

welcome to Peterstone Court spa

Escape to the sanctuary of Peterstone Court spa, where we pride ourselves on providing you with a perfect escape from the stresses and strains of life.

Our spa is a haven of calm and luxurious indulgence. It's a place where you can relax and unwind, and enjoy some precious 'Me Time'.

Our spa facilities include a relaxing Jacuzzi, infrared sauna, seasonal heated outdoor pool, plus a fully equipped gymnasium, and a serene Moroccan-styled relaxation room. We offer a wide range of indulgent and beneficial beauty and massage treatments for both men and women.

products

At Peterstone Court, we take a natural and holistic approach to wellbeing. This ethos extends from our food, made using fresh home-grown ingredients from our farm, to the organic products used in our spa.

We are therefore proud to use products from Organic Elements, Royal Effem, and circaroma for a truly holistic experience:

Organic Elements / 'Oe'

Organic Elements takes an holistic view of cosmetics and considers every being in its uniqueness: Lifestyle and skin characteristics, wellbeing and beauty. 'Oe' believes skincare products should be chosen with the same care used to choose the food we eat – products should be natural, healthy, and pure.

circaroma

circaroma is passionate about using exceptionally pure ingredients in a powerful fusion of aromatherapy and herbalism, by drawing on ancient wisdom and giving it a modern interpretation. circaroma is used in our spa signature treatments, created especially for you by us to nourish and nurture your skin.

Royal Effem

Royal Effem believes in caring for your skin while in pursuit of flawless beauty. This complete range of prescription make-up is as beneficial to your skin as any premium skincare line.



eyes & face

eyes

'circaroma' Treat for Eyes

(30 mins)

One of our signature treatments, this is specifically designed to awaken tired, puffy eyes.

'Oe' Rejuvenating Eye Treatment

(45 mins)

Specifically formulated to combat fine lines, puffiness and dark circles, this intensive eye treatment is designed to soothe, hydrate, and awaken, giving you brighter eyes instantly!

face

'circaroma' Facial

(45 mins)

The skin is purified and pampered with our fragrant circaroma range, leaving it feeling refreshed, rejuvenated, and restored.

'circaroma' Complete Facial Treatment

(90 mins)

An indulgent fusion of the circaroma Facial and the Treat for Eyes.

especially for men

Vitality Face Care for Men

(45 mins)

Specifically designed for the skin care needs of men. Enjoy a deep cleanse to remove impurities, and a gentle exfoliation to lift ingrown hairs. Then a soothing face and scalp massage will leave you relaxed, and your skin will feel clean, fresh, and rejuvenated.

Organic Elements / 'Oe' facial treatments

More than just a facial, these in-depth treatments will soothe your skin and soul, while we pamper your individual needs to give you an experience that will linger long after you leave.

Enjoy Your Face – suitable for all skin types

(60 mins)

Detoxifies, purifies, and balances all skin types. Oily skin feels fresh and appears more even; Sensitive skin is re-hydrated, which helps de-sensitise the skin to leave it looking brighter and feeling more relaxed; Dry skin is nourished, which helps to improve skin tone and diminish the signs of ageing.



face

Organic Elements / 'Oe' facial treatments (cont.)

Easy Pureness – suitable for oily / combination skin (75 mins) A specialised treatment to re-hydrate, replenish, and protect the skin, and to improve water reserves without adding oil to the skin. Expect your complexion to look brighter, less shiny, more even-toned, and with less visible pores and blemishes.

Emotional Balance – suitable for acne-prone skin (75 mins) This treatment will assist the healing process, leaving acne-prone skin looking brighter and feeling more comfortable. Your complexion will appear more balanced, with blemishes and blackheads less noticeable.

Emotions Away – suitable for sensitive skin (75mins) This treatment really calms sensitivity by re-hydrating at the very deepest layers of the skin. Redness is reduced, leaving your complexion looking and feeling more comfortable.

Exceptional Menu – suitable for dry skin (75 mins) Using nourishing products with ingredients such as vegetable collagen, ginseng, wheatgerm and rice, this treatment works to intensively moisturise, re-hydrate, and stimulate the skin, whilst providing an additional antiageing action. Your skin will look and feel exceptionally radiant!

Embracing Waters – suitable for dehydrated skin (75 mins) Environmental and lifestyle factors such as air-conditioning, central heating, smoking, alcohol, and not drinking enough water, affect the condition and hydration of our skin. This treatment provides your skin with a welcome boost of water, which is vital – even for those with oily skins!

Eluding Time – suitable for the first signs of ageing (75 mins) Promotes gentle cleansing with enzyme exfoliation, and cell regeneration with intensive nourishing. Improves elasticity, hides fine lines, and gives the skin a youthful glow.

Experience New Vitality – deep anti ageing treatment (90 mins) Products such as glycolic acid, seaweed, and vitamins C and E all help this treatment to improve cell renewal and microcirculation, leaving your skin looking and feeling radiant. Elasticity is noticeably improved, and fine lines are visibly reduced.



massage

Swedish Massage (back – 30 mins / full body – 60 mins) Invigorating movements and deep massage techniques help to ease tension, relieve stress, and alleviate muscular aches and pains.

Recovery Thai Head Massage

(45 mins)

A soothing and calming back, neck, shoulder and scalp massage. A hot herbal poultice is massaged into the muscles to ease tension and restore vital tranquillity, after which a blend of aromatherapy oils are smoothed onto the skin using soft massage techniques. A deeply relaxing experience.

Indian Head Massage

(30 mins)

A pressure point massage that focuses on the face, head, back, neck and shoulders, relieving muscle tension as well as helping to soothe headaches, sinus congestion and eye strain. You will leave perfectly relaxed and rested.

Signature Aromatherapy Massage (back – 30 mins / full body – 60 mins) This aromatherapy massage promises light, sweeping movements to release the aromas of the essential oils. The strokes are slow and soothing, while the aromas lift your mood.

Signature Hot Oil Massage (30 mins / 60 mins / 90 mins) Enjoy the warming sensation of heated oils enveloping your whole body, combined with the heat and soothing touch of your therapist's hands. The warmth penetrates deep into the muscle tissue, easing tension and leaving you completely relaxed.

Signature Hot Stone Massage (30 mins / 60 mins / 90 mins) Experience deep relaxation and increased energy flow as warm basalt stones glide over your body, penetrating heat into the deep tissues of your muscles. This unique treatment promises to leave you warm, rested, and in a deep state of relaxation.

especially for men

Men's Massage

(30 mins)

Therapeutic back massage incorporating the soothing heat of an infrared lamp to warm deep into the muscle tissue. Beneficial for deep muscular

pain, or backaches.



pre-natal treatments

pre-natal treatments

Being pregnant has never felt so good!

Belly Bliss (30 mins)

A gentle belly exfoliation, a deeply hydrating mask, and a soothing massage helps to prepare the skin for your growing baby and prevent stretch marks. An absolute must for growing tummies!

Mama Mia (75 mins)

Ideal from 3 months onwards, this treatment is adapted at every stage of pregnancy. First enjoy a relaxing back massage to soothe sore muscles, then the face is cleansed and rebalanced, followed by a massage to the lower legs and feet, which helps restore a feeling of lightness and comfort.

Yummy Mummy (2 hrs 10 mins)

Whether you're blooming and glowing, or breaking out and not feeling your best, let us soothe, smooth, and beautify you until you're feeling like the 'Yummy Mummy' you're meant to be!

Our pre-natal facial will help rebalance, cleanse, and regulate your skin, our mummy manicure will strengthen dry, brittle nails as well as moisturise your dry hands and cuticles, then an eyebrow tweeze and mineral make-up application will leave you positively glowing!



body refiners & wraps

'circaroma' Body Bliss

(45 mins)

Enjoy a full body exfoliation with circaroma's refreshing wild cedarwood body polish. Then enjoy a full body massage using circaroma's amazing body butter.

'circaroma' Life Saving Back Treat

(45 mins)

A combination of exfoliation, mask, and lotion will leave your sometimes neglected back feeling deeply cleansed, moisturised, and eased of tension.

'Oe' Body Glow

(60 mins)

Indulge in an ancient royal treatment in which crushed sea salts with special blends of oils are used to deeply exfoliate, refine, and purify your skin. After a refreshing shower, an intense and regenerative massage stimulates your body, leaving you relaxed, baby soft, and positively glowing!

'Oe' Purifying Back Treatment

(60 mins)

Specifically for the treatment of problematic back skin, this deeply cleansing and exfoliating treatment will leave your back feeling clean and refreshed.

wraps

Signature Complete Detox Body Wrap

(75 mins)

After a full body exfoliation, relax in a warm cocoon, enjoying a soothing scalp massage while the active natural ingredients of the body wrap get to work. Once the wrap is removed, a refreshing lotion is applied, leaving your skin soft and smooth.

'Oe' Draining Contouring Cellulite Treatment

(60 mins)

Oe's intensive treatment for cellulite uses ingredients specifically for stimulating circulation and aiding drainage. Extensive exfoliation and a deep invigorating massage will leave your skin feeling smooth and more supple.

'Oe' Algae Slimming Modelling Treatment

(90 mins)

This treatment helps to shape the body and tone the skin, while improving texture and circulation. Your skin is exfoliated, enveloped in an algae wrap, and active ingredients are applied. You will enjoy a sense of deep relaxation, and will leave feeling invigorated, refreshed, and beautiful.



hands

File and Polish

(15 mins)

When time isn't on your side, enjoy a 'pit stop' manicure.

Manicure

(30 mins)

Nails are filed and shaped, cuticles are trimmed, and hands are treated to a softening massage. Nails are then polished to perfection, leaving you with hands you can be proud to show off.

Signature Spa Manicure

(45 mins)

The ultimate re-conditioning treatment for hands and nails. Hands are soaked and exfoliated before being smothered in a treatment cream and wrapped in a mask. Hands are then treated to a massage, before nails are polished in a colour of your choice.

Cocktail Manicure

(45 mins)

Escape the real world for a moment and join us for a cocktail and some pampering at our nail bar! Choose from our range of cocktail-coloured manicure products and sip on the corresponding cocktail, while you enjoy having your nails filed and polished to perfection!

Professional Nail Extensions

(90 mins)

Acrylic and gel extensions available with a choice of finishes – French, colour, or natural. Let our professional nail technician help you decide what type would suit you best.



especially for men

Hand Care for Men

(30 mins)

Hands are soaked and exfoliated to soften and cleanse, then the nails and cuticles are trimmed and shaped.



feet

File and Polish

(15 mins)

When time isn't on your side, enjoy a 'pit stop' pedicure.

Pedicure

(45 mins)

Enjoy a warm foot spa to begin, then your feet are exfoliated, nails are filed, cuticles trimmed, and the skin is moisturised. Nails are then polished with two coats of your favourite colour.

Signature Spa Pedicure

(60 mins)

Enjoy the ultimate re-conditioning treatment for your feet. Feet are soaked, cleansed and exfoliated, then smothered in a softening mask rich in nourishing active ingredients. Feet are then massaged, and nails are beautifully polished.

Ice Cream Pedicure

(60 mins)

A perfectly yummy treat for feet. Choose from our four luxurious ice cream scented pedicure products, then enjoy the taste of the corresponding ice cream while you sit back, relax, and experience this indulgent pedicure.

Medi Pedi (75 mins)

A signature treatment geared towards dry skin and hardened callous build up that can occur from wearing improper shoes, or excessive walking or running. Expect lots of scrubbing, buffing, and filing! Your feet will feel softer than you ever thought possible.

Reflexology

(30 mins / 60 mins)

Foot reflexology is a method of stimulating the reflex points of the feet to help relax and rejuvenate each and every part of the body.

Recovery Foot and Leg Massage

(30 mins)

A relaxing massage specifically developed to rejuvenate your tired feet and legs. A perfect antidote after a long walk through the Beacons, or a hike up Pen Y Fan!

especially for men

Foot Care for Men

(30 mins)

Feet are soaked and exfoliated, hard skin is removed, and nails are trimmed and tidied. A soothing foot and leg massage then helps moisturise and relax.



essentials

waxing

Half leg Half leg and bikini Full leg Full leg and bikini Underarm Bikini (standard) Brazilian Forearm Lip Chin Evebrow

eye treatments

Eyelash tint Eyebrow tint Eyelash and eyebrow tint Eyelash perm and tint

tanning

St. Tropez full body and exfoliation St. Tropez part body and exfoliation

make-up

Professional make-up application Professional make-up tuition Professional wedding day make-up (includes trial)

especially for men

Back wax Shoulder and arm wax Chest wax Eyebrow tidy



pamper parties

princess pamper parties

Celebrate your birthday in style with one of our tailor-made party packages for little and teen princesses! These packages are designed to accommodate between 6 and 15 guests, although we can alter the parties to suit your individual requirements.

Each pamper party package will include exclusive use of our spa facilities (time spans differ for each of the following packages), plus use of the seasonal pool in the summer months, or complimentary juice and nail decals in the winter months, party treats, a special gift for the birthday girl, and a voucher for Mum or Dad so they can come back and relax after all of their hard work!

we have three 'princess pamper party' packages to choose from:

Express Princess Party

(2 hrs)

- Princess mini manicure
- Princess mini pedicure

Little Princess Sparkle Party

(3 hrs)

- Princess mini manicure
- Princess mini pedicure
- Sparkle make-up application
- Special princess tiaras
- Cookies and juice

Luxury Diva Party

(4 hrs)

- Diva facial
- Sparkle make-up application
- Flavoured mini manicure
- Ice cream mini pedicure
- Sparkling non-alcoholic cocktails
- Ice cream served with pedicures!



hens & pamper parties

pamper parties

Hen 'Do' Pamper Parties

(8 hrs)

Specifically designed for large groups of 8 or more, our Hen packages include exclusive use of the spa for the day, including sole use of our relaxation room, and use of the leisure facilities, including the seasonal pool, Jacuzzi, infrared sauna, and gym. Everyone receives a glass of champagne on arrival, and you can enjoy the complimentary tea, coffee, and water in the spa area, plus a delicious 2-course meal. Robe, towels, and slippers are also provided for the day. Choose from the following:

'Relax' Pamper Package

- · 'circaroma' facial
- Indian head massage

'Retreat' Pamper Package

- Cocktail manicure
- Pedicure
- 30-minute massage

brides

Bride-to-Be Package

(3 hrs 30 mins)

Specifically designed to pamper and relax the busy bride-to-be.

- Manicure
- Pedicure
- Wedding day make-up with trial, if desired
- · Blissful Body, or facial treatment



experience days

Our spa experience days are the perfect way to escape the chaos we sometimes experience in our daily lives, whether it be the stress of your job, or family responsibilities. Let us be your retreat away from everyday reality, if only for one day.

Each package includes a selection of treatments (as specified below), full use of our spa facilities, including the seasonal pool, Jacuzzi, infrared sauna, and gym, a delicious lunch, use of robe, towels, and slippers, plus complimentary tea, coffee, and iced water in the spa area.

Between 9.30am-6pm

'circaroma' Harmony

(45 mins)

The perfect way to pamper yourself. Includes one 45-minute treatment. Choose from the following:

- Full body massage
- Facial
- Treat for Eyes
- Life Saving Back Treat
- Blissful Body

'circaroma' Serenity

(90 mins)

Indulge in one of our best 'circaroma' delights. Includes one 90-minute treatment. Choose one of the following:

- Complete facial
- Hot oil massage
- Body wrap
- Spa pedicure with facial

'circaroma' Indulgence

(2 hrs 15 mins)

Our finest 'circaroma' experience. Choose one treatment from 'Harmony' and one from 'Serenity', as listed above.

Twilight Package

(4pm-8.30pm)

An indulgent way to de-stress and unwind after a hard day's work, or when time is limited. Choose one of the following 1-hour treatments:

- Pedicure
- Facial
- Massage
- Body Bliss



experience days

Warm Up and Chill Out

(3 hrs)

A blissful selection of the most relaxing treatments available at Peterstone Court spa.

You will experience the delights of the following:

- A paraffin-infused pedicure
- 60-minute hot stone massage
- Recovery Thai head massage

'Oe' Pure Luxury Treatment

(4 hrs)

You will experience the delights of the following:

- An all over beautifying experience
- 'Oe' Body Glow
- 'Oe' body wrap specified to your needs
- 'Oe' Enjoy your Face treatment
- Light make-up application





contact us

Peterstone Court Spa

To book any treatments, packages, or experiences at the spa, please call us between 9am–5pm, 7 days a week. Please book in advance to avoid disappointment.

telephone: 01874 665912

or email us: spa@peterstone-court.com

please note:

All bookings must be reserved with a credit / debit card, and we require 24-hours notice of any cancellations to avoid incurring a charge.

Please notify our staff if you are pregnant, or have any special medical considerations so that the appropriate measures or preparation can be made.

Please arrive 15 minutes before your appointment time. Treatment times as listed include a consult with your therapist and preparation time.

The spa does not have a dress code, so please wear comfortable clothes.

The sauna and Jacuzzi are in communal areas and are unisex, so swimwear is essential in order to use these facilities.

Our separate male and female changing rooms are both fully equipped with shower gel, shampoo, conditioner, hair dryers and moisturiser.

Although we have highlighted a small selection of treatments especially for men, all our treatments can be adpated to suit men.

And, while we welcome children here at Peterstone Court spa, please note that children under 12 years of age are not allowed in the quiet areas of the spa.

Thank you.

Gift vouchers up to any value are also available...
... the perfect present for a birthday, anniversary,
Christmas, or other special occasion.



everlookmarketing.co.uk





















