



THE SPA



# AN ESCAPE FROM REALITY

*Escape from reality and take some time out.*

*With a range of facilities, luxury products, treatments  
and spa days it's the perfect way to unwind.*

*All ELEMIS treatments are designed to support  
great skin health; to respect that skin is alive.*

*No two skins are the same. And no two bodies are the same.*

*Every spa therapy is shaped and moulded around you.  
Personalised for a results-driven, personalised experience.*

**ELEMIS**





# MACDONALD SIGNATURE TREATMENT

## ULTIMATE WELLNESS FACE AND BODY TREATMENT

*£119 - One hour 25 mins*

*A top to toe treatment exclusive to Macdonald Hotels & Resorts to encourage a deep sense of wellness and optimum skin health using ground-breaking ELEMIS formulations and techniques.*

*ELEMIS treatments bring together the power of nature, science and aromatics.*

Indulge in a freestyle deep tissue massage to alleviate high stress levels, release muscle pain and encourage optimum circulation. Tailored entirely to your needs, your therapist will select an aromatic oil according to your concerns.

This grounding massage is followed by the Superfood Facial, a nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Leaves skin looking plumper, radiant and lit up with good health.

# FACE – TOUCH

## ELEMIS PRO-COLLAGEN AGE DEFY

£69 – 55 mins

*Tackle fine lines and wrinkles with the clinically proven\* age-defying benefits of marine charged Padina Pavonica and Red Coral.*

Targeted massage encourages optimum cellular function for nourished, younger looking skin.

\*Independent Clinical Trials

## ELEMIS PRO-DEFINITION LIFT AND CONTOUR

£69 – 55 mins

*Powered by breakthrough technology.*

This facial helps restore the architecture of the face using the potent nutrients in plant actives found to help support the extra-cellular matrix. Creates a profoundly sculpted, youthful effect.

## ELEMIS DYNAMIC RESURFACING PRECISION PEEL

£69 – 55 mins

*Clinically proven\* to target the signs of ageing and uneven skin tone.*

This pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin.

\*Independent Clinical Trials

## ELEMIS SUPERFOOD PRO-RADIANCE

£39 – 25 mins; £65 – 55 mins

*A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives.*

Clinically proven\* to leave skin plumper, radiant and lit up with good health.

\*Independent Clinical Trials

# FACE AND BODY COMBINATIONS

*Choose your own combination of facial and body massage, or let your ELEMIS therapist personally prescribe the perfect treatment to work with your skin, your mood and your needs.*

## ELEMIS COUTURE TOUCH

£69 – 55 mins

*Condition your skin and muscles with this all-embracing experience.*

Combine any 25 minute or 55 minute ELEMIS hands-on TOUCH facial with your personalised Freestyle Deep Tissue Massage or Deeper than Deep Hot Stone Massage.

## ELEMIS COUTURE TECHNOLOGY

£79 – 55 mins

*Time to switch your skin on.*

Combine any 25 minute, 55 minute or one hour 25 minute ELEMIS TECHNOLOGY BIOTEC facial with your personalised Freestyle Deep Tissue Massage or Deeper than Deep Hot Stone Massage.

# TECHNOLOGY – ANTI-AGEING

## ELEMIS BIOTECH FACIAL

£69 – 55 mins

*Let your ELEMIS therapist personally prescribe your perfect facial in this 55 minute tailored treatment.*

Your therapist will look, listen and tune in to you, using insight and expertise to address your skin concerns with the best combination of BIOTEC technologies.

A personalised experience to work with your skin and your needs



# ELEMIS MEN

*Shaving, sports and lifestyle all make their own demands. ELEMIS responds with high performance facial therapies designed to restore energy, dynamism and lustre to male skin.*

## ELEMIS HIGH PERFORMANCE SKIN ENERGISER

£65 – 55 mins

*The hard-working facial for ageing, dehydrated skin and tired eyes.*

It maximises cell regeneration, as steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massage deeply relax.

## ELEMIS BIOTEC SUPER-CHARGER FOR MEN

£69 – 55 mins

*The facial to de-stress, de-age and de-fatigue the male complexion while activating ultimate skin dynamism.*

Ultrasonic peeling, steam and galvanic current deliver a deep clean for a multi-tasking, time efficient solution.

## ELEMIS FREESTYLE DEEP TISSUE MASSAGE

£69 – 55 mins

*Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance.*

The flowing massage works deeper into the tension, encouraging optimum circulation.

# BODY

## ELEMIS FREESTYLE DEEP TISSUE MASSAGE

£45 – 25 mins; £69 – 55 mins; £99 – One hour 25 mins

*Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance.*

The flowing massage works deeper into the tension, encouraging optimum circulation.

## ELEMIS DEEPER THAN DEEP HOT STONE MASSAGE

£49 – 25 mins; £79 – 55 mins; £119 – One hour 25 mins

*Balinese stones bathed in the Frangipani Monoï Body Oil are worked deep into the muscles, getting into areas of tension.*

The result is sparkling vitality with the added bonus of intensely hydrated skin.

## ELEMIS BODY NECTAR NOURISHING WRAP – SWEET ORCHID OR FRANGIPANI

£55 – 55 mins

*The velvety texture of the Monoï Oil offers super-hydration, quenching a thirsty skin.*

You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

## ELEMIS INTENSELY CLEANSING SALT SCRUB – LIME AND GINGER OR FRANGIPANI

£39 – 25 mins

*Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells.*

It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

# BODY – FEET

## ELEMIS BEST FOOT FORWARD

£39 – 25 mins

*Take a load off with this foot-focused tension releaser.*

Lower legs and feet are thoroughly exfoliated, bathed and massaged. Feet are left nourished, soft and smooth.

# BODY – PREGNANCY

*These thoroughly researched and carefully formulated treatments have been designed to nurture and support a woman through the rich experience of each trimester. Gently.*

## ELEMIS PEACEFUL PREGNANCY MASSAGE

£85 – One hour 15 mins

*Performed on a pear-shaped beanbag that moulds to every bump, mothers-to-be are restored to optimum wellness.*

An intuitive and relaxing massage hydrates skin that is expanding to accommodate a growing baby.



# FINISHING TOUCHES

*From manicures and pedicures, to waxing and make-up, our spas offer all the beauty treatments you should need for those perfect finishing touches.*

## JESSICA SPA ESSENTIAL

**DELUXE MANICURE**  
£26 - One hour

**FILE AND POLISH**  
£20 - 30 mins

**GELERATION  
MANICURE**  
£35 - One hour

**PEDICURE**  
£20 - 45 mins

**LUXURY PEDICURE**  
£30 - One hour

**GELERATION  
PEDICURE**  
£35 - One hour

**GELERATION  
SOAK-OFF TREATMENT**  
£20 - 25 mins

## MAKE-UP

**SPECIAL OCCASION**  
£30 - 45 mins

**MAKE-UP TUITION**  
£35 - One hour

**BRIDAL MAKE-UP**  
£55 - Two x One hour

## THE SMOOTH TOUCH

**FULL LEG WAX**  
£20 - 45 mins

**HALF LEG WAX**  
£16 - 30 mins

**BIKINI LINE WAX**  
£10 - 15 mins

**CHEST WAX**  
£20 - 20 mins

**UNDER ARM**  
£10 - 15 mins

**ARM WAX**  
£15 - 20 mins

**UPPER LIP WAX**  
£10 - 15 mins

**CHIN WAX**  
£10 - 15 mins

**EYE LASH TINT\***  
£10 - 20 mins

**EYE BROW TINT\***  
£10 - 10 mins

**EYE BROW SHAPE**  
£10 - 15 mins

**EYE LASH AND  
EYE BROW TINT\*  
AND SHAPE**  
£20 - 30 mins

\*Tinting treatment need a 24 hour patch test.

Make-up treatments are only available in specific Macdonald Hotels.

# SPA ETIQUETTE

*Our spa is a place of relaxation and tranquillity.*

*Please speak softly in consideration of our other guest's enjoyment.*

*Please respect all spa guests' right to privacy and serenity.*



## ARRIVAL TIME

Please allow sufficient time prior to your experience to complete a spa consultation form and/or health questionnaire. We recommend that you arrive up to 30 minutes in advance of your treatment so that you can change, relax and enjoy the spa facilities. Please be advised that late arrivals will result in a reduction of treatment time. The spa will provide luxurious towels, robes and slippers complimentary for spa days. Robes and slippers are also available to hire for spa treatments.

## YOUR TREATMENT TIME

Treatments times include before and aftercare.

## MEDICAL CONDITIONS

Some of the treatments offered are not suitable for guests with certain medical ailments and conditions. We request that you bring any of the following to our attention at the time of booking: epilepsy, allergies, heart condition, high/low blood pressure, scar tissue, varicose veins, skin conditions, diabetes, cancer, thyroid, pregnancy, recent operations.

## CANCELLATION POLICIES

Pre-payment

- Full pre-payment is required for ALL spa days and spa treatment bookings

Spa day and spa treatment terms and conditions

- Spa treatments must be booked and confirmed with the spa prior to arrival by the guest
- Spa day and spa treatments must be paid in full at the time of booking and cannot be in conjunction with any other offer
- Spa day and spa treatments can be amended or cancelled at no charge up to seven days prior to day of arrival
- Bookings cancelled within seven days of arrival will incur full payment

## HOMECARE

Discover the full ELEMIS skincare range in The Spa at Macdonald Hotels and experience the power of beautiful skin.

## PRICES

All prices are quoted in GBP and are subject to change at any time. Gratuities are not included and are welcomed at your own discretion.

## CHILDRENS TREATMENT POLICY

We do not offer treatments for children under 16 years old. Due to the nature of relaxation in the spa this is a child free zone, therefore those under 16 years are not permitted into the spa.

## GIFT VOUCHERS

Spa breaks, spa days and cash vouchers for treatments all make great gifts for that special friend, mum or partner.

All vouchers are available to purchase at the spa reception or online at [MacdonaldHotels.co.uk/gift-vouchers](https://www.macdonaldhotels.co.uk/gift-vouchers). Gift vouchers are presented within a wallet for that extra special touch.





MACDONALD  
PLAS TALGARTH  
HEALTH & LEISURE CLUB

[WWW.MACDONALDHOTELS.CO.UK/RESORTS](http://WWW.MACDONALDHOTELS.CO.UK/RESORTS)