



# St David's Spa

RED WHARF BAY

TREATMENT MENU







# WELCOME TO ST DAVID'S SPA

Situated on a stunning sandy beach with panoramic sea views, **St David's Spa is the ideal place to relax and indulge.** With the waters of the Isle of Anglesey almost lapping our doorstep, it is no wonder that nature is what inspires our treatments and packages. We incorporate nature and our unique location in the way we approach spa treatments, something which led to us winning the high accolade "North Wales Spa of the Year" at the 2018 Welsh Hair and Beauty Awards.

Our modern facilities offer everything from traditional luxury spa treatments to the contemporary, such as lash lifting. We have an infinity pool and sauna with large floor-to-ceiling windows and loungers that take in the breath-taking views. We are open all year round and nothing is too much trouble. Everyone is welcome.

## BOOKING INFORMATION

All treatments are subject to availability and certain packages may not be available during peak seasons and bank holidays. Treatments on packages need to be pre booked in advance and may not be changed on the day.

Cancellations (within 48 hours) or no shows will incur a 100% charge. Deposits are required at time of booking and these are non-refundable and non-transferable.

All prices are subject to change.

Please advise us of any health conditions, pregnancy, allergies or injuries which may affect your choice of treatment when booking.

All guests must be 16+ (16 - 18 year olds must be accompanied by a parent or guardian).

Our swimming area has a number of restrictions, to keep you safe at all times.



# ELEMIS | FACIALS

## ELEMIS Pro Collagen Age Defy

50 minutes £57.00

Tackle fine lines and wrinkles with the clinically proven\* age-defying benefits of marine charged Padina Pavonica and Red Coral.

## ELEMIS Pro-Definition Lift and Contour

50 minutes £57.00

This facial helps to restore the architecture of the face using the potent nutrients in plant actives found to help the extra-cellular matrix. Creates a profoundly sculpted, youthful effect.

## ELEMIS Dynamic Resurfacing Precision Peel

50 minutes £57.00

Clinically proven\* to target the signs of ageing and uneven skin tone. This precision treatment uses layers of enzymes for powerful exfoliation and renewal resulting in younger looking skin.

## ELEMIS Superfood Pro-Radiance

50 minutes £49.50

A nutritional boost rich in 9 superfoods and essential minerals designed to boost stressed, dull skin with energising, detoxifying actives. Clinically proven\* to leave the skin plumper and radiant.

## ELEMIS Sensitive Skin Soother

50 minutes £49.50

Fragile skin needs special attention. A soothing massage technique helps reduce the appearance of redness whilst the Elemis products protect against daily stresses. Perfect for stressed and delicate skin.

## ELEMIS Anti-Blemish Mattify & Calm

50 minutes £49.50

Give oily or hormonal skin the boost it needs. A deeply detoxifying treatment providing clear and bright skin.

## ELEMIS Mens High Performance Skin Energiser

50 minutes £49.50

Men's skin has different requirements. This facial is designed to maximise cell regeneration, rehydrate and soothe your skin.

*\*Independent clinical trials.*

**ELEMIS Hot Mineral Body Boost****70 minutes** £69.00

This treatment stimulates every cell in the body, helping alleviate muscular pain and remove toxins. A revolutionary, minerally-charged experience of skin conditioning, metabolic balancing and energising wellness. The warmth of the oils and the heated bed provide the warming experience.

**ELEMIS Deeper Than Deep Hot Stone Massage****50 minutes** £59.00

Balinese stones bathed in Elemis Body oil are used to provide a stimulating and deeply relaxing treatment. Not suitable in warm weather.

**ELEMIS Rose and Restore****70 minutes** £72.00

Take a stroll through an English Rose garden with this lavishly hydrating massage. The unique trio of Rose, Camelina and Poppy seed oils maintain and restore elasticity, whilst encouraging skin renewal. The skin is anointed with nourishing oils whilst a nurturing Rose Balm and bespoke gentle massage comfort the skin. Skin is left moisturised, supple and delicately scented.

**ELEMIS Body Nectar Nourishing Wrap****60 minutes** £54.00

The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin. The aromatic oil is applied using sweeping strokes with maximum attention paid to any particularly parched areas. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

**ELEMIS Massage****25 minutes** £35.00    **50 minutes** £49.50

Freestyle Deep Tissue Massage.  
Your therapist will select an aromatic oil according to your needs.

**ELEMIS Intensely Cleansing Salt Scrub – Lime & Ginger or Frangipani****45 minutes** £49.00

The fragranced salt of your choice will gently work away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil. Delivers velvety soft, invigorated skin.



# MENS TREATMENTS

## Muscle Mend Treatment

**50 minutes** £45.00

Treatment includes; hot towels, exfoliation, deep tissue back massage, mud mask. Followed by a pressure point scalp massage.

## Mens Manicure

**35 minutes** £25.00

Attention is paid to the nails and cuticles and finish with a relaxing hand and arm massage.

## Mens Pedicure

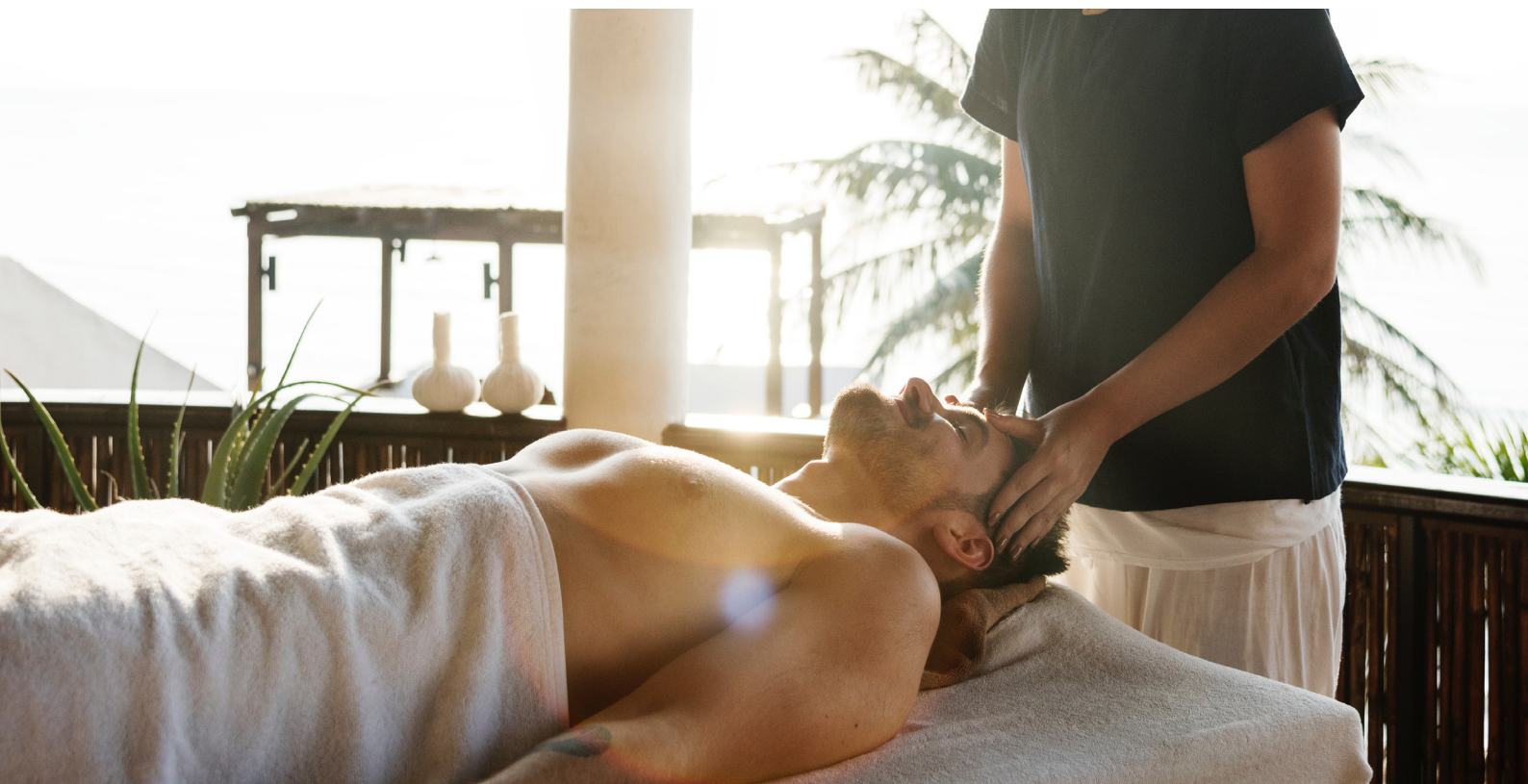
**35 minutes** £25.00

A soothing foot bath with attention to the nails and cuticles including a relaxing foot and leg massage.

## Mens ELEMIS Facial

**25 minutes** £35.00

Treatment includes; using hot mitts, deep cleanse, relaxing massage, includes mask, scalp massage



# HANDS & FEET

Bay Manicure **30 mins** £25.00

Hand soak, cuticle work, lotion application, file & polish

Beach Manicure **50 mins** £40.00

Hand soak, cuticle work, exfoliation, hand mask, hand & arm massage, file & polish, heated mitts

Shell Manicure **45 mins** £30.00

Hand soak, cuticle work, exfoliation, light hand massage, file & polish

Bay Pedicure **30 mins** £25.00

Foot soak, cuticle work, lotion application, light foot file, file & polish

Beach Pedicure **50 mins** £45.00

Foot soak, cuticle work, exfoliation, foot file, extended massage, file & polish, heated mitts

Shell Pedicure **45 mins** £30.00

Foot soak, cuticle work, exfoliation, foot file, light massage, file & polish

## CND SHELLAC NAILS

Gel Shellac Manicure **45 mins** £23.00

Gel Shellac Luxury Manicure **60 mins** £35.00

Gel Shellac Pedicure **45 mins** £23.00

Gel Shellac Luxury Pedicure **50 mins** £45.00

Removal £10.00

Removal & Re-application £30.00

Luxury £5.00





# PACKAGES

## Spa Retreat For 2

£160.00

Robes, slippers, towel  
1 hour in the pool  
30 mins relaxation time  
50 mins treatment time  
Choice of hot drinks  
Light lunch & prosecco served in The Tavern

### Treatments

25 minute ELEMIS Facial  
& 25 minute back massage.

## St Davids Spa Pamper Experience

£99.00

Robes, slippers, towel  
1 hour in the pool  
30 mins relaxation time  
75 mins treatment time  
Choice of hot drinks  
Light lunch and prosecco

Treatments - An energising salt scrub and back mask treatment followed by an ELEMIS prescriptive facial and an elemis relaxing back massage.

## Cariad Package

£70.00

Robes, slippers, towel  
1 hour in the pool, 30 mins relaxation time,  
60 mins treatment time. Choice of hot drinks and cake

### Choose 2 treatments from list A below:

20 minute back, neck and shoulder  
30 minute facial  
Mini manicure  
Mini pedicure  
30 minute foot and leg massage  
30 minute scalp massage

### OR Choose 1 treatment from list B below:

ELEMIS full body massage  
ELEMIS Prescriptive facial  
Shell manicure  
Shell pedicure

## Lazy Pamper

£59.00

Robes, slippers, towel  
1 hour in the pool  
30 mins relaxation time  
30 mins treatment time  
Choice of hot drinks  
Light lunch served in The Tavern

### Treatments

30 minute facial, to include neck, shoulder, décolleté, hand, arm and scalp massage.

## Tranquillity

£75.00

Robes, slippers, towel  
1 hour in the pool  
30 mins relaxation time  
Choice of hot drinks and cake

### Treatments

60 minute treatment to include foot soak, deep tissue back massage, reflexology touch points, lymphatic facial massage, scalp massage.

*Ask a member of our staff or check our Facebook page for our seasonal packages.*

*All of our spa packages are half day.*

*Packages booked on Sunday including lunch will be provided with Sunday Lunch for a £5 supplement - table booking will be necessary.*

*Treatments in packages need to be pre booked in advance and may not be changed on the day*



# HOLISTIC

## Kokolokahi Lava Shells

**30 minutes** £45.00    **50 minutes** £56.00

The truly indulgent Lava Shells Relax Body Massage offers an idyllic treatment combining the warmth of the shells with deeply relaxing massage techniques to create a sense of balance to the body and mind.

During the massage, the shells are worked over the palms, arms and back in slow deep movements to warm and de-stress, followed by a wonderfully tranquil massage on the back, neck and shoulder area to ease away tension, knots and stress.

## Reflexology

**30 minutes** £26.00    **45 minutes** £35.00

Reflexology is an ancient complimentary health treatment that focuses on gentle pressure and flowing movements on the foot and ankle area.

It is said these areas are linked to other parts of the body and reflexology can assist the flow of energies to those areas to promote balance and wellbeing.

It can also aid sleep and reduce stress.

Choose a 30 or 45 minute treatment.

## Indian Head

**30 minutes** £35.00

Indian head massage is a treatment that has been practiced in India for thousands of years. It focuses on your head, neck and shoulders and was originally used to improve scalp and hair condition.

The treatment has become more popular as a result of our reliance on new technologies, such as computers and mobile phones, which can cause additional strain on our upper bodies.



# kokolokahi®

SURRENDER TO YOUR SENSES



# SIGNATURE TREATMENTS

St Davids Spa Relax

A full body massage, including a tailored made prescriptive facial.

1 hour 25 minutes

£65.00

St Davids Spa Revive

A soothing back, neck and shoulder massage followed by a tailored made prescriptive facial.

50 minutes

£55.00

*Treatments do not include use of facilities but please ask our spa team for details as this could be added.*

We are delighted to arrange unique packages for spa or hen parties designed to suit the needs of your guests. Please contact our Spa Team on **01248 851800** with your requirements.

## EYES

Patch test is essential 48 hours before treatment.

Lash Tint	£10.50
Brow Tint	£10.00
Lash & Brow Tint	£17.00
Lash & Brow Tint and Shape	£27.00
Weekend Lashes	£25.00
Lash Lift	£40.00

## ST. TROPEZ TANNING

Full Body Tan	£21.00
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## WAX

Lip	£10.50
Chin	£10.50
Brow	£10.50
Under Arm	£14.00
Lip & Chin	£17.00
Low Leg Bikini	£15.00
High Leg Bikini	£20.00
Half Leg Wax	£19.00
Full Leg Wax	£25.00
Back Wax	£21.00
Chest Wax	£21.00

# INFORMATION

## Double Treatment Room

We do have a sumptuous double treatment room available which can be requested for two people.

## Swimming Pool

Swimming pool use exclusive to St. Davids Park holiday home owners unless booked with a spa package.

## Valuables

St Davids Spa accepts no responsibility for the loss of valuables and jewellery at any time on the spa premises.

## Mobile Phones

For the comfort of all guests we request that mobile phones are switched off to silent at all times within the spa and treatment rooms.

## Gift Vouchers

An ideal gift to treat a loved one, these can be purchased over the phone or at reception. Vouchers are non-refundable and non-transferable and valid for up to 12 months.

## Contact Details

All bookings can be made:

Telephone: 01248 851800

Email: [spa@stdavidspark.com](mailto:spa@stdavidspark.com)

Online: [www.stdavidsspa.com](http://www.stdavidsspa.com)

## Finding Us

St David's Spa

Red Wharf Bay

Isle Of Anglesey

LL75 8RJ

## Homecare

To continue your spa experience at home, most products are available at reception.

## Online Booking

Please note all treatments (with the exception of packages) can be purchased and booked on line via our web-site.







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01248 851800 | [SPA@STDAVIDSPARK.COM](mailto:SPA@STDAVIDSPARK.COM)  
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