



The Hand at Llanarmon

Spa Prices

Facial & Massage Combination

Spa at Llanarmon signature full body massage with facial

'A Selected Neals Yard Moisturising Facial'

Maximising on the physical benefits of this all-inclusive serious pamper a release of muscular tension, mood improving, and restoring comfort and harmony to the whole body.

Duration: 1 hour 30 mins Cost: £75

Spa at Llanarmon Signature Back massage

This combination massage which focuses on the Back Neck and Shoulders, includes a Mini-Facial (Optional). Encouraging a release in upper body tension with increased relaxation.

Duration: 1 hour Cost :£50

Facials

Neal's Yard soothing aromatherapy Facial

Using wonderfully skin nourishing oils and creams. This universal facial treatment is suited to all skin types.

A prescriptive and traditional cleanse routine followed with a stimulating facial massage. Targeting areas of tension and encouraging a softer more energised look with increased vitality.

Duration: 1 hour Cost: £50

Rejuvenating Frankincense facial

The powerful rejuvenating properties of Frankincense enhanced with refining plant extracts helped to balance and revitalised.

A facial suited to all skin types helping to moisturise and enhance the skins natural radiance whilst nourishing the skin. A wonderful treatment to relax facial muscles and stimulate circulation.

Duration: 1 hour Cost: £50

Reflexology

Reflexology is so much more than a foot massage. The reflexes on the plantar side of the feet are believed to correspond to all parts of the body. The feet are 'worked' to break down deposits which build up within them. This triggers a reflex action helping to relax all tensions and improve circulation and cells to function more efficiently.

Duration: 1 hour Cost: £50

Massages

Post Shoot Back Massage

Following a busy day shooting this massage focuses on those areas involved - the shoulders and the back including the arms and neck releasing any protracted muscular discomfort.

Duration: 1 hour Cost: £50

Aromatherapy Therapy Massage

A full body treatment using customised essential aromatherapy oils. These are blended to suit each individual's needs and massaged to stimulate lymph glands and muscle tone whilst also inducing relaxation. Also eliminating stress and muscle tension by balancing mind, body and soul with an aromatherapy massage combining pressure points, face and scalp massage. This treatment can be tailor – made to suit your individual needs.

Duration: 1 hour Cost: £50

Deep Tissue Massage

A stronger pressure concentrating on problematic areas of chronic tension that cause restrictive painful movement. Deep tissue helps with re-alignment, working on several layers of tissue, ligaments tendons fascia.

Duration: 1 hour Cost: £50

Swedish Massage

A full body massage delivering a very effective treatment, encompassing a number of techniques to increase circulation and blood flow as well as promoting relaxation.

Duration: 1 hour Cost: £50

Shiatsu Massage

This treatment requires loose clothing to be worn.

It is based on the pressure points used in Acupuncture, a truly holistic treatment applying nurturing pressures to the body and stretches to the limbs, benefitting in greater flexibility and range of motion. With a choice of a low couch or Futon.

Duration: 1 hour Cost: £50

Hot Stone Massage with essential oils

An ancient treatment rediscovered delivering a deep lasting massage. Hot Stones cradle the spine whilst radiating heat, promotes relaxation. ensuring a great way to unwind.

Duration: 1 hour 30mins Cost: £75

Indian Head Massage

An upper body scalp, neck and shoulder massage benefitting better concentration, relieving tight shoulders and neck muscles. A real tension buster for desk bound worker and Long-Distance drivers. This treatment can be enjoyed seated or lying down.

Duration:1 hour Cost: £50