

# NANT DDU SPA



+44 (0)1685 379111 | [www.nant-ddu-lodge.co.uk](http://www.nant-ddu-lodge.co.uk)

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



## Elemis Expert™ Touch Facials

Our globally renowned, hands-on facial treatments use touch as a powerful diagnostic tool, softening and prepping the skin to receive actives. This is where intuition meets expertise.

**ELEMIS EXPERT™ TOUCH NOURISH FACIAL 50 MIN** ..... **£65**

*Cleanse, Rebalance & Revive*

Boost skin radiance with our triple-cleanse facial with a blend of superfood-infused facial oils to leave your skin feeling nourished, rebalanced and revived.

**ELEMIS EXPERT™ TOUCH RENEW FACIAL 50 MIN** ..... **£65**

*Hydrate, Lift & Firm*

Improve skin firmness, whilst reducing the look of fine lines and wrinkles with our clinically proven formulas and skin-lifting massage techniques. After just one treatment the complexion looks supremely hydrated, lifted and firm.

**ELEMIS EXPERT™ TOUCH REVEAL FACIAL 50 MIN** ..... **£65**

*Resurface, Smooth & Glow*

Powered by our patented Tri-Enzyme technology, this facial helps to minimise the look of pores and uneven skin texture, revealing skin that looks visibly resurfaced, smoothed and glowing.

## Elemis Expert™ Body Treatments

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**

*Renewed, Focused & Grounded*

Perfect for combating a busy lifestyle, this full body massage offers more than just muscle relaxation: it is tailored to ease tension and target deep-seated muscle knots.

**TRANSFORMATIVE HOT STONE MASSAGE 50 MIN** ..... **£75**

*Soothe, Relax & Relieve*

This deeply transformative treatment incorporates heated volcanic stones that are worked into the body, persuading the muscles to relax with warm Frangipani Monoi Body Oil to soothe a tired mind and relieve aching muscles.

**ELEMIS EXPERT™ ABSOLUTE FACE + BODY RITUAL 50 / 100 MIN** ..... **£65 / £115**

*Restore, Rejuvenate & Renew*

Immerse yourself in luxury with this tailored treatment. Choose your own combination of facial and body treatments, or let your therapist prescribe the perfect treatment to leave you feeling restored from head to toe.

## Elemis Expert™ Tech Facials

BIOTEC facial treatments are where ground-breaking technology meets active ingredients and transformative touch. The pioneering innovation of the BIOTEC machine works in combination with the therapist to turbo-charge your facial results.

**ELEMIS EXPERT™ TECH ULTIMATE FACIAL 50 / 75 MIN ..... £75 / £95**

*Revitalise, Strengthen & Define*

Our ultimate treatment, this multi-faceted facial is customised to target your skin needs using all 6 BIOTEC technologies for a transformative facial experience like no other. Your complexion will be left revitalised, strengthened and defined. For the ultimate facial experience, we recommend choosing our 80 min option.

BIOTEC Technology: Cryotherapy for skin sculpting, ultrasonic peel for glowing skin, microcurrent to lift the skin, oxygen infusion to plump the skin, LED light mask to re-energise the skin, galvanic technology to restore the skin.

## Scrubs

**INTENSELY CLEANSING SALT SCRUB & NANT DDU SIGNATURE MASSAGE  
50 / 75 MIN ..... £65 / £95**

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.

## 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.

## Nail Treatments

Please ensure nails are free of polish, as we are unable to remove other brands' polish.

**FILE & POLISH 25 MIN ..... £25**

**NANT DDU MANICURE 50 MIN ..... £55**

**NANT DDU MANICURE 50 MIN ..... £55**

## Packages

All packages include use of facilities including pool, sauna 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
- Face & Scalp Massage

*Add hot stones to your massage for an extra £5*

**RECHARGE 75 MIN ..... £95 MON - FRI / £110 SAT - SUN**

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

*Add hot stones to your massage for an extra £5*

**PEACEFUL PREGNANCY 50 MIN ..... £75 MON - FRI / £85 SAT - SUN**

- Full body massage

**BLISSFUL PREGNANCY 2 X 25 MIN ..... £75 MON - FRI / £85 SAT - SUN**

- Back massage and facial

*Must be over 13 week's pregnant and have had your first hospital scan. Pool use only, sauna and steam room not recommended.*

# How To Spa

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To schedule an appointment or to make a package booking, please contact our Spa Reception desk on 01685 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 (must be 13 weeks and over) 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. No jewellery to be worn, we can not be responsible for loss or damage of personal property.

## ABOUT NANT DDU HEALTH AND SPA

Our leisure facilities include Gym, Swimming Pool, 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/](http://www.nant-ddu-lodge.co.uk/spa/).

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ELEMIS  
LONDON

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