



C W R T I U M
Health & Spa



S P A M E N U

Welcome to Cwrtium Health and Spa

The Romans believed that to relax and indulge yourself was an essential part of life. That is why you will feel pampered and indulged from the moment you step into our Roman – inspired haven.

The relaxed lighting, the aroma of fragrant oils and the inviting atmosphere will indulge your senses while ensuring your body unwinds completely.

Relax in our heated pool, jacuzzi, steam room and sauna. We also offer a wide range of relaxing, rejuvenating and purifying treatments for men and women.

At Cwrtium Health and Spa our products focus on you and your individual needs. We have chosen ESPA products, as they strive to use all natural ingredients.



Facial Treatments

By using blends of products tailored to your individual needs and combining them with advanced therapy techniques, you will receive a personal lifestyle consultation prior to every treatment. After looking at your lifestyle, including sleep, diet and stress, as well as your skin, your therapist will recommend the most beneficial facial for you.

ESPA Express Facial

25mins | £35

An introduction to facial treatments and the ESPA range, or for those where time is limited. The skin is deeply cleansed and exfoliated followed by a deep cleansing and nourishing mask to leave your skin looking and feeling smooth and revitalised.

ESPA Aromatherapy Facial

55mins | £55

Suitable for all skin types, This deep cleansing, relaxing aromatherapy facial, purifies, refines and hydrates.

Repair and Restore

Designed with Tri-Active® ingredients to help counter the effects of harsh products and protect your skin against environmental effects, leaving your skin renewed, restored and rebalanced.

Re-Hydrating

An intensive and regenerating facial for dehydrated skin, leaving it supple and nourished.

ESPA Age Defying Deluxe Facial

90mins | £75

A regenerating facial and firming eye treatment helps to minimise fine lines, combat the signs of ageing and visually improves the appearance of your skin.

ESPA Regenerating and Firming Eye Treatment

25mins | £35

This treatment is designed to combat the effects of premature ageing and stress to the eye area and will also benefit those who suffer from irritable, puffy or sensitive eyes.



Body Treatments

Cwrtium Back, Neck and Shoulder Massage 25mins | £35

A wonderfully relaxing massage using pure essential oils that will ease tension and leave you with a sense of wellbeing.

Aromatherapy Full Body Massage 55mins | £50

One of the finest anti-stress treatments, Specially selected essential oils will boost circulation, warm muscles and relieve aches and pains.

Cwrtium Muscle Reviver 50mins | £50

A condensed massage for those who suffer with tension related headaches and neck strain. This deeply soothing back, face and scalp massage is an ideal way to melt away tension and relieve tight muscles.

ESPA Sea Salt and Oil Scrub 25mins | £35

An uplifting blend of natural sea salts and deep nourishing essential oils will sweep away dry, dull rough cells to reveal smoother and softer skin.

ESPA Luxury Back, Face and Scalp 90mins | £65

This truly luxurious experience combines a deep cleansing back exfoliation with a relaxing back massage using Espa aromatherapy oils. This is followed by an ESPA facial tailored to your individual needs, finished with a therapeutic scalp massage to help clear the mind and ease tension.

Body Wraps 50mins | £55

A selection of body wraps all including a skin smoothing exfoliation, a complete envelopment and a scalp massage to transform your skin and relax your mind.

Skin Hydrator Wrap

ESPA'S Deeply Nourishing Body Cream, is scientifically proven to enhance the skins firmness and elasticity. Containing Wild Yam & Ylang Ylang, it will strengthen and rejuvenate the skin, keeping it looking and feeling young.

Detoxifying Wrap

Using a blend of Algae Gel and ESPA detox oil helps to improve circulation, boost the metabolism and speed up the elimination of toxins. This treatment is excellent for poor circulation and to stimulate, cleanse and purify the body.

Restorative Wrap

Marine mud is known for its skin conditioning properties. This warming and healing treatment is ideal for sufferers of aches & pains and for skin requiring hydration, nourishment and overall rebalancing.



Cwrtium Spa Luxury Body Rituals

120mins | £90

Our full range of rituals all include a skin smoothing body exfoliation, followed by an envelopment and scalp massage, finishing with a aromatherapy full body massage to completely renew, relax and de-stress.

Choose from;

Detox Ritual – Using a blend of detoxifying oils and algae gel this is the ideal treatment to help cleanse and purify the body.

Stress Reliever Ritual – This soothing treatment is perfect for anyone needing deep relaxation for the mind, body and spirit.

Muscle Reviver Ritual – A warming blend of marine mud and fitness oil will naturally ease muscle tension, restore mobility and help reduce your aches and pains.

Holistic Treatments

Hot Stone Massage

With the use of hot basalt stones and blended essential oils, this warm deep penetrating massage relieves muscular tension and leaves a feeling of wellness and harmony.

Full Body **55mins | £65**

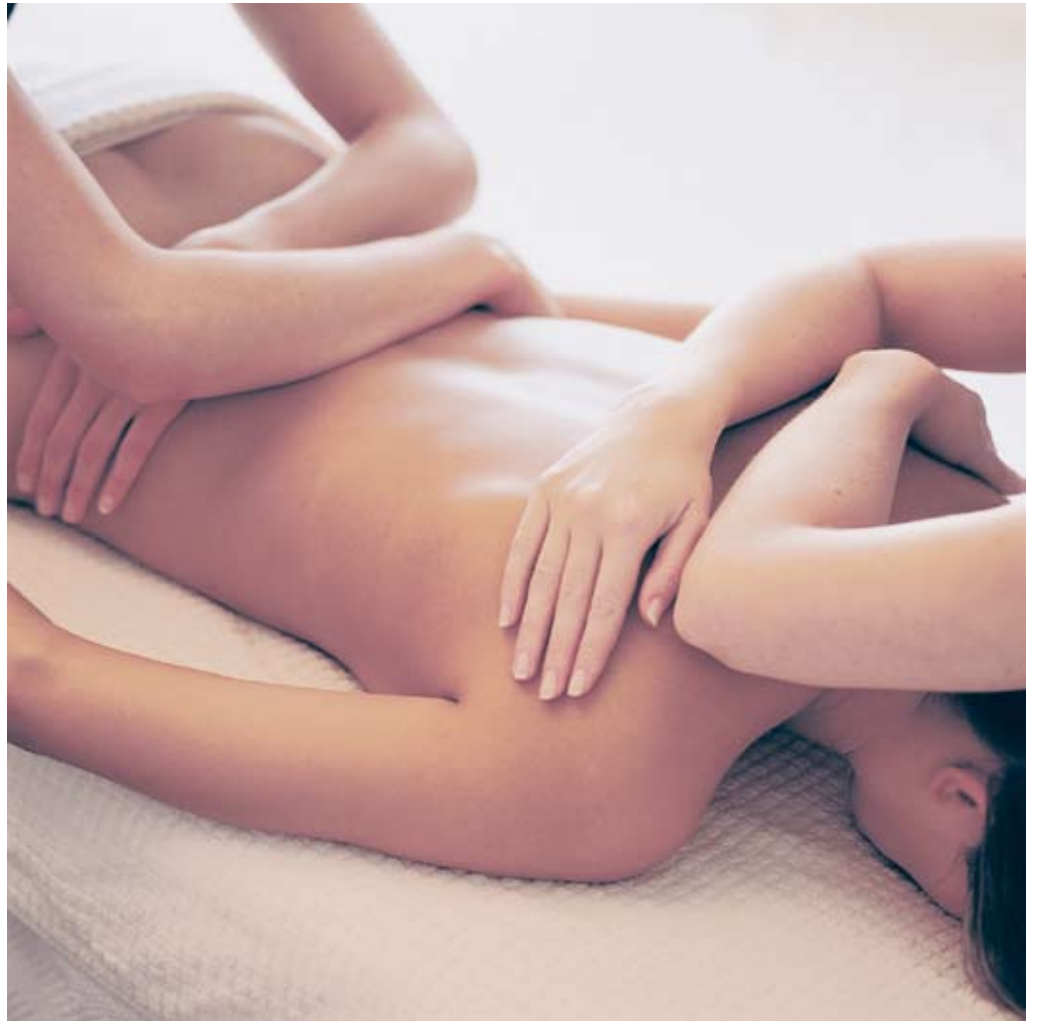
Back, Neck and Shoulder **25mins | £42**

Oriental Head Massage **25mins | £30**

A deeply relaxing treatment for those who hold stress in their shoulders and mind, focusing on acupressure points throughout the shoulders, neck and scalp.

Reflexology **55mins | £50**

A relaxing and rebalancing treatment where pressure is applied to corresponding reflex zones on the feet.



Treatments for Men

Cwrtium Back, Neck and Shoulder Massage

25mins | £35

A wonderfully relaxing massage using pure essential oils that will ease tension and leave you with a sense of wellbeing.

ESPA Express Facial

25mins | £35

An introduction to facial treatments and the ESPA range, or for those where time is limited. The skin is deeply cleansed and exfoliated followed by a deep cleansing and nourishing mask to leave your skin looking and feeling smooth and revitalised.

Aromatherapy Full Body Massage

55mins | £50

One of the finest anti-stress treatments, Specially selected essential oils will boost circulation, warm muscles and relieve aches and pains.

Cwrtium Muscle Reviver

50mins | £50

A condensed massage for those who suffer with tension related headaches and neck strain. This deeply soothing back, face and scalp massage is an ideal way to melt away tension and relieve tight muscles.

ESPA Luxury Back , Face and Scalp

90mins | £65

This truly luxurious experience combines a deep cleansing back exfoliation with a relaxing back massage using Espa aromatherapy oils. This is followed by an ESPA facial tailored to your individual needs, finished with a therapeutic scalp massage to help clear the mind and ease tension.

Cwrtium Spa Luxury Body Rituals

120mins | £90

Our full range of rituals all include a skin smoothing body exfoliation, followed by an envelopment and scalp massage, finishing with a aromatherapy full body massage to completely renew, relax and de-stress.



Cwrtium Spa Day packages

All packages include full access to the leisure facilities, use of robe, towel and slippers for the day, plus light lunch in the restaurant.

Upgrade to Afternoon Tea for an additional £5 per person

All packages are available 7 days a week.

Cwrtium Blissful

£48

Enjoy one 25 minute treatment from our spa menu.

Cwrtium Serenity

£70

Enjoy one 50-60 minute treatment from our spa menu.

Cwrtium Indulgence

£77

Select two of the following treatments;

- ESPA Express Facial
- Back, Neck and Shoulder Massage
- ESPA Sea Salt and Oil Scrub
- Oriental Head Massage
- Shellac application – Hands
- Shellac Application – Feet

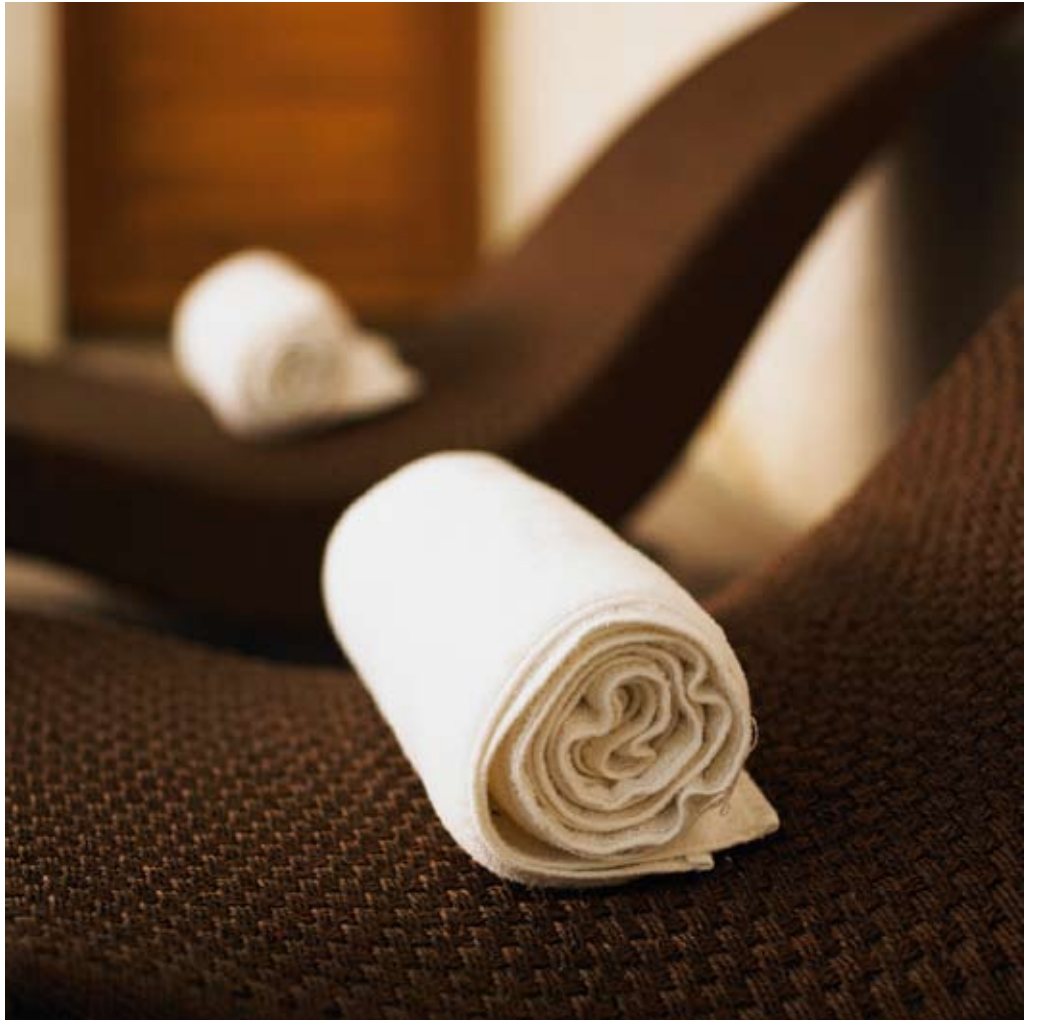
Cwrtium Signature

£120

The ultimate day of luxury!

After your lunch enjoy a selection of afternoon cakes accompanied by a glass of Champagne.

Select any 25 minute, alongside any 50-60 minute treatment from our spa menu, or one 90 minute treatment from our spa menu.



Cwrtium Spa Nail Treatments

Cwrtium Express Manicure

25mins | £20

Cwrtium Express Pedicure

25mins | £20

The perfect treatment for when time isn't on your side. Nails are filed to the desired shape followed by the application of a Jessica colour of your choice.

Cwrtium Spa Luxury Manicure

50mins | £40

A relaxing arm, hand and nail treatment, including a gentle skin polish, cuticle work and therapeutic hand and arm massage followed by an illuminating mask to rejuvenate the hands. The nails are finished off with a polish colour of your choice.

Cwrtium Spa Luxury Pedicure

60mins | £45

A relaxing leg, foot and nail treatment for tired feet! A gentle skin polish, followed by hard skin removal and cuticle work. A therapeutic foot and lower leg massage is followed by a cooling mask to refresh the legs and feet. A polish in a colour of your choice is applied to finish.

CND Shellac Treatments

No chips, no peeling for up to 14 days! The perfect high shine polish.

Application only Hand or Foot

45mins | £25

Quick prep of the nails and choice of Shellac colour.

Luxury Manicure with Shellac finish

1hr 15mins | £50

Luxury Pedicure with Shellac finish

1hr 15mins | £55



Beauty Essentials

Waxing Treatments

Eyebrow Shape - £5

Lip & Chin Wax - £5

Half Leg - £15

Full Leg - £18

Bikini wax - £8

Under Arm - £6

Back Wax - £18

Tinting Treatments

Eyebrow Tint - £8

Eyelash Tint - £9

Eyebrow & Eyelash Tint - £11

Note: A 48hr patch test is required before any tinting treatment

St Tropez Ultimate Tan

3 level tanning for the perfect colour to suit you.

Full Body - £25

Half Body - £17

Legs - £12

Waxing or shaving should be completed at least 24 hours prior to your treatment to reduce sensitivity. It is preferable not to apply any type of perfume, deodorant or oils on the day of your treatment as these reduce the result. Wear dark, loose fitting clothing with a dark coloured bra or preferably no bra at all. Please be aware the guide colour can stain light hair, man-made fibres and wool.



How to Spa

To schedule an appointment or to make a package booking, please contact our Spa Reception desk on 01633 450400 where our team can guide you towards the right choice.

We advise booking in advance to avoid any disappointment. All treatments and packages will need to be secured with valid card details.

We operate a 48hr cancellation policy; spa treatment/packages cancelled within 48hrs of your arrival date are subject to a 50% cancellation fee. No shows and cancellations on the day are charged at 100% of the package/treatment price.

Spa Package information

You are more than welcome to arrive from 9am on the day of your spa package, however you will need to arrive an hour before your scheduled treatment/lunch time to allow sufficient time to settle you into the spa. Please be advised late arrival will result in treatment time being shortened.

Treatment choices are to be confirmed 48hrs prior to your reservation, changes to treatment choices or time may not be accommodated on the day. Refreshments are available throughout the day in our Relaxation Room. Alcohol is prohibited in the spa and pool areas. Anyone found consuming alcohol within these areas will be asked to leave and the alcohol confiscated.

Health Conditions

We kindly ask you to advise us of any health conditions, including allergies, injuries and pregnancy at the time of booking as these may affect your choice of spa treatment.

Please advise us of any recent operations/specialist treatment prior to your visit, as this may restrict your treatment options. A GP referral may be required.

Spa Etiquette

Our spa environment is one of relaxation and tranquillity. Please respect all spa guests' right to privacy and serenity.

Please turn mobile phones & media players to silent mode, and refrain from taking photographs.

Please note that as a courtesy to all our clients a prompt appointment schedule is adhered to, late appointments may not be honoured and no discount or refund given.

Treatments that start late will still finish at the appointed time, so other guests are not inconvenienced.

The minimum age for treatments is 16.

About Cwrtium Health and Spa

Our leisure facilities include, Gym, Swimming Pool, Jacuzzi, Sauna and Steam Room and relaxing loungers. Poolside and its facilities are gender neutral, appropriate swimwear is to be worn at all times.

Glassware and crockery is prohibited throughout the gym and poolside area. Plastic cups are available for your convenience.

Both Male and Female changing rooms have showers and toilets. You will find lockers in the changing areas for your personal effects (£1/trolley coin operated). Please take care of your valuables, as we cannot take liability for their loss.

Gift Vouchers

Gift vouchers are available for any specific treatment or package, or in any monetary value. See Cwrtium Spa Reception to purchase.

Homecare

Your therapist will provide homecare advice after your treatment. We stock a selection of ESPA products in homecare solutions; please see Spa Reception or ask your therapist for more details.





Cwrtium Health & Spa

Ramada Resort Cwrt Bleddyn Hotel & Spa

Llangybi, Usk, Monmouthshire, NP15 1PG

01633 450 400

Spa@cwrtbleddyn.co.uk

www.cwrtbleddyn.co.uk/spa