

The Spa



Beauty and Health Spa
“Be Natural, Stay Natural”



Peterstone
SPA Court

Peterstone Court Spa

Peterstone Court Spa is nestled in a prime location in the Brecon Beacons. Our specialist spa team is always on hand so you can enjoy the wonderful ambience and experience a full range of treatments and we are dedicated to a personalised service. As well as the facilities, the professionally-trained staff and the endless supplies of bathrobes and towels await.

OUR PRODUCTS

Dermalogica Circaroma OPI Shellac

To book any treatments, packages or spa days here at Peterstone Court Spa, please call us between 9am - 7pm Monday to Friday and 9am - 5pm Saturday to Sunday. Please book in advance to avoid disappointment.

📞 01874 665912

✉ spa@peterstone-court.com

📘 www.facebook.com/PeterstoneCourtSpa

📱 @PeterstoneCourt

www.Peterstone-Court.com/spa



Peterstone
SPA *Court*



Spa days

Escape the daily grind and kick back in style. From time to time everyone needs to take a load off, put their feet up and just relax. We have a number of spa days available to choose from which can all be found by exploring the booking options below. Treatments vary by spa day to offer a wide selection in order to cater for your every need.

Each of our packages include all of the following: full use of our spa facilities – jacuzzi, sauna, gym and Moroccan relaxation room, a delicious two-course lunch (drink included Monday to Saturday), use of robes, towels and slippers plus complimentary tea, herbal tea, coffee and water in the relaxation room. Our outdoor heated pool opens from May to September.

OUR FAMOUS HALF-DAY SPA

10am-2pm or 12pm-5pm

Choose one of the following 25-minute treatments: Dermalogica facial, warm aromatherapy back neck and shoulder massage, energising body buff OR a Shellac manicure.

HARMONY

10am-5pm

Choose one of the following 45-minute treatments: Indian head massage, back cleanse, Dermalogica facial OR reflexology.

DIVINE

10am-5pm

Choose one of the following 55-minute treatments: warm aromatherapy full body massage, Dermalogica facial, spa pedicure with Shellac, a Swedish back neck and shoulder massage with a Dermalogica facial OR an energising body buff with a Dermalogica facial.

SERENITY

10am-5pm

Choose one of the following 85-minute treatments: total body care with hot stone therapy, cosy detoxing clay cocoon with an extended head massage, Dermalogica facial OR both a Shellac manicure and a luxury spa pedicure.

TWILIGHT

3pm-7pm (evening meal at 7pm)

Choose one of the following 45-minute treatments: Indian head massage, back cleanse, Dermalogica facial OR reflexology – and enjoy an evening meal to finish off a relaxing afternoon.

Body treats

We begin our massages with a spa welcome touch of warm lemon grass for that extra feeling of luxury.

AROMATHERAPY MASSAGE

Massage to suit your chosen pressure, warm oils enveloping you, easing tension – will leave you completely relaxed.

Relax – lavender & ylang ylang.

Energise – lemon grass & eucalyptus.

Tone – tea tree & orange.

Warmth – ginger & black pepper.

BACK NECK & SHOULDER MASSAGE

25mins

FULL BODY MASSAGE

55mins

FULL BODY, FACE & SCALP MASSAGE

85mins

HOT STONES MASSAGE

Warm smoothed basalt stones glide over your body, penetrating heat deep into aching muscles whilst the aroma of eucalyptus and lemon grass leaves you warm, rested and in a deep state of relaxation.

BACK NECK & SHOULDER

25mins

FULL BODY MASSAGE

55mins

FULL BODY, FACE & SCALP MASSAGE

85mins

INDIAN HEAD MASSAGE

A pressure point massage that focuses on the face, head, back, neck and shoulders, relieving muscle tension as well as helping to soothe headaches and sinus congestion.

FACE, SCALP & CHEST

25mins

ABOVE & FULL BACK MASSAGE

45mins

SWEDISH MASSAGE

Invigorating movements and deep massage techniques help to ease tension, relieve stress, and alleviate aches and pains.

(please note our Swedish massage does not include the spa welcome touch)

BACK NECK & SHOULDER

25mins

FULL BODY MASSAGE

55mins

Our dual treatment room offers friends and couples the perfect place to enjoy treatments together. Please quote 'dual room' when booking.

Face

WELCOME TO THE BEST SKIN EVER

At Dermalogica, their passion for skin health borders on obsession. When others talk about pampering, beauty or fancy packaging, they deliver results. Every Dermalogica product is research by the International Dermal Institute and available for purchase from qualified skin care professionals worldwide. Experience for yourself what the world's leading skin therapists have known for years. Meet Dermalogica and your best skin ever.

dermalogica

A TAILORED REGIMEN FOR EVERY SKIN CONCERN

Dermalogica's skin treatment systems are each designed to address a specific set of concerns to help you achieve your best skin ever. Not sure where to start? Ask our team for a Face Mapping skin analysis, the ultimate way to diagnose your skin's needs and craft a personalised regimen to meet them.

EXPRESS FACIAL

25mins

INTRODUCTORY FACIAL

45mins

ADVANCED FACIAL

55mins

DELUXE FACIAL

85mins



Body beautiful

BACK CLEANSER

A facial for your back, this decongesting treatment helps improve skin texture and tone. The back is cleansed and exfoliated with tea tree before a soothing linseed and camomile flower mask is applied. The final touch is a citrus aromatherapy back massage. This is excellent for problem, congested skin on the back or merely to revitalise dull looking skin.

45mins

ENERGISING BODY BUFF

Experience an energizing full body buff to remove dead skin cells and improve circulation. Dull, lifeless skin will be stimulated leaving you feeling smooth and zingy with our Circaroma wild cedar wood & salt scrub. You'll be left feeling smooth, hydrated and refreshed.

25mins

TOTAL BODY CARE WITH HOT STONE THERAPY

Your skin is treated to a full body Circaroma brown sugar & ylang ylang flower exfoliation, leaving it feeling soft and smooth. This is followed by a body, face and head massage using Circaroma's lemon zest & geranium butter along with hot stones to release tension and restore your well being.

1hr 45mins

COSY DETOXING CLAY COCOON

A top-to-toe luxurious pampering Heavenly Organics Skincare treatment including an orange & zingy lime exfoliation, warm body cocoon and head massage. The treatment is finished with a light massage, the indulgent spa recipes will leave your skin feeling smooth, silky and conditioned, and a light coconut oil massage.

75mins

Beauty secrets

High definition eyebrows, our six steps to perfect brows. Consultation, tint, trim, wax, tweeze & set. 15% off brow pencils when booking in for this treatment.

30mins

WAXING

Half leg	High bikini
Half leg + bikini	Brazilians / Hollywood
Half leg, bikini + underarm	Eyebrow wax
Full leg	Eyebrow + lip
Full leg + bikini	Lip
Full leg, bikini + underarm	Lip & chin
Standard bikini	

TINTING

Eyelash tint	
Eyebrow tint*	*24hr patch test is required

TANNING

FULL BODY TAN

with choice of original or dark, including sticky feet and a hair protector

30mins

TOP-UP TAN

only available within seven days of your initial tan

15mins

ST.TROPEZ TANNING PRODUCTS

St Tropez full body spray tanning gives a rich bronze result which will last for days. Professionally applied by our therapists and taking no less than 15 minutes, you can expect ultra flawless results. And with St Tropez's innovative fragrance technology Aromaguard, the distinctive self tan aroma is eliminated by a minimum of 70%, you'll smell as good as you look!

ST.TROPEZ

Mums to be

These treatments are suitable from three months onwards. Feel safe and secure in the hands of our fully-trained pregnancy massage therapists and feel the benefits immediately... being pregnant never felt so good!

MASSAGES

A massage technique specifically designed for pregnant women to help relieve common pregnancy discomforts and promote mother and baby's wellbeing. A prenatal massage is very gentle and effective and has many benefits for the mother, such as increasing energy, easing aches and pains, slowing the process of varicose veins, reducing fluid retention and releasing stress.

BACK, NECK & SHOULDER *25mins*

BACK, NECK & SHOULDER, FEET & ARM AND HANDS *55mins*

LUCKY LIGHTER FEET

A warm, fragrant mineral salt-rich foot soak and exfoliation to energise, reduce swelling and stimulate circulation. Includes a gentle lower leg and foot massage. Your feet tend to take the strain during the nine months so why not soothe your feet with our indulgent foot treatment? *30mins*

GLOWING FACIAL

Specifically designed to help with hormonal breakouts to give you a gorgeous pregnancy glow. Lots of cleansing and exfoliation help to clarify and even out your skin tone... get ready to look and feel gorgeous! *45mins*

MAKE A DAY OF IT?

Mama Mia spa day – unwind and relax in our relaxation room with complimentary hot drinks, use of fluffy robes and slippers and some well-needed YOU time! In this package you be pampered from head to toe, starting with a glowing facial, back neck & shoulder massage and a lucky lighter feet foot treat. To top off the day, enjoy a two-course lunch & drink. *1hr 35mins*

*EXCLUDES USE OF THE SAUNA/JACUZZI AS THESE ARE NOT SUITABLE DURING PREGNANCY

Hands

LUXURY SPA MANICURE

Hands are soaked in warm lavender water, followed by a full manicure and refreshing salt scrub before moisturising and placed into heated mitts. We have two different finishes to choose from:

O.P.I POLISH *45mins*

SHELLAC GEL POLISH *60mins*

MANICURE

Hands are soaked in warm bubbly water, nails are filed, cuticles pushed back & trimmed and moisturiser is applied. We have two different finishes to choose from:

O.P.I POLISH *30mins*

SHELLAC GEL POLISH *45mins*

COCKTAIL MANICURE

Join us for a cocktail and some pampering at our nail bar. Enjoy a full manicure with a fruity soak and have your nails polished to perfection! We have two different finishes:

O.P.I POLISH *30mins*

SHELLAC GEL POLISH *45mins*

PIT STOP NAILS

FILE & POLISH WITH O.P.I *15mins*

FILE & POLISH WITH SHELLAC GEL POLISH *30mins*

SHELLAC REMOVAL

We offer complimentary Shellac removal when having it reapplied on the same day.

Our talented therapists also offer a wide range of nail art design, please see our Facebook page for the latest trends and fashions. This is available in Shellac only.

30mins

Shellac removal only, moisturiser and cuticle oil is massaged into the nail to rehydrate.

15mins

Feet

LUXURY SPA PEDICURE

The ultimate re-conditioning treatment for feet and nails. Feet are soaked in warm lavender water, enjoy a full pedicure and refreshing salt scrub before moisturising, butter is applied and feet treated to a massage. Feet are placed into heated booties before being polished to perfection.

O.P.I POLISH *60mins*

SHELLAC POLISH *75mins*

PEDICURE

Feet are soaked in warm bubbly water, nails are filed, cuticles trimmed, hard skin filled and smoothed away. They are then treated to an exfoliation and moisturiser is applied. We have three different finishes to choose from:

O.P.I POLISH *45mins*

SHELLAC GEL POLISH *60mins*

PEDICURE WITH MINX *60mins*

PIT STOP NAILS

FILE & POLISH WITH O.P.I *15mins*

FOR JUST THE APPLICATIONS, SHELLAC & MINX *30mins*

REFLEXOLOGY

A method of stimulating the reflex points of the feet, encouraging the body to work naturally to restore its own balance. A great way to relax the mind and body.

45mins

RECOVERY FOOT AND LEG MASSAGE

A relaxing massage specifically developed to rejuvenate your tired feet and legs.

30mins

Spa information

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PLEASE NOTE Arrive 15 minutes prior to your appointment time. Treatment times listed include consultation and preparation time. Please notify our staff prior to arrival if you are pregnant or have any special medical considerations and allergies to ensure that appropriate measures and preparations can be made. We reserve the right to refuse treatment or amend treatments to make them safe for you.

Bookings must be reserved with a credit or debit card and we require 24 hours notice of any cancellations to avoid incurring a charge (48 hours for large bookings). All bookings are subject to availability.

All prices and treatments listed are correct as of July 2014, but are subject to change without prior notice or warning.

To book treatments, call 01874 665912 or email spa@peterstone-court.com

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