.00

The Refinery Men's Essential Facial

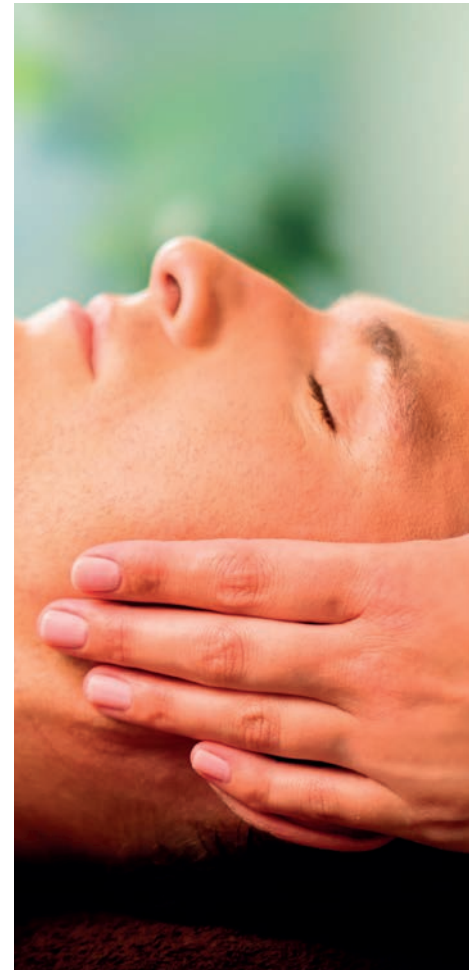
This treatment refreshes and balances, leaving a clean and bright looking skin.

50 mins – £64.00

Intensive Muscle Release

An intensive massage that works deep into stiff, tight aching muscles to instantly release pain and tension.

50 mins – £64.00



The Refinery Half Day Spa

Unwind in the Spa for two hours prior to your treatment including use of the gymnasium, sauna, steam room, spa bath and relaxation by the pool or in our relaxation room.

Let our expert therapists pamper you with a choice of:

Intensive Muscle Release

50 mins

An intensive massage that works deep into stiff, tight aching muscles to instantly release pain and tension.

or

The Refinery Men's Essential Facial

50 mins

This treatment refreshes and balances, leaving a clean and bright looking skin.

Price – £83.00

The Refinery Spa Day

Unwind in the Spa for two hours prior to your treatment including use of the gymnasium, sauna, steam room, spa bath and relaxation by the pool or in our relaxation room.

Let our expert therapists pamper you with two of our men's refinery treatments.

Intensive Muscle Release

50 mins

An intensive massage that works deep into stiff, tight, aching muscles to release instantly pain and tension.

Light luncheon in the Club Room
from our Spa menu

The Refinery Men's Essential Facial

50 mins

An intensive massage that works deep into stiff, tight, aching muscles to release instantly pain and tension.

Price – £146.00



Bodysgallen Half Day



Unwind in the Spa for two hours prior to your treatment including use of the gymnasium, sauna, steam room, spa bath and relaxation by the pool or in our relaxation room.

Let our expert therapists pamper you with a choice of:

Full Body Massage to relax, revive, energise, unwind or de-stress you
or

A personalised Aromatherapy Associates' Facial suited to your skin type.

This treatment refreshes and balances, leaving a clean and bright looking skin.

Price – £83.00



Ultimate Aromatherapy Associates' Day

Unwind in the Spa for two hours prior to your treatments, including use of the gymnasium, sauna, steam room, spa bath and relaxation by the pool or in our relaxation room.

Then enjoy a morning and afternoon of our most luxurious Aromatherapy Associates' treatments.

The Ultimate Aromatherapy Experience
80 mins

This treatment releases tension held in every part of your body leaving you feeling deeply relaxed and recharged. This hero treatment starts with a consultation to find out what your physical and emotional needs are.

Light luncheon in the Club Room
from our Spa menu.

Ultimate Aromatherapy Associates' Facial
80 mins

Treats your individual skincare needs to restore and recondition, leaving your complexion smooth and luminous. This treatment starts with a personalised consultation to establish your skincare needs.

Price – £203.00

Deluxe Pamper Day

Unwind in the Spa for two hours prior to your treatments, including use of the gymnasium, sauna, steam room, spa bath and relaxation by the pool or in our relaxation room.

Then enjoy a full day of pampering treatments:

Full Body Massage

To relax, revive, energise, unwind or de-stress

A personalised Aromatherapy
Associates' Facial

Treats your individual skincare needs to restore and recondition, leaving your complexion smooth and luminous.

Light luncheon in the Club Room
from our Spa menu.

A Luxury Jessica Manicure

Hands, nails and cuticles are treated and finished with Jessica long lasting Phenom polish.

A Luxury Jessica Pedicure

The feet, nails and cuticles are treated and finished with Jessica long lasting Phenom polish.

Price – £219.00

Aromatherapy Associates' Day

Unwind in the Spa for two hours prior to your treatments, including use of the gymnasium, sauna, steam room, spa bath and relaxation by the pool or in our relaxation room.

Let our expert therapists pamper you with two of our Aromatherapy Associates' treatments:

The Ultimate Aromatherapy Experience 50 mins

This treatment releases tension held in every part of your body leaving you feeling deeply relaxed and recharged. This hero treatment starts with a consultation to find out what your physical and emotional needs are.

Light luncheon in the Club Room from our Spa menu.

Ultimate Aromatherapy Associates' Facial 50 mins

Treats your individual skincare needs to restore and recondition, leaving your complexion smooth and luminous. This treatment starts with a personalised consultation to establish your skincare needs.

Price – £146.00

Environ Half Day



Unwind in the Spa for two hours prior to your treatment, including use of the gymnasium, sauna, steam room, spa bath and relaxation by the pool or in our relaxation room. Let our Environ expert therapist take care of you.

Active Vitamin Electrical Facial 60 mins

This facial is suitable for all skin types, leaving your skin looking radiant and dewy. The scientific approach stimulates collagen to soften lines, improve elasticity, increase hydration and boost radiance. Works on pigmentation, premature ageing, dryness, uneven skin tone and scarring with measurable difference after just one treatment.

Price – £83.00



Bodysgallen Hall Spa Break

For one or more consecutive nights (Sunday to Thursday, weekend subject to availability), this break includes accommodation in a Spa cottage, early morning tea, cooked breakfast, an allowance of £50 towards dinner, a half bottle of Champagne per person in the room on arrival and full use of the Bodysgallen Spa, the following treatment on your first day and a £30 allowance towards treatments of your choice for each additional night's stay.

Facial	20 mins
Massage	50 mins

Experience this selection of treatments to unwind and relax.

Price – £250.00 per person per night





Historic House Hotels

BODYSGALLEN SPA CLUB MEMBERSHIP

The Spa is located in the peaceful grounds of the Bodysgallen Hall private estate. Housed in the converted buildings of the original Welsh stone Bodysgallen Farm, the Spa offers the perfect retreat from a busy lifestyle and centres on fitness, health and beauty in a calm and relaxed atmosphere.

Membership not only offers full use of the facilities and invitations to social events associated with the Hotel and restaurant, but also incorporates many discounts on treatments and products, and benefits that can be used at our sister hotels – Middlethorpe Hall in York and Hartwell House near Aylesbury.





Membership Benefits

- Full use of the Spa – 50ft swimming pool, sauna, steam room, spa pool, gymnasium and Club Room.
- 15% saving on all food and beverages in the Spa Club Room.
- 15% saving on all beauty treatments.
- 10% saving on all beauty products.
- FREE Aqua Fit sessions.
- Services of our qualified Personal Fitness Instructor.
- 15% saving in our restaurants on the pre-booked lunch, afternoon tea and dinner.
- £80 worth of guest passes per year.
- Invitations and preferential booking for events at Bodysgallen Hall, including wine tastings, gourmet dinners, luncheons etc.

Membership Categories:

(No Joining Fee)

Full member

Aged over 18 years, living within 30 miles radius of Bodysgallen.

Country Weekdays

Aged over 18 years, living outside 30 mile radius, Mon-Fri only.

Country with Weekend

As above, and including weekends.

Joint Membership

For all categories: Two members living at the same address.

Membership

Individual

Full member
Country weekday only
Country including weekends

Annual Paid

£973.00
£705.00
£863.00

6 Month

£545.00

Annual Monthly x12

£90.00
£65.00
£80.00

Joint

Full member
Country weekday only
Country including weekends

£1654.00
£1219.00
£1485.00

£958.00

£153.00
£113.00
£138.00

We reserve the right to alter membership subscriptions without prior notice

The Bodysgallen Spa Accolades

Luxury Country House of the Year 2019
- *LTG Awards*

Hotel & Spa of the Year 2019 for Wales
- *Travel & Hospitality Awards*

Top 10 Spas (Ultimate 100 British Hotels 2015)
- *The Sunday Times*

North Wales' Premier Day Spa
- *The Sunday Times*

Number One UK Destination for Spa Breaks
- *The Independent*

One of the Ten Luxury UK Spas
- *Homes and Gardens Magazine*

One of the Ten Best UK Spa Retreats
- *Condé Nast Traveller*

Bodysgallen Hall, Wales' Highest Rated Country House Hotel

4 AA Red Stars

AA 3 Rosettes for Food

 **Ymddiriedolaeth Genedlaethol
National Trust**



A Historic House Hotel
of the National Trust

Contact Details

The Spa at Bodysgallen Hall,
The Royal Welsh Way, Llandudno,
North Wales LL30 1RS

Telephone: 01492 562500
E-mail: spa@bodysgallen.com

www.bodysgallen.com
www.bodysgallenspa.com
www.historichousehotels.com

How to Find Us

London 227 miles
Chester 47 miles
Manchester 85 miles
Birmingham 115 miles
Liverpool 67 miles
York 150 miles
Aylesbury 190 miles

By Road: Take the A55 and exit at Junction 19 then follow the A470 The Royal Welsh Way towards Llandudno. The hotel is one mile on the right.

By Rail: There are regular trains from London (Euston) and the journey takes 3 hours. The nearest station is Llandudno Junction, where guests can be met by car for a 5 min journey to the hotel. (please advise us of your arrival time).

By Air: Manchester International Airport is just 1hr 15 mins drive. Liverpool International Airport is a 50 mins drive.