

## quick luxuries

### bespoke skin polish

An over-all body exfoliation and layering of richly nourishing products to leave the skin looking radiant and feeling wonderfully smooth.

treatment time - 25 minutes £30.00

### aching foot relaxer

This reflexology inspired treatment revives aching and tired feet, using a combination of scrubs, lotions, gels and oils. Leaving feet deeply nourished.

treatment time - 25 minutes £35.00

### head massage

A relaxing deep style massage that focuses on the head, applying a range of techniques to help reduce stress and release tension.

treatment time - 20 minutes £20.00

**or choose two of the treatments for £45.00**

## well-being rituals

### clear your mind

Take some time out from daily stress and a hectic lifestyle. A traditional aromatherapy massage which uses award-winning De-Stress Mind body oil to help clear your mind and refocus your thoughts.

Full body treatment time - 50 minutes £65.00

### sleep deeply

The perfect ritual for those who struggle to sleep. A deeply sedating massage, using Swedish techniques to balance the nervous system and ease an over active mind. This powerful massage is in conjunction with the Deep Relax body oil, which will induce a serious state of relaxation, leaving you prepared for a deep sleep.

Full body treatment time - 50 minutes £65.00

### immune recovery

Keep your immune system strong with this purifying, fortifying upper body treatment. Using inhalation and pressure point massage techniques to open up airways and maximise effective breathing. A mix of essential oils boots natural immunity, with anti-bacterial and anti-viral properties.

Upper body treatment time - 25 minutes £45.00

## booking information

Due to Social Distancing, we are currently unable to offer Spa packages or use of the Spa Facilities until further notice. We are also unable to offer Facial treatments until further notice. Please come alone to your treatments, and arrive only at your Scheduled appointment time. You will be required to wear a mask for the duration of your visit.

## cancellation policy

To ensure we are offering all clients the safest experience possible, we ask that if you are feeling unwell to contact us as soon as possible, so that we can re-arrange your appointment.

For Saturday appointments or large bookings, we will require a 50% deposit, however, if you must cancel due to illness, we are able to transfer this deposit to another appointment on one occasion only. Further cancellations will result in loss of deposit.

## spa etiquette

We politely request that you respect other guests and the ethos of the spa. Please switch your phone to silent during your visit. Please leave your personal belongings and valuables in lockers.

## medical & allergy information

Some treatments are not suitable for certain medical conditions, please inform us on booking of any pre-existing medical conditions and we strongly recommend you consult your doctor before booking any treatments. You must declare any surgery that has taken place in the last 12 months before your appointment. If surgery had taken place in the last 12 months your treatment may be cancelled.

Any conditions requiring life maintaining medication will not be accepted. A patch test may be required 24 hours prior to certain treatments, please consult our spa therapists if you have any skin conditions, such as Psoriasis or Eczema, as well as any other allergies or conditions that may affect your treatment, for example a nut allergy. To avoid disappointment please consult a medical professional and bring a Doctor's note clearing you for any treatments. Treatments may be cancelled at the discretion of our spa therapists.

## terms and conditions

The minimum age requirement for spa treatments is 18 years old. The minimum age for Jessica Nails treatments and use of spa facilities is 16. If you are thought to be under the influence of alcohol or drugs you will be refused your treatment



**ABERCONWY SPA**  
AT LANGLEY'S COUNTRY CLUB

01492 572 002 | [spa@aberconwy.co.uk](mailto:spa@aberconwy.co.uk)  
aberconwy park, conwy, north wales ll32 8ga



## manicures

### aberconwy prescriptive manicure

Nails are cleansed, cut and filed. Hands are then exfoliated to brighten and hydrate, cuticles are treated and trimmed, followed by a nourishing hand and arm cream. Nails are then polished to perfection with your chosen colour.

treatment time - 60 minutes £25.00

### aberconwy luxury manicure

The prescriptive manicure just got better! Massage & heated mittens are incorporated to ensure thorough absorption of nourishing creams, oils & lotions, creating deeper hydration and healthier nails. Then finished with a colour of your choice.

treatment time - 75 minutes £35.00

## pedicures

### aberconwy pedicure

Nails are cleansed, dry heels are filed and exfoliated, then nourished to brighten and hydrate, cuticles are trimmed, softened and care for. All finished with a colour of your choice.

treatment time - 60 minutes £30.00

### luxury aberconwy pedicure

Hard skin will be removed, feet and legs will be massaged with deep conditioning creams leaving them softer and smoother, your cuticles will be groomed and your toenails will be beautifully shaped. Ready for your chosen colour to be perfectly applied. You'll also benefit from a refreshing Hot Stone foot massage and soothing Thermal Boots during the treatment.

treatment time - 90 minutes £45.00

### add gel to any manicure or pedicure

treatment time - 30 minutes £10.00

### file & polish

Nails are filed, shaped and finished with either a standard polish or a gel polish

treatment time - 30 minutes Gel polish £27.50  
Standard polish £15.50



## facials

### aberconwy prescriptive facial

Your Therapist will choose the most suitable products for your skin. Cleanse, exfoliator, facial massage and finishing products will all be applied. Leaving your skin glowing

treatment time - 25 minutes £35.00

### aberconwy signature facial

Your Therapist will choose the most suitable products for your skin. A cleanse, exfoliate, massage and face mask will all be carried out along with a relaxing head massage. Finishing products will then be applied to end the treatment leaving your skin feeling fabulous.

treatment time - 50 minutes £55.00

## facial add on

### cold stones

Using small chilled marble stones, a massage can be focused around the eye area to help reduce puffiness, around the jawline to relieve sinus+ allergy symptoms or all over to brighten up your skin.

treatment time - 5 minutes £5.00

### high frequency

A mild electrical current passes through a glass electrode to help treat and prevent stubborn acne, reduce large pores and to minimize the appearance of fine lines and wrinkles.

treatment time - 5 minutes £5.00

### galvanic

A direct electrical current is used to introduce water soluble substance's into the surface of the skin. This helps to improve absorption so is therefore the perfect add on for dry/dehydrated skin.

treatment time - 5 minutes £5.00

## eyelash and brows

A tint/glue test will be need to be carried out 24 hours prior to these treatments.

**eyebrow wax + tint** £15.00

**eyebrow shape** £7.50

**eyebrow tint** £10.00

**eyelash + brow tint** £15.00

**eyelash tint** £12.50

**weekend lashes** £25.00

## waxing & tanning

### ladies waxing

Full leg - treatment time - 60 minutes £25.00

Half leg - treatment time - 45 minutes £20.00

Bikini - treatment time - 30 minutes £17.50

Underarm - treatment time - 20 minutes £15.00

### gents waxing

back - treatment time - 45 minutes £20.00

chest - treatment time - 30 minutes £20.00

### skinnytan

Lotion tan - treatment time - 50 minutes £25.00

## massage therapies

### aberconwy signature massage

A carefully applied pressure will stimulate the nervous system, using Swedish and neuromuscular techniques to relieve muscular tension. Lymphatic drainage will encourage healthy circulation. An ideal treatment to dissolve stress and tension.

Back, Neck & Shoulder treatment time - 25 minutes £35.00

Full Body treatment time - 50 minutes £60.00

### hot stone massage

Ideal for those who suffer from muscular pain, stress, anxiety or insomnia. Different sized heated volcanic stones are combined with hand pressure to promote a relaxed state allowing for a deeper massage, to encourage healing and relieving aches and pains.

Back, Neck & Shoulder treatment time - 25 minutes £45.00

Full Body treatment time - 50 minutes £70.00

### intensive muscle release massage

Designed for tight, stressed and aching muscles. The treatment uses Swedish and cross muscle fibre massage techniques, with stretching and draining. These are combined with essential oils known for beneficial effects on circulation, which will help disperse the build-up of lactic acid and soothe aches with natural anti-inflammatory effects.

Back, Legs & Arms treatment time - 45 minutes £60.00