



A Historic House Hotel & Spa
of the National Trust

The SPA

at Bodysgallen Hall
Guide and Tariff
for health and beauty treatments
2023-2024



The SPA at Bodysgallen Hall

Opening Times

1st April – 31st October

| | |
|--|-------------------|
| Monday – Thursday | 7.30 am – 9.00 pm |
| Friday | 7.30 am – 8.00 pm |
| Saturday – Sunday (and Bank Holidays) | 8.00 am – 7.30 pm |

1st November – 31st March

| | |
|--------------------|-------------------|
| Monday to Thursday | 7.30 am – 8.30 pm |
| Friday | 7.30 am – 8.00 pm |
| Saturday – Sunday | 8.00 am – 7.30 pm |

Club Room

| | |
|-------------------|------------------------|
| Monday – Thursday | 8.00 am – 9.00 pm* |
| | *8.30 pm during winter |
| Friday | 8.00 am – 8.00 pm |
| Saturday – Sunday | 8.00 am – 7.30 pm |
| Food Service | 9.00 am until 3.00 pm |

Residential guests have full use of the Bodysgallen Spa, indoor swimming pool, whirlpool spa bath, steam room, sauna, gymnasium and Club Room. The gym and pool close 20mins before the club closing time.

Children

Children of hotel residents between the ages of 8 and 16 may use the Spa between the hours of 10.00 am and 11.00 am and 4.00 pm and 5.00 pm daily when accompanied by an adult. Members' children between the ages of 8 and 16 may use the Spa on Sundays between the hours of 9.00 am and 12 noon when accompanied by an adult. Two children maximum only may accompany an adult.

Booking Conditions

We respectfully remind guests that a reservation constitutes a contract between themselves and Bodysgallen Hall and a 50% charge will be incurred for any treatment cancelled less than 24 hours prior to appointment. A credit card number will be taken as a guarantee against all reservations.

These prices are valid from 1st April 2023. Our tariffs are all inclusive of service & VAT. If they wish, guests may leave gratuities at their discretion.

So that all clients are not inconvenienced, clients are requested to attend punctually for treatments.

Those who arrive late will still be charged at tariff rates and may receive a shorter treatment and those more than 30 minutes late (15 minutes for 30 minute treatments), will probably not be able to receive the treatment booked.

Gift vouchers must be presented on arrival.

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Gift Experience Vouchers

Our gift vouchers offer a variety of luxury experiences, from relaxing spa days and restorative spa treatments, to a traditional afternoon tea or special overnight stay, and if you're stuck for choice, then a monetary voucher that can be redeemed for their choice of treat. These are gifts they can look forward to using at a time of their choosing.

All our gift vouchers are valid for two years from the date of purchase, and can be easily purchased online from your mobile, tablet or computer, then sent by post or email to you to give personally or direct to the lucky recipient.

A Gift Experience voucher is a thoughtful gift that really will be appreciated.



WELL BEING TREATMENTS



The Ultimate Aromatherapy Experience

This hero treatment starts with a consultation to find out what your emotional and physical needs are. This treatment releases tension held in every part of your body leaving you feeling deeply relaxed and recharged.

50 mins – £79 80 mins – £117

Intensive Muscle Release

A pressure point massage that works deep into tight, stressed, and aching muscles to instantly release pain and tension.

50 mins – £79

Ultimate Pregnancy Massage

Feel nurtured and supported in a time of constant change. Give yourself a moment to appreciate the joy of pregnancy and leave the stresses of life behind you.

50 mins – £79

Forest Therapy

Feel restored from the stresses of modern-day living, cleansed of pollution and relieved from restlessness and agitation.

Body, Scalp & Facial 80 mins – £117

Body & Scalp 50 mins – £79





BODY TREATMENTS



Rose Indulgence

The ultimate exfoliation and wrap treatment to uplift the spirit and enrich the skin.

50 mins – Body Inhalation with guided breathing. Full Body exfoliation, layering of products. Focuses on the back, legs, arms, abdomen, chest, scalp – £79

80 mins – Face & Body. Additionally features hair & face – £117



Revive & Tone

The complete, body detox with five key treatment stages.

Features lower body exfoliation, mud wrap, leg massage. Choose from an accompanying scalp or foot reflex massage.

50 mins – £79

Aroma Polish

This treatment leaves your skin radiant, soft and smooth and your spirits bright and uplifted.

25 mins – £44



FACIAL TREATMENTS

The Ultimate Wellbeing Facial by Aromatherapy Associates

More than just a facial, it's a pioneering treatment that focuses on lowering stress levels in the body and encouraging full reset and repair for skin and mind.

Relax with our Ultimate Wellbeing Facial to bring balance back for visibly glowing, healthy skin. Scalp, face and décolleté massage using warm oil supports top-to-toe physical and emotional wellness. Skin is twice cleansed and exfoliated using expertly formulated, high performance natural products that contain botanical actives. Serum oil, and moisturiser are applied for optimum hydration, alongside a specialised massage and mask for tired eyes. The treatment is supported by mood-boosting essential oils for results you can see and feel!

80 mins – £117



The Ultimate Glow Facial by Aromatherapy Associates

A revitalising facial designed to support the skin's natural defences and combat the pressures of a busy lifestyle.

Built to combat tired and dull skin, this uplifting and energising facial helps skin, mind and body recover. The face is cleansed and exfoliated using botanical actives and carefully crafted essential oils to rejuvenate tired skin, targeting skin and mind for immediate results. Tailored scalp, face, and décolleté massage work to release areas of tension and stimulate circulation for a glowing complexion. A powerful combination of serum, oil and moisturiser provide maximum hydration, leaving your skin and mind revitalised.

50 mins – £79

The Ultimate Rebalancing Facial by Aromatherapy Associates

A soothing facial crafted for skin under stress. From the intuitive aromatherapy inhalation to our breathing rituals, powered by aromatherapy, the treatment is designed to calm the skin and mind.

Unwind with the Ultimate Rebalancing Facial to combat aggravated skin under strain. Scalp, face, and décolleté massage address your skin, body and mind to relieve areas of tension. Each product contains a unique blend of essential oils, botanical actives, and skin stress relief technology to target the cause and effect of internal and external aggressors. Help your body to help your skin; stress response is lowered, mind and body are in equilibrium, and skin radiance is restored.

50 mins – £79



ESSENTIAL TREATMENTS AND QUICK LUXURIES



Full Body Massage

A tailor made massage helps to ease tension, relieve stress and alleviate muscular aches and pains.

50 mins – £77

Back, Neck & Shoulder Massage

A tailor made back massage to ease the tension and stress of everyday life.

25 mins – £44



Hot Stone Massage

A hot stone massage is greatly enjoyable for anyone with tense muscles, as the heat from the stones will gently relax and ease away any tension.

Full Body Massage 50 mins – £83.00

Back Massage 25 mins – £49.00

Bodysgallen Spa Scalp Massage

This relaxing scalp massage will relieve tension and stress whilst conditioning the scalp and hair. Using the Aromatherapy Associates Clay Mask.

25 mins – £44

Mini Treats 20 mins

Choose from: Scalp massage; back massage; foot and leg massage; express facial

£39.00 x 1

£67.00 x 2

£100.00 x 3

MII MANICURE, PEDICURES & GELS

Mii prescriptive treatments, with 60+ shades in Colour Confidence Nail Polish and Statement Gel polish, designed to deliver healthy natural nails by offering a formula and colour for every individual, and every occasion.

MANICURES

Using expertly blended products with a multitude of active ingredients including; antioxidant and brightening Blueberry, Rosemary and Vitamin C plus nourishing Shea Butter, Argan Oil and Aloe Vera, with a calming signature fragrance of Bergamot, Earl Grey and Cucumber for added sensorial bliss.

PEDICURE

Using a restorative blend of moisturising Aloe Vera, calming Thyme, antioxidant Rosemary and soothing Icelandic Moss, with a clean fragrance of Lemon and Green Tea to help lift the soul.

Mini Polish will be given to you to take home.

Mii Polish Fingers or Toes

Nails shaped and treated with a prescriptive base coat, before the final flourish of your chosen Colour Confidence Polish and high shine top coat to finish.

25 mins – £32

Indulge Mii Manicure

A hand moisturising massage and cuticles made neat and tidy, indulgence of a rich hand mask and heavenly hand massage. Nails are analysed, shaped and treated with a prescriptive base coat, before the final flourish of your chosen Colour Confidence Polish and high shine top coat to finish.

55 mins – £54



Indulge Mii Pedicure

Feet are cleansed, exfoliated and hard skin removed and cuticles made neat and tidy, additional indulgence of a deeply rich and nourishing foot mask and rejuvenating foot and lower leg massage. Nails are analysed, shaped and treated with a prescriptive base coat, before the final flourish of your chosen Colour Confidence Polish and high shine top coat to finish.

55 mins – £58





Mii Gel Fingers or Toes

Cuticles are made neat and tidy. Nails are analysed, shaped, and treated with a prescriptive base coat, before the final flourish of your Statement Gel polish.

25 mins – £44

Indulge Mii Gel Manicure

A hand moisturising massage and cuticles are made neat and tidy, indulgence of a rich hand mask and heavenly hand massage. Nails are analysed, shaped and treated with a prescriptive base coat, before the final flourish of your Statement Gel colour.

55 mins – £58



Indulge Mii Gel Pedicure

Feet are cleansed and exfoliated, with hard skin removed and cuticles made neat and tidy, additional indulgence of a deeply rich and nourishing foot mask and rejuvenating foot and lower leg massage. Nails are analysed, shaped and treated with a prescriptive base coat, before the final flourish of your Statement Gel colour.

55 mins – £64

BODYSGALLEN SPA CRYO TREATMENTS



Cryo Face & Back Treatment

This treatment begins with a luxurious back treatment including exfoliation, a drainage massage and finishes with an application of body lotion, leaving your back fresh, clean and revitalised. Followed by a Non-surgical face-lift cryotherapy cold massage treatment to stimulate collagen, help reduce fine lines, boost microcirculation.

50 mins – £79

Rejuvenating Cryo Glow Facial

A Non-surgical face-lift cryotherapy cold facial massage treatment to stimulate collagen, help reduce fine lines, boost microcirculation.

25 mins – £44



PROVENCE FACIAL & BIOSLIMMING TREATMENTS

5D Anti-Ageing Facial from Paris

Anti-wrinkle, lightening, oxygenating, hydrating and skin regenerating effects. Decreases appearance of wrinkles, repairs and brightens skin, instantly giving you a younger look! Restores luminosity, diminishes the appearance of dark spots and fine lines. This facial will also remove dry, dull skin and even out tone, helps generate new collagen and reduce pigment production. Skin is smoother, nourished and renewed by 45%

1 hr – £89

Pore refining deep cleansing facial

This facial is perfect for those with problem skin, enlarged pores, or skin needing a deep cleanse. Includes a deep cleanse, exfoliation, massage, deep cleansing face mask and skin refining and balancing products, leaving your skin revitalised and fresh.

50 mins – £79



Bioslimming Wraps

Bioslimming Wraps is a paraben-free fat burning and slimming body wrap. The treatment enhances weight loss and firms the skin. It eliminates toxins, boosts circulation, increases the metabolism of fat cells, reducing stretch marks and stimulating the lymphatic system. More importantly, the long-lasting results of the first treatment using thermos regulation to burn fat. Burns calories for two hours after application and works 12 hours after.

Full Body Wrap 1 hr 20 mins – £106



BIOSLIMMING
PARIS

ENVIRON FACIAL TREATMENTS

Scientific skincare that really makes a difference. Outstanding results for all skin types and ages. Environ® Skin Care was developed by South African plastic surgeon Dr Des Fernandes to address the effects of UV radiation, pollution, stress and free radical damage. Environ® salon treatments and homecare products feature active, effective ingredients such as vitamin A, pentapeptides and potent protective antioxidants, which are scientifically proven to combat environmental and physical ageing of the skin. Environ® uniquely offers vitamin A in increasing levels in its creams for optimal results. Treats your individual skincare needs to restore and recondition, leaving your complexion smooth and luminous. This treatment starts with a personalised consultation to establish your skincare needs.

Environ 60 mins – £84

Environ 90 mins – £108

Electro-sonic Essential Treatments

Environ's pioneering dual electro-sonic technology sets the benchmark for professional skin care, Low frequency sonophoresis together with pulsed iontophoresis in combination with Environ skincare products, help deliver more of what skin needs where it needs it most making a difference to your skin for life.

Essential Youth Reset

Helps soften the appearance of fine lines, sun-damage and sagging skin with our peptide and facial for a more youthful appearance.

Essential Moisture Boost

Helps reduce the appearance of fine lines caused by dehydration and increases the plump layers of the skin. Hyaluronic Acid is the hero ingredient, promoting a moisturised, glowing complexion.

Essential Comfort Calm

Ideal for sensitive, irritated skin. A powerful combination of smart ingredients, leaving the skin soothed with a healthy radiance.

Essential Radiance Reveal

A targeted solution for sun-damaged or pigmented skin. Boosting the skin with the correct ingredients, results in flawless, radiant-looking skin.



CACI TREATMENTS

The most advanced treatment system available. Works to restore and redefine the facial muscles, reduces lines and wrinkles.



Caci Face Treatments

| | |
|-------------|----------------|
| Caci Facial | 60 mins – £78 |
| Super Caci | 90 mins – £100 |
| Caci Eyes | 30 mins – £52 |
| Jowel Lift | 30 mins – £52 |

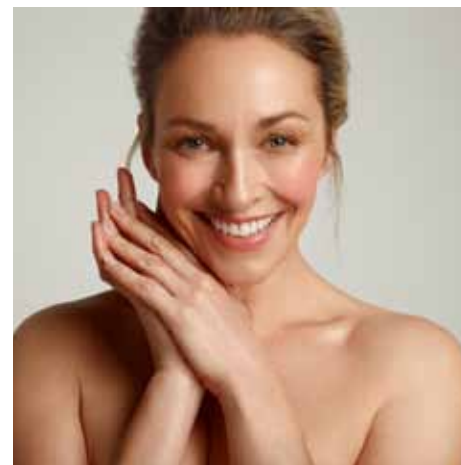
Course of Five Treatments

| | |
|-------------|------|
| Caci Facial | £312 |
| Super Caci | £400 |
| Caci Eyes | £208 |
| Jowel Lift | £208 |

Caci Hand Rejuvenation Treatment

The Caci hand treatment uses enhanced tissue repair pads, this treatment will help minimise age spots and moisturise, leaving the hands hydrated and supple for a more youthful appearance.

30 mins – £44



Men's Treatments & Spa Days

Back Massage

Scalp Massage

Foot & Leg Massage

Reviving Facial

25 mins treatments – £44 per treatment



The Refinery

The Refinery Men's Ultimate Face and Body Treatment

For an overall relaxing treatment that includes a relaxing massage and balancing facial.

80 mins – £117



The Refinery Men's Essential Facial

This treatment refreshes and balances, leaving a clean and bright looking skin.

50 mins – £79



Intensive Muscle Release

A pressure point massage that works deep into stiff, tight aching muscles to instantly release pain and tension.

50 mins – £79



The Refinery Half Day Spa

Unwind in the Spa for two hours prior to your treatment, including use of the gymnasium, sauna, steam room, spa bath and relaxation by the pool or in our relaxation room.

Let our expert therapists pamper you with a choice of:

The Ultimate Aromatherapy Experience 50 mins

This treatment releases tension held in every part of your body leaving you feeling deeply relaxed and recharged. This hero treatment starts with a consultation to find out what your physical and emotional needs are.

or

The Refinery Men's Essential Facial 50 mins

This treatment refreshes and balances, leaving a clean and bright looking skin.

Price – £104



The Refinery

The Refinery Spa Day

Unwind in the Spa for two hours prior to your treatment including use of the gymnasium, sauna, steam room, spa bath and relaxation by the pool or in our relaxation room.

Let our expert therapists pamper you with two of our men's Refinery treatments.

The Ultimate Aromatherapy Experience 50 mins

This treatment releases tension held in every part of your body leaving you feeling deeply relaxed and recharged. This hero treatment starts with a consultation to find out what your physical and emotional needs are.

Light luncheon in the Club Room from our Spa menu

The Refinery Men's Essential Facial 50 mins

This treatment refreshes and balances, leaving a clean and bright looking skin.

Price – £183



Bodysgallen Spa Half Day



Unwind in the Spa for two hours prior to your treatment including use of the gymnasium, sauna, steam room, spa bath and relaxation by the pool or in our relaxation room.

Let our expert therapists pamper you with a choice of:

Full Body Massage to relax, revive, energise, unwind or de-stress you.

50 mins

or

A personalised Aromatherapy Associates' Facial suited to your skin type.

50 mins

or

A Back Massage & Mini Facial

50 mins

Price – £104



Ultimate Aromatherapy Associates' Day

Unwind in the Spa for two hours prior to your treatments, including use of the gymnasium, sauna, steam room, spa bath and relaxation by the pool or in our relaxation room.

Then enjoy a morning and afternoon of our most luxurious Aromatherapy Associates' treatments.

The Ultimate Aromatherapy Experience

80 mins

This treatment releases tension held in every part of your body leaving you feeling deeply relaxed and recharged. This treatment starts with a consultation to find out what your physical and emotional needs are.

Light luncheon in the Club Room from our Spa menu.

Ultimate Aromatherapy Associates' Facial

80 mins

Treats your individual skincare needs to restore and recondition, leaving your complexion smooth and luminous. This treatment starts with a personalised consultation to establish your skincare needs.

Price – £257

Deluxe Pamper Day

Unwind in the Spa for two hours prior to your treatments, including use of the gymnasium, sauna, steam room, spa bath and relaxation by the pool or in our relaxation room.

Then enjoy a full day of pampering treatments:

Full Body Massage

To relax, revive, energise, unwind or de-stress

A personalised Aromatherapy Associates' Facial

Treats your individual skincare needs to restore and recondition, leaving your complexion smooth and luminous.

Light luncheon in the Club Room from our Spa menu.

A Luxury Mii Manicure

Hands, nails and cuticles are treated and finished with Mii long lasting Colour Confidence polish.

A Luxury Mii Pedicure

The feet, nails and cuticles are treated and finished with Mii long lasting Colour Confidence polish.

Price – £277

Aromatherapy Associates' Day

Unwind in the Spa for two hours prior to your treatments, including use of the gymnasium, sauna, steam room, spa bath and relaxation by the pool or in our relaxation room.

Let our expert therapists pamper you with two of our Aromatherapy Associates' treatments:

The Ultimate Aromatherapy Experience 50 mins

This treatment releases tension held in every part of your body leaving you feeling deeply relaxed and recharged. This hero treatment starts with a consultation to find out what your physical and emotional needs are.

Light luncheon in the Club Room from our Spa menu.

Ultimate Aromatherapy Associates' Facial 50 mins

Treats your individual skincare needs to restore and recondition, leaving your complexion smooth and luminous. This treatment starts with a personalised consultation to establish your skincare needs.

Price – £183

Environ Half Day



Unwind in the Spa for two hours prior to your treatment, including use of the gymnasium, sauna, steam room, spa bath and relaxation by the pool or in our relaxation room. Let our Environ expert therapist take care of you.

Active Vitamin Electrical Facial 50 mins

This facial is suitable for all skin types, leaving your skin looking radiant and dewy. The scientific approach stimulates collagen to soften lines, improve elasticity, increase hydration and boost radiance. Works on pigmentation, premature ageing, dryness, uneven skin tone and scarring with measurable difference after just one treatment.

Price – £104



Meet the Spa Managers Amanda and Vanessa

Amanda has worked at the Spa for 23 years and Vanessa for 15 years, sisters who began their careers at Bodysgallen as spa therapists. They are committed to maintaining high standards and excellent treatments with the remarkable Spa team.



Historic House Hotels

BODYSGALLEN SPA CLUB MEMBERSHIP

The Spa is located in the peaceful grounds of the Bodysgallen Hall private estate. Housed in the converted buildings of the original Welsh stone Bodysgallen Farm, the Spa offers the perfect retreat from a busy lifestyle and centres on fitness, health and beauty in a calm and relaxed atmosphere.

Membership not only offers full use of the facilities and invitations to social events associated with the Hotel and restaurant, but also incorporates many discounts on treatments and products, and benefits that can be used at our sister hotels – Middlethorpe Hall in York and Hartwell House near Aylesbury.





Membership Benefits

Applicable to Annual and 6-month Memberships

- Full use of the Spa – 50ft swimming pool, sauna, steam room, spa pool, gymnasium and Club Room.
- 15% saving on all food and beverages in the Spa Club Room.
- 15% saving on all beauty treatments.
- 10% saving on all beauty products.
- FREE Aqua Fit sessions.
- Gym induction by our qualified personal fitness instructor.
- 15% saving in our restaurants on the pre-booked lunch, afternoon tea and dinner.
- £104 worth of guest passes per year.
- Invitations and preferential booking for events at Bodysgallen Hall, including wine tastings, gourmet dinners, luncheons etc.
- Treatment voucher worth £44

Membership Categories:

(No Joining Fee)

Full member

Aged over 18 years, living within 30 miles radius of Bodysgallen.

Country Weekdays

Aged over 18 years, living outside 30 mile radius, Mon-Fri only.

Country with Weekend

As above, and including weekends.

Joint Membership

For all categories: Two members living at the same address.

| Membership | Annual Paid | 6 Month Paid | Annual Monthly x12 |
|----------------------------|-------------|--------------|--------------------|
| Individual | | | |
| Full member | £1210 | £677 | £111 |
| Country weekday only | £874 | | £80 |
| Country including weekends | £1072 | | £98 |
| Joint | | | |
| Full member | £2057 | £1193 | £188 |
| Country weekday only | £1518 | | £139 |
| Country including weekends | £1848 | | £169 |
| Family | £3091 | | £284 |

The Bodysgallen Spa Accolades

Winner Editor's Choice 2023 Awards for
Country House - Good Hotel Guide

Winner Editor's Choice 2022 Awards for Spa
- Good Hotel Guide

Hotel & Spa of the Year 2019 for Wales
- Travel & Hospitality Awards

North Wales' Premier Day Spa
- The Sunday Times

Number One UK Destination for Spa Breaks
- The Independent

One of the Ten Luxury UK Spas
- Homes and Gardens Magazine

One of the Ten Best UK Spa Retreats
- Condé Nast Traveller

4 AA Red Stars
AA 3 Rosettes for Food



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National Trust



A Historic House Hotel
of the National Trust

Contact Details

The Spa at Bodysgallen Hall,
The Royal Welsh Way, Llandudno,
North Wales LL30 1RS

Telephone: 01492 562500 (Spa)
Telephone: 01492 584466 (Hotel)
E-mail: spa@bodysgallen.com

www.bodysgallen.com
www.historichousehotels.com

How to Find Us

London 227 miles
Chester 47 miles
Manchester 85 miles
Birmingham 115 miles
Liverpool 67 miles
York 150 miles
Aylesbury 190 miles

By Road: Take the A55 and exit at Junction 19 then follow the A470 The Royal Welsh Way towards Llandudno. The hotel is one mile on the right.

By Rail: There are regular trains from London (Euston) and the journey takes 3 hours. The nearest station is Llandudno Junction, where guests can be met by car for a 5 min journey to the hotel. (please advise us of your arrival time).

By Air: Manchester International Airport is just 1hr 15 mins drive. Liverpool International Airport is a 50 mins drive.

