



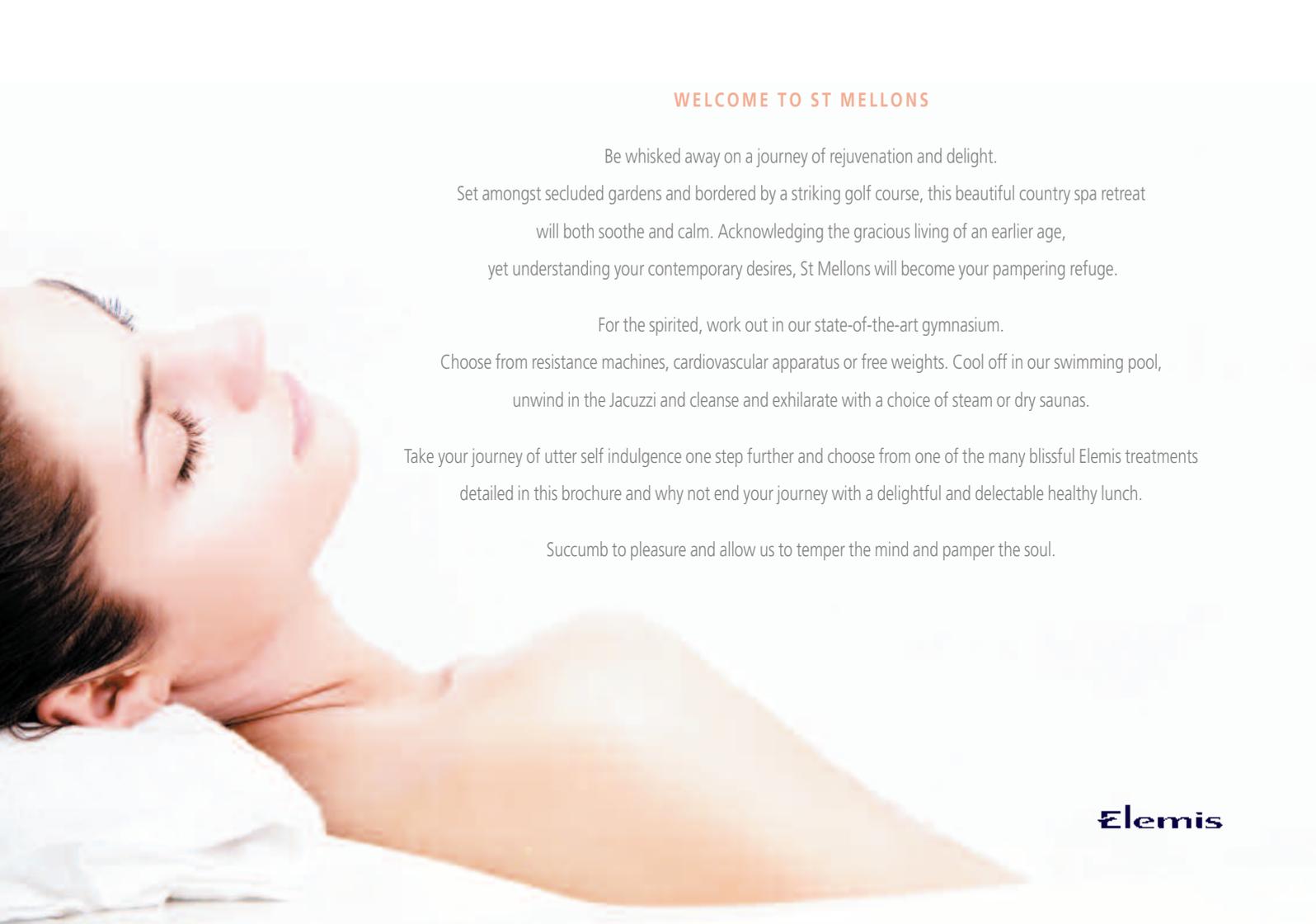
inspired

health · fitness · spa



St Mellons Hotel · Cardiff





## WELCOME TO ST MELLONS

Be whisked away on a journey of rejuvenation and delight.

Set amongst secluded gardens and bordered by a striking golf course, this beautiful country spa retreat will both soothe and calm. Acknowledging the gracious living of an earlier age, yet understanding your contemporary desires, St Mellons will become your pampering refuge.

For the spirited, work out in our state-of-the-art gymnasium.

Choose from resistance machines, cardiovascular apparatus or free weights. Cool off in our swimming pool, unwind in the Jacuzzi and cleanse and exhilarate with a choice of steam or dry saunas.

Take your journey of utter self indulgence one step further and choose from one of the many blissful Elemis treatments detailed in this brochure and why not end your journey with a delightful and delectable healthy lunch.

Succumb to pleasure and allow us to temper the mind and pamper the soul.

**Elemis**

## ELEMIS FACIAL THERAPY

### ELEMIS ADVANCED ANTI-AGEING FACIALS

#### **Tri-Enzyme Resurfacing Facial · 60 mins - £65.00**

This ground breaking anti-ageing facial instantly resurfaces and smoothes the skin.

This unique treatment targets blemishes, uneven skin tone, superficial scarring and fine lines, bringing a renewed level of evenness and clarity to the complexion.

#### **Visible Brilliance Facial · 75 mins - £65.00**

This anti-ageing face and eye treatment instantly firms, rejuvenates and plumps the skin whilst helping to reduce dark circles.

Powerful formulations and the phase two amino active mask help smooth, sculpt and restore skin radiance.

#### **New Pro-Collagen Quartz Lift Facial · 75 mins - £65.00**

This exceptional anti-wrinkle facial has been clinically proven to give immediate results in the fight against time by slowing down the signs of premature ageing, reducing the appearance of fine lines and wrinkles on the face and crows feet around the eye contour.

Leaves skin firmer, uplifted, more youthful looking appearance.

## ELEMIS SKIN SPECIFIC

#### **Fruit Active Glow · 60 mins - £40.00**

Bring back the glow to a lifeless complexion. Skin is deeply cleansed and stimulated by specialist Eastern massage techniques, whilst powerful comforting actives nourish and renew vital radiance.

#### **Exotic Moisture Dew · 60 mins - £40.00**

Treat your skin to a moisture boost. Following a specialist facial massage, the skin is fed with thirst quenching actives that will bring back the healthy, dewy look to the skin.

#### **Herbal Lavender Repair · 60 mins - £40.00**

For perfect restoration skin balance. Deep cleansing to draw out skin impurities, this facial will help reduce unwanted shine, refine pores and treat skin breakouts.

## ELEMIS SKIN SOLUTIONS

#### **Oxygen Skin Calm Facial · 75 mins - £50.00**

Pure heaven for sensitive skin. Gentle massage techniques are combined with calming actives to help rebalance delicate, fragile and sensitive complexions. Helping to relieve redness, this superior face and eye treatment offers immediate comfort to stressed and irritated skin.

#### **S.O.S. Purifying Facial · 75 mins - £50.00**

A powerful face and eye treatment that helps regulate and balance the function of the skin. This facial helps absorb sebum, calm irritation and rebalance oil-rich pores, leaving a beautiful matt complexion.



## TIME FOR MEN

### ELEMIS ADVANCED PERFORMANCE FACIAL FOR MEN

#### **Urban Cleanse Facial · 75 mins - £65.00**

Deep cleanse and complete detox.

This super grooming facial works overtime to eliminate blocked pores and neutralise impurities. Reduces sensitivity and provide defense against damaging effects of daily pollutants, leaving skin visibly clear and squeaky clean.

### ELEMIS ADVANCED ANTI-AGEING FACIAL FOR MEN

#### **Skin IQ + Facial · 75 mins - £65.00**

Anti-ageing booster for tired, stressed skin.

Charge with the clinically proven anti-ageing time defense, this treatment is tailored to meet the needs of a hectic lifestyle and to help combat harsh ageing effects of frequent shaving and pollution, giving men the ultimate skin overhaul with maximum anti-ageing results.

### ELEMIS FACE AND BODY THERAPY FOR MEN

#### **Total Time Out · 120 mins - £90.00**

The ultimate skin and body therapy for men.

Select either Skin IQ+ or the Urban Cleanse Facial combined with immediate tension relief of a deep tissue muscle massage. Achieve the ultimate goal of total time out.



## BODY THERAPIES

### ELEMIS BODY THERAPY

#### **Deep Tissue Muscle Massage** · 60 mins - £40.00

Deep rhythmic pressure massage.

Alleviate stress, ease aching muscles and revive the senses. Dynamic blend of essential oils are prescribed to target individual needs.

Choose from:

- Stress Away - Wind down and release the tension of the day
- Spirit Reviver - A powerful surge to invigorate and recharge
- Muscle Melt - Relax and re-energize a tired and aching body
- Chakra Balancing - Reconnect your mind, body and soul

#### **Deep Tissue Back** · 30 mins - £25.00

Minimum time, maximum tension - reliving results.

Specifically targeting the back, shoulders and neck areas where you need it most.

#### **Musclese Aroma Spa Ocean Wrap** · 75 mins - £40.00

Powerful seaweed wrap for complete muscle relaxation.

Drift away whilst you are cocooned in a comforting foil wrap and treated to a pressure point facial massage and de-stress scalp treatment.

This specialized treatment helps ease aching, tense muscles.

#### **Aroma Stone Therapy** · 75 mins - £60.00

Warm basalt stones melt away tension. Heat is slowly released into the belly of the muscle for a completely new body experience. Small stones are placed on key energy points, whilst luxuriously warmed oils are massaged deeply into the body for maximum relaxation.



## ELEMIS SKIN EXOTIC TRERAPY

### **Exotic Lime and Ginger Salt Glow · 30 mins - £30.00**

Invigorated, cleansed and polished to perfection. After light body brushing, warm oil is dripped luxuriously over the body before the salt glow is applied. Leaves skin glowing and vibrant.

### **Exotic Coconut Rub and Milk Ritual Wrap · 45 mins - £40.00**

Pure sensuality to enliven the senses. Warmed skin nourishing milk bath is poured all over the body before being cocooned in a comforting foil wrap. This is excellent for skin smoothing and softening, all combined with a pressure point facial massage and de-stress scalp treatment.

### **Exotic Frangipani Body Nourish Wrap · 45 mins - £40.00**

For immediate softness and suppleness. Aromatic Tahitian coconut and frangipani flowers are soaked together to produce the monoi which is poured all over the body then cocooned in a comforting foil wrap. Drenching skin with moisture provides ultimate radiance and vitality to the skin.

### **Cellutox Aroma Spa Ocean Wrap · 45 mins - £40.00**

A deeply detoxifying blend to decongest and stimulate the system. Let thought drift away while being cocooned in a comforting wrap treated to a pressure point facial massage and de-stress scalp treatment. This therapy helps refine the appearance of cellulite and relieve the discomfort of fluid retention.

### **Body Sculpting Cellulite and Colon Therapy · 60 mins - £60.00**

Redefines and smooth your silhouette. This targets stubborn cellulite and saggy skin, for visible rapid results. A detoxifying fennel peel off mask is applied along with body sculpting creams and serums, helping reduce fluid retention to deeply cleanse the body's systems. Cleansing of the colon through abdominal massage helps to detoxify the body, from the inside out.

## MOTHERS TO BE

### **Nurturing Massage For Mothers To Be · 75mins - £60.00**

This inspirational therapy connects mother and baby through the power of touch, working with two heartbeats. Specialized positioning on an Elemis beanbag is used to ensure the ultimate in safety and relaxation. Helps relieve tension in the back, alleviating swelling in the hands and feet, while easing the mind and uplifting the spirit.



## SPA ETIQUETTE

### **When shall I arrive?**

We recommend that you arrive 10 minutes before your appointed time to allow introductions, consultation and to complete your treatment card.

### **What shall I wear?**

Please wear clothes you find comfortable. During treatments our therapists will drape you appropriately for privacy and comfort at any time. If necessary a robe, towel, slippers and secured lockers are all provided.

### **What if I am late for my appointment?**

Arriving late will unfortunately limit the time allocated for your treatment: it will lessen the effectiveness and most importantly your pleasure and enjoyment. As a courtesy to all clients our treatments are completed as scheduled.

### **Do you offer Gift Certificates?**

Indulge a special someone with a Gift Certificate from the Inspired Health Fitness Spa at St Mellons Hotel. These are available for all occasions, please ask your therapist or enquire at the Spa reception.

### **What if I have special health considerations or allergies?**

Please notify us when booking your treatment if you have any allergies or any concerns regarding your health or body.

### **Reservations**

All treatments, whether included or additional, need to be booked in advance to avoid disappointment.

Open everyday 10.00am to 6.00pm. To make a booking please call 01633 682100 or email us on [leisure.stmellons@ohiml.com](mailto:leisure.stmellons@ohiml.com)

### **Payments and deposits**

All bookings require a deposit of 50% which is non refundable.

All major credit and debit cards are accepted.

For group enquiries, please check at time of booking.

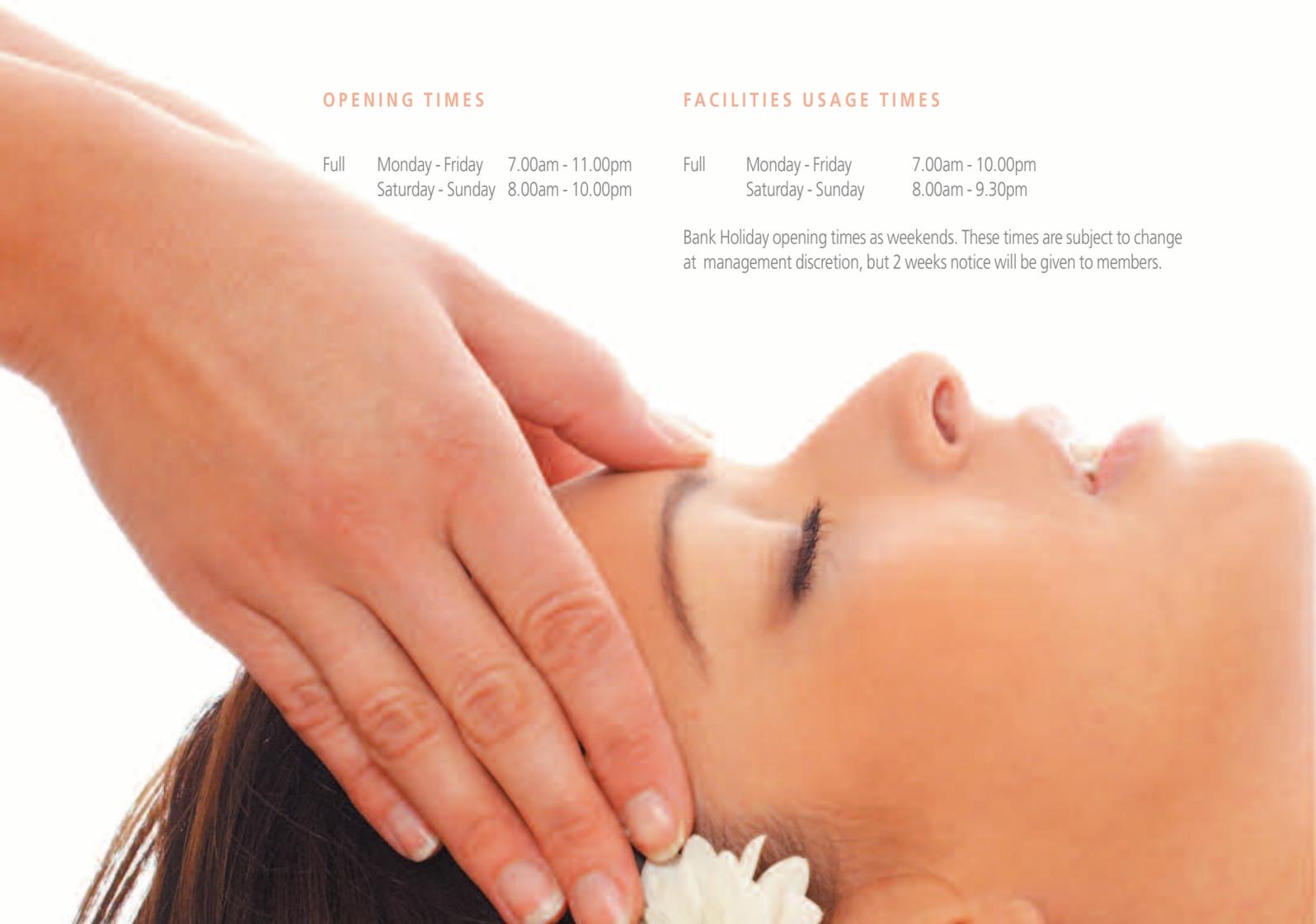
### **Cancellations**

More than 7 days notice is 50% of the cost. 7 days notice or less is full payment.

### **Parking**

Parking available free of charge adjacent to The Inspired Health Fitness Spa.

*To ensure we are always up to date with our offer on Spa Therapies, we will introduce you from time to time to new treatments which are not in this brochure. Please ask your Therapist for the latest arrangements.*



## OPENING TIMES

Full	Monday - Friday	7.00am - 11.00pm
	Saturday - Sunday	8.00am - 10.00pm

## FACILITIES USAGE TIMES

Full	Monday - Friday	7.00am - 10.00pm
	Saturday - Sunday	8.00am - 9.30pm

Bank Holiday opening times as weekends. These times are subject to change at management discretion, but 2 weeks notice will be given to members.

## MEMBERSHIP FEES

### Joining Fees

Single Adult

Double

### New Members

£40.00

£50.00

### Renewals

### Full Membership Rates

Single Adult

Double

Youth (16-17 years)

Child (5-15 years)

Child under 5 years

Over 55 Single Adult

Over 55 Double

Over 70 Single Adult

Over 70 Double

£660.00

£860.00

£350.00

£140.00

FREE

£550.00

£825.00

£345.00

£475.00

£594.00

£800.00

£300.00

£130.00

FREE

£500.00

£730.00

£315.00

£435.00

### Off-Peak Membership Rates

Monday - Friday 7.00am - 5.00pm (excluding Bank Holidays)

Single Adult

Double

Youth (16-17 years)

Child under 5 years

Over 55 Single Adult

Over 55 Double

£440.00

£650.00

£250.00

FREE

£435.00

£545.00

£410.00

£595.00

£200.00

FREE

£395.00

£515.00

### Full Corporate Membership Rates

5-14 members - £530.00. 15+ Members - £465.00. Child under 5 years FREE

All prices inclusive of VAT at current rate

A still life composition of spa-related items. In the foreground, there is a stack of white folded towels. To the left, a white orchid flower is in bloom. In the center, a lit yellow candle sits on a reflective surface. Behind it, several other candles in various colors (purple, green, white) are visible, some unlit and some partially melted. The background is a soft, out-of-focus light blue and white.

## RESIDENTIAL SPA BREAKS

Spend the entire day relaxing and then fall into a sumptuous slumber in one of our 41 bedrooms. Each room is elegantly finished and luxuriously equipped.

Also choose either back massage, facial, manicure or pedicure. One treatment each if staying 1 night, two treatments if staying 2 nights.

**ONE DAY BREAK - £79.50** per person based on a minimum of 2 guests sharing a twin or double room. All the advantages of a day membership (excluding lunch), a healthy breakfast and £19.00 per guest towards a delicious dinner. Further treatments are charged as taken.

**TWO DAY BREAK - £79.75** per person per night, based on a minimum of two guests sharing a twin or double room for two consecutive nights, £19.00 towards dinner per guest, per night and a healthy breakfast each morning. Further treatments are charged as taken.

**£10.00** per person, per night to upgrade to a suite.

**£20.00** single supplement per night.

## SPA PACKAGES

If you would like to join a friend at The Spa, who is currently having treatment and enjoy a delectable lunch, while taking advantage of our excellent amenities and the uninterrupted bliss, daily rates begin from £25.00 per guest.

### **Bronze - approx. 75 mins - £65.00**

Elemis Deep Tissue Back, Neck and Shoulder Massage  
Elemis Taster Facial  
Scalp Massage

### **Silver - approx. 120 mins - £100.00**

Elemis Full Body Deep Tissue Massage  
Elemis Taster Facial  
Scalp Massage  
Jessica Manicure

## COMBINED TREATMENT PACKAGES

Packages include use of facilities, light lunch and a soft beverage.

### **Top to Toe Package - approx. 180 mins - £150.00**

Skin Specific Facial  
Exotic Lime and Ginger Salt Glow  
Deep Tissue Back Massage  
La Remedie Hand Treatment  
La Remedie Foot Treatment

### **Face and Body - approx. 120 mins - £130.00**

Advanced Anti-Ageing Facial  
Deep Tissue Muscle Massage

### **Gold - approx. 180 mins - £125.00**

Elemis Full Body Deep Tissue Massage  
Elemis Taster Facial  
Scalp Massage  
Jessica Manicure  
Jessica Pedicure

### **Luxury Package - approx. 100 mins - £100.00**

Exotic Coconut Rub and Milk Ritual  
Also choose from:  
Deep Tissue Muscle Massage  
Skin Specific Facial

### **Holiday Package - approx. 120 mins - £100.00**

Exotic Lime and Ginger Salt Glow  
Zen Spa Pedicure  
Jessica Prescriptive Manicure



## HANDS AND FEET

## NON-ELEMIS TREATMENTS

### **Jessica Prescriptive Manicure · 45 mins - £24.00**

The hands are exfoliated, cuticles are cared for with oils and creams, the nail shape is perfected and treatment basecoats and colour are applied for the perfect finish until your next visit.

### **Jessica Prescriptive Manicure Deluxe with La Remedie Hand Treatment · 70 mins - £28.00**

A luxurious and effective treatment for hands including hand cleanse, hand silk exfoliare, hand restrictive masque and hand renew liposomes. Together with the Jessica prescriptive manicure...the ultimate in hand and nail care.

### **Jessica Prescriptive Manicure Deluxe with Thermal Mittens · 70 mins - £28.00**

The Jessica prescriptive manicure using thermal mittens for deeper penetration of oils and creams, softening cuticles, improving circulation and soothing stiff joints.

### **La Remedie Hand Treatment · 20 mins - £15.00**

A luxury hand treatment incorporating hand cleanse, hand silk exfoliare, hand restructure masque and hand renew liposomes. Hands will feel firmer and look more attractive.

### **The Nail Shape Manicure · 30 mins - £14.00**

Nails are conditioned with oils and creams, filed to shape and perfectly polished.

### **Executive Hand and Nail Treatment for Men · 30-40 mins - £18.00**

La Remedie hand treatment programme to condition and smooth hands. Nails are perfectly shaped. Cuticles are conditioned and gently pushed back.

### **Zen Spa Pedicure · 60 mins - £26.00**

With the option of either calming green tea, energising ginger or revitalising citrus, this is a luxury treatment resulting in softer, smoother legs and feet finished with perfectly polished toes

### **Zen Spa Deluxe Pedicure · 75 mins - £32.00**

The Zen spa pedicure using thermal heated booties for deeper penetration of oils and creams, softening cuticles, improving circulation and soothing stiff joints.



## WAXING, ELECTROLYSIS AND EYE TREATMENTS

High quality warm honey wax is applied to the skin, and then the unwanted hair is removed with a paper wax strip. You should ensure that the hair to be waxed is a minimum of around 0.75cm - 1cm so that the wax will take to the hair effectively.

	non members	members		non members	members
<b>Full leg and bikini</b>	£27.00	£20.00	<b>Full leg</b>	£20.00	£15.00
<b>Half leg and bikini</b>	£17.00	£12.00	<b>Half leg</b>	£20.00	£17.00
<b>Bikini</b>	£14.00	£10.00	<b>Brazilian</b>	£18.00	£16.00
<b>Hollywood</b>	£20.00	£18.00	<b>Full arm</b>	£17.00	£14.00
<b>Half arm</b>	£14.00	£10.00	<b>Underarm</b>	£13.00	£10.00
<b>Back</b>	£18.00	£22.00	<b>Chest</b>	£22.00	£18.00
<b>Eyebrow</b>	£12.00	£8.00	<b>Lip or chin</b>	£8.00	£6.00
<b>Lip and chin</b>	£13.00	£9.00			

### Electrolysis

Hair removal by electrolysis - concentrates on keeping unwanted hair fine and eventually helps stops growth. Only available on small areas.

<b>15 mins treatment</b>	£ 8.00	£12.00	<b>30 mins</b>	£14.00	£18.00
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### Eye Treatments (require a tint test 24 hrs prior treatment\*)

Tinting will enhance the general appearance of your eyes and is beneficial for people who participate in sporting activities, especially swimming. Unlike mascara the effect is very natural - so no more panda eyes!

<b>Eyebrow tint *</b>	£ 7.00	£10.00	<b>Lash &amp; brow tint*</b>	£17.00	£20.00
<b>Eyelash tint *</b>	£13.00	£15.00			

## NON-ELEMIS TREATMENTS





ST MELLONS  
HOTEL

Castleton · Cardiff · CF3 2X

Hotel: T: **01633 680 355** · F: **01633 680 399**

Inspired Spa: T: **01633 682 100** · E: [leisure.stmellons@ohiml.com](mailto:leisure.stmellons@ohiml.com)

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