

# THE SPA



LAMPHEY COURT

★★★★

HOTEL & SPA



THE SPA AT LAMPHEY COURT HOTEL HAS BEEN CREATED TO PROVIDE A COMPLETE SPA AND LEISURE RETREAT OVERLOOKING THE FABULOUS PEMBROKESHIRE COUNTRYSIDE. WE WILL WELCOME YOU AT A GREAT LOCATION WITH FINE FOOD AND UNRIVALLED SELECTION OF TREATMENTS AND THERAPISTS TO HELP YOU TOWARDS A STATE OF TOTAL REJUVENATION.

14 METRE INFINITY SWIMMING POOL  
HERBAL SAUNA AND AROMATIC STREAM ROOM  
FITNESS SUITE WITH STATE OF THE ART GYM AND INTEGRATED TELEVISION SYSTEM  
RELAXING TREATMENT SUITES TO ENJOY A RANGE OF THERAPIES AND UNIQUE SIGNATURE TREATMENTS  
HAIR DRESSING SALON  
SUN TERRACE  
SPA BATH

### OPENING HOURS

Spa facilities – Monday to Friday 7am – 9pm

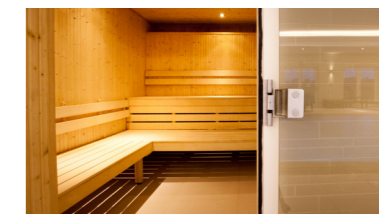
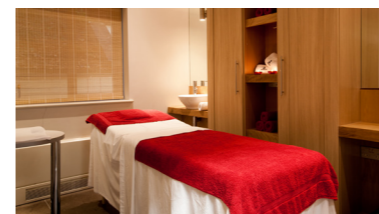
Saturday 8am – 8pm

Sunday 8am – 8pm

Treatment suites – Daily 10am – 6pm

The opening times of the treatment rooms may change due to demand

Please note that times may vary on Bank Holidays



# BODY



## WARMING FRANGIPANI FOOT SCRUB & MASSAGE

25 mins

Take a load off with this foot focused tension releaser. Lower legs and feet are exfoliated, bathed and massaged feet are left nourished, soft and smooth.

## FRANGIPANI/LIME & GINGER BODY SCRUB

55mins

Fragranced salt will gently slough away dead skin cells encouraging the regeneration of new cells. Leaving a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

## HOLISTIC

### REFLEXOLOGY

25 / 55mins

This is based on the principle that zones or reflex points of the feet correspond to organs in the body; massage of these reflexes can alleviate imbalances and reduce tension

### INDIAN HEAD MASSAGE

25 / 55mins

A unique technique for stress reduction and relaxation that also promotes healing of accumulated stress in the tissues, muscles and joints of the head, face, neck and shoulders





# MASSAGE

## SWEDISH FULL BODY MASSAGE

55 mins

A stress relieving Swedish massage concentrating on the tension on the body and helps to make you relax

## DEEP TISSUE FULL BODY MASSAGE

55 mins

Deep rhythmic pressure massage. Alleviating stress, ease aching muscles and revive the senses with this powerful massage

## HOT STONE MASSAGE

25/55 min

With heated volcanic stones this treatment goes beyond the physical and allows you to enter a deeper sense of relaxation and wellbeing. The hot stones penetrate deep to help trigger points to dissolve. This treatment particularly good for relieving chronic Neck and Back pain and will help to reduce stress and aid body.

## PREGNANCY MASSAGE

25/55 min

Mother to be Pregnancy massage is similar in many ways to a normal massage, the massage techniques used are adapted to maintain the well being of mother and child during each stage of the pregnancy. The Techniques used during this treatment helps relax the expectant mother, relieving stress and to promote overall wellness during this special time \*suitable after first trimester during pregnancy.

## BACK, NECK & SHOULDER MASSAGE

25 mins

A stress relieving back massage concentrating on the tension prone back, neck and shoulder area, done with oils to help rejuvenate the muscles

## DEEP TISSUE BACK MASSAGE

25 mins

Minimum time, maximum tension-relieving results





## FACE & EYES

### ELEMIS NON ANTI-AGEING FACIALS

#### SUPERFOOD PRO RADIANCE

25/55 mins

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives clinically proven to leave skin plumper and lit up with good health.

#### SENSITIVE SKIN SMOOTHER

25/55 mins

Fragile skin needs special attention. A soothing massage technique helps reduce the appearance of redness and protects against daily stresses skin is left soothed, comfortable and calm.

#### PEPTIDE 24/7

25/55 mins

Inspired by the body's miraculous inner clock and formulated to support tired complexions, our skin renewing Peptide 24/7 range is made to target the look of tired skin and help you achieve a well-rested glow, around the clock.

#### ANTI-BLEMISH MATTIFY & CALM

55 mins

A revelation for oily, congested or hormonal skin. A deeply detoxifying treatment for clear, bright skin.

### ANTI AGEING FACIALS

#### PRO COLLAGEN AGE DEFY

55 mins

Tackles fine lines and wrinkles. Targeted massage encourages optimum cellular function for nourished younger looking skin.

#### PRO-DEFINITION LIFT & CONTOUR

55 mins

This facial helps restore the face by potent nutrients in plant activities found to help support the extra cellular matrix. Creates a youthful effect.

#### DYNAMIC RESURFACING PRECISION PEEL

55 mins

To target the signs of ageing and uneven skin tone. Uses layers of enzymes for powerful exfoliation and renewal.



### BIOTEC RADIANCE RENEW 25/55/85 mins

This Cellular-boosting treatment targets sluggish complexions. The Ultrasonic peel stimulates the removal of impurities and dead skin cells, while the galvanic rejuvenating current restores moisture for instantly clearer and visibly brighter skin.

TECHNOLOGY- Microcurrent, Light therapy & Oxygen Infusion.

### BIOTEC LINE ERASER 25/55/85 mins

Targets wrinkles and energise the skin towards optimum performance with microcurrent pulses and red and blue light therapy. A powerfully rejuvenating clinically proven facial treatment that effectively irons out wrinkles and fills out lines.

TECHNOLOGY- Ultrasonic & Galvanic

### BIOTEC SKIN RESURFACER 25/55/85 mins

This revolutionary clinically proven facial addresses skin tones, blemishes and fine lines to transform the texture of the skin. The ultrasonic peel, massage and light therapy deliver a complexion that has never been smoother.

TECHNOLOGY-Ultrasonic & Light Therapy.

### BIOTEC FIRM-A-LIFT 25/55/85 mins

Rediscover the architecture of your face with this ground breaking blend of massage and sculpting galvanic technology. Skin is visibly strengthened for a contoured complexion that is remarkably lifted.

TECHNOLOGY- Microcurrent & Galvanic

### BIOTEC BLEMISH CONTROL 25/55/85 mins

A deep cleansing facial that detoxifies and repairs damaged tissue. Ultrasonic vibration, massage, and galvanic currents thoroughly decongest and exfoliate. Powerful anti-oxidants soothe, while light therapy helps clear the complexion.

TECHNOLOGY-Ultrasonic, Light Therapy & Galvanic

### BIOTEC SENSITIVE SKIN SOOTHER 25/55/85 mins

This anti-redness treatment soothes sensitive skin. An oxygen infusion encourages cellular restoration, while red light therapy and calming anti-oxidants improve the skins ability to repair itself. The result is calm and soothed skin.

TECHNOLOGY-Oxygen Infusion & Light Therapy

### BIOTEC SUPER-CHARGER FOR MEN 25/55/85 mins

The facial to de-stress, de-age and de-fatigue the male complexion while activating ultimate skin dynamism. Ultrasonic peeling and galvanic current deliver a deep clean for a multi-tasking, time efficient solution.

TECHNOLOGY- Ultrasonic, Galvanic and oxygen infusion.

### BIOTEC FACIAL PEPTIDE 24/7 25/55/85 mins

This ground-breaking facial combines exclusive botanical formulations with a deeply cleansing ultrasonic peel for a well-rested glow.LED light therapy helps reset the clock for optimum skin wellness, whilst galvanic technology stimulates the skin for maximum results and a illuminated, wide-awake feel.

TECHNOLOGY- Ultrasonic, LED Light Therapy, Galvanic.



### ULTRASONIC

Uses a ceramic plate that vibrates 2700 times per second to lift dead skin and stimulate production of collagen.



### MICROCURRENT

Microcurrent pulses lift and firm the skin to tighten muscles and contour the face



### GALVANIC

Uses positive and negative polarity from galvanic currents to open pores and draw out impurities.



### O2 INFUSION

Cooling oxygen blasts are used to plump and hydrate the skin, targeting fine lines and signs of dryness.



### LIGHT THERAPY

A combination of anti-bacterial blue light and re-energising red light therapy to deeply treat your skin.





# HANDS & FEET

## MINI MANICURE

A hand cleanse with cuticle treatment, nail file with base and nail polish finish.

25 mins

## LUXURY MANICURE

A relaxing, luxurious and deeply conditioning spa therapy for the hands and nails, including a relaxing hand massage with the option of a French or gel finish.

55 mins

## MINI PEDICURE

A foot cleanse with nail file and cuticle treatment with a base and nail polish finish.

25 mins

## LUXURY PEDICURE

A conditioning and pampering spa treat for tired, aching and neglected feet including a relaxing foot massage and nail polish finish. Option of a French or gel finish.

55 mins

## GEL NAILS

A hand or foot cleanse, with cuticle treatment and a nail file. Finished off with gel finish.

25 mins





# SPA PACKAGES

THE SPA AT LAMPHEY COURT PROVIDES THE ESSENTIAL COMBINATION OF LUXURY, COMFORT AND RELAXATION. WE HAVE CREATED A WARM AND RELAXED SPA AMBIENCE WITH AN ARRAY OF THERAPUTIC EXPERIENCES, HOLISTIC THERAPIES AND PURE PAMPER.

## THE BESPOKE SPA

Half Day 10am – 2pm

Includes thermal bathing, infinity pool, aromatic sauna & steam room, two course meal, use of robe, towel and slippers.

## THE REVIVE SPA

To choose from one of the 25 minute treatments Indian head massage, foot scrub, superfood pro radiance facial, back neck and shoulder massage.

## THE SPA RETREAT

To choose from the following two 25 minute treatments Mini Mani, Mini Pedi, superfood pro radiance facial, hot stone back neck and shoulder massage.

## TEA TIME ME TIME

Arrive at 2pm

To choose from either a 25 minute superfood pro radiance facial or a 25 Minute deep tissue massage

## ONE NIGHT ESCAPE

Includes one night bed and breakfast in one of our standard rooms, 20% off any pre-booked treatments and full use of facilities.

## SHORT AND SWEET

Includes one night bed and breakfast in one of our standard rooms, 3 course dinner, 25 minute treatment of your choice\* and full use of facilities.

## ESCAPE AND INDULGE

Includes two nights bed and breakfast in one of our standard rooms, 3 course dinner on your first night, two 25 minute treatments or one 55 minute treatment of your choice\* and full use of facilities.

Prices are based on two persons sharing a twin or double room.

\*Treatments do not include Hot Stone Massage

If you wish to purchase a robe please ask at reception.



# ESSENTIALS



## WAXING

|                   |         |
|-------------------|---------|
| FULL LEG          | 25 mins |
| FULL LEG & BIKINI | 45 mins |
| HALF LEG          | 15 mins |
| HALF LEG & BIKINI | 30 mins |
| BIKINI            | 10 mins |
| UNDER ARM         | 10 mins |
| UPPER LIP         | 10 mins |
| CHIN              | 10 mins |
| UPPER LIP & CHIN  | 25 mins |
| EYEBROW           | 15 mins |
| BACK              | 25 mins |
| CHEST             | 25 mins |
| BACK & CHEST      | 45 mins |
| LASH LIFT & TINT* | 55 mins |
| HD BROWS*         | 25 mins |
| HOPI EAR CANDLING | 25 mins |

## THREADING

|                   |         |
|-------------------|---------|
| EYEBROWS          | 15 mins |
| UPPER LIP         | 15 mins |
| CHIN/SIDE OF FACE | 15 mins |

## TINTING

|               |         |
|---------------|---------|
| EYEBROW TINT* | 25 mins |
| EYELASH TINT* | 15 mins |
| LASH & BROW*  | 30 mins |

\*A tint test is required 24 hours before appointment to ensure that there is no allergic reaction.





# ELEMIS

SPA THERAPY



Elemis has over 20 years experience in treating both men and women in the professional spa environment. Each spa-therapy has been developed by a specialised team, headed by Noella Gabriel, using extensive clinical and scientific studies to ensure every therapy shows real results. Designed to respect the body's complex physiology, Elemis spa-therapies work in natural synergy with the skin, body and mind. Every treatment is specifically designed to offer a unique experience, using powerful massage sequences and the most potent actives available in the world today. Dynamic ingredients, medical grade formulas and dedicated research are all combined to provide a range of spa-therapies that offer scientific solutions to every skin, body or lifestyle concern.

## SPA ETIQUETTE

The Spa at Lamphey Court is designed to promote peace and inner harmony for body and mind. Please keep noise to a minimum and ensure all mobile phones, pagers or electronic devices are switched off during your visit. Please feel free to wear robes both in the hotel and spa. Please retain undergarments or swim wear during treatments, unless otherwise requested.

## BOOKING & CANCELLATION POLICY

**Packages and Day Spa Breaks** – All packages must be paid in full at time of booking to confirm. We require seven days notice to cancel or re-schedule day spa or package or full payment will be taken. this also applies to vouchers.

**Treatments and Appointments** – When booking treatments or appointments, a valid credit or debit card is needed to secure the booking. 48 hours notice is required to cancel or re-schedule appointments or a full charge will be taken.

## TREATMENT TIME

Please check in at the spa reception at least 15 minutes prior to your scheduled appointment to allow time to change and relax and to avoid a reduction in treatment time. For your first visit to the spa you will need to fill in a consultation form regarding your health and suitability for certain treatments.

## CHILDREN

Children under the age of 16 may use the swimming pool during the specified swim times and must be accompanied by an adult at all times.

## GIFT VOUCHERS

Gift vouchers are available for any treatment, package or monetary value and can be purchased at reception or over the phone.



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Lamphey Pembrokeshire Wales SA71 5NT

01646 672273 [spa@lampheycourt.co.uk](mailto:spa@lampheycourt.co.uk)

[www.lampheycourt.co.uk](http://www.lampheycourt.co.uk)