



COTTAGES PEMBROKESHIRE

Spa Treatments



COTTAGES PEMBROKESHIRE

Our dedicated Spa Treatment Room is located in the Leisure Building at Clydey.

We have several therapists who are able to offer the following treatments and we now also have a Decleor therapist able to offer the renowned Decleor Signature Treatments – please see separate Decleor Treatment Menu.

Our therapists are in demand and appointments become booked up very quickly, so please contact us as soon as possible to arrange your treatment, email admin@clydeycottages.co.uk or call 01239 698619

Please note that the Treatment times listed below, include a 5 – 10 mins consultation with your therapist to tailor your treatments to your exact needs, together with time to undress/re-dress where required.

Massage	Cost	Duration
Aromatherapy Full Body Massage <i>A treatment ideal for relaxation whilst also aiding any ailments you may have. The massage technique is flowing with medium pressure. Your therapist will choose an essential oil blend to suit your requirements.</i>	70.00	1hr 30mins
Aromatherapy, Back, Neck and Shoulder	50.00	45mins
Aromatherapy, Back of Body Massage	60.00	1hr
Aromatherapy, Foot Bath and Massage (Ideal for expectant mothers)	50.00	1hr
3 in 1 Massages <i>These massages combine 3 massage techniques - Deep Tissue Massage, Hot-Stone Therapy and Aromatherapy to stimulate, rejuvenate, soothe and relax. Treatments are tailored to your specific needs:</i>		
Back, Neck and Shoulder	70.00	45mins
Back of Body (ideal for men)	80.00	1hr
Full Body	100.00	2 hrs
Hot Stone Full Body Massage <i>This massage includes the use of hot stones, ideal for any aches and pains. The heat therapy penetrates into the muscle fiber freeing up any tension without having to use deep pressure.</i>	100.00	2hrs
Hot Stone Back, Neck and Shoulder	80.00	1hr
Deep Tissue Full Body Massage <i>A firm and stimulating massage most suited to those who do a lot of fitness. The massage technique will increase blood flow to the muscles and stretch out muscle fibers.</i>	85.00	1hr
Head Massage <i>An Ayurvedic treatment concentrating not only on the head but on the face and back too. A specific massage routine that targets many pressure points making this treatment exceedingly relaxing. Ideal for tense shoulders, headaches & migraines.</i>	50.00	1hr
Reflexology <i>This is an ancient treatment practiced by Egyptians to heal and aid any medical conditions. The reflex points in the foot area relate to areas of the body both internally and externally. Your therapist will explain any areas that showed up during the treatment to see if they relate to you in any way.</i>	70.00	1hr
Pregnancy Massage <i>After 16 weeks you may treat yourself to a gentle pregnancy massage which will help relax the whole body. Lots of cushions are used to make your treatment as cozy and comfortable as possible. You can choose to have gentle and safe essential oils for that extra bit of relaxation or you can have a grapeseed oil base.</i>	65.00	1hr

<u>Treatment Packages</u>	<u>Cost</u>	<u>Duration</u>
Relax and Unwind <i>The perfect pick-me-up, this 3 hour session includes a facial and 2 of the following treatments: luxury manicure, luxury pedicure or shoulder, back & neck massage</i>	140.00	3hrs
Out Of This World <i>This treatment includes a head massage, an aromatherapy massage, mini facial and reflexology</i>	130.00	2hrs 30mins
Relax and Enliven <i>Includes foot bath with foot massage, aromatherapy facial and finishes with a Swedish back of body massage</i>	120.00	2hrs
Full Body Exfoliation and Light Moisturizing Body Massage	75.00	1hr
Full Body Exfoliation, Massage and Facial <i>You will start with a full body exfoliation, followed by a massage and finishing with a mini facial</i>	95.00	2hrs
<u>Hand and Nail Treatments</u>	<u>Cost</u>	<u>Duration</u>
Nail Shape and Polish	25.00	30mins
Luxury Manicure	45.00	Up to 1hr
Luxury Pedicure	45.00	Up to 1hr
Mini Manicure or Mini Pedicure	35.00	Up to 45mins
Non-Chip Gel Manicure (Shellac)	50.00	Up to 1hr
Non-Chip Gel Pedicure (Shellac)	50.00	Up to 1hr
Minx Pedicure	50.00	Up to 1hr
Gel Removal	20.00	30mins
Gel in Fills	30.00	Up to 1hr
<i>*Nail treatment times may vary depending on nail condition and polish application drying times*</i>		
<u>Eye Treatments</u>	<u>Cost</u>	<u>Duration</u>
Eyelash Tint	20.00	30mins
Eyebrow Tint	15.00	15mins
Eyelash and Eyebrow Tint	30.00	30mins
Eyebrow Shape	15.00	15mins
Hollywood Lashes – Semi Permanent Lash Extensions	100.00	Up to 2hrs
Eyelash Perm	75.00	1hr
Semi-Permanent Mascara	85.00	Up to 2hrs
<i>*Some treatment times may vary due to time needed for testing allergens prior to application*</i>		
<u>Waxing</u>	<u>Cost</u>	<u>Duration</u>
Full Leg	30.00	1hr
Full Leg and Bikini	40.00	1hr 15mins
Hollywood	40.00	1hr
1/2 leg	20.00	30mins
3/4 leg	25.00	45mins
Bikini Line	20.00	15mins
Underarm	15.00	15mins
Lip	15.00	15mins
Chin	15.00	15mins
Lip and Chin	20.00	30mins
Eyebrows	15.00	15mins
<u>Facials</u>	<u>Cost</u>	<u>Duration</u>
Aromatherapy facial using handmade, local and organic products that are tailor made to suit your individual skin requirements	65.00	1hr
Facials are available with an additional soothing massage of the face & head Facial + Massage	80.00	1hr 20mins
Extra relaxing facial package includes a 1 hour facial, a back, neck and shoulder massage plus additional head massage	100.00	2hrs