

BODYSGALLEN SPA

North Wales' Premier Day Spa – The Sunday Times



A GUIDE & TARIFF FOR HEALTH AND BEAUTY TREATMENTS 2009/10



HISTORIC
HOUSE
HOTELS

WWW.BODYSGALLENSPA.COM

YR YMDDIRIEDOLAETH
GENEDLAETHOL
THE NATIONAL TRUST

Yn awr yn ran o'r Ymddiriedolaeth
Genedlaethol. Yr holl elw i'r elusen.

Now part of the National Trust.
All profits to the charity.

BODYSGALLEN SPA

OPENING TIMES

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

Spa opens at 7.30 am daily and closes at 8.30 pm, Monday to Thursday.

CLUB ROOM

Monday – Thursday	8.00 am – 9.00 pm
Friday	8.00 am – 8.00 pm
Saturday – Sunday	8.00 am – 7.00 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.

CHILDREN

Children of residents between the ages of 8 and 16 may use the Spa between the hours of 9.00 am and 10.00 am and 4.00 pm and 5.00 pm 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 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.

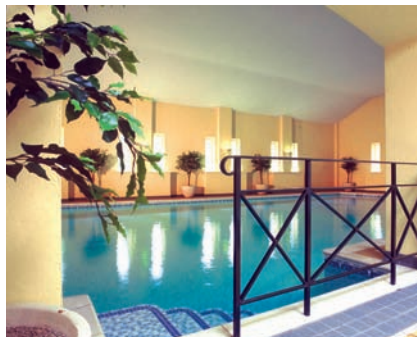
These prices are valid from 1st April 2009. Our tariffs are all inclusive of service & VAT. If they wish, guests may leave gratuities at their discretion.

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 minutes treatments), will probably not be able to receive the treatment booked.

Gift cheques must be presented on arrival.



THE CALM OF AN HISTORIC SETTING...



GIFT CHEQUES

Bodysgallen Gift Cheques can be used for the purchase of beauty treatments and products and make ideal presents. Gift vouchers must be produced at Spa Reception on arrival; otherwise treatments must be paid for.

... YOU DESERVE TIME TO YOURSELF

BODYSGALLEN CELTIC INDULGENCE TREATMENT COLLECTION

BY ANNE SEMONIN

Inspired by a combination of natural aromatherapy essential oils and marine ingredients, these treatments combine the 'European' touch whilst completely indulging the senses with a holistic approach to treating your mind and body, This collection has been created exclusively for Bodysgallen Spa by Anne Sémonin - Paris.

CELTIC TRANQUILITY - BACK THERAPY WITH HOT STONES (1HR 15MIN)

£65.00

A truly relaxing and deep release massage for the back, feet and legs. Lie back onto warm bubbling seaweed, as our marine mineral mud works its magic to treat the back, neck and shoulders, designed to release tension and combat tight muscles. The feet and lower legs are carefully massaged to improve circulation, allowing a powerful sense of wellbeing, combined with a hot stone back, neck and shoulder massage to work deep into the muscles.

CELTIC RADIANCE – AGE DEFYING CRYOTHERAPY FACIAL (1HR 30MIN)

£80.00

Experience the effects of youth and radiance with this wonderful anti-ageing facial.... incorporating a firming eye treatment. Your skin is quenched with the power of Evening Primrose Oil, Red Micro Algée and Wild Indigo. Experience the renowned effects of Anne Sémonin's 'Express Radiance Ice Cubes' that melt away fine lines. The result.... a more plumped, radiant, hydrated and lifted skin.

CELTIC BODY COCOON – CRUSHED SEA SALT AND SEAWEED BODY ENVELOPMENT (1HR 30MIN)

£80.00

Commencing with the drizzling of aromatic blended oils and the application of crushed sea salt, fresh lavender and mandarin peel freshly mixed in front of you... to leave your skin feeling like silk followed by a deeply detoxifying body treatment, using spirulina micro-algée to boost toxin release and purify the skin



ANNE SEMONIN FACIAL COLLECTION

ANNE SEMONIN SIGNATURE COLLECTION:

The advanced corrective facial treatments



L'EXPÉRIENCE ANNE SEMONIN FACIAL

(1HR 25MIN)

£85.00

Encounter the ultimate bespoke facial incorporating a client-specific intensive eye and back treatment. Aromatic intensive complexes and serums will boost cellular renewal, whilst a firming algae mask will detoxify for absolute skin radiance. This treatment is a complete and effective remedy for removing the stresses of daily life leaving skin firm, smooth and brilliant.

ANNE SEMONIN 100% ACTIVE

DE-CREASE FACIAL (55 MIN)

£68.00

A contouring and firming facial designed to combat the visible signs of ageing; excellent for mature, dry and dehydrated skin. Innovative Anne Sémonin neurocosmetic ingredients are combined with 100% Active Serums and advanced cryotherapy ice cubes to regain the skin's natural youthful glow. The result is instantly tightened and firmed skin, a superb brightener for special events & boosting skin vitality.

ANNE SEMONIN DEEP MARINE

PURIFYING FACIAL (1HR 15 MIN)

£68.00

Ideal for combination, oily, congested or problematic skin, this complete deep cleansing purifying treatment combines traditional steam and extraction techniques with rebalancing lymphatic drainage massage. A detoxifying and anti-inflammatory peel-off mask and aromatic intensive complexes are used to soothe, calm and rebalance the skin to encourage a visibly clear complexion.

ANNE SEMONIN SOOTHING

REMEDY FACIAL (55 MIN)

£68.00

A gentle therapy to soothe and calm oversensitive, irritated or sun-damaged skin prone to redness and irritation. Saturated gauzes combined with soothing aromatic intensive complexes, repair, calm and restore skin equilibrium bringing rapid relief to skin sensitivity. The resulting skin is left calmed, nourished and comfortable.

ANNE SEMONIN COLLECTION FOR EYES

ANNE SEMONIN EYE-LIFT FIRING TREATMENT (25 MIN)

£40.00

A contouring and firming treatment using specific products rich in essential oils, trace elements and seaweed extracts, designed to hydrate the delicate eye area. This smoothing and skin tightening treatment gives a noticeable lift to the eye area and is ideal for those concerned with fine lines and wrinkles.

ANNE SEMONIN EYE BRILLIANCE TREATMENT (25 MIN)

£35.00

A detoxifying and radiance boosting treatment for tired eyes, or simply as a regular skin brightener. This enhancing treatment reduces puffiness, minimises dark shadows and is a welcome treat for those suffering from eye strain, headaches and for contact lens wearers.

ANNE SEMONIN COLLECTION FOR FACE AND BACK

ANNE SEMONIN SERENITY TREATMENT WITH HOT STONES (1H 25 MIN)

£90.00

An all embracing treatment incorporating a full Anne Sémonin Phyto Aromatic facial, followed by the hot stone massage designed to de-stress both the mind and body. Warmed aromatic oils combined with the therapeutic effects of the stones are used to massage the back, neck and shoulders to aid a sense of deep relaxation and restore body balance.

ANNE SEMONIN PHYTO-AROMATIC FACIAL COLLECTION:

These skin enhancing “made to measure facials” ensure effective, visible results. This collection has been designed to be tailor made for your individual skin needs through individually blended plant active serums, masks and aromatic intensive complexes.

Following an initial skin consultation, your therapist will assist you in choosing from the following options:

EXTREME MOISTURE PHYTO-AROMATIC FACIAL (55 MIN)

£60.00

ULTRA FIRING PHYTO-AROMATIC FACIAL (55 MIN)

£60.00

PURE SKIN PHYTO-AROMATIC FACIAL (55 MIN)

£60.00

SOOTHING REPAIR PHYTO-AROMATIC FACIAL (55 MIN)

£60.00

HYDRA EXPRESS PHYTO-AROMATIC FACIAL (55 MIN)

£55.00

ANNE SEMONIN FACIAL COLLECTION FOR MEN

ANNE SEMONIN DEEP CLEAN DETOX FACIAL

(1H 15 MIN)

£60.00

Ideal for city skins or imbalanced, stressed skins suffering from breakouts or congestion. A complete deep cleansing facial is achieved through traditional steam and extraction techniques. A detoxifying and rebalancing peel off mask is then applied using intensive complexes to give that deep clean feeling.

ANNE SEMONIN MADE TO MEASURE GROOMING FACIAL (55 MIN)

£60.00

This Phyto-Aromatic Facial is tailored to you. Following a consultation, a bespoke facial is created for your skin using our Anne Sémonin essential oils, trace elements, serums and mineral botanical oils - unique to you.

ANNE SEMONIN 100% ACTIVE DE-CREASE FACIAL (55 MIN)

£68.00

A contouring, tightening and firming facial achieved with Anne Sémonin innovative neurocosmetics “Express Radiance Ice Cubes”. Anne Sémonin 100% Active Contour Serum smoothes the delicate eye and lip contour; the 100% Active Serum tones the skin and regains its youthful glow. This specialised cryotherapy gives an instant tightening and lifting treatment boosting your visage. A superb brightener for special events & for boosting the vitality of your skin.



ANNE SEMONIN BODY THERAPY COLLECTION

ANNE SEMONIN MADE TO MEASURE MASSAGE COLLECTION:

A tailor-made full body massage combines classic Anne Sémonin techniques along with a personally prescribed blend of intensive complexes and warmed botanical oil.

After your initial consultation, your therapist will assist you in choosing from the following options:

DE-STRESS PHYTO-AROMATIC MASSAGE (55MIN)

£55.00

BODY FITNESS PHYTO-AROMATIC MASSAGE (55MIN)

£55.00

UPLIFTING PHYTO-AROMATIC MASSAGE (55MIN)

£55.00

DETOXIFYING PHYTO-AROMATIC MASSAGE (55MIN)

£55.00

BLISSFUL BACK, NECK AND SHOULDER
MASSAGE (25 MIN) £30.00

An express massage using warmed aromatic oils, focusing purely on the back, neck and shoulders to relieve tension and enhance wellbeing.

ANNE SEMONIN DEEP RELEASE MASSAGE WITH HOT
STONES (1H 15 MIN.) £65.00

Heated black basalt stones are used to massage the whole body releasing deep seated tension, ideal for anyone suffering from muscular aches and pains. Working at relieving stress at the deepest level, this treatment is designed to work on the body's energy channels. This intensive exceptional treatment is a holistic and energising therapy for the mind, body and spirit.

ANNE SEMONIN WRAPS AND SCRUBS COLLECTION

ANNE SEMONIN SEA SALT AND AROMATIC OIL WRAP
& SCRUB (55 MIN) £60.00

An ultra moisturising body scrub experience incorporating a therapeutic scalp massage. Warmed aromatic oils are applied all over the body, designed to deeply nourish and soften the skin, followed by a revitalising exfoliation and warm body wrap. This treatment is an ideal preparation for pre-tanning and special occasion, as skin is left hydrated and silky smooth.

ANNE SEMONIN EXPRESS AROMATIC SALT
EXFOLIATION (25 MIN) £35.00

An express aromatic oil and salt scrub, the perfect skin preparation, leaving skin deeply nourished, smoothed and hydrated.

ANNE SEMONIN BODY SPECIFIC COLLECTION

ANNE SEMONIN ANTI-STRESS BACK THERAPY
(45 MIN) £50.00

A self-heating marine mineral mud treatment for the back, neck and shoulders is designed to release tension and combat tight muscles. The feet and lower legs are carefully massaged to improve circulation, allowing a powerful sense of wellbeing. This energising, stimulating therapy will rebalance your energy levels and reactivate your senses.

ANNE SEMONIN ANTI CELLULITE THERAPY
(55 MIN) £75.00

A specialised treatment designed to stimulate the body's system and target areas of fluid retention, cellulite and uneven skin tone. Using massage and lymphatic drainage techniques, the legs and feet are massaged to restore circulation and a firming and detoxifying mask is applied to relieve blockages and tone the skin. A course of treatments is recommended.

ANNE SEMONIN REVITALISING LEG THERAPY

(45 MIN)

£50.00

A refreshing and stimulating treatment that brings instant relief to tired legs. A perfect answer for post travel and heavy legs after a hard day! An Aromatic Oil and Salt exfoliation smooths the skin and prepares the legs for a revitalising application of Cooling and Toning Gel for legs. Whilst this wonder product works its magic within a cocoon wrap, your neck and shoulders are blissfully massaged to melt away tension.

ANNE SEMONIN PERFECT HANDS TREATMENT

(30 MIN)

£30.00

A softening arm, hand and nails treatment includes gentle exfoliation and a luxurious southern sea ocean hand bath. Cuticles and nails are nourished with a warmed aromatic oil massage and a rich, creamy Kaolin mask is used to refine, nourish and protect the skin. Combined with a complete manicure, the result is perfectly groomed hands and nails.

ANNE SEMONIN SOUL FOOT THERAPY (30 MIN)

£30.00

This nourishing and conditioning foot and nail treatment begins with a mineral enriched footbath and exfoliation, ideal for softening the skin. Warmed aromatic oils and active serums are then applied and the feet are enveloped with a pink Kaolin mask, and a rich cream massage relieves tension, nourishes and repairs the skin. The feet are left groomed and revitalised.

ANNE SEMONIN MADE TO MEASURE WRAPS COLLECTION:

Individually selected aromatic intensive complexes are blended with mineral rich body masks designed to treat all skin and body needs. Following an initial consultation, your therapist will assist you in choosing from the following options

ANNE SEMONIN DETOXIFYING SPIRULIN WRAP – (55 MIN)

£60.00

A detoxifying, slimming and energy boosting treatment, this envelopment begins with gentle exfoliation to boost circulation combined with seaweed extracts to harness the powerful cleansing and remineralising benefits of the ocean. This natural seaweed re-metabolises the body to efficiently kick start and maintain the elimination of toxins and waste. An essential body treatment to support a detox or weight management programme.

ANNE SEMONIN FIRMING SPIRULINA BOOSTER ENVELOPMENT (55 MIN)

£60.00

An anti-ageing, firming and toning body envelopment, ideal for combating congestion, cellulite and maintaining healthy skin tones after weight loss. Firming aromatic complexes treat the areas of the body that need skin conditioning, combined with Spirulina seaweed to rebalance and remineralise the body, thereby restoring a feeling of total well-being.

ANNE SEMONIN HYDRATING PINK KAOLIN CLAY BODY ENVELOPMENT (55 MIN)

£60.00

An ultra moisturising and hydrating body envelopment designed to recondition dry, dehydrated or sun damaged skins. This treatment begins with a full body exfoliation and scalp massage, followed by an application of Pink Kaolin clay combined with nutrient-rich treatment oils. A perfect full body thirst quencher for tired, sensitive skin.

DECLEOR TREATMENT MENU

DECLEOR FACIAL TREATMENTS

All Decléor Facials begin with a unique Back Diagnostic Massage and include Acupressure massage of the face using 100% natural Essential Oils and Balms. You will also be treated to a hand or foot massage whilst professional products work their magic.

DECLEOR AROMA ESSENTIAL AROMAPLASTY (1HR) £50.00

At the heart of this treatment is a multi-active, 100% natural mask that has a truly unique and surprising texture which, combined with use of the pure, naturally fragrant Essential Oils for your skin type will leave your complexion glowing.

DECLEOR AROMA EXPERT FACIALS (1HR 15MINS) £55.00

Aroma Expert treatments provide solutions to your particular skin type:

Aroma Expert Hydra Force – to quench & refresh

Aroma Expert Matt & Pure – to cleanse & rebalance

Aroma Expert Delice De Peau - to soften & nourish

Aroma Expert Harmony – to comfort & relax

Aroma Expert Radiance – to brighten & recharge

Aroma Expert Evidence – anti ageing for expression lines

Aroma Expert Experience – anti ageing to firm and lift

Aroma Expert Excellence - Age Defying Facial

Restores facial volume with innovative “lipo-filling” technology. Wrinkles appear plumped and contours of the face appear reshaped.

DECLEOR TIME PRECIOUS FACIAL (30MINS APPROX) £30.00

This introductory facial is perfect when time is of the essence and the skin needs a boost of radiance.

DECLEOR VITAL EYES (45MINS APPROX) £40.00

Eyes become clearer, fine lines & wrinkles smoothed, shadows and puffiness eased.

DECLEOR TREATMENTS SPECIFICALLY FOR MEN

FACIAL TREATMENTS FOR MEN:

EXPRESS ENERGY TREATMENT (30MINS) £30.00

An express facial treatment for men with the go.

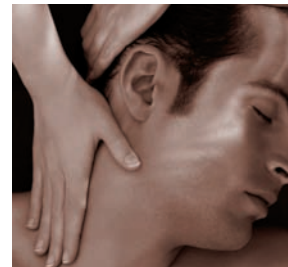
INTENSIVE ENERGISING FACE TREATMENT (1HR 15MINS) £55.00

The ultimate detoxifying treatment for a clear, pure, fresh skin and a rebalanced, de-stressed complexion, with long-lasting results

BODY TREATMENTS FOR MEN:

INTENSIVE ENERGISING BODY TREATMENT (1HR) £50.00

A revitalising treatment for a pure sensation of energy and deep relaxation.



DECLEOR BODY TREATMENTS

DECLEOR AROMA BODY MASSAGE

(1HR) £50 (30MINS) £30.00

The Art of Absolute Well-being, choose from:

RELAX, DETOX, FLOW OR TONIC.

A heavenly massage offering the incredibly soothing sensation of a warm aromatic balm combined with the expert touch of your therapist's hands.

DECLEOR AROMA WRAP RITUALS (1HR) £55.00

A Cocoon Of Effectiveness - full body treatments with visible results.

AROMA DETOX SILHOUETTE

Essential Oils & Marine Algae rich in minerals break down fatty deposits, drain toxins and excess water.

AROMA RELAX RITUAL

Warm Aromatic Relax Balm is smoothed over the body followed by a sumptuous creamy mask to leave a soft and silky skin.

AROMA ANTI-FATIGUE

A refreshing & energising treatment to eliminate toxins and remove excess fluid.

AROMA INTENSE FIRMING

Instantly increases skin's radiance with a unique blend of toning, firming and anti-ageing ingredients.

DECLEOR TRANQUILITY SCALP MASSAGE

(30MINS APPROX)

£30.00

Drift into a deep relaxation with this sublimely calming massage of the scalp, décolleté, neck and shoulders.

DECLEOR PERFECT SCULPT (45MINS)

£40.00

Perfect for the bust, stomach or any area in need of firming. Zesty butter with extracts of lemon and mango will tone slack and stretch marked skin. This incredible firming treatment is also excellent for plumping up areas affected by ageing.

DECLEOR CLEANSING BACK

TREATMENT (45MINS)

£40.00

This complete treatment acts like a facial. Deeply purifying Essential Oils will decongest to leave the skin clearer, brighter and healthier.

DECLEOR AROMA BACK RELIEF (30MINS)

£35.00

Stress in the back and shoulders are dissolved with deep massage and a stimulating aromatic mask with Essential Oils.

DECLEOR PERFECT ANTI-CELLULITE

TREATMENT (1HR)

£50.00

Thighs, hips and bottom are noticeably refined even after one treatment. Using the exclusive cocktail of Essential Oils, proven to breakdown fat in 28 days, you will be delighted with the results.

DECLEOR SUMPTUOUS MOTHER-TO-BE FACE & BODY TREATMENT (90MINS APPROX)

£65.00

Let Decléor take complete care of your skin throughout your pregnancy. This nurturing treatment will help to preserve the tone of your skin, reducing the risk of stretchmarks, lighten your legs and brighten your complexion to ensure you look as radiant as you feel.

JESSICA TREATMENTS

LUXURY JESSICA MANICURE (1 HOUR) £35.00
Hands are exfoliated and encased in warm mittens before nails and cuticles are tidied and colour applied.

LE REMEDI HAND TREATMENT (30 MINUTES) £20.00
A rejuvenating treatment that leaves the skin nourished and smooth.

NAIL SHAPE AND VARNISH (30 MINUTES) £20.00
Nails are shaped and polish is applied.

LUXURY JESSICA PEDICURE (1 HOUR) £38.50
Feet are exfoliated and encased in warm booties before nails and cuticles are tidied and colour applied.

Jessica treatment prices include a Jessica Midi Nail Colour of your choice.

TINTING AND WAXING

Tinting and waxing treatments are available, please ask at the Spa reception for further details

EYEBROW TINT	£9
EYELASH TINT	£12
LASHES AND BROW TINT	£18
FULL LEG WAXING	£28
1/2 LEG WAXING	£18
BIKINI WAXING	£9
UNDERARM, LIP, CHIN OR BROW WAXING	£9

POWER PLATE

Regular 15 minute sessions on the Power Plate can help you reach your personal best and achieve beauty goals.

SOME OF THE BENEFITS

- Improves explosive strength and power
- Increases range of motion and flexibility
- Improves bone mineral density to help fight bone loss and osteoporosis
- Detoxifies the body by encouraging lymphatic drainage
- Reduces the stress hormone cortisol to keep the body healthy and aid relaxation
- Improves muscle tone
- Can help reduce body fat (increases metabolism)
- Increases growth hormones to encourage production of collagen, which can result in firmer, smoother skin

£5 PER SESSION

£50 PER COURSE (12 SESSIONS)



ESSENTIAL TREATMENTS

FULL BODY MASSAGE (55 MIN) £48.00

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

BACK, NECK AND SHOULDER MASSAGE (25 MIN) £30.00

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

INDIAN HEAD MASSAGE (25 MIN) £30.00

Specific massage movements on the face, scalp, neck and shoulders help to reduce tension.

FULL BODY MASSAGE WITH HOT STONES (60 MIN) £58.00

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

BACK, NECK AND SHOULDER MASSAGE WITH HOT STONES (25 MIN) £40.00

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



ST TROPEZ AIRPORT SPRAY TANNING

ST TROPEZ SPRAY TAN £20.00

An instant golden tan in just fifteen minutes. Should be left on for at least four hours before showering.

ST TROPEZ HALF BODY SPRAY TAN £10.00



ST TROPEZ BODY EXFOLIATION £10.00

A full body exfoliation using the St Tropez body polisher to remove dead skin cells and prepare the skin for tanning. Ideal to have prior to St Tropez spraytan.

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 – 1 hour	£45.00
Super Caci – 1 ½ hours	£55.00
Caci Eyes – ½ hour	£25.00
Caci Décolleté – ½ hour	£25.00

COURSE OF TEN TREATMENTS

Caci Facial	£400.00
Super Caci	£500.00
Caci Eyes	£200.00
Caci Décolleté	£200.00

COURSE OF FIFTEEN TREATMENTS

Caci Facial	£600.00
Super Caci	£750.00

CACI HYDRATONE	£20.00
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CACI CHROMA CLEAR

The most advanced treatment system available. Microdermabrasion and oxygen infusion treatments give amazing results.

Caci Chroma Clear facial	£65.00
Caci Oxygen facial	£45.00
Caci Microdermabrasion facial	£45.00

CACI CHROMA COURSES OF TEN

Caci Chroma Clear facial	£555.00
Caci Oxygen facial	£350.00
Caci Microdermabrasion facial	£350.00



HEALTH AND BEAUTY HALF DAY

Use of the Spa for 2 hours including: sauna,
steam room, spa bath and relaxation by the swimming pool.

Your choice of either:

A full body massage to promote and achieve a feeling of well-being.

or

Aromatherapy Facial

*Facial: includes a cleanse, massage, mask and moisturise
to suit the specific needs of your skin.*

or

A luxury Jessica Manicure to condition hands and nails,
includes a Jessica Midi Nail Polish

or

A luxury Jessica pedicure to soothe tired feet,
includes a Jessica Midi Nail Polish.

Tea or coffee in the Club Room

COST £55.00

Alternatively, you may enjoy two of the above treatments of your choice.

COST £85.00



MENS DECLEOR DAY

Use of the Spa for 2 hours including sauna, steam room, spa bath and relaxation by the pool

Intensive energising body treatment.

A revitalising treatment for a pure sensation of energy and deep relaxation

Luncheon in the Club Room with tea or coffee

Decléor cleansing back treatment.

This complete treatment acts like a facial, deeply purifying essential oils will decongest to leave the skin cleaner, brighter and healthier.

Intensive energising face treatment.

Detoxifying treatment for a clear, pure, fresh skin and a rebalanced, distressed complexion

COST £140.00



ANNE SEMONIN DAY

9.30 am – 4.00 pm (approximately)

Use of the Spa for 2 hours including sauna, steam room, spa bath and relaxation by the pool.

Aromatic salt exfoliation

An ultra moisturising body scrub experience.

Deep release massage with hot stones

Heated basalt stones are used to massage the whole body working to relieve stress and muscular aches and pains.

Luncheon in the club room with tea or coffee.

Phyto aromatic facial

Our experienced Anne Semonin therapists will assist you in choosing one of the Phyto aromatic facials to suit your specific Skin needs.

Perfect hands treatment

A softening hand, arm and nail treatment. Cuticles and nails are nourished, Warm aromatic oils massage the skin and a creamy kaolin mask is used to refine, nourish and protect the skin.

Soul foot therapy

A nourishing and conditioning foot and nail treatment. A mineral enriched footbath and exfoliation to soften the skin. Warm oils and serums are applied and the feet are enveloped in a mask. A rich cream massage relieves tension.

COST £185.00



DECLEOR INDULGENCE DAY

Use of the Spa for 2 hours including sauna, steam room, spa bath and relaxation by the pool

Aromatherapy body and scalp massage - A heavenly massage offering the incredibly soothing sensation of a warm aromatic balm combined with the expert touch of your therapists hands, followed by a deeply relaxing scalp massage.

Luncheon in the Club Room with tea or coffee - Decleor aroma expert facial.

Will allow your therapist to assist you in choosing the facial most suited for your particular skin type.

Also include hand and arm massage.

A luxury manicure - Will nourish and condition hands and nails, and includes a Jessica midi nail colour.

COST £160.00



DECLEOR MOTHER TO BE DAY

9.30 am – 4.00 pm (approximately)

Use of swimming pool and relaxation for 2 hours

Luxury face and body treatment. - This nurturing treatment will help to preserve the tone of your skin, reducing the risk of stretchmarks, lighten your legs and brighten your complexion.

Luncheon in the Club Room with tea or coffee

A luxury manicure and pedicure - To revitalise and condition both hands and feet..

Also includes a Jessica midi nail colour

COST £140.00



BODYSGALLEN HALL & SPA DECLÉOR BREAK

2nd April 2009 - 31st March 2010 (excluding Bank Holidays)

For one of more consecutive nights (Sunday to Thursday, weekends subject to availability), including accommodation in a Spa cottage, early morning tea, cooked breakfast, an allowance of £39 towards dinner, a half bottle of champagne per person in the room on arrival, and full use of the Bodysgallen Spa, the following treatments on your first day, and a £30.00 allowance towards treatments of your choice for each additional night's stay.

**Decléor Back, Neck and Shoulder Massage • Decléor time precious Facial
• Nail Shape and varnish**

£210 PER PERSON PER NIGHT

ANNE SEMONIN CELTIC BREAK

1st April 2009 - 31st March 2010 (EXCLUSIVE TO BODYSGALLEN)

(Excluding Bank Holidays)

For one or more consecutive nights (Sunday to Thursday, weekends subject to availability), including accommodation in a Spa cottage, early morning tea, cooked breakfast, table d hotel dinner, a half bottle of champagne per person in the room on arrival and full use of the Bodysgallen Spa, the following treatments on your first day and a £30.00 allowance towards any Anne Semonin treatment for each additional nights stay.

**Anne Sémonin Deep Release Massage with Hot Stones
• Anne Sémonin Hydra Express Facial**

£250 PER PERSON PER NIGHT

When you make your reservation to stay please book your treatment times and any additional treatments you may require in advance to avoid disappointment.



BODYSGALLEN SPA 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 treatment;
- FREE Aqua Fit sessions;
- Services of our qualified Personal Fitness Instructor;
- 15% saving in The Dining Room and bistro 1620 on pre-booked lunch, afternoon tea and dinner;
- Invitations and preferential booking for events at Bodysgallen Hall, including wine tastings, gourmet dinners, luncheons, concerts 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 partners living at the same address

Membership	Annual	Annual paid monthly x10	3 month	6 month
Individual				
Full member	£795	£85.50	£295	£445
Country weekday only	£580	£62.50		
Country inc weekends	£710	£76.50		
Joint				
Full member	£1365	£147.00	£505	£790
Country weekday only	£1010	£108.50		
Country inc weekends	£1230	£132.00		

London
227 miles

Chester
47 miles

Manchester
85 miles

Birmingham
115 miles

Liverpool
67 miles

York
150 miles

Aylesbury
190 miles



THE BODYSGALLEN SPA ACCOLADES

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

Runner-Up, Best UK Hotel Spa - Condé Nast Traveller, 2000

BODYSGALLEN HALL ACCOLADES, WALES' HIGHEST RATED COUNTRY HOUSE HOTEL

4 AA Red Stars

AA 3 Rosettes for Food

2007 Michelin Guide "Particularly Pleasant Hotel"

2007 Condé Nast Johansen's, "Most Excellent Country Hotel"

2006 World Travel Awards, "Wales' Leading Hotel"

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

By rail: The nearest station is Llandudno Junction where guests can be met by car (please advise us of your arrival time). There are regular trains from London (Euston) and the journey takes 3 1/2 hours.

By air: Manchester International Airport is just 1 1/4 hours drive. Liverpool International Airport is a 50 minute drive



THE BODYSGALLEN SPA AT BODYSGALLEN HALL

Llandudno, North Wales LL30 1RS

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www.bodysgallen.com www.bodysgallenspa.com

www.historichousehotels.com