



# Wellbeing

The Spa at GwelanMor

Our therapists are available now For appointments  
Massages, Facials, Manicures, Pedicures & much more

Please contact reception to book  
by dialling '0' From your lodge

# Ladies Treatments

## Body

**Velvet Radiance** ..... **35mins** ..... **£30**  
Exfoliation, shower and velvet moisturising milk. To have velvety skin.

**Absolute Recovery Care** ..... **60mins** ..... **£55**  
Exfoliation, shower, massage and velvet body butter. For mind and body relaxation.

**Mineral Wrap** ..... **60mins** ..... **£65**  
Exfoliation, marine mud mask, shower and velvet moisturising milk. To relieve pain and relax.

**Exclusive Body Treatment** ..... **1hr 30mins** ..... **£90**  
Exfoliation, marine mud mask, shower, massage and velvet body butter. For body and mind relaxation, relieving pain and producing global re-mineralization.

**Relaxing Back Treatment** ..... **45mins** ..... **£55**  
Exfoliation, marine mud mask, massage and velvet moisturising milk. To relax and sooth tension.

**Back Cleanse** ..... **30mins** ..... **£40**  
Exfoliation, deep cleansing mask and velvet moisturising milk. To tone and purify the skin.

## Face Care

All treatments use Thal'ion products and include relaxing facial, neck and scalp massage as well as a gentle foot massage.

Please allow an extra 10 minutes for consultation with all facial treatments.

**Thali' Source Hydration** ..... **45mins** ..... **£45**  
To quench dehydrated skin.

**Thali' Source Nutrition** ..... **45mins** ..... **£45**  
To bring comfort and nutrition.

**Algo' Pur Normality** ..... **45mins** ..... **£45**  
To balance combination skin.

**Algo' Pur Correction** ..... **45mins** ..... **£45**  
To purify and regulate oily skin.

**Oligo' Zen Serenity** ..... **45mins** ..... **£45**  
To soothe and calm.

**Algo' Lift Anti-Aging Expert** ..... **1hr 15mins** ..... **£60**  
To smooth the features and delay aging signs.

**Algo' Lift Oxygenating and Regenerating**... **1hr 15mins** ..... **£60**  
To boost youth and radiance of the complexion.

## Eyes

**Oligo' Contour 'Youth'** ..... **30mins** ..... **£35**  
To smooth and firm the eye contour for a youthful appearance.

**Oligo' Contour 'Radiance'** ..... **30mins** ..... **£35**  
To reduce dark circles and puffiness.

**Lash Tint** ..... **15mins** ..... **£15**

**Brow Tint** ..... **15mins** ..... **£12**

**Lash and Brow Tint** ..... **20mins** ..... **£22**

**Shaping** ..... **£10**

## Massage

All our Massages are appealing to both men and women.

**Aromatherapy Back Massage** ..... **30mins** ..... **£35**  
Designed for problem areas of the back.

**Full Body Massage** ..... **60mins** ..... **£55**  
A relaxing massage including essential oils to relax and unwind.

**Relaxing Head and Scalp Massage** ..... **30mins** ..... **£35**  
This popular head, shoulders and neck massage is tailored to your individual needs, helping to re-energise and relax.

**Aromatherapy Foot Massage** ..... **30mins** ..... **£35**  
Relieves stress and tension.

## LaStone Therapy

Using hot basalt stones and cold marble stones this therapy helps every cell in the body to receive more oxygen and nutrients and encourages a more effective removal of toxins. Ideal for those wanting a truly deep relaxation and healing experience for whisking away soreness and fatigue from the muscles.

### LaStone Therapy

#### Back, Full body, Face, Neck, Shoulders, Head & Scalp Work

..... 1hr 30mins ..... £95

**Full Body**..... 1hr ..... £70

**Back Massage** ..... 30mins ..... £45

## Hot Stone Massage

Using hot basalt stones, helps to detox the body and relaxes the nervous system. Heals the mind, body and soul. A wonderfully relaxing experience.

#### Back, Full body, Face, Neck, Shoulders, Head & Scalp Work

..... 1hr 30mins ..... £95

**Full Body**..... 1hr ..... £70

**Back Massage** ..... 30mins ..... £45

## Hand Care

**Polish Change**..... 15 mins ..... £15

Nail polish change.

**Speedy Manicure** ..... 30mins ..... £30

A file, tidy and polish (one colour).

**Velvet Hand Care**..... 60mins ..... £45

File, cuticle tidy and exfoliation followed by a deep nourishing mask to soften hands and polish to finish (one colour).

**Nail Extensions**..... 1hr 45mins ..... £55

Gel system, full set.

**Infill**..... 1hr 30mins ..... £35

**One repair** ..... £6

**Wellbeing Spa Hand Retreat**..... 30mins ..... £40

Hand exfoliation followed by an application of a nourishing mask. The treatment finishes with a relaxing shoulder, neck and scalp massage leaving you thoroughly pampered.

**Paraffin Mask for Hands**..... 20mins ..... £20

Exfoliation, mask and paraffin dip. Excellent moisturising and conditioning treatment for dry and sore hands.

## CALGEL

CALGEL is a superior nail system that promotes nail health. CALGEL won't lift, peel, chip, go rubbery or damage your own nails with harsh acrylics or drills. CALGEL doesn't interfere with nailbed metabolism which is why it can actually straighten your own nails giving you the nails you always dreamed about. Up to 4 weeks of 'Glorious Colours'

**CALGEL**..... 1 hr 30mins ..... £40

Overlay/one colour

**CALGEL**..... 1hr 45mins ..... £45

Overlay/French

**CALGEL**..... 1hr ..... £35

Infill/one colour

**CALGEL**..... 2hr ..... £50

Remove, Shaped and re-applied

**CALGEL**..... 30mins ..... £15

Removal only

**CALGEL**..... 45mins ..... £35

Removal shape and treat

**Spa Manicure**..... 2hr ..... £60

File, cuticle tidy and exfoliation followed by a deep nourishing mask to soften hands and CALGEL application to finish (one colour).

**French Polish to finish all treatments**..... additional price £7

**Nail Art/per nail** ..... £2

## Foot Care

<b>Polish Change</b> .....	<b>15mins</b> .....	<b>£15</b>
<b>Speedy Pedicure</b> .....	<b>30mins</b> .....	<b>£30</b>
File, tidy and polish (One Colour).		
<b>Velvet Foot Care</b> .....	<b>60mins</b> .....	<b>£45</b>
File, cuticle tidy and removal of hard calloused skin followed by a deep nourishing mask application and nail polish to finish (One Colour).		
<b>Wellbeing Spa Feet Retreat</b> .....	<b>30mins</b> .....	<b>£40</b>
Feet exfoliation followed by an application of a nourishing mask. The treatment finishes with a relaxing foot massage leaving you thoroughly pampered.		
<b>Paraffin Mask for Feet</b> .....	<b>20mins</b> .....	<b>£20</b>
Exfoliation, mask and paraffin dip excellent moisturising and conditioning treatment for dry and cracked feet.		
<b>French Polish to finish all treatments</b> .....	<b>additional price</b>	<b>£7</b>
<b>Nail Art per nail</b> .....		<b>£2</b>

When having your fingers and toes pampered, please allow time for drying and bring appropriate footwear with you.

## Waxing

Hot wax is used on all areas and is perfect for people with sensitive skin.

<b>Half Leg</b> .....	<b>£18</b>
<b>Full Leg</b> .....	<b>£30</b>
<b>Basic Bikini</b> .....	<b>£12</b>
<b>High Bikini</b> .....	<b>£15</b>
<b>Half Leg and Basic Bikini</b> .....	<b>£28</b>
<b>Half Leg and High Bikini</b> .....	<b>£30</b>
<b>Full Leg and Basic Bikini</b> .....	<b>£38</b>
<b>Full Leg and High Bikini</b> .....	<b>£40</b>
<b>Underarm</b> .....	<b>£12</b>
<b>Half Arm</b> .....	<b>£15</b>
<b>Full Arm</b> .....	<b>£23</b>
<b>Lip or Chin</b> .....	<b>£10</b>

## Pamper Packages

Why not indulge yourself or your friends. Whether it's a well deserved treat, a birthday gift or a special occasion our therapists will provide the following packages for you chosen from our own Wellbeing menu. Then just sit back, relax and enjoy!

<b>Me Time</b> .....	<b>2hrs 30mins</b> .....	<b>£125</b>
Especially designed to pamper and relax. This treatment begins with full manicure and pedicure treatments followed by a full 45mins facial leaving you revitalised and pampered.		
<b>Pampered Bliss</b> .....	<b>3hrs 30mins</b> .....	<b>£165</b>
Enjoy our 'Wellbeing' full head and body massage, combined with our speedy facial, manicure and pedicure options. A top to toe experience leaving you feeling blissfully pampered!		
<b>Ultimate Pamper Package</b> .....	<b>5hrs 30mins</b> .....	<b>£235</b>
Consisting of our full Thal'ion facial, mineral body treatment, relaxing head massage and our full full manicure and pedicure treatments. This package really is the ultimate treat and will leave you feeling relaxed and beautifully pampered.		

# Mens Treatments

## Body

<b>Body Scrub</b> .....	<b>35mins</b> .....	<b>£30</b>
Exfoliation, shower and velvet moisturising milk. To have velvety skin.		
<b>Body Basic</b> .....	<b>60mins</b> .....	<b>£55</b>
Exfoliation, shower, massage and velvet body butter. For body and mind relaxation.		
<b>Mineral Wrap</b> .....	<b>60mins</b> .....	<b>£65</b>
Exfoliation, marine mud mask, shower and velvet moisturising milk. To relieve pain and relax.		
<b>Exclusive Body Treatment</b> .....	<b>1 hr 30mins</b> .....	<b>£90</b>
Exfoliation, marine mud mask, shower, massage and velvet body butter. For body and mind relaxation, relieving pains and producing global re-mineralization.		
<b>Anti-Stress Back Treatment</b> .....	<b>45mins</b> .....	<b>£55</b>
Exfoliation, marine mud mask, massage and velvet moisturising milk. To relax and sooth tension.		
<b>Back Clense</b> .....	<b>30mins</b> .....	<b>£40</b>
Exfoliation, deep cleansing mask and velvet moisturising milk. To tone and purify the skin.		

## Face Care

All treatments include relaxing facial, neck and scalp massage as well as a gentle foot massage.

<b>Thali' Men Hydration</b> .....	<b>45mins</b> .....	<b>£45</b>
To quench dehydrated skin.		
<b>Thali' Men Recharger</b> .....	<b>45mins</b> .....	<b>£45</b>
To bring comfort and nutrition.		
<b>Algo' Men Detoxifier</b> .....	<b>45mins</b> .....	<b>£45</b>
To balance combination skin.		
<b>Oligo' Men Rejuvenator</b> .....	<b>45mins</b> .....	<b>£45</b>
To soothe and calm.		
<b>Algo' Men Lift</b> .....	<b>1 hr 15mins</b> .....	<b>£60</b>
To boost youth and radiance in your complexion.		

## Eyes

<b>Oligo' Contour 'Recharging'</b> .....	<b>30mins</b> .....	<b>£35</b>
For youthfulness to smooth and firm the eye contour.		

## Massage

All our Massages are appealing to both men and women.

<b>Aromatherapy Back Massage</b> .....	<b>30mins</b> .....	<b>£35</b>
Designed for the problem areas of the back.		
<b>Full Body Massage</b> .....	<b>60mins</b> .....	<b>£55</b>
A relaxing massage including essential oils to relax and unwind.		
<b>Relaxing Head and Scalp Massage</b> .....	<b>30mins</b> .....	<b>£35</b>
This popular head, shoulders and neck massage is tailored to your individual needs, helping to re-energise and relax.		
<b>Aromatherapy Foot Massage</b> .....	<b>30mins</b> .....	<b>£35</b>
Relieves stress and tension.		

## LaStone Therapy

See ladies treatment.

## Hot Stone Massage

See ladies treatment.

## Hand Care

<b>Metro Manicure</b> .....	<b>30mins</b> .....	<b>£30</b>
To file, tidy, polish and matt varnish.		
<b>Men's Deluxe Manicure</b> .....	<b>60mins</b> .....	<b>£45</b>
File, cuticle tidy and exfoliation followed by a deep nourishing mask to soften hands, good for anti ageing. Matt polish to finish.		
<b>Wellbeing Spa Hand Retreat</b> .....	<b>30mins</b> .....	<b>£40</b>
Hand exfoliation followed by an application of a nourishing mask. The treatment finishes with a relaxing shoulder, neck and scalp massage leaving you thoroughly pampered.		
<b>Paraffin Mask for Hands</b> .....	<b>20mins</b> .....	<b>£20</b>
Exfoliation, mask and paraffin dip excellent moisturising and conditioning treatment for dry and sore hands.		

## Foot Care

<b>Performance Pedicure</b> .....	<b>30mins</b> .....	<b>£30</b>
File, tidy and matt varnish.		
<b>Men's Deluxe Pedicure</b> .....	<b>60mins</b> .....	<b>£45</b>
File, cuticle tidy and removal of hard and calloused skin followed by a deep nourishing mask application and matt polish to finish.		
<b>Wellbeing Spa Feet Retreat</b> .....	<b>30mins</b> .....	<b>£40</b>
Feet exfoliation followed by an application of a nourishing mask. The treatment finishes with a relaxing foot massage leaving you thoroughly pampered.		
<b>Paraffin Mask for Feet</b> .....	<b>20mins</b> .....	<b>£20</b>
Exfoliation, mask and paraffin dip excellent moisturising and conditioning treatment for dry and cracked feet.		

## Wax

Hot wax is used on all areas and is perfect for people with sensitive skin.

<b>Back waxing for men</b> .....	<b>£35</b>
<b>Chest waxing for men</b> .....	<b>£35</b>
<b>Back and Shoulders for men</b> .....	<b>£37</b>
<b>Chest and shoulders for men</b> .....	<b>£37</b>
<b>Back and chest and shoulders for men</b> .....	<b>£65</b>
<b>Full leg waxing for men</b> .....	<b>£30</b>
<b>Half leg waxing for men</b> .....	<b>£18</b>
<b>Full arm waxing for men</b> .....	<b>£23</b>

## Pamper Packages

<b>Ultimate Unwind</b> .....	<b>2hrs 30mins</b> .....	<b>£115</b>
Relaxing full body massage with a facial and a performance pedicure.		
<b>Hi-Tech Harmony</b> .....	<b>2hrs</b> .....	<b>£95</b>
Relaxing full body massage with a facial.		

Please note: If you are late for your appointment, the time will be deducted from your treatment time.  
Any treatment cancelled with less than 24hrs notice will be charged at full price.

All our therapists are fully trained and qualified and we treat enquiries, consultations and treatments carefully, confidentially and with sensitivity.