

MACDONALD PLAS TALGARTH  
**HEALTH & LEISURE CLUB**  
HEALTH & WELLBEING



**spa**  
HARMONY AND SERENITY





**Aromaplasty Facial** - This highly personalised facial is specially designed to meet all your skin care needs. Discover the rejuvenating and anti ageing benefits of the multi beneficial treatment that incorporates a unique 100% multi vitamin mask. **£39 for 75 mins.**

**Aroma Expert Expression** - The exceptional anti ageing treatment is especially effective for all areas of concern. It restores firmness, smoothes fine lines and leaves the skin looking youthful, rested and radiant. **£42 for 75 mins.**

**Aroma Sooth** - This calming treatment brings immediate calm to sensitive skin. Not only does it soothe and rebalance but also strengthens the skin leaving the complexion smooth and cool. **£42 for 75 mins.**

**Aroma Nourish** - This deeply nourishes and replenishes lost moisture. Its long lasting effectiveness reinforces the skin. **£42 for 75 mins.**

**Aroma Purify** - An intensive balancing treatment for oily skin that immediately reduces excessive unwanted shine. Visible pores are reduced and the skin is left clearer, more luminous and refined. **£42 for 75 mins.**

**Aroma Essential** - Boosts and restores moisture balance to reveal a luminous and radiant complexion. **£42 for 75 mins.**

**Aroma Expert Excellence** - This age defying treatment restores facial volume with innovative 'lipo-filling' technology, leaving the skin visibly glowing, feeling firmer and plumper. **£48 for 75 mins.**

**Alpha Plus Aromatic Facial** - An exfoliating treatment using fruit acids to refine the skin's texture. **£32 for 45 mins.**

**Vital Eyes** - An eye treatment for all skin types that soothes, decongests sinus problems, eliminates dark circles and soothes fine lines, can be added to any aromatic facial. **£32 for 45 mins.**

**Men's Facial Treatment** - A deep cleansing and exfoliating treatment which leaves your skin looking and feeling soft, smooth and revitalised. **£32 for 45 mins.**

*All Declor treatments include a back diagnostic massage.*

**Decleor Aromatic Massage** - This exquisite treatment combines unique oriental body and scalp massage with Decleor's warm aromatic balms of relax, detox, sculpt or flow for your own personal needs to melt away all your tensions. **£45 for 80 mins.**

**Aroma Relax Envelopment** - Rehydrate and brighten your skin whilst being cocooned in a heated blanket. **£44 for 60 mins.**

**Aroma Detox Envelopment** - Exfoliates, drains toxins and breaks down fatty deposits using sea algae to leave the skin silky soft. **£44 for 60 mins.**

**Aroma Sculpt Envelopment** - Offers intense firming and toning to leave your skin wonderfully soft. **£44 for 60 mins.**

**Aroma Flow Envelopment** - Stimulating and invigorating to improve circulation and eliminate muscular tension. **£44 for 60 mins.**

**Mother to Be** - A top to toe treatment to prevent the appearance of stretch marks, reduce water retention and restore comfort to aching legs. **£48 for 80 mins.**

**Purifying Back Treatment** - An exfoliating, decongesting massage and back treatment. **£34 for 45 mins.**

**Body Polish** - Exfoliating and hydrating, ideal sun preparation leaving the skin radiant and velvety smooth. **£30 for 45 mins.**

**Satin Tan** - Gentle exfoliation prior to the application of Decleor Auto Bronzant resulting in a natural golden glow. **£35 for 60 mins.**

**Body Massage** - Feel the muscular tension melt away with this indulgent relaxing or invigorating massage to suit your personal needs. **Full Body £38 for 55 mins.**

**Back Massage** - **£22 for 25 mins.**

**Steam Cabinet** - Relaxing and cleansing, ideal before any massage to warm and relax the muscles. **£20 for 20 mins.**

**Top to Toe** - A luxurious treatment combining a full body massage and a facial using Decleor's specifically blended oils to promote health and wellbeing of your mind and body to leave you purely relaxed and recharged. **£72 for 120 mins.**

**Aromatherapy Massage** - A deeply relaxing treatment which uses essential oils pre-blended for your own needs. **£40 for 75 mins.**

**Indian Head Massage** - An Oriental aromatic head, neck and shoulder massage that induces deep relaxation. **£30 for 40 mins.**

**Reiki** - Achieve balance, harmony and stress relief with this natural healing process of the body by hand contact. **£38 for 60 mins.**

**Hot Stone Massage** - A complete treatment for the mind, body and soul. Warm stones are used to relax muscles, increase blood flow and accelerate the healing process. **£55 for 75 mins.**

**Hot Stone Back Massage** - **£25 for 25 mins.**

### Defining Touch

**Universal Contour Wrap** - Instant results with a 6" loss guaranteed using rich sea clay to improve cellulite and rid the body of toxins. **£60 for 120 mins.**

### Smooth Touch

**Full Leg Wax** - **£20 for 60 mins.**

**1/2 Leg Wax** - **£15 for 30 mins.**

**Bikini or Under Arm Wax** - **£8 for 30 mins.**

**Lip, Chin or Eye Brow Wax** - **£8 for 30 mins.**

**Full Leg, Bikini and Underarm Wax** - **£28 for 75 mins.**

### Jessica Hand & Foot Therapy

**Luxury Jessica Manicure** - **£22 for 60 mins.**

**Deluxe Jessica Manicure** - **£28 for 75 mins.\***

**File and Polish** - **£15 for 30 mins.**

Hands only.

**Luxury Zen Pedicure** - **£25 for 60 mins.**

**Deluxe Zen Pedicure** - **£32 for 75 mins.\***

\*Deluxe includes heat treatment and a polish to take home.

**Eye Lash Tint** - £8 for 30 mins.\*

**Eye Brow Tint** - £8 for 15 mins.\*

**Lash & Brow Tint** - £14 for 30 mins.\*

**Eye Brow Shape** - £8 for 15 mins.

**Special Occassion Make-up** - £25 for 60 mins.

**Bridal Make-up** - Includes trial. £45 for 2 x 45 mins.

\*A test is required 24 hrs prior to tinting treatment.

**Relaxation Experience** - Relax in the steam cabinet before having a back massage and mini facial. Includes a light lunch and use of the leisure facilities. **£60 for 90 mins.**

**Talgarth Indulgence** - Pamper yourself with a selected Decleor facial together with a full body massage and a manicure. Includes a light lunch and use of the leisure facilities. **£95 for 180 mins.**

**Especially for Men** - Enjoy the relaxation of the steam cabinet prior to an aroma back treatment and male aromatic facial. Includes a light lunch and use of the leisure facilities. **£70 for 105 mins.**

**Tailor Made Days** - Please contact the Therapists should you wish to tailor make a Spa Day especially for you.

*Please note the swimming pool is closed between 12 noon – 2pm each day.*

Included in your break are mini facial and back massage treatments, access to leisure club, fitness suite and pool area, robes and towels, unlimited tea and coffee, overnight accommodation in self catering apartment, breakfast pack to enjoy at your leisure, light lunch in the Farmhouse Bar and three course dinner in the Dyfi View Restaurant. Other treatments are available on request. **Prices from £110 per person.**

Join the beauty club from only **£48 per month** and receive:

- Treatments to the value of £58 each month
- Six free beauty club gifts throughout the year
- 10% off all products purchased
- Complimentary use of the leisure facilities on treatment days
- 15% off all additional treatments

Continue your face, skin and nail care at home by using the Decleor, Jessica Nail and Royal Effem Makeup products available directly from the Spa or by mail.

### Opening Times

**Monday, Friday & Saturday** - 10.00am to 6.00pm

**Tuesday, Wednesday & Thursday** - 10.00am to 8.00pm

To avoid disappointment we recommend you pre-book any treatments you require. We ask you to arrive 15 minutes before your appointment to allow time for you to relax prior to treatment. Please note unless we receive 24 hours cancellation notice we reserve the right to charge the full amount of the treatment. We require the full payment for group bookings and 72 hour cancellation notice.

Macdonald Plas Talgarth Health & Leisure Club,  
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*All details are correct at time of going to print in 2010.*



**[www.MacdonaldHotels.co.uk/PlasTalgarth](http://www.MacdonaldHotels.co.uk/PlasTalgarth)**