

LLANGOLLEN SPA

AROMATHERAPY ASSOCIATES

BODY TREATMENTS

- **Pause & Reset** 🌿 (50mins) **From £65**

Rebalancing treatment to support hormonal changes. Your choice of targeted oil blends, body brushing, hydrating body care, soothing abdominal massage & reflexology for hands & feet

- **Forest Therapy** 🌿 (50mins) **From £65**

A grounding treatment using the Forest Therapy blend to cleanse, recharge & reconnect. Includes deep back, leg & scalp massage, warm mud mask for hands & feet, hot stone placement & guided steam inhalation.

- **Muscle Release** 🌿 (50mins) **From £65**

A deep tissue massage using Swedish & cross-fiber techniques with stretching & drainage to ease tight, aching muscles. Warming oils of black pepper, rosemary, & ginger help relieve stiffness & boost recovery.

SPA DAYS

- **Luxury Spa Access** **From £30**

Perfect to escape the stresses of everyday life. Unwind for 2 hours in the thermal spa, finishing off with a glass of fizz served in The Glass House. Towel and robe included.

- **Pause & Unwind** **From £60**

Escape for 2 Hours in the thermal spa and enjoy a 25 minute treatment from a choice of: Neck, Shoulder & Head Massage, Express Facial, Body Polish or Foot Ritual. Towel and robe included.

- **Perfect Pamper** **From £90**

Escape for 3 hours in the thermal spa, and enjoy a 50 minute Trio of Treatments. Towel and robe included.

PREGNANCY TREATMENTS

Available from 14 weeks-Birth, benefits both mother & blossoming bump.

- **Ultimate Pregnancy Massage** 🌿 (50mins) **£75**

A nurturing full body massage using pregnancy safe oils, with a focus on relieving stress in the upper back & shoulders. Includes scalp massage & a gentle facial cleanse, tone & massage.

HANDS & FEET

- **Luxury Manicure/Pedicure** (55mins) **£45**
- **Gel Pedicure/Manicure** (55mins) **£45**
- **Gel Removal** (25mins) **£15**

FACIAL TREATMENTS

- **Pro-Glow Facial** 🌿 (50mins)

More than just a facial - cleanse, exfoliate & revitalise your skin while rebalancing mind & body **£65**

EXPRESS TREATMENTS

- **Express Facial** (25mins) **From £45**

A revitalising mini facial that cleanses, exfoliates, and boosts your glow while rebalancing mind and body. Perfect for a quick skin refresh and moment of calm.

- **Scalp, Neck & Shoulder** (25mins) **From £45**

An uplifting scalp, neck, and shoulder massage combining breathwork, pressure points, & Ayurvedic techniques to release tension, boost circulation, restore energy & focus.

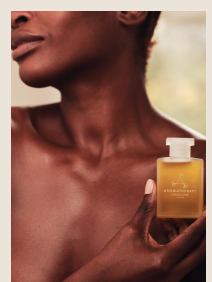
- **Back, Neck & Shoulder Massage** (25mins) **From £45**

A focused massage to relieve tension and soothe aching muscles in the back, neck, and shoulders. Perfect for a quick reset or easing desk-related stress.

LLANGOLLEN SPA'S SIGNATURE TREATMENT

- **Ultimate Aromatherapy Massage** 🌿 (80mins) **£100**

A deeply therapeutic full body massage tailored with your chosen oil from 14 blends. Combines Swedish, chakra, neuromuscular, lymphatic & meridian techniques to restore balance to body, mind & spirit.



*Weekend surcharge may apply.

*Aromatherapy Associates Treatment & Products 🌿

THE
WILD PHEASANT

HOTEL & SPA