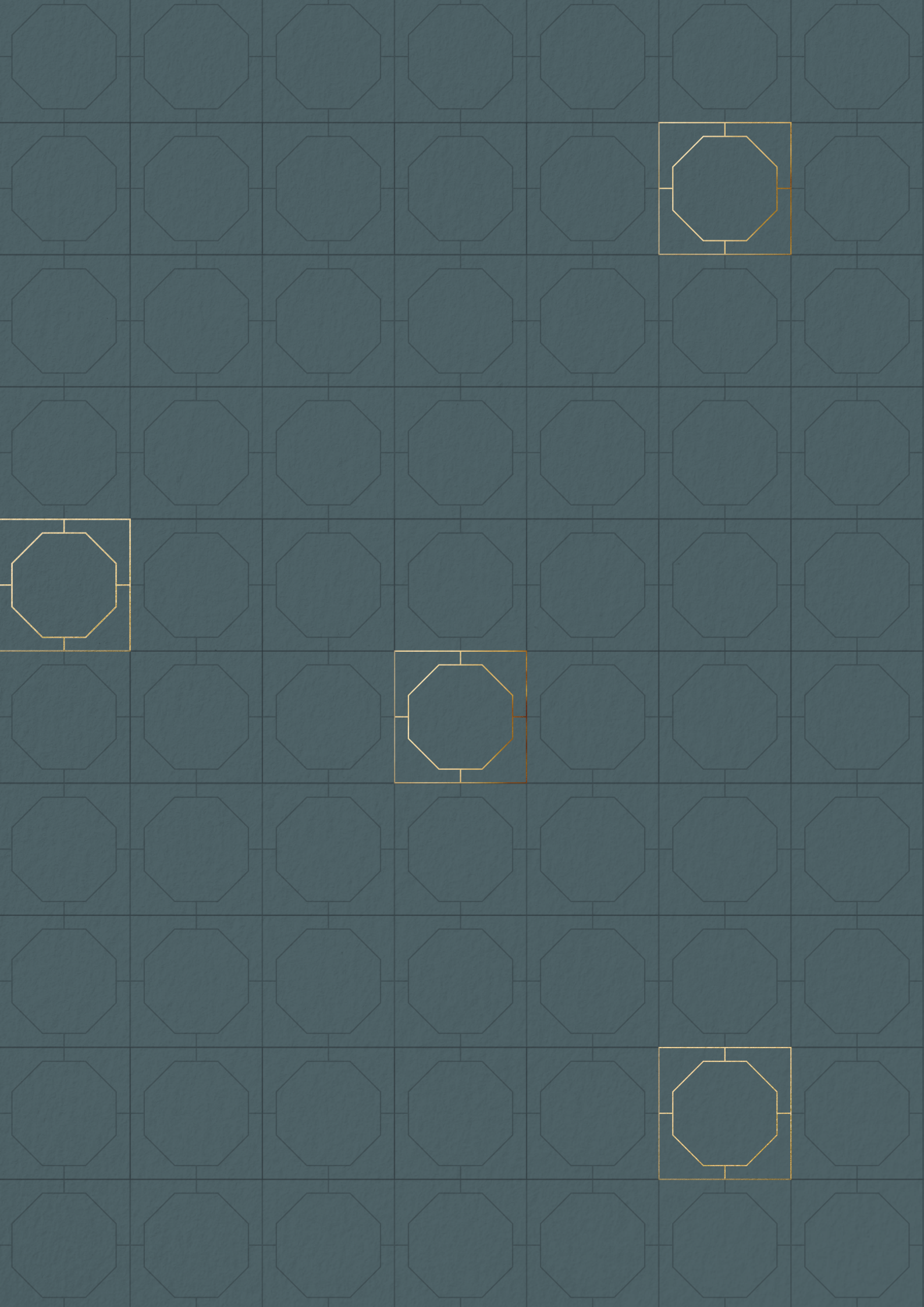





THE PARKGATE
HOTEL



Treatment Menu

One of Cardiff's most exclusive wellness destinations, The Spa at The Parkgate Hotel provides an escape from the world, in a stunning boutique setting filled with opportunities to relax and unwind.

Enjoy the finest luxury treatments from Elemis, an innovative and global British skincare brand with over 30 years of expertise. Immerse yourself in a range of experiences designed to release the pressures of everyday life, as you unwind in the ultimate relaxation space boasting unrivalled panoramic views of the stunning city skyline.



Relaxation Time

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An indulgent escape awaits at our exclusive Elemis spa. Feel peaceful, protected and pampered as one of only a select number of guests welcomed each day, allowing you the space and time to feel deeply relaxed and restored.

Our four elegant treatment rooms provide a sanctuary to unwind with a delectable choice of Elemis' finest treatments. These suites can also be transformed into two dual treatment rooms, allowing you to share the experience with a friend or partner.

The expertise of our Elemis therapists ensures that every treatment is prescribed to your needs, personalised and moulded around you for a result-driven couture experience, designed to deliver exactly what you need.

The Thermal Suite

Immerse yourself in a deeply revitalising 90-minute thermal spa experience. Take a soothing dip in our stunning hydrotherapy infinity pool with its bubbling spa bath, heated volcanic zones and massaging water showers, all whilst soaking in the breathtaking city skyline views. Take some time to enjoy the restorative heat of our sauna and steam room, then unwind in our calming relaxation zone, filled with signature aromas and peaceful sounds to relax your mind as you rest your body on intensely soothing heated beds.

Visitor	Hotel Resident
£50 <i>Monday to Friday</i>	£25 <i>Monday to Friday</i>
£70 <i>Saturday & Sunday</i>	£35 <i>Saturday & Sunday</i>

Herbal Steam Temple

A deeply relaxing 45-minute experience for up to two people. Enter the exotic herbal steam temple under a thousand stars for a traditional cleansing ritual. Apply medicinal chakra muds to the body and face whilst gently inhaling steam infused with pure herbs to cleanse, smooth and detoxify. The ritual ends with a warm rain shower to wash away the muds and every last drop of tension.

Up to two people
£70 <i>Monday to Friday</i>
£90 <i>Saturday & Sunday</i>

Signature Treatments

£75
Monday to Friday

£95
Saturday & Sunday

Elemis Head To Toe Glow Enzyme Treatment

50 minutes

Using enzymatic technology to brighten the skin from head to toe, incorporating a facial and body wrap treatment.

Elemis Detox and Destress Body Ritual

50 minutes

Condition your skin and muscles with this invigorating body treatment, starting with our stimulating lime and ginger scrub to eliminate toxins, followed by a vigorous deep tissue massage to relieve tired aching muscles and eliminate stress.

Elemis Nourish and Renew Face and Body Treatment

50 minutes

Renew and nourish skin with this relaxing deep conditioning frangipani body treatment, incorporating a 30 minute facial.

Couture Touch Face and Body Experience

50 minutes

Condition your skin and condition your muscles with this all-embracing hands-on experience. Combine an Elemis hands-on Touch or Tech facial with your personalised Freestyle Deep Tissue Massage.



Facials

£75

Monday to Friday

£95

Saturday & Sunday

Elemis No Touch Facial Powered By BIOTEC

50 minutes

The No-Touch facial will deliver the same transformative results as our other facials, while providing you with the peace of mind that you are being treated with the highest hygiene and safety standards. The safe-touch tools, cutting-edge technology and professional-strength products will bring your skin back to life, looking radiant, healthy and renewed.

Elemis Pro-Collagen Age Defy

50 minutes

This is the treatment to tackle fine lines and wrinkles and help support the cellular structure of the skin. Targeted lymphatic drainage massage re-energises and rejuvenates, while an age-defying peel-off mask encourages the highest cellular function, visibly improving firmness and elasticity for beautifully nourished, younger looking skin.

Elemis Superfood Pro-Radiance

50 minutes

This is a crafted nutritional boost for stressed, dull skin. Rich in superfoods, essential minerals and trace elements. An amino active mask helps restore lost moisture, deeply nourish, detox and pack the skin with powerful, energising nutrients. Skin is left smoother, plumper and luminously radiant – stress-free and lit up with good health.

Massages

£75

Monday to Friday

£95

Saturday & Sunday

Elemis Garden of England Rose Restore

50 minutes

Take a walk in an English rose garden with this lavishly hydrating body massage and micro-wrap. The skin is anointed with nourishing oils whilst a nurturing rose balm and bespoke massage comfort the skin and ground the spirit. Skin is left exquisitely moisturised, intensely supple and deliciously scented.

Elemis Freestyle Deep Tissue Massage

50 minutes

This is a vigorous work-out for the body, perfect to alleviate high stress levels. Tailored entirely to your needs, it leaves you feeling grounded and focused. Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, pure relaxation or emotional balance.

Elemis Peaceful Pregnancy Massage

50 minutes

This unique pregnancy massage is a profoundly nurturing and tranquil oasis. Performed on a pear-shaped beanbag that moulds to every bump and supports every part of the body, mothers-to-be are lulled and restored to optimum wellness. An intuitive, sensitive and relaxing massage hydrates and moisturises skin that is expanding to accommodate a growing baby.

Spa Etiquette

Our spa environment is created for relaxation and tranquility. Please respect all spa guests' right to privacy and serenity. To ensure that harmony prevails, our spa is a mobile phone, electronic tablets and camera free zone.

Health Conditions

If you have any medical conditions, are pregnant or breast-feeding or have any allergies, injuries, skin complaints or infections, please advise us when making your spa reservation as this could affect your choice of treatment.

Pregnancy

We have specially designed treatments for expectant women or nursing mothers. Please allow our spa team to guide you when selecting which treatments are most suitable during this special time.

Valuables

The Parkgate Hotel accepts no responsibility for loss of valuables or jewellery at any time on the spa premises. All valuables should be kept securely in the lockers provided or left securely in your hotel room safe.

Lost Property

Any lost property found on the premises should be handed in at the Spa reception. Items will be stored for three months, if they are not collected within this time they will be donated to local charities. Liquids, undergarments and hair brushes are kept for 24 hours only.

Home Care

To continue the benefits of your spa experience at home, most of the gorgeous products used in our treatments are available to purchase at the Spa reception.

Thermal Suite Access

Access to the full range of Thermal Suite facilities including hydrotherapy pool is exclusively reserved for guests who have pre-booked this option, please note that charges apply. Exclusive rates are available for hotel residents, please quote your reservation or room number at the time of booking.

Fitness Room

Available exclusively to hotel residents, our cutting-edge fitness room combines contemporary style with the latest Technogym equipment, providing an all-round workout experience in calming, luxurious surroundings (located on the first floor).

Cancellation Policy

All treatments and access to our thermal suite facilities must be paid for in full at the time of booking. Any booking cancelled or changed less than 7 days prior to arrival will incur a 100% charge and no refund will be available. As a courtesy to all our clients, a prompt appointment schedule is adhered to. Treatments that start late will still finish at the appointed time. Late arrivals may mean that appointments cannot be honoured, with no discount or refund.

Arrival Time

Please arrive at least 20 minutes prior to your appointment to allow ample time to complete a spa consultation form, then change, relax and fully enjoy your experience. The Spa will provide towels and robes for use during your visit. Hotel residents are invited to arrive 'spa ready'. We recommend bringing your own flip-flops to wear, or purchasing a pair of our spa flip-flops on arrival which you can keep and take home.

Children

The minimum age for treatments is 16 years. We cannot accommodate babies and children in the changing room, treatment rooms, thermal suite or relaxation areas.

Gift Vouchers

Our beautifully presented vouchers make an ideal gift for someone special. Please visit our website www.theparkgatehotel.wales for details.

Prices

All prices are quoted in GBP, inclusive of VAT and may be subject to change at any time. Gratuities are not included and are welcomed at your discretion.



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