

NANT DDU SPA



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Nant Ddu Lodge Hotel & Spa, Cwm Taf, Powys, CF48 2HY, Wales, UK

Pro-Glow Facials

Our hands on facial treatments use touch to soften and prepare the skin to receive actives. 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 tools for all skin concerns.

PRO GLOW RENEWAL 50 MIN £65

For Gorgeous, **Glowing** Skin. ELEMIS' deep cleansing skin wellness facial, showcasing Prebiotics and antioxidant-rich goodness to deliver a healthy-looking, lit-from-within glow. This facial contains super-hydrating, skin-kind formulas and the nutrient-rich Superfoods nourish and protect to maintain healthy, balanced skin. In one treatment, skin looks visibly refreshed and rebalanced.

PRO GLOW SMOOTH 50 MIN £65

The HIIT Workout for Your Skin. Improve skin-fitness and **firmness**, whilst reducing fine lines and wrinkles with our clinically proven formulas and signature skin-lifting massage techniques. After just one treatment, the complexion looks firmer, supremely smooth and rejuvenated.

PRO GLOW BRILLIANCE 50 MIN £65

Your Recipe for **Radiance**. Nourish and glow with this brightness-boosting facial, reviving dull, lacklustre skin. Turn up the brightness with our triple cleanse, melting away makeup, daily pollutants, and grime. Gentle resurfacing dissolves away dead skin cells to reveal healthy and clearer-looking skin.

PRO GLOW RESURFACE 50 MIN £65

Resurfacing for Stunningly **Smooth** Skin. Purify and brighten as skin's texture is transformed. With a spotlight on enlarged pores, blemishes, and blackheads, this unique facial powered by patented Tri-Enzyme technology minimises the look of uneven tone, texture, fine lines, and pigmentation.

Pro Glow + Facials

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 energised skin.

PRO GLOW RENEWAL + 50 MIN £70

For Gorgeous, **Glowing** Skin. ELEMIS' deep cleansing skin wellness facial, showcasing Prebiotics and antioxidant-rich goodness to deliver a healthy-looking, lit-from-within glow. This facial contains super-hydrating, skin-kind formulas and the nutrient-rich Superfoods nourish and protect to maintain healthy, balanced skin. In one treatment, skin looks visibly refreshed and rebalanced. Supercharged with ELEMIS BIOTEC Ultrasonic Resurfacing.

PRO GLOW RESURFACE + 50 MIN £70

Reveal Stunningly **Smooth** Skin. Supercharged deep cleansing and powerful ultrasonic peel technology eliminate visible pollutants, dirt, and impurities for an immediately clearer, brighter complexion. Supercharged with ELEMIS BIOTEC Ultrasonic, LED Light Therapy & Galvanic.

PRO GLOW BRILLIANCE + 50 MIN £70

Your Recipe for **Radiance**. Nourish and glow with this brightness-boosting facial, reviving dull, lacklustre skin. Turn up the brightness with our triple cleanse, melting away makeup, daily pollutants, and grime. Gentle resurfacing dissolves away dead skin cells to reveal healthy and clearer-looking skin. Supercharged with ELEMIS BIOTEC Ultrasonic, O2 Infusion & Galvanic.

PRO GLOW SMOOTH + 50 MIN £70

The Ultimate HIIT Workout for Your Skin. Ultrasonic peeling exfoliates dead skin cells to smooth and prepare the skin for line-fighting microcurrent technology, targeting lines and wrinkles for more radiant, youthful-looking skin. Supercharged with ELEMIS BIOTEC Ultrasonic, Microcurrent & O2 Infusion.

Face & Body

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 MIN £65

Condition your skin and muscles with this all-embracing experience. This body treatment combines a 25-minute signature back massage with a 25-minute Pro Glow facial to target any skin concern and muscle tension you may have.

COUTURE TOUCH 100 MIN £130

Condition your skin and muscles with this all-embracing experience. This body treatment combines a 50-minute signature full body massage with a 50-minute Pro Glow facial to target any skin concern and muscle tension you may have.

COUTURE TECHNOLOGY 100 MIN £135

Condition your skin and muscles with this all-embracing experience. This body treatment combines a 50-minute signature full body massage with a 50-minute Pro Glow + facial to target any skin concern and muscle tension you may have.

Massage

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

NANT DDU SIGNATURE MASSAGE 50 MIN £65

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

NANT DDU SIGNATURE HOT STONE MASSAGE 50 MIN £70

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

ELEMIS WELLBEING FREESTYLE FULL BODY MASSAGE 50 MIN £75

This deeply relaxing massage is tailored entirely to your needs, leaving you feeling grounded and focused. A wellbeing essence is carefully selected to relieve muscle pain and stress. As effective as an hour's stretching, but so much more nurturing.

Pregnancy Safe

Massage adapted to each stage of pregnancy. This inspirational therapy connects mother and baby through the power of touch, working with two heartbeats as one. Specialised positioning on a bed of pillows is used to ensure the ultimate in safety, comfort and relaxation. Helping to relieve tension in the back and alleviating swelling in the hands and feet, while easing the mind and body.

PEACEFUL PREGNANCY 50 MIN £65

This unique pregnancy massage is profoundly nurturing and tranquil. Performed on a bed of comfy pillows, mothers-to-be are lulled and restored to optimum wellness. An intuitive, sensitive and relaxing full body massage hydrates and moisturises skin that is expanding to accommodate a growing baby.

BLISSFUL PREGNANCY 50 MIN £65

This unique pregnancy massage is profoundly nurturing and tranquil. Performed on a bed of comfy pillows, mothers-to-be are lulled and restored to optimum wellness. An intuitive, sensitive and relaxing back massage followed by an Elemis pro glow facial.

PREGNANCY PACKAGES MONDAY TO FRIDAY £75 / SATURDAY AND SUNDAY £85

Upgrade either of these treatments to a package which includes one 50 minute treatment, use of pool, robe, towel, slippers, and £10 towards lunch or evening meal in our Bistro. Must be over 13 week's pregnant and have had your first hospital scan. Pool use only, sauna, steam room and jacuzzi not recommended.

Nail Treatments

FILE & POLISH 25 MIN	£25
NANT DDU MANICURE 50 MIN	£55
NANT DDU PEDICURE 50 MIN	£55

Scrubs

INTENSELY CLEANSING SALT SCRUB & NANT DDU SIGNATURE MASSAGE 50 / 75 MIN	£65 / £95
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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 Nant Ddu Signature Massage to add relaxation to this invigorating treatment.

Time for Men

Men's skin behaves differently to women. Shaving, fatigue, sport, and screen time all make their own demands. These high-performance facial therapies have been designed to restore energy and dynamism.

NANT DDU SIGNATURE MASSAGE 50 MIN £65

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

PRO GLOW RENEWAL 50 MIN £65

Showcasing Prebiotics and antioxidant-rich goodness to deliver a healthy-looking, lit-from-within glow. This facial contains super-hydrating, skin-kind formulas and the nutrient-rich Superfoods nourish and protect to maintain healthy, balanced skin. In one treatment, skin looks visibly refreshed and rebalanced.

NANT DDU SIGNATURE HOT STONE MASSAGE

50 MIN £70

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

Packages

All packages include use of facilities including pool, jacuzzi and steam room plus robe, towel, slippers and £10 allowance towards lunch in the Bistro.

RELAX 50 MIN OR 2 X 25 MIN £75 MON - FRI / £85 SAT - SUN

50 minute treatments

- Nant Ddu Signature Massage
- Pro Glow Facial

25 minute treatments

- Full Body Scrub
- Back, Neck & Shoulder Massage
- ELEMIS Facial
- Scalp Massage

Add any technology to your facial or hot stones to your massage for an extra £5.

RECHARGE 75 MIN £99 MON - FRI / £110 SAT - SUN

- Nant Ddu Signature Massage and ELEMIS 25-minute Facial
- ELEMIS Pro Glow Facial and 25-minute Nant Ddu Signature Back Massage
- Full Body Salt Scrub and Nant Ddu Signature Massage
- Full Body Salt Scrub and Pro Glow Facial

Add any technology to your facial or hot stones to your massage for an extra £5.

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. Please purchase all spa gift vouchers online at www.nant-ddu-lodge.co.uk/spa/.