

# THE SPA

AT BODYSGALLEN

Guide & Tariff For Health & Beauty Treatments  
2026/27



# Welcome to Bodysgallen Spa



Located just a short walk from the hotel, with its own car park close by, the Spa houses a large indoor swimming pool with spa bath, sauna, steam room, gymnasium, six spa treatment rooms, Club Room and a relaxation room.

A range of beauty and well-being treatments are available, using products by GAIA Skincare, Environ and Mii Nails.

The experience is considered to create an environment where guests can fully disconnect from the demands of everyday life and reconnect with a sense of balance, calm and clarity.

Treatments are available to both Spa Members and Day Guests. The Spa Club Room and sun terrace with views towards the ruins of Deganwy Castle, is open daily to both hotel guests and day guests, where you can enjoy a variety of light refreshments, beverages and snacks.



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# 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 the appointment. A credit card number will be taken as a guarantee against all reservations.

These prices are valid from 1<sup>st</sup> May 2026. 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 rate 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.

## 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.

# Opening Times

## 1<sup>st</sup> April - 31<sup>st</sup> October

|  |                   |
|--|-------------------|
| Monday - Thursday                        | 7:00 am - 9:00 pm |
| Friday                                   | 7:00 am - 8:00 pm |
| Saturday - Sunday<br>(and Bank Holidays) | 8:00 am - 7:30 pm |

## 1<sup>st</sup> November - 21<sup>st</sup> March

|  |                   |
|--|-------------------|
| Monday - Thursday                        | 7:00 am - 8:30 pm |
| Friday                                   | 7:00 am - 8:00 pm |
| Saturday - Sunday<br>(and Bank Holidays) | 8:00 am - 7:30 pm |

# Club Room

|                   |  |
|-------------------|--|
| Monday - Thursday | 8:00 am - 9:00 pm*<br>*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 - 3:00 pm                            |

Resident 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 20 minutes before the club closing time.

# Introducing GAIA Skincare



Inspired by Gaia, the ancient Greek goddess known as mother nature, GAIA Skincare products are handmade in Britain using traditional production methods.

Blending together the finest ingredients, plant actives and essential oils, GAIA products are full of intention and integrity. Each ingredient thoughtfully selected for its beneficial properties for the body and mind, how it will make you feel and what the ingredient will do.

Free from parabens, ethically produced and presented in sustainable packaging.

Exclusive to PoB Hotels, GAIA products are available to purchase from the Spa.

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## GAIA Bespoke Massage

A completely bespoke treatment catered to your needs and concerns. This treatment uses effective and natural ingredients combined with highly therapeutic techniques, such as Swedish, deep tissue and aromatherapy to relax the body and mind bringing you into the present moment.

60 minutes £95.00

90 minutes £125.00



## GAIA Hot Stone Massage

A therapeutic back, neck and shoulder, full body and scalp massage using specially blended GAIA oils and warm volcanic stones to relieve deep muscle tension. The warmth of the stones penetrates your muscles to soothe aches and pains, thus helping you to unwind and feel rejuvenated. Choose from the GAIA oils, Awakening, Balancing and Calming.

40 minutes £75.00

60 minutes £95.00

90 minutes £125.00



## GAIA Restorative Treatment

Experience a therapeutic back cleanse followed by exfoliation with GAIA's own unique body scrub, before GAIA's mud mask is applied in sweeping motions to detoxify and cleanse. Following the removal of the mud with a hot towel, the back is massaged with hot stones using one of the GAIA oils; Awakening, Balancing or Calming.

60 minutes £95.00



## GAIA Jade Facial

This healing massaging facial will leave your skin feeling rejuvenated and glowing. GAIA's natural skincare products are softly massaged deep into the skin, using healing Jade crystal wands to stimulate both lymph drainage and blood flow, leaving your skin feeling firmer and younger.

30 minutes £65.00

60 minutes £95.00



## GAIA Salt and Oil Scrub

Liberate your skin with GAIA's nourishing salt and oil scrub treatment. Your body is awakened with natural sea salt, peppermint and lemongrass, to gently buff the skin, boosting circulation and leaving a natural glow. This refreshing treatment will leave a natural feeling of wellbeing, whilst the skin is left smooth and replenished.

45 minutes £75.00



## GAIA Mud Cocoon

Offering a protective, cocooning treatment to emerge from awakened. This treatment includes whole body, face and scalp therapy for a truly indulgent experience; following a sea salt exfoliation, a deeply nourishing body mud is applied, while the face & scalp is gently massaged. The treatment is completed with our Awakening Body Cream, with nourishing coconut oil and shea butter.

90 minutes £125.00



## GAIA Indian Head Massage

GAIA's Indian head massage is a treatment combining massage on the face, shoulders and scalp. A series of techniques are performed to manipulate the muscles, releasing tension and stress throughout the mind and body.

45 minutes £75.00



## GAIA Everglowing

A refreshing face and body treatment designed to uplift and revitalise the mind and body. Featuring GAIA's signature foot ritual, relaxing back cleanse and exfoliation, followed by the application of the refreshing Strengthening Fitness Gel to soothe tension. The treatment continues with a radiance facial, including a gentle exfoliation and finishes with a nurturing leg and foot massage, leaving you with a radiant glow, inside and out.

60 minutes £95.00

90 minutes £125.00

## GAIA Awakening Journey

An energising experience, helping to renew and radiate positivity for the mind and body. The Awakening Journey helps revitalise the skin with a salt and oil exfoliation, either on the back, neck and shoulders (60 minutes) or full body scrub (90 minutes) removing dead skin cells to reveal refreshed, soft skin. The Awakening Journey continues with a bespoke massage, tailored to suit your needs, to help awaken the body and boost circulation, leaving you feeling refreshed and uplifted.

60 minutes £95.00

90 minutes £125.00



## GAIA Balancing Journey

Find grounding and harmony with the Balancing Journey, a treatment designed to alleviate stress and bring equilibrium to the mind and body. The journey centres around a hot stone massage, using warm volcanic stones to soothe aches and pains, relieving tension. The Balancing Journey continues with a nourishing Jade facial, known as the healing stone. The Jade crystal wands help to relieve tension in the muscles, encouraging blood flow and help eliminate fine lines. With a choice of 60-minute and 90-minute journeys you'll leave feeling restored and emotionally balanced.

60 minutes £95.00

90 minutes £125.00



## GAIA Calming Journey

A truly tranquil experience, the Calming Journey has been developed to offer complete relaxation and peace within. Your journey will begin with a serene back, neck and shoulder massage to ease muscle tension and calm the mind and body. This is followed by a scalp massage (60 minute) or Indian head massage (90 minute) which includes a facial cleanse, tone and a beautifully relaxing facial massage, focusing on pressure points to relive tension. Both journeys include a hand and arm massage, helping to release stress and find total relaxation.

60 minutes £95.00

90 minutes £125.00

# 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 and boost microcirculation.

50 minutes £88.00

## **Rejuvenating Cryo Glow Facial**

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

25 minutes £49.00

# Mii Manicure, Pedicures & Gels

Mii

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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.

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## 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.

## Pedicures

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 minutes £34.00

## 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 minutes £56.00

## 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 minutes £60.00





## 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 minutes £46.00

## 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 minutes £60.00

## 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 minutes £66.00

# Environ Professional Treatment Menu

*'Experience a facial like no other'*



## Electro-sonic Essential Treatments

Environ's pioneering Dual Electro-Sonic Technology sets the benchmark for Professional Skincare Treatments. Low frequency Sonophoresis together with pulsed Iontophoresis in combination with Environ's Professional Skincare formulations, help deliver more of what skin needs, where it needs it most - making a real lasting difference, for life

60 minutes £90.00

90 minutes £130.00



## Choose your skin concern:

### Essential Youth Reset

Helps soften the appearance of fine lines, sun damage and sagging skin with Environ's peptide and vitamin-packed treatment for a more youthful appearance.

### Essential Moisture Boost

Helps reduce the appearance of fine lines caused by dehydration and promote a more moisturised glow with this intensive treatment featuring hyaluronic acid as the key ingredient.

### Essential Radiance Reveal

Helps target the signs of sun-damage and pigmentation with this treatment, which boosts the skin with the correct combination of ingredients for an even-toned, radiant-looking appearance. Environ's pioneering Dual Electro-Sonic Technology sets the benchmark for Professional Skincare Treatments.

# Environ Cool Peel Treatments

This Cool Peel treatment assists to reduce the appearance of premature ageing, fine lines, sun-damage and an uneven skin complexion. Discover the power of an intelligent skin peel that will leave the skin looking refreshed and vibrantly youthful.



## 30 Minute Facial

### Electro-Sonic Focus-On Treatments

Specially developed to target specific areas using Environ's revolutionary Dual Electro-Sonic DF Technology, ensuring that your primary skincare concerns are directly addressed. Perfect for when time is limited.

30 minutes £55.00

### Moisture Boost

Designed to gently peel the skin's surface and revitalise dry, tired-looking skin to a healthy glow, Suitable to do all year round with no visible peeling or downtime.

### Deep Cleansing

This unique method of deep cleansing the skin is gentle yet effective in helping to purify and control the appearance of congestion and breakouts, leaving the skin looking clear, healthy and refreshed.

### Bright Recovery

This gentle lactic acid cool peel assists to improve the appearance of premature ageing, fine lines, and uneven skin tone, as a result of excessive sun exposure.

### Blemish Control

This powerful cool peel treatment assists to improve the appearance of blemish-prone, distressed skin helping to unclog pores and remove surface impurities related to problematic skin conditions

60-90 minutes £90.00

Depending on guest's skin needs

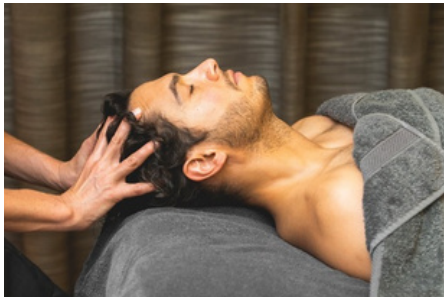
# Essential Treatments & Quick Luxuries



## Full Body Massage

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

50 minutes £86.00



## Bodysgallen Spa Scalp Massage

This relaxing scalp massage will relieve tension and stress whilst conditioning the scalp and hair.

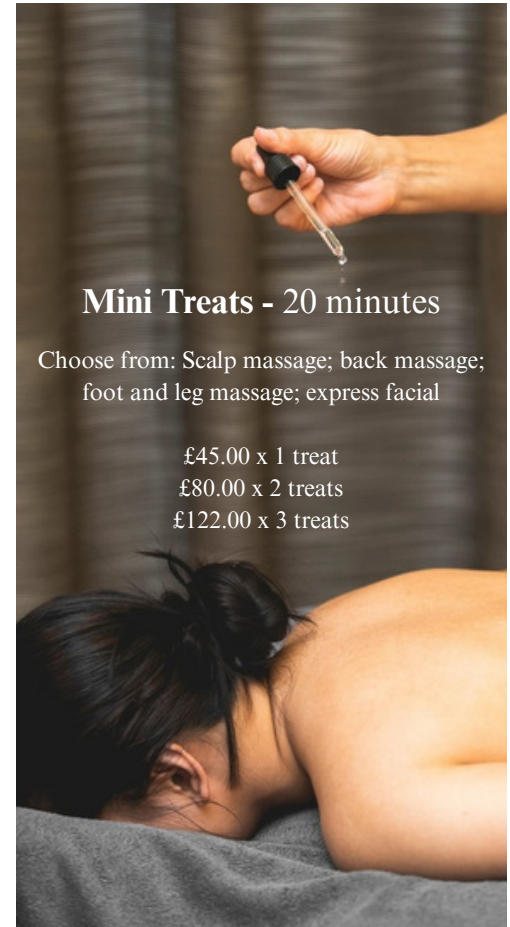
25 minutes £49.00



## Back, Neck & Shoulder Massage

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

25 minutes £49.00



## Mini Treats - 20 minutes

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

£45.00 x 1 treat  
£80.00 x 2 treats  
£122.00 x 3 treats

# Bodysgallen Spa Days



## Deluxe 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.

### **GAIA Bespoke Massage - 60 minutes**

A completely bespoke treatment catered to your needs and concerns. This treatment uses effective and natural ingredients combined with highly therapeutic techniques, such as Swedish, deep tissue and aromatherapy to relax the body and mind, bringing you into the present moment.

### **GAIA Jade Facial - 60 minutes**

This healing massaging facial will leave your skin feeling rejuvenated and glowing. GAIA's natural skincare products are softly massaged deep into the skin, using healing Jade crystal wands to stimulate both lymph drainage and blood flow, leaving your skin feeling firmer and younger.

### **Light luncheon in the Club Room from our Spa menu**

#### Luxury Mii Manicure

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

#### Luxury Mii Pedicure

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

Price £315.00

# Bodysgallen Spa Days



## GAIA 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 therapist pamper you with two luxurious GAIA treatments.

### **GAIA Bespoke Massage - 60 minutes**

A completely bespoke treatment catered to your needs and concerns. This treatment uses effective and natural ingredients combined with highly therapeutic techniques, such as Swedish, deep tissue and aromatherapy to relax the body and mind, bringing you into the present moment.

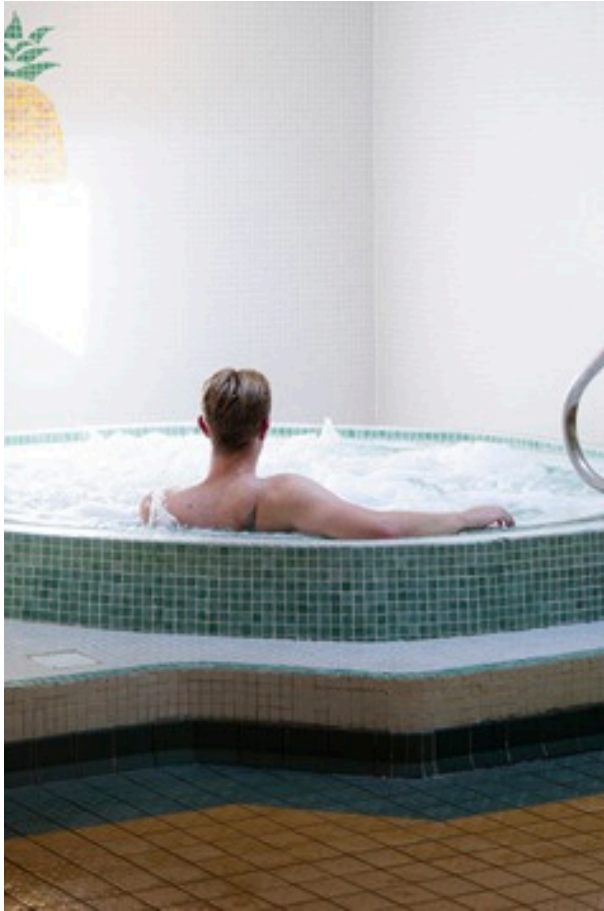
### **Light luncheon in the Club Room from our Spa menu**

### **GAIA Jade Facial - 60 minutes**

This healing massaging facial will leave your skin feeling rejuvenated and glowing. GAIA's natural skincare products are softly massaged deep into the skin, using healing Jade crystal wands to stimulate both lymph drainage and blood flow, leaving your skin feeling firmer and younger.

Price £215.00

# Spa Half Days



## **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 therapist pamper you with a choice of;

### **GAIA Bespoke Massage - 60 minutes**

A completely bespoke treatment catered to your needs and concerns. This treatment uses effective and natural ingredients combined with highly therapeutic techniques, such as Swedish, deep tissue and aromatherapy to relax the body and mind, bringing you into the present moment.

or

### **GAIA Jade Facial - 60 minutes**

This healing massaging facial will leave your skin feeling rejuvenated and glowing. GAIA's natural skincare products are softly massaged deep into the skin, using healing Jade crystal wands to stimulate both lymph drainage and blood flow, leaving your skin feeling firmer and younger.

or

### **A Back Massage & Mini Facial - 60 minutes**

Price £115.00

# Spa Half Days



## 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 - 60 minutes**

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 £115.00

# 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 pre-booked lunch, afternoon tea and dinner.
- Guest passes worth £30 each per year.  
(4pp per 12-month and 2pp per 6-month Membership)
- Invitations and preferential booking for events at Bodysgallen Hall, including wine tastings, gourmet dinners, luncheons etc.
- Treatment voucher worth £49.

## Membership Categories

### 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 x 12 |
|----------------------------|-------------|--------------|---------------------|
| <b>Individual</b>          |             |              |                     |
| Full Member                | £1,399.00   | £789.00      | £128.00             |
| Country weekend only       | £1,023.00   |              | £94.00              |
| Country including weekends | £1,257.00   |              | £116.00             |
| <b>Joint</b>               |             |              |                     |
| Full Member                | £2,398.00   | £1,391.00    | £220.00             |
| Country weekend only       | £1,775.00   |              | £163.00             |
| Country including weekends | £2,151.00   |              | £197.00             |

No  
Joining Fee





## Meet the Spa Managers Amanda & Vanessa

Amanda has been part of the Spa for 26 years, and Vanessa for 18, sisters who both began their careers at Bodysgallen as spa therapists.

Together with the exceptional Spa team, they uphold the highest standards, ensuring every guest experience reflects the calm, restorative atmosphere for which Bodysgallen is known.



## Gift Experience Voucher

Our gift vouchers offer a variety of experiences, from relaxing spa days and restorative spa treatments, to traditional afternoon tea, weekend lunches, dinner or overnight stay.

These are gifts they can look forward to using at a time of their choosing. Our gift vouchers are valid for two years from the date of purchase, and can be easily purchased online, then sent by post or email to you or direct to the lucky recipient.

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

# Bodysgallen Spa Accolades

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

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

Winner Editors Choice 2022 Awards for Spa  
- Good Hotel Guide

One of the Ten Best UK Spa Retreats  
- Condé Nast

Number One UK Destination for Spa Breaks  
- The Independent

Traveller 4 AA Red Stars  
AA 2 Rosettes for Food



## Contact Details

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

Spa Telephone: 01492 562500 | Hotel Telephone: 01492 584466

E-mail: [spa@bodysgallen.com](mailto:spa@bodysgallen.com)

[www.bodysgallen.com](http://www.bodysgallen.com) | [www.historichousehotels.com](http://www.historichousehotels.com)

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## BODYSGALLEN HALL & SPA

'A Historic House Hotel of the National Trust'

### 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 minute 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 minute drive.

