

FACIALS

Our globally renowned hands-on facial treatments use touch as a powerful diagnostic tool, softening and prepping the skin to receive actives. Skin on skin forms a deep connection, creating the best possible environment for maximum absorption and clinically proven results. Each active product is applied using a combination of ancient and modern massage techniques from around the world. The hands of a highly trained ELEMIS Elite therapist are profoundly effective anti-ageing tools. This is where intuition meets expertise.



SUPERFOOD PRO-RADIANCE 50 MIN £75

This is a crafted nutritional boost for stressed dull skin. Rich in superfoods and essential minerals, forming a mineral army to jump start tired and exhausted skin. Whilst an amino active mask helps restore lost moisture, deeply nourish, detox, and pack the skin with energising nutrients. Skin is left smoother, plumper and luminously radiant and lit up with good health.

PEPTIDE 24/7 SKIN SYNC 50 MIN £75

Target tired skin with this radiance-restoring Peptide 24/7 facial. Powerful botanical formulations, exclusive to ELEMIS, are combined with specialist massage techniques to replenish skin with a well-rested glow.

DYNAMIC RESURFACING PRECISION PEEL 50 MIN £75

This highly potent resurfacing treatment targets the signs of ageing and dull, tired, uneven skin tone. This pioneering protocol uses three layers of enzymes to nibble the dead skin away, revealing extraordinary results. This system delivers powerful exfoliation and renewal for smoother, brighter, younger looking skin.

PRO-COLLAGEN AGE DEFY 50 MIN £75

This treatment tackles fine lines and wrinkles. The proven benefits of marine charged products help plump out fine lines, whilst also reducing skin-fatigue, helping relax wrinkles. Visibly improving firmness and elasticity for beautifully nourished, younger looking skin.

PRO-INTENSE LIFT & CONTOUR 50 MIN £75

Powered by breakthrough technology targeting sagging jowls, cheeks and jawlines, this facial helps restore the architecture of the face. The Lupin-infused jowl and chin mask works on elasticity, whilst potent nutrients and stem cells help support the extra-cellular matrix. The skin appears plumper and revitalised, creating a profoundly sculpted, youthful effect.

BIOTEC facial treatments are where ground-breaking technology meets active ingredients and transformative touch. The pioneering innovation of the BIOTEC machine, works to switch the skin back on, increasing its natural cellular energy. Technology turbo-charges touch. The clinically proven result? Thriving, visibly healthy and energized skin.

BIOTEC RADIANCE RENEW 50 MIN £79

A powerful antidote for dull and tired skin, this cellular-boosting treatment targets sluggish complexions. The ultrasonic peel pumps vibrational energy into the skin to exfoliate and stimulate the removal of impurities and dead skin cells, while the Galvanic rejuvenating current extracts to restore moisture and vitality. Skin is left profoundly reinvigorated. Instantly clearer, visibly brighter, and radiant.

BIOTEC PEPTIDE 24/7 SKIN SYNC 50 MIN £79

This ground-breaking facial combines exclusive botanical formulations with a deeply cleansing ultrasonic peel for a well-rested glow. LED light therapy helps reset the clock for optimum skin wellness, whilst galvanic technology stimulates the skin for maximum results.

BIOTEC SKIN RESURFACER 50 MIN £79

This revolutionary resurfacing facial addresses skin tone, blemishes, and fine lines to transform the texture of the skin. The ultrasonic peel reveals a noticeably smoother complexion using a combination of Lactic and Hyaluronic acids. Massage and light therapy restore equilibrium. Wrinkles and fine lines are reduced to leave a complexion that has never been softer or smoother.

BIOTEC LINE ERASER 50 MIN £79

Wrinkles are targeted with firming and toning micro-current pulses to stimulate the skin cells. Circulation is improved, increasing the production of collagen and elastin, whilst the dermis is flooded with super-Hyaluronic hydrating activators. Red and blue light therapy warms and de-stresses the skin whilst a blast of oxygen delivers a breath of fresh air, effectively ironing out wrinkles and filling in lines. A powerfully rejuvenating facial treatment.

BIOTEC FIRM-A-LIFT 50 MIN £79

Rediscover the architecture of your face with this ground-breaking blend of massage and sculpting technology. Circulation stimulating Gardenia stem cells are activated by micro-current pulses to tighten slackening skin. Galvanic currents infuse the skin with bio-active formulas that hydrate and tone. The extra-cellular matrix of the skin is visibly strengthened, restoring elasticity and tenacity for a contoured complexion that is remarkably lifted.



CONTACT US

01685 379111
www.nant-ddu-lodge.co.uk

OUR LOCATION

Nant Ddu Lodge Hotel, Bistro & Spa
Cwm Taf, Powys, Cf48 2HY, Wales, UK

FACE & BODY COMBINATIONS

The perfect introduction to ELEMIS. This is a dynamic approach to top-to-toe couture care. Choose your own combination of facial and body massage or let your Elemis Elite therapist personally prescribe the perfect treatment to work with your skin, your mood, and your needs.

COUTURE TOUCH 50 / 100 MIN £75 / £150

Condition your skin and condition your muscles with this all-embracing hands-on experience. Combine any 25 or 50 minute ELEMIS hands-on TOUCH facial with your personalised 25 or 50 minute 'ELEMIS Freestyle Massage'.

COUTURE TECHNOLOGY 50 / 100 MIN £85 / £160

Time to switch your skin on. Combine any 25 or 50 minute ELEMIS TECHNOLOGY facial with your personalised 25 or 50 minute 'ELEMIS Freestyle Massage'.

BODY - MASSAGE

Cleansing mineral salts, oil blends rich in actives and transportation aromatics are combined with an unparalleled level of expertise in massage and conditioning. For healthy, revitalised skin and deeply eased muscles.

NANT DDU MASSAGE 50 MIN £75

Whether you prefer a light, relaxing pressure, or deep pressure to relieve aches and pains, this full body massage will be completely prescribed to you.

ELEMIS FREESTYLE FULL BODY MASSAGE 50 / 75 MIN £89 / £110

With the use of ELEMIS specialised oils we can cater this massage to any concerns or needs. Whether it be muscle tension, relaxation, destress, detox or even to hydrate and nourish the skin. The specialised oils will be perfectly paired with your choice of pressure and massage techniques.

HOT STONE FULL BODY MASSAGE 50 MIN £85

Nothing gets into the belly of the muscle like a hot stone. Accurate range of Balinese stones are selected to address exactly what you need. They are worked over the body, deep into the muscles, getting into areas of tension at a profound level, persuading the muscles to release their trapped energy. The result is sparkling vitality with the bonus of intensely hydrated skin.

BODY - SCRUBS

INTENSELY CLEANSING SALT SCRUB - LIME & GINGER OR FRANGIPANI 25 / 50 / 75 MIN £40 / £85 / £115

The extraordinary cleansing power of salt goes to work releasing toxins in this body polishing treatment. The fragranced salt of your choice will gently slough away dead skin cells, encouraging the regeneration of new cells and perfectly prepping the skin. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil. Delivers velvety soft, invigorated skin. Combine a 25 or 50 minute ELEMIS Freestyle Massage to add relaxation to this invigorating treatment.

NAIL TREATMENTS

FILE & POLISH 25 MIN £25

CND MANICURE 45 MIN £50

CND PEDICURE 45 MIN £50



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MEN

HEALTH AND SPA

Men's skin behaves differently to women. Shaving, fatigue, sport, and screen time all make their own demands. ELEMIS responds with high performance facial therapies designed to restore energy, dynamism, and lustre to male skin.



NANT DDU SPA

ELEMIS
LONDON

FACIALS

HIGH PERFORMANCE SKIN ENERGISER 50 MIN £75

This is the hard-working facial for ageing, stressed, dehydrated skin and tired eyes. An energising treatment that speaks to every skin concern, restoring vital moisture and nutrient levels. Multi-dynamic facial massage sequences boost circulation, whilst targeted scalp and foot massage deeply relax. Finally, the uniquely nourishing Pro-Collagen Marine Cream for Men is worked into a receptive, revitalised skin for a vibrant and energised result.

BIOTEC SUPER-CHARGER FOR MEN 50 MIN £79

This is the facial to de-stress, de-age, and de-fatigue the male complexion while activating ultimate skin dynamism. A double hit of ultrasonic peeling and galvanic current delivers a deep clean, simultaneously exfoliating and powering up Kalpariane's anti-wrinkle properties and Samphire's hydrating potency. An oxygen infusion is the final blast of energy for real, best face forward results. A multi-tasking, time efficient solution.

BODY - MASSAGE AND CONDITIONING

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PACKAGES

Experience one of our Elemis award winning treatments with the combination of our wet spa facilities to truly relax and unwind.

RELAX WITH ELEMIS 50 MIN £89

Please select from the following

- Nant Ddu Signature massage
- ELEMIS skin solutions facial
- Couture Touch
- CND Deluxe Manicure
- CND Deluxe Pedicure

RENEW WITH ELEMIS 50 MIN £99

Please select from the following

- Lime and Ginger body scrub & back massage
- Frangipani body scrub & back massage
- Thousand flower Detox body wrap
- Biotec facial
- Hot stones

INDULGE WITH ELEMIS 2 X 25 MIN £99

Please select two from the following

- Back and shoulder massage
- Skin solutions facial
- Frangipani scalp massage
- Frangipani scrub
- Lime + Ginger scrub

RECHARGE WITH ELEMIS 75 MIN £110

Please select from the following

- 50 minute Nant Ddu massage & ELEMIS 25 minute facial
- 50 minute skin solution ELEMIS facial & 25 minute back massage
- 50 minute Nant Ddu massage & 25 minute salt scrub

ESCAPE WITH ELEMIS 100 MIN £159

- 100 Minute ELEMIS Couture Touch



EACH OF OUR SPA DAY PACKAGES INCLUDE

- Robe, towel, and slippers to enjoy throughout the day.
- Use of Spa facilities, including pool, sauna, steam room and whirlpool.
- Experience award winning ELEMIS products throughout your treatment.
- £10 allocation towards lunch.



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HOW TO SPA

To schedule an appointment or to make a package booking, please contact our Spa Reception desk on 016385 379111 where our team can guide you towards the right choice. We advise booking in advance to avoid any disappointment. All treatments and packages will need to be secured with valid card details. We operate a 48hr cancellation policy; spa treatment/packages cancelled within 48hrs of your arrival date are subject to a 50% cancellation fee. No shows and cancellations on the day are charged at 100% of the package/treatment price.

SPA PACKAGE INFORMATION

Please arrive an hour before your scheduled treatment/lunch time to allow sufficient time to settle you into the spa. Please be advised late arrival will result in treatment time being shortened. Treatment choices are to be confirmed at time of booking your reservation, changes to treatment choices or time may not be accommodated on the day. Alcohol is prohibited in the spa and pool areas. Anyone found consuming alcohol within these areas will be asked to leave and the alcohol confiscated.

HEALTH CONDITIONS

We kindly ask you to advise us of any health conditions, including allergies, injuries, and pregnancy at the time of booking as these may affect your choice of spa treatment. Please advise us of any recent operations/specialist treatment prior to your visit, as this may restrict your treatment options. A GP referral may be required.

SPA ETIQUETTE

Our spa environment is one of relaxation and tranquillity. Please respect all spa guests' right to privacy and serenity. Please turn mobile phones & media players to silent mode, and refrain from taking photographs. Please note that as a courtesy to all our clients a prompt appointment schedule is adhered to, late appointments may not be honoured, and no discount or refund given. Treatments that start late will still finish at the appointed time, so other guests are not inconvenienced. The minimum age for treatments is 16.

ABOUT NANT DDU HEALTH AND SPA

Our leisure facilities include Gym, Swimming Pool, Jacuzzi, Sauna and Steam Room and relaxing loungers. Poolside and its facilities are gender neutral, appropriate swimwear is to be always worn. Glassware and crockery are prohibited throughout the gym and poolside area. Plastic cups are available for your convenience. Both Male and Female changing rooms have showers and toilets. You will find lockers in the changing areas for your personal effects. Please take care of your valuables, as we cannot take liability for their loss.

GIFT VOUCHERS

Gift vouchers are available for any specific treatment or package, or in any monetary value. See Nant Ddu Spa Reception to purchase.



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