



C W R T I U M

Health & Spa



SPA PRICELIST

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

ESPA Express Facial | 25 min | £40

An introduction to the ESPA facial range, or for those where time is limited.

ESPA Personalised Facial | 50 min | £55

REVEAL EXCEPTIONAL RESULTS WHATEVER YOUR SKINCARE CONCERN WITH THIS ENTIRELY BESPOKE EXPERT FACIAL FROM ESPA.

Following skin analysis with our SkinVision™ lamp, naturally advanced spa skincare products rich in plant and marine extracts are selected according to your individual needs and used alongside tailored massage to deeply cleanse, exfoliate, purify and boost your complexion. This customized treatment is then completed with a divinely relaxing scalp massage.

ESPA Optimal ProFacial | 50 min | £60

FOR NATURALLY, BEAUTIFUL AND VISIBLY HEALTHY SKIN. Reveal your skin's true potential by having this facial with expertly tailored facial techniques and the Optimal skin collection. It is designed to rebalance, hydrate and revitalise. This facial instantly revives and brightens the complexion while helping to protect against environmental damage and delay the early, invisible signs of ageing. Optimal ProFacial is for all skin types and all ages.

ESPA Lift and Firm Eye Treatment | 25 min | £45

PERFECT FOR THOSE WHO ARE CONCERNED WITH SIGNS OF AGEING AROUND THE EYES.

An effective firming and hydrating treatment, helping to reduce the appearance of fine lines and relieve tension from eye-strain and computer headaches.

ESPA Lift and Firm Facial | 80 min | £80

ENHANCE TONICITY AND FIRMNESS WHILE STIMULATING CELLULAR REGENERATION WITH THIS SUPERACTIVE™ FACIAL. Highly effective and entirely personalised, this advanced facial treatment uses specialised lifting massage techniques alongside naturally powerful skincare to stimulate collagen production and help combat the signs of ageing. The results are instant – lines and wrinkles are minimised and the complexion is smoother, firmer, even-toned and instantly rejuvenated.

Body Treatments

Back, Neck and Shoulder Massage | 25 min | £40

Personalised Aromatherapy Full Body Massage | 50 min | £55

Specially selected ESPA body oil to suit your requirements is used for a personalised full body massage.

Cwrtium Muscle Rescue | 50 min | £55

Deeply soothing back, face and scalp massage to melt away tension and relieve tight muscles.

ESPA Luxury Back, Face and Scalp | 90 min | £55

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 | 50 min | £60

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. *Choose from:*

Skin Hydrating

Detoxifying

Restorative

Includes a full body exfoliation, chosen wrap and scalp massage.

Hot Stone Massage | 50 min or 90 min | £95

Oriental Scalp Massage | 25 min | £35

ESPA Deep Sea Salt and Oil Scrub | 25min | £40

A blend of natural sea salts and deeply nourishing essential oils will sweep away dry, rough skin to reveal a smoother and softer skin.

Body Rituals

Total Holistic Body Ritual | 120 min | £125

MELT AWAY TENSION AND BRING YOUR BODY AND MIND BACK INTO HARMONIOUS BALANCE.

Full body brush and exfoliation to smooth and soften the skin, followed by an indulgent massage using nourishing essential oils and warmed volcanic stones to penetrate tired, aching muscles. Finally, a comforting scalp massage and gentle stretching allows you to relax and unwind.

Cwrtium Total Tranquillity | 90 min | £80

SOOTHE TIRED, ACHING OR SWOLLEN FEET AND HEAVY LEGS WITH THIS LUXURIOUS AND REVITALISING TREATMENT FROM ESPA.

A relaxing foot ritual cleanses and exfoliates the feet and lower legs before they are treated to a rejuvenating massage, and enveloped in a cooling yet deeply nourishing moisturiser. Followed by an ESPA personalised Facial.

Pre/Post Natal Ritual | 90 min | £80

TARGET AREAS PRONE TO STRESS AND TENSION DURING PREGNANCY WITH THIS DEEPLY NOURISHING BODY TREATMENT. Gentle full body exfoliation, followed by a soothing body massage specifically designed to suit your individual concerns, focusing on the areas needed to alleviate muscular aches whilst helping to relax, restore and revitalise.

ESPA Hero Back, Face and Scalp Treatment | 90 min | £70

THIS LUXURIOUS COMBINATION BEGINS WITH A CLEANSING OF THE BACK, FOLLOWED BY EXFOLIATION AND A SOOTHING BACK MASSAGE TO EASE AWAY STRESS AND TENSION.

A relaxed mind and body reflect in the skin's beauty and a hydrating and purifying facial together with a therapeutic scalp massage will compliment this radiance. The use of hot stones brings about total balance in the body, which aids the natural healing process.

Cwrtium Spa Day Packages

All packages includes use of the leisure facilities, use of robe, towel and slippers for the day plus a £10 allowance towards lunch.

Cwrtium Blissful | £48

Up to 30 min of treatment time

Cwrtium Serenity | £75

Up to 60 min of treatment time

Cwrtium Indulgence | £90

Up to 90 min treatment time

Cwrtium Signature | £130

Up to 120 min of treatment time

Baby on Board

We are able to provide a collection of pregnancy safe treatments. However we do recommend speaking with your midwife before making a reservation for more information.

Please note treatments offered are for the health and safety of you and your baby. Unfortunately we cannot make any exceptions

FIRST TRIMESTER

During those precious first 12 weeks, we are able to offer the below treatments.

Express Manicure or Pedicure	30 min £20
Custom Manicure or Pedicure	60 min £45
Luxury Manicure or Pedicure	90 min £60

SECOND AND THIRD TRIMESTER

After your first scan, and providing all is well we can offer the below treatments during those exciting weeks

Back, neck and shoulder massage	25 min £40
Full Body Massage	50 min £60
<i>Seated or laying sideways for your comfort</i>	
ESPA Express Facial	25 min £40
ESPA Personalised Facial	50 min £55

Treatments for Men

Cwrtium Back, Neck and Shoulder Massage | 25 min | £40

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

ESPA Express Facial | 25 min | £40

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 | 55 min | £55

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

Cwrtium Muscle Rescue | 50 min | £55

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 | 90 min | £70

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.

Nail Treatments

File and Polish Hands or Feet

25 min | £20

Cwrtium Custom Manicure

1 hr | £45

Cwrtium Custom Pedicure

1hr | £45

Luxury Manicure

90 min | £60

Luxury Pedicure

90 min | £60

Add Shellac application to any nail treatment for an additional £10

Waxing Treatments

Eyebrow Shape | £7

Lip & Chin wax | £7

Half Leg | £18

Full Leg | £23

Bikini Line | £12

Under Arm | £12

Back Wax | £20

Tinting Treatments

Eyebrow Tint | £8

Eyelash Tint | £10

Eyebrow and Lash Tint | £15

A 48hr patch test is required for all tinting treatments

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 Cwrthium 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 Cwrthium 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.

Cwrthium Health & Spa

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