

THE
LAGUNA
HEALTH & SPA
CARDIFF





Welcome to The Laguna Health & Spa

Discover a pathway to inner peace, reflection, restoration and enlightenment where you can re-discover your senses... rest your mind... and breathe freely.

Contents

Facials	2
Body Therapy.....	6
Exotic Therapy.....	10
Detox Therapy.....	12
Holistic	13
Essentially Men	14
Finishing Touches	16
Day Spa Packages	19
Useful Information	25

Facials

Dermalogica Revitalising Eye Rescue (25mins, £31)

Firm, tone and revitalise tired eyes with our unique blend of vitamin therapies and firming botanicals. Our gentle exfoliation will remove dulling debris; while a super soothing masque will help reduce irritation.

.....

Elemis Taster Facial (25mins, £36)

This introductory facial provides a quick and instant pick-me-up for any occasion.

.....

Dermalogica Taster Facial (25mins, £36)

This introductory facial provides a quick and instant pick-me-up for any occasion.

.....

Dermalogica Prescriptive Skin Facial (55mins, £52)

This treatment forms the foundation of Dermalogicas' selection of services. This treatment is truly revolutionary because it's customised at every step by the skin care therapist, based on the face mapping analysis. The treatment will be unique to each individual client by using Dermalogicas' unique botanical mixers throughout the step – by – step process to provide additional benefits to the clients skin.

.....

Dermalogica Sensitised Skin Facial (55mins, £52)

If your skin is looking red, inflamed or feeling itchy then this is the treatment for you. This facial will remove impurities from your skin and the calming oatmeal mask will instantly calm redness and reduce inflammation.

.....



Dermalogica Medicated Skin Clearing Facial (55mins, £52)

Breakouts have finally met their match. Our medicated clearing treatment will focus on purifying your skin with deep cleansing, followed by extractions.

.....

Elemis Skin Specific Facial - Fruit Active Glow (55mins, £57)

Bring back the glow to a lifeless complexion. Skin is deeply cleansed and stimulated by specialist Eastern massage techniques, whilst powerful conditioning actives nourish and renew vital radiance.

.....

Elemis Skin Specific Facial - Exotic Moisture Dew (55mins, £57)

Treat your skin to a moisture boost. Following a specialist facial massage, the skin is fed with thirst-quenching actives that will bring back that healthy, dewy look to the skin.

.....

Elemis Skin Specific Facial - Herbal Lavender Repair (55mins, £57)

For perfect restoration of skin balance. Deep cleansing to draw out skin impurities, this facial will help reduce unwanted shine, refine the pores and treat skin breakouts.

.....

Dermalogica Age Smart Facial (70mins, £60)

Concerned about the signs of ageing on your skin? Feel like your skin needs a revitalizing power boost? Then this is the treatment for you! Combined vitamin and hydroxyl acid exfoliation, energizing massage techniques that release tension in the facial muscles and Dermalogica's specialised contour masque make this the ultimate in skin therapy for prematurely aging, dry devitalised skin. Your skin will be noticeably firmer, smoother and revived.

.....

Elemis Skin Solutions - Oxygen SkinCalm Facial (70mins, £62)

Pure soothing heaven for sensitive skin. Gentle massage techniques are combined with calming actives and a restructuring Japanese Silk Mask impregnated with Absolute SkinCalm Booster Serum, to help rebalance delicate, fragile and sensitive complexions. Helping to relieve redness, this superior face and eye treatment offers immediate comfort to stressed and irritated skin.

.....

Elemis Skin Solutions - S.O.S. Purifying Facial (70mins, £62)

A purifying treatment for congested skin. A powerful face and eye treatment that helps regulate and balance the function of the skin. Purifying massage techniques combined with the unique Japanese Sulphur Mask, impregnated with Absolute Vita-C Booster Serum, help to absorb sebum, calm irritation and rebalance oil-rich pores, leaving a beautiful matt complexion.

.....

Elemis Advance Performance - Tri-Enzyme Resurfacing Facial (55mins, £72)

Peel away the years for smoother, more radiant skin. This ground-breaking anti-ageing facial instantly resurfaces and smoothes the skin. Clinically proven to visibly resurface by up to 75% and increase skin smoothness by up to 32%, after just one treatment, this unique treatment targets blemishes, uneven skin tone, superficial scarring and fine lines, revealing a younger looking skin.

.....

Elemis Advance Performance - Visible Brilliance Facial (70mins, £72)

To combat ageing, stressed and slackened skin. Independently tested with revolutionary results, this Anti-Ageing face and eye treatment instantly firms, rejuvenates and plumps skin, whilst helping to reduce dark circles. Moisturisation levels of the skin are proven to increase by up to 61% and elasticity by 40% after just one treatment. Specialised micro-circulatory massage techniques are combined with powerful formulations and the two-phase Amino Active Mask to help smooth, sculpt and restore skin radiance.

.....

Elemis Advance Performance - Pro-Collagen Quartz Lift Facial (70mins, £72)

ONE Anti-Wrinkle Facial with Proven Results. This exceptional anti-wrinkle facial has been independently tested, with phenomenal results. Clinically proven, after just one treatment, this facial reduces the number of wrinkles by up to 94% and improves skin firmness by up to 57%. Specialised lifting massage techniques are combined with professional strength anti-ageing formulations for maximum treatment efficacy, leaving a firmer, uplifted, more youthful looking appearance.

.....

Absolute Spa Ritual (115mins, £115)

The ultimate skin and body therapy for maximum results. Choose from one of the unique Elemis Advanced Anti-Ageing or Skin Solutions Facials and combine it with the powerful effects of the Elemis Deep Tissue Muscle Massage. 115mins of pure relaxation with dramatic results!

.....

Body Therapy

Laguna *Signature* Back, Neck & Shoulder Massage (25mins, £32)

Specifically designed for Laguna Health and Spa. Ease away stress and muscle tension with this soothing back, neck and shoulder massage.

Dermalogica Back Mud Massage Therapy (25mins, £32)

A unique and exotic back treatment that combines the detoxifying and cleansing capabilities of earth clays with intensely moisturising power of natural oils. Olive and grape seed oils protect, smooth and condition while fortifying skin with antioxidants and a unique blend of Asian herbs stimulate circulation. Your skin is smooth, soothed and protected.

Dermalogica Power Recovery Therapy (25mins, £32)

An intense wrap therapy dedicated to feeding your skin with the nourishment it craves. A unique blend of wheat protein and honey act as maximum hydrators while wasabi, ginger and white tea stimulate blood circulation to promote healthier skin. Customised essential oil blends in a massage medium offer aroma therapeutic benefits, while rich kukui nut, olive and grape seed oils smooth and provide antioxidant protection. Recommended for drier or prematurely ageing skin conditions.

Dermalogica Nourishing Sea Mud Therapy (25mins, £32)

Stimulate circulation while smoothing skin with this body wrap therapy that promotes skin nourishment. Natural earth clays draw out impurities while ginger and white teas stimulate circulation and smooth skin. Customised essential oils provide aroma therapeutic and skin benefits while caffeine provides over all toning. Rest in a warm wrap that induces blood circulation while encouraging absorption of nourishing botanicals.

Dermalogica Back Mud Massage Therapy with Hot Stones (25mins, £37)

A unique and exotic back treatment that combines the detoxifying and cleansing capabilities of earth clays with the intensely moisturising power of natural oils. The combination of earth clays and warm Basalt stones are used to allow the heat to penetrate deep into the muscles to melt away the tension whilst leaving the skin smooth, soothed and protected.

Elemis Deep Tissue Back Massage (25mins, £36)

Maximum tension-relieving results. Specifically targeting the back, shoulders and neck areas, where you need it most.

.....

The Laguna Indian Head Massage (25mins, £36)

Ease away stress and tension from the shoulders, neck and scalp. Using specialized friction and pressure point techniques to stimulate removal of toxins and soothe away tension headaches.

.....

The Laguna Hot Stone Back Massage (25mins, £36)

The warm Basalt stones are used to allow the heat to penetrate deep into the muscles to melt away tension.

.....

The Laguna Back Treatment (40mins, £45)

This back treatment is designed specifically for Laguna. Your back will be treated to a cleanse and exfoliation to brighten the skin. The mask applied will either nourish or detoxify the skin depending on what your skin requires, while the massage will relax and relieve your tension from the stresses of everyday life.

.....

Dermologica Full Body Mud Massage Therapy (55mins, £52)

A unique and exotic full body treatment that combines the detoxifying and cleansing capabilities of earth clays with the intensely moisturising power of natural oils. This treatment will leave your skin smooth, soothed and protected.

.....

Sports Massage (25 mins, £32 / 55 mins, £52)

The management, manipulation and rehabilitation of soft tissues of the body including muscles, ligaments and tendons to aid recovery and enhance performance.

.....

Laguna *Signature* Full Body Massage (55mins, £54)

Specifically designed for Laguna Health and Spa. Ease away stress and muscle tension with this soothing full body massage.

.....

Dermalogica Full Body Mud Massage Therapy with Hot Stones (55mins, £57)

A unique and exotic full body treatment that combines the detoxifying and cleansing capabilities of earth clays with the intensely moisturising power of natural oils. The combination of earth clays and warm Basalt stones are used to allow the heat to penetrate deep into the muscles to melt away the tension whilst leaving the skin smooth, soothed and protected.

.....

Elemis Deep Tissue Full Body Muscle Massage (55mins, £57)

Deep rhythmic pressure massage. Alleviate stress, ease aching muscles and revive the senses with this powerful, customised massage. Dynamic blends of Essential Oils are prescribed to target individual needs and reduce specific stress and muscle tension.

.....

Elemis Musclease Aroma Spa Ocean Wrap (70mins, £67)

Powerful seaweed wrap for complete muscle relaxation. Drift away whilst you are cocooned in a comforting foil wrap and treated to a pressure point facial massage and de-stress scalp treatment. Using a warming blend of Essential Oils, this specialised treatment helps ease aching, tense muscles.

.....

Dermalogica Deep Thermal Therapy with Thermal Stamp (85mins, £77)

Inspired by the practices of Thai therapy of the 14th century, this thermal body therapy utilises a unique fabric stamp filed with skin benefiting ingredients and the power of heat to detoxify, re-mineralise, de-stress, exfoliate and relax. Natural earth clays draw out impurities while ginger and white teas stimulate circulation and smooth skin. The deep manipulations along with pressure points and the meridian of the body relieve aching muscle tissue and worth to rebalance the body.

.....

Elemis Nurturing Massage for Mother-to-Be (85mins, £77)

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 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 uplifting the spirit.

.....

The Laguna *Signature* Hot Stone Massage (85mins, £92)

This total all over body treatment has been specifically designed for Laguna Health and Spa. This unique treatment includes the use of warm oils drizzled over the body followed by a deeply relaxing full body massage using the warm basalt stones. You will also be treated to a specialised facial and hand treatment to complete the overall experience.

.....



Exotic Therapy

Elemis Exotic Lime and Ginger Salt Glow (25mins, £36)

Invigorated, cleansed and polished to perfection. A body exfoliation ritual to invigorate and revitalise the body. After light body brushing, warm oil is dripped luxuriously over the body, before the sublime Elemis Exotic Lime and Ginger Salt Glow is applied. Skin is deeply cleansed and moisturised, leaving it glowing and vibrant, replenished and flawless.

Elemis Exotic Coconut Rub and Milk Ritual Wrap (55mins, £57)

Pure sensuality to enliven the senses. Warmed Elemis Skin Nourishing Milk Bath is poured all over the body before being cocooned in a comforting foil wrap. This opulent exotic therapy is excellent for skin smoothing and softening, all combined with a pressure point facial massage and de-stress scalp treatment.

Elemis Exotic Frangipani Body Nourish Wrap (55mins, £57)

For immediate softness and suppleness. Aromatic Tahitian Coconut and Frangipani flowers are soaked together to produce the Monoi which is poured all over the body and then cocooned in a nourishing foil wrap. Drenching the skin with moisture, this exotic therapy provides ultimate radiance, vitality and all over body glow.



Detox Therapy

Elemis Body Sculpting Cellulite and Colon Therapy (55mins, £57)

Using the new clinically proven Elemis Body Sculpting System, your silhouette will be redefined. The Body Sculpting Lipo-Refining Serum and Body Sculpting Firming Cream target stubborn cellulite and sagging skin, for visible, rapid results. A detoxifying Fennel and Birch peel off body mask is also applied and combined with specialist massage techniques to deeply cleanse the body's systems, helping firm and smooth skin, stimulate circulation and reduce fluid retention. Cleansing of the colon through abdominal massage helps to detoxify the body, working from the inside out.

.....

Elemis Cellutox Aroma Spa Ocean Wrap (70mins, £67)

A deeply detoxifying blend to decongest and stimulate the system. Let thoughts drift away whilst being cocooned in a comforting foil wrap and treated to a pressure point facial massage and de-stress scalp treatment. Combining the richness of sea plants and Marine Algae, this therapy helps refine the appearance of cellulite and relieve the discomfort of fluid retention. The body is re-energised and skin is left silky soft and smooth.

.....

Holistic

Hopi Ear Candles (40mins, £36)

A light suction action and the movement of the flame create a vibration of air in the ear candle, generating a massage like effect on the eardrum. This induces a pleasant feeling of warmth and a balance of pressure in the ears, forehead and sinuses. Pressure point and lymphatic drainage massage on the face followed by a head and shoulder massage will aid the effect of the treatment by unblocking the lymphatic system and increasing the blood flow to the areas to help remove the toxins. Ideal to help soothe earache, headaches, ear noise and stress.

.....

Reiki (55mins, £46)

Reiki's natural healing energy works on every level, not just the physical, and promotes the bodys' regenerative self healing ability.

.....

Reflexology (55mins, £46)

Reflexology is a form of 'alternative' or 'complementary' medicine and involves a method of treatment using massage to reflex areas found in the feet and the hands to aid regeneration and healing.

.....

Thai Massage (25mins, £25 / 55mins, £45 / 85mins, £60)

Thai massage originated in India and is based on Ayurveda and Yoga. Through a combination of deep massage, stretching, muscle compression, joint mobilisation and acupressure you will be left feeling relaxed and energised.

.....



Essentially Men

Elemis Deep Tissue Back Massage (25mins, £36)

Maximum tension-relieving results. Specifically targeting the back, shoulders and neck areas, where you need it most.

The Laguna Hot Stone Back Massage (25mins, £36)

The warm Basalt stones are used to allow the heat to penetrate deep into the muscles to melt away tension.

Dermalogica Mens Skin Care Facial (55mins, £52)

The treatment begins with a deep cleansing, followed by a smoothing exfoliation and extractions. Drift away and relieve tension with a hand, foot or shoulder massage while your skin rehydrates with a customised treatment masque.

Elemis Deep Tissue Muscle Massage (55mins, £57)

Deep rhythmic pressure massage. Alleviate stress, ease aching muscles and revive the senses with this powerful, customised massage. Dynamic blends of Essential Oils are prescribed to target individual needs and reduce specific stress and muscle tension.

Elemis Skin IQ+ Facial (70mins, £72)

Anti-Ageing booster for tired, stressed skin. Charged with the clinically proven, anti-ageing Time Defence Wrinkle Delay and Time Defence Eye Reviver, this treatment is tailored to meet the needs of a hectic lifestyle and to combat the harsh, ageing effects of frequent shaving, environmental pollution and constant travel, giving men the ultimate skin overhaul with maximum anti-ageing results.

Elemis Urban Cleanse Facial (70mins, £72)

Deep cleanse and complete skin detox. This super-grooming facial works overtime to help eliminate blocked pores, rapidly accelerates skin repair and neutralises impurities. Fast-acting ingredients reduce sensitivity and provide long-lasting defence against the damaging effects of daily pollutants, leaving the skin visibly clear and squeaky clean.

.....

The Laguna *Signature* Hot Stone Massage (85mins, £92)

This total all over body treatment has been specifically designed for Laguna Health and Spa. This unique treatment includes the use of warm oils drizzled over the body followed by a deeply relaxing full body massage using the warm basalt stones. You will also be treated to a specialised facial and hand treatment to complete the overall experience.

.....

Elemis Total Time Out for Men (115mins, £115)

The ultimate skin and body therapy for men. Select either the Anti-Ageing Elemis Skin IQ+ or the Urban Cleanse Facial combined with the dynamic and immediate tension-relief of the prescribed Elemis Deep Tissue Muscle Massage. Achieve the ultimate goal of Total Time Out!

.....

Please note: All treatments in this brochure are available to men.



Finishing Touches

Pedicures

- File and Polish 25mins, £19
- The Laguna Pedicure 40mins, £34
- The Laguna French Pedicure 55mins, £38
- The Laguna Luxury Pedicure 55mins, £40
- Blissful Feet 40mins, £40

Specially designed to relax our minds and save our soles!
The perfect pick-me-up for aching, tired and swollen feet. Following the soaking and exfoliation of the feet, specialised massage techniques will be used to ease the tension and swelling and then to finish a file and polish to leave you feeling like you're floating on air.

- The Laguna Luxury French Pedicure 70mins, £46

Geleration

- Laguna Pedicure with Geleration £49
- Luxury Pedicure with Geleration £54
- Laguna French Pedicure with Geleration £54
- Luxury French Pedicure with Geleration £60
- Geleration Nail Polish Removal £10

Manicures

- File and Polish 25mins, £19
- The Laguna Manicure 40mins, £31
- The Laguna French Manicure 55mins, £36
- The Laguna Luxury Manicure 55mins, £38
- The Laguna Luxury French Manicure 70mins, £46

Geleration

- File and polish with Geleration £30
- Laguna Manicure with Geleration £45
- Laguna French Manicure with Geleration £50
- Luxury Manicure with Geleration £52
- Luxury French Manicure with Geleration £60
- Geleration Nail Polish Removal £10

Tanning

Xen Tan 25mins, £26

Total Glow Self Tanning Treatment 55mins, £36

Fake Bake Self Tanning Treatment 55mins, £36

Make Up

Make up for a special occasion £36

Bridal make up to include a trial £61

Essential Eye Care

• Eyebrow tint* £10.50

• Eyelash tint* £16

• Eyelash and brow tint* £21

• Individual eyelash extensions £75

• Individual eyelash in fills £25 - £75

• Strip eyelash application £10

* Requires a 24 hour patch test



Waxing Treatments

• Eyebrow Shape	£10.50	• Chest Wax	£26
• Upper lip or Chin	£10.50	• Hollywood	£31
• Regular Bikini	£12.50	• Full Leg and Regular Bikini	£36
• Underarm	£12.50	• Half Leg, Regular Bikini, Underarm	£41
• High Bikini	£15.50	• Full Leg, Regular Bikini, Underarm	£45
• Half Leg	£19	• Half Leg and Regular Bikini	£28
• Brazillian	£21		
• True Brazillian	£26		
• Full Leg	£26		
• Back Wax	£26		



Day Spa Packages

Situated in the heart of the city, Cardiff Laguna Health and Spa is a sensory space for men and women to escape from the stress and pressures of everyday life.

From the minute you enter The Laguna Health and Spa you will be taken on a unique journey that has been created especially for you.

Designed to subconsciously stimulate all your senses, you will enter a luxurious blend of exotic cultures, colours and textures from around the world, including Bali, Tibet, Polynesia, Japan, Morocco and Thailand.

Discover a pathway to inner peace, reflection, restoration and enlightenment. No clocks, no stress, no urgency, re-discover your senses... rest your mind... and breathe freely.

Welcome to a world where results are immediate and skin perfection is achieved.

Your day will commence from 10am. On arrival you will be provided with a robe, towels and slippers. All day spa packages are inclusive of a light lunch, this can either be served in the spa or alternatively in the stylish surroundings of The Laguna Restaurant within The Park Plaza Hotel. As our guest you will have full use of our luxury facilities which includes our 20m UV swimming pool, steam room and spa, extensive relaxation facilities and our fully equipped, state of the art gym.

Lady Loves to Spa (£215)

The ultimate in spa heaven; a full and luxurious day of spa treatments when only the best will do. On arrival relax and unwind in the tranquil surroundings with a glass of champagne. Throughout the morning enjoy the exotic lime and ginger salt glow and sumptuous hot stone massage. Following lunch the amazing advanced anti-ageing facial will leave you feeling relaxed and rejuvenated. Then for pristine fingers and toes a spa manicure and spa pedicure.

.....

Total Equilibrium (£137)

The perfect combination of anti-ageing and Detox therapies. The Cellutox Aroma Spa Ocean Wrap to refine the appearance of cellulite and relieve discomfort of fluid retention leaving the body re-energised and the skin silky soft and smooth. Followed by an Advanced Performance Facial to fight the signs of ageing.

.....

Soul Journey (£132)

A retreat for body, mind and spirit. A soothing Laguna *Signature* Hot Stone Massage followed by a calming Indian head massage to leave you with a sense of serenity.

.....

Mother to Be (£122)

What every expectant mother deserves, a luxury day of pampering and rest. Begin with a specially adapted massage to relieve tension from aching muscles followed by a Taster Facial to brighten tired skin and to finish, a spa pedicure.

.....

Spa Delight (£122)

The perfect all over pampering session. Enjoy a relaxing Laguna Signature Back, Neck and Shoulder Massage followed by a Taster Facial and then finishing with the Spa Manicure and Spa Pedicure.

.....

Balinese Heaven (£117)

Pure sensuality to enliven the senses with our opulent exotic coconut rub and milk ritual wrap, a de-stress scalp massage, followed by either an Elemis Skin Specific Facial or Dermalogica Prescriptive Skin Facial.

.....



Ceremony of Dreams (£117)

Alleviate stress and revive the senses with the power of our customized Laguna Signature Full Body Massage, followed by either the Elemis Skin Specific Facial or Dermalogica Prescriptive Skin Facial which will leave your skin glowing and take you to another level of relaxation.

.....

Laguna Indulgence Day (£97)

A ritual to invigorate, cleanse and revive; leaving you relaxed from head to toe. Elemis Full Body Exfoliation followed by the Laguna Signature Full Body Massage.

.....

Total Tranquillity (£77)

Have fun and relax, enjoy time with friends or family in the luxurious, yet tranquil surroundings of Laguna Health and Spa. A Laguna Signature Back, Neck and Shoulder Massage and a Taster Facial combined releases tension and leaves you feeling revived.

.....

Refresh and Renew (Mon - Fri only, £62)

The perfect way to escape from the outside world. Choose one of the following treatments: Laguna Signature Back, Neck and Shoulder Massage, Taster Facial, Indian Head Massage or Elemis Full Body Exfoliation.

.....

Twilight Escape (£57)

Escape from the stress and pressures of everyday life and relax in the tranquil surroundings of the spa by night. Choose one of the following treatments: Laguna Signature Back, Neck and Shoulder Massage, Taster Facial, Indian Head Massage or Elemis Full Body Exfoliation.

Includes a two course dinner in the Laguna Restaurant.

Package available Monday - Thursday only, from 4pm.

.....

All packages include use of our luxury facilities, bathrobe, slippers and a light lunch.



Residential Packages

Friday Chill Out Break £78 per person, per night, based on 2 people sharing. £125 single occupancy, per night. (Only available on Friday)

Relax, unwind and indulge after a long hard week.

Your stay includes one night's accommodation, full Welsh breakfast, Elemis Deep Tissue Back Massage - 25 mins (worth £36), free movies, complimentary use of the pool, steam room, spa bath and gym.

Spa Leisure Break £110 per person, per night, based on 2 people sharing. £150 single occupancy, per night.

Your stay includes one night's accommodation, full Welsh breakfast, Elemis Deep Tissue Massage to reduce stress and tension - 55 mins or Elemis Skin Specific Facial - 55 mins, complimentary use of pool, steam room, spa bath and gym.

Girls Night In Break £155 per person, per night, based on 2 people sharing. £205 single occupancy, per night.

Your stay includes a bottle of house champagne in room on arrival, one night's accommodation with full Welsh breakfast, a selection of complimentary juices in our stunning relaxation room, complimentary use of the pool, steam room, spa bath and gym.

Bride To Be and one person will receive a 1 hour beauty experience with Dior at John Lewis worth £50 per person to include a full skincare consultation, mini facial & make over.

Choose 3 of the following treatments:-

- 1) Indian Head Massage - 25 mins
- 2) Elemis Deep Tissue Back Massage - 25 mins
- 3) Elemis Taster Facial - 25 mins
- 4) Elemis Exotic Lime & Ginger Salt Glow - 25 mins
- 5) Spa Manicure*
- 6) Spa Pedicure*

**includes a nail polish to take home*

To book, please call the hotel directly on **029 2011 1111** or email ppcres@parkplazahotels.co.uk

Useful Information

Opening Hours - Spa

Monday – Friday: 9am – 9pm

Saturday – Sunday: 9am – 6pm

Opening Hours - Health Club

Monday – Thursday: 6.30am – 10pm

Friday: 6.30am – 9pm

Saturday – Sunday: 8am – 8pm

Appointments

To make appointments, please call The Laguna Health and Spa on 02920 11 11 10.

Arrival

Please arrive at least 15 minutes before your first treatment is due to commence.

If you arrive late, we may need to reduce the duration of your treatment.

Gift Vouchers

The perfect gift...why not treat family, friends or colleagues to a treatment at Cardiff's premier health club and spa. Available from reception. All vouchers are valid for 6 months from date of purchase. Gift vouchers are non-refundable.

Booking Policy

All bookings must be secured with a valid credit or debit card at time of booking. Payment will not be taken from this card unless you do not adhere to the cancellation policies.

Payment

Please ensure all charges are settled before leaving the spa. If paying by gift voucher the voucher must be presented on the day as payment method.

Cancellation Policy

Treatments

A 100% charge will be debited from your card for appointments cancelled with less than 24 hours notice.

Spa Day Packages

A 100% charge will be debited from your card for appointments cancelled with less than 48 hours notice.

Children

Children under the age of 16 are not permitted in the spa treatment area.

Dress Code

Robe, towels and slippers will be provided for those on spa day packages. This service is also available for those having individual treatments at an additional cost however please book these in advance to avoid disappointment. On arrival a £10 deposit will be required for robes. This will be refunded at the end of the day upon return of your robe.

Medical Conditions

Some treatments are not suitable for certain medical conditions. If you wish to have a treatment and suffer from any of the following, please inform us at time of booking:

- *Heart or circulatory problems, high or low blood pressure, diabetes, epilepsy or thyroid problems*
- *You are Pregnant*
- *You have suffered from cancer in the past 5 years*
- *You suffer from any allergies*
- *You have had recent surgery*

The Laguna Health and Spa

Memberships are available for unlimited use of our gym, exercise studio and swimming pool. Please ask at reception for further details.



Greyfriars Road, Cardiff CF10 3AL
T: 029 2011 1110 E: info@lagunahealthandspa.com

www.lagunahealthandspa.com