



Peterstone

COURT

SPA

SPA - MASSAGE - TREATMENTS

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 Vinylux Shellac
To book any treatments, packages or spa days
here at Peterstone Court Spa, please call us between:

9am - 7pm Monday to Friday
9am - 5pm Saturday to Sunday.

Please book in advance to avoid disappointment

01874 665912

spa@peterstone-court.com

www.facebook.com/PeterstonCourt

Instagram: [@peterstonecourt](https://www.instagram.com/peterstonecourt)

www.Peterstone-Court.com/spa



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 and Moroccan relaxation room, a delicious two-course lunch (soft drink included), 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: Express facial, Indian head massage, Warm oil aromatherapy back, neck and shoulder massage, OR a Shellac application on fingers and toes.

HARMONY 10am-5pm

Choose one of the following 45 minute treatments: Indian head massage, Energising body buff, Introductory facial OR a Pressure point foot massage.

DIVINE 10am-5pm

Choose one of the following 55 minute treatments: Warm Oil Aromatherapy full body massage, an Advanced facial, Pedicure with Shellac, a Warm Oil Aromatherapy back, neck and shoulder massage with an Express facial OR an Energising body buff with an Express 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, Deluxe facial OR both a Shellac application (hands) and a Luxury spa pedicure with polish.

MAMMA MIA 10am-5pm

In this package you will be pampered from head to toe, starting with a glowing facial, back neck & shoulder massage and a lucky lighter foot treat.
Treatment time 1hr 35min.

**Suitable after first trimester only. Excludes use of the Sauna/Jacuzzi as these are not suitable during pregnancy.*

TWILIGHT 3pm-7pm

This package includes a 2 course evening meal from the a la carte menu (meal at 7pm). Choose one of the following 45 minute treatments: Indian head massage, back cleanse, Introductory facial OR a Pressure point foot massage.

BODY TREATS

We begin our full body massages with a soothing Hot towel foot cleanse with essential oils for that extra feeling of luxury. Our massages are carried out by highly trained therapists who will work to relieve your body of everyday stresses and revitalize your well being.

AROMATHERAPY MASSAGE

Massage to suit your chosen pressure and therapeutic essential oil massage. Let the warm oils envelope you, to ease any tension, leaving you completely relaxed.

Energise - Eucalyptus, Lavender and Bergamot.

Muscle Ease – Ginger, Marjoram and Eucalyptus.

Relax - Clary Sage, Bergamot and Frankincense.

BACK, NECK & SHOULDER MASSAGE 25min

FULL BODY MASSAGE 55min

FULL BODY, FACE & SCALP MASSAGE 85min

HOT STONES MASSAGE

Warm smoothed basalt stones glide over your body, penetrating heat deep into aching muscles, leaving you well rested and in a deep state of relaxation.

BACK, NECK & SHOULDER MASSAGE 25min

FULL BODY MASSAGE 55min

FULL BODY, FACE & SCALP MASSAGE 85min



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.

SCALP, FACE & CHEST MASSAGE 25min

ABOVE & FULL BACK, NECK AND SHOULDER MASSAGE 45min

SWEDISH MASSAGE

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

BACK, NECK & SHOULDER MASSAGE 25min

FULL BODY MASSAGE 55min

DEEP TISSUE MASSAGE

Deep tissue massage is similar to Swedish massage, but the deeper pressure is more beneficial in releasing chronic muscle tension and more focused on the deeper layers of muscles tissue.

BACK, NECK & SHOULDER MASSAGE 25min

FULL BODY MASSAGE 55min

Our dual treatment room offers friends and couples the perfect place to enjoy treatments together. Please specify if you would like separate treatment rooms when booking as a couple.



At Dermalogica, their passion for skin health borders on obsession. Whilst other brands are talking about pampering, beauty or fancy packaging, they deliver results. Every Dermalogica product is researched by The International Dermal Institute is cruelty free and available to purchase from us directly in the Spa. Experience for yourself what the world's leading skin therapists have known for years. Meet Dermalogica and your best skin ever.

Here at the Spa we offer an extensive range of facials and skin treatments.
All of our which are specifically designed with you in mind.

- Express Facial 25min • Introductory Facial 45min • Advanced Facial 55min
- Deluxe Facial 85min

We are proud to offer Dermalogica's very own Skin Treatment systems; each one is designed to address a specific set of concerns to help you achieve your best skin ever. Not sure where to start? Our Dermalogica Therapists are here to help.

FACE MAPPING SKIN ANALYSIS

How well do we know our skin? This 15 minute comprehensive skin analysis service will help indentify your skin type, the condition of your skin and allow us to prescribe you a personalised skin care regimen.

PROSKIN30

Looking for a high impact treatment? This intensive 30 minute treatment is designed by us specifically for you and your most pressing skin concern. This Bespoke service combines key steps of professional exfoliation, electricals and deep serum treatment to provide you with visible results. Experience a brighter and healthier skin.

PROSKIN60

Want the best skin you've ever had? This Ultimate 60 minute treatment is customised to target all of your skin needs and leave you skin radiant and glowing. It incorporates exfoliating Hydra Dermabrasion and electricals to improve skin texture and tone. Experience a dramatic result in a secluded and relaxing environment.

PROPOWER PEEL 30

Looking for a professional peel experience? This all-new Pro Power Peel redefines the peel experience. Dermalogica's strongest and fastest peel yet, the Pro Power peel collection features a full suite of peel products including Alpha Hydroxy Acids and Beta Hydroxy Acids. In this express 30 minute treatment your skin therapist will create customised peel to instantly rejuvenate and refresh your skin. This unique system is ideal for targeting lines and wrinkles, uneven pigmentation and breakouts. Dermalogica peels are safe and effective and carried out by one of our trained professionals. Patch test required atleast 24 hours prior to treatment.

All Dermalogica Skin Treatments include an additional complimentary 15 minute consultation. Please bare this in mind when booking. Courses are available and recommended.





The philosophy created at Circaroma is simple. It is to insist that we use only the finest natural and organic skincare ingredients available such as essential oils, floral waters, tinctures, butters, waxes, sugars, sea salts and infused oils, many of which are sourced from small farms and organic suppliers.

BODY BEAUTIFUL

BACK CLEANSE

A facial for your back, this decongesting treatment helps improve skin texture and tone. The back is cleansed and exfoliated before a detoxifying clay mask is applied. The final touch is a Circaroma Lemon zest and Geranium aromatherapy back, neck and shoulder massage.

This is excellent for problem, congested skin on the back or simply to revitalize dull looking skin. 45min

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. 45min

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 top-to-toe full body massage, using Circaroma's Sandalwood & Orange Blossom butter along with hot stones to release tension and restore your wellbeing. 1hr 45min

COSY DETOXING CLAY COCOON

A full body luxurious pampering treatment including a Circaroma Wild Cedar Wood and Salt exfoliation, clay body cocoon wrap and a head massage. The treatment is finished with a light warm oil aromatherapy massage with your choice of essential oil blend. The indulgent spa recipes will leave your skin feeling smooth, silky and conditioned. 75min



BEAUTY SECRETS

WAXING

Underarm
High bikini
Standard bikini
Brazilian / Hollywood
Eyebrow wax
Eyebrow & lip wax
Lip
Lip & chin

Half leg
Half leg & bikini
Half leg, bikini & underarm
Full leg
Full leg & bikini
Full leg, bikini & underarm

TINTING & LASH PERMING

Eyebrow tint
Eyebrow wax & tint
Eyelash tint
Eyelash Perming (includes tint)

*24 hr patch test is required for all.

TANNING

FULL BODY TAN

with choice of original, dark or express.
Includes sticky feet, disposable underwear and a hair net.
30min

TOP-UP TAN

only available within seven days of your initial tan
15min

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!

MUMS TO BE

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 MASSAGE 25min

FULL BODY MASSAGE 55min

LUCKY LIGHTER FEET

Your feet tend to take the strain during the nine months so why not soothe your feet with our indulgent foot treatment. A warm, fragrant foot cleanse and exfoliation to energise, reduce swelling and stimulate circulation. Includes a gentle lower leg and foot massage. 25min

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! 45min



HANDS

LUXURY SPA MANICURE

Hands are soaked in warm lavender water, followed by a refreshing scrub and full manicure, before a moisturising hand masque is applied and hands are placed into heated mitts and then massaged to leave your hands soft and silky. We have two different finishes to choose from:

WITH POLISH 45min

WITH SHELLAC 60min

MANICURE

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

WITH POLISH 30min

WITH SHELLAC 45min

FILE & POLISH

Shape nails and paint

WITH POLISH 15min

WITH SHELLAC 30min

Our talented therapists also offer a wide range of nail art design; please ask your therapist on booking.

French finish is also available on finger or toes with polish or shellac, please allow an additional 15 minutes for this. Nail art is available in Shellac only.

SHELLAC REMOVAL 15min

We offer complimentary Shellac removal when having it reapplied on the same day. After removal, the nail is shaped and buffed. Cuticle oil is then massaged in to the nail to rehydrate.

Shellac™ VINYLUX™



FEET

LUXURY SPA PEDICURE

The ultimate re-conditioning treatment for your feet and nails. Your feet are soaked in warm lavender water to begin with, then enjoy a full pedicure and refreshing scrub before a moisturising foot masque is applied and your feet placed into heated booties. Your feet are then treated to a massage before being polished to perfection.

WITH POLISH 60min

WITH SHELLAC 75min

PEDICURE

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

WITH POLISH 45min

WITH SHELLAC 60min

FILE & POLISH

Shape nails and paint

WITH POLISH 15min

WITH SHELLAC 30min

PRESSURE POINT FOOT MASSAGE

A method of stimulating the pressure points of the feet with a refreshing peppermint oil blend, encouraging the body to work naturally to restore its own balance. This is a great way to relax the mind and body. 45min

RECOVERY FOOT AND LEG MASSAGE

A relaxing massage specifically developed to rejuvenate your tired feet and legs. 30min

Shellac™ VINYLUX™



SPA INFORMATION

To book any treatments, packages or spa days here at Peterstone Court Spa,
please call us on 01874 665912
between 9am - 7pm Monday to Friday and 9am - 5pm Saturday to Sunday
or email us at spa@peterstone-court.com

Please book in advance to avoid disappointment.

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 full charge (48 hours for large bookings).

All bookings are subject to availability.

**All prices and treatments listed are correct as of April 2019
but are subject to change without prior notice or warning**

Call 01874 665912 or email spa@peterstone-court.com
Peterstone Court and Spa

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