Treatment Portfolio

The Nature of Our Space
Serenity in the City

At Laguna Health and Spa, we will help you find that moment of pure relaxation away from the hustle and bustle of everyday life.

Being happy never goes out of style so choose a soothing self-care plan from one of our Spa Experiences or a luxurious individual treatment.

Spoil yourself today, you deserve it!

Browse through our menu to find total tranquillity.
Spa Package Experience

IT’S ALL ABOUT YOU
Design your own Spa Experience that allows you to spa the way you want.

All our experiences include:
- Spa treatment
- Dining options to suit your taste
- 3 hours use of the spa facilities
- Use of relaxation room
- Robe, towel and slippers

SELECT FROM:

ESCAPE
Treatment Duration 80 minutes
Monday–Thursday £89
Friday–Sunday £99

RELAX
Treatment Duration 55 minutes
Monday–Thursday £79
Friday–Sunday £89

RECHARGE
Treatment Duration 25 minutes
Monday–Thursday £59
Friday–Sunday £69
SELECT YOUR TREATMENTS TO MATCH YOUR PACKAGE:

55 MINUTE TREATMENTS
- Aromatherapy Ultimate De-stresser Full Body Massage
- Luxury Pevonia Prescriptive Facial
- Detox Seaweed Wrap
- Aromatic Moor Mud Tension Relief Back Treatment with Massage
- Mother to be Massage
- Zen Pedicure

25 MINUTE TREATMENTS
- Aromatherapy Ultimate De-stresser Back Massage
- Aromatherapy Ultimate De-stresser Leg Massage
- Pevonia Essential Express Facial
- Tension Relieving Scalp Massage
- Body Renew Exfoliation Experience
- Mini Zen Pedicure
- Mini Jessica Manicure

SELECT FROM:
- Sunrise Breakfast
- 2 Course Lunch
- Traditional Afternoon Tea*
- Sunset 2 course Dinner

Please note that all of the above dining options will be served in our stylish Laguna Kitchen and Bar within the Park Plaza Hotel. Your dining experience will require you to be dressed.

*Upgrades are available on speciality Afternoon Teas at an additional supplement
Celebration Package

SPA GROUP PACKAGE
Celebrating a special occasion?

Enjoy a private room with party decorations, background music and candles. Afternoon Tea will be served on decorated mirrors in your private room after you’ve enjoyed a relaxing treatment.

Package Includes:
• One free place!
• Private Dining and Relaxation room
• Aromatherapy Ultimate De-stresser Back Massage (25 minutes) OR Essential Express Facial (25 minutes)
• Robe, towel and slippers
• Traditional Afternoon Tea
• 3 hours use of the spa and gym facilities prior to your treatment
• Glass of Fizz

Monday–Friday: £59
Saturday–Sunday: £69

Perfect package for hen parties, special birthdays and baby showers.
Minimum group size 9. Bride, birthday girl or party organiser goes free.
ESSENTIAL EXPRESS FACIAL
This express facial is ideal for those on the go. Your skin is cleansed, lightly exfoliated and gently massaged. A pore-refining mask is then applied followed by a veil of light moisturiser.

Treatment duration 25 minutes
£35

PRESCRIPTIVE PEVONIA FACIAL
Our certified skincare specialist will recommend your ideal prescriptive facial to suit your specific needs:

Prescriptive Rejuvenating Vitamin Facial
This revitalising treatment deeply moisturises and protects the skin from daily stresses of city life and the free radical damage that contributes to the ageing process. An ideal repair treatment for any time.

Prescriptive Soothing Sensitive Facial
Sensitive skin requires special care, a gentle treatment that mildly cleanses and exfoliates, whilst decongesting, diffusing redness and calming irritation. This facial is designed to leave the skin feeling fresh, cool and alleviated.

Prescriptive Luminous and Oxygenated Facial
Recommended for all skin types seeking an illuminating glow but especially good for dull, sallow skin. Highly recommended for sun worshippers’ skin types. This treatment releases vitamin C into your skin to build collagen and brighten the complexion while hyaluronic acid works to visibly repair and smooth the skin.

Treatment duration 55 minutes
£55

PRESCRIPTIVE AGE–DEFYING FACIAL
Extraordinary facials with instant results.
Luminous Skin & Smoothed Wrinkles
Collagen Polypepides With Myoxy-Caviar®
Recommended for all skin types with wrinkles, lack of lustre and a tendency towards dryness and deep dehydration. This facial will leave skin feeling smooth and plump.

Luminous & Firm Skin
Elastin Polypeptides with Sorghum
Recommended for all skin types with loss of elasticity and lack of lustre. Helps prevent premature slackening of the skin while hydrating and tightening for a instantly firmer more youthful appearance.

Treatment duration 55 minutes
£65

YOUTH RENEW HYDRA-GLOW PEEL
Treat your skin to a smoother texture, minimized wrinkles, and a brightened complexion with the YouthRenew™ HydraGlow Peel. Using pure natural lactic acid this gentle peel unveils wonderfully hydrated and plump skin with a radiant, healthy glow. Perfect peel for pre-wedding or special events. Not recommend for hypersensitive skin. For optimum results: 3–6 Peel Series.

Treatment duration 40 minutes
£45
BODY RENEW EXFOLIATION EXPERIENCES
Transport your mind, body, and spirit to a relaxing, naturally aromatic sanctuary. Pevonia’s BodyRenew™ Treatment Experiences gently exfoliate and drench your skin with hydrating, healing, and soothing anti-stress plant extracts and detoxifying micro minerals. Enjoy a holistic, truly pleasurable rejuvenating body experience that leaves you renewed and decompressed from head to toe.

Scrub Selections:
- Pineapple & Coconut Tropical Retreat - Brightens and repairs.
- Peach & Vanilla Parfait - Anti-inflammatory and healing.
- Jasmine & Lavender Pure Splendour - Relaxing and soothing.

Treatment duration 25 minutes
£30

SALTMOUSSE-GLOW FULL BODY EXFOLIATING TREATMENT
Increase negative ions released into the skin for a healthier and softer body. French sea salt and organic fruit extracts enriched in pro-vitamin A and carrot seed oil are applied to your body recreating the seawater ambiance experience. This revolutionary anti-ageing saltmousse refines your skin unlike any other exfoliation treatment.

Treatment duration 25 minutes
£35

BODYWRAPS

Detox Seaweed Wrap
This therapeutic seaweed wrap contours, firms, hydrates and re-mineralises environmentally damaged skin. Your treatment begins with a gentle exfoliation followed by the generous application of warm micronized seaweed cataplasm. You are then wrapped in thermal blankets to ensure your entire body releases stress and toxins.

Treatment duration 55 minutes
£55

Pineapple Crème Fraîche Wrap - Tropical Escape
This papaya-pineapple body wrap is enriched with Crème Fraîche natural butter, calcium, a high content of vitamin A, pomegranate extract and other anti-ageing ingredients such as wrinkle smoothing collagen polypeptides and firming elastin polypeptides. The luscious Crème Fraîche formula is applied all over your body for a glorious sensory escape. As you are enveloped by the scent of vanilla and enticing tropical fruits, your skin is deeply nourished and rejuvenated revealing an astonishing youthful look.

Treatment duration 55 minutes
£60

Why not compliment your treatment with a 25 minute Aromatherapy Ultimate De-Stresser Massage upgrade for £20.
AROMATHERAPY ULTIMATE DE-STRESSER
Close your eyes, relax and bid stress farewell. Your therapist rhythmically applies proven effective Swedish massage techniques combined with aromatherapy to help you de-stress, unwind and achieve a deep sense of wellness. Your circulation is boosted as sore joints and muscles are quickly alleviated.

Massage Oil Selections:
• Serenity - Alleviates stress & promotes relaxation.
• Vitality - Energising and revitalising, uplifts the spirit, stimulates alertness.
• Recovery - Warming and anti-inflammatory delivers stimulating and healing benefits.
• Clarity - A relaxing massage, delivers an unscented experience.

Treatment duration 25 minutes
£35

Treatment duration 50 minutes
£55

Treatment duration 80 minutes
£79

Deep Tissue Massage – supplement of £5 on above prices

AROMATIC MOOR MUD TENSION RELIEF BACK TREATMENT
A luxurious back treatment incorporating the wonderful, results-driven Aromatic Moor Mud. As this thermal mud aids muscular tension, aches and pains, escape into a state of deep relaxation as we perform the highly relaxing cocoon massage techniques followed by a tension relief back, neck and shoulder massage.

Treatment duration 40 minutes
£45
Pregnancy Treatments by Pevonia

MOTHER TO BE MASSAGE
A soothing massage designed for mothers to be, to help you unwind, relax and achieve a sense of wellness.

Treatment duration 50 minutes
£60

MOTHER TO BE LUMAFIRM EXPERIENCE
This nurturing Lumafirm experience is designed for mothers to be. Enjoy a results driven soothing massage, to reduce aches and pains as well as fluid retention. Followed by a part body wrap which is enriched with an exclusive combination of anti-ageing extracts to help firm, brighten and nourish your skin. Your treatment concludes with a hydrating facial and scalp massage, a complete top to toe treatment, making the wonderful journey to motherhood a pleasurable experience.

Treatment duration 70 minutes
£60
Signature Treatments by Laguna

URBAN HOT STONES
A therapeutic massage using Aromatherapy oils and warm volcanic stones to relieve deep muscle tension. The warmth of the stones penetrates your muscles to soothe aches and pains.

Treatment duration 50 minutes
£59

Treatment duration 25 minutes
£39

LAGUNA LAVA SHELLS BACK MASSAGE
For an intensive back, neck and shoulder treatment this deep tissue massage uses heated Lava Shells to achieve a firm, deep pressure and treat deep-rooted muscle problems.

Treatment duration 25 minutes
£39

BAMBOO JOINT RELEASE EXPERIENCE
A full body treatment using heated bamboo sticks to massage, assist in stretching, joint mobility and improve flexibility. Ideal for anyone in need of deep tension release and those who exercise regularly. This fast paced, free flowing and energetic treatment is perfect for slowing busy minds, stretching and elongating tight muscles whilst helping to soothe and reduce tension.

Treatment duration 25 minutes
£39
MICRODERMABRASION
The modern skin saviour. Renowned for its ability to reduce the effect of fine lines and blemishes, the clinical procedure jets tiny crystals across skin to gently remove the outer layer of old skin cells and reveal new, fresh rejuvenated skin. The crystals and cells are removed using a vacuum action which also stimulates blood flow and the production of collagen and elastin to the treated area.

25 minute session £45
50 minute session £65
(Includes a mask & a scalp or shoulder massage)
Buy 5 sessions and get 6th free
ESSENTIAL EYE CARE
• Eyebrow Tint* £10
• Eyelash Tint* £15
• Eyelash and Brow Tint* £20
*Requires a 24 hour patch test

WAXING TREATMENT
• Eyebrow Shape £10
• Upper Lip or Chin £10
• Underarm £10
• Half Leg £15
• Full Leg £20
• Regular Bikini £10
• High Bikini £15

ADVANCE WAXING
• Brazilian £25
• Hollywood £30

MEN’S WAXING
• Back Wax £25
• Chest Wax £25
Hands and Feet by Jessica

JESSICA FILE AND POLISH HANDS OR FEET
Treatment duration 25 minutes
£19

GELERATION FILE AND POLISH HANDS OR FEET
Treatment duration 25 minutes
£25

EXISTING GELERATION REMOVAL
Treatment duration 25 minutes
£10

JESSICA PRESCRIPTIVE MANICURE
Nails are analysed and treated for their specific type. Jessica's prescriptive manicure includes exfoliation, massage and cuticle care. Nails are beautifully shaped and treated with a prescriptive base coat before finishing with the perfect polish to take home.
Treatment duration 40 minutes
£35

ZenSpa PEDICURE
Awaken your senses and discover the restorative powers of Asian aquatic plant extracts to purify, cleanse, soothe and calm. Hard skin is removed, feet and legs are massaged with conditioning creams. Cuticles are groomed & toe nails are shaped and perfectly polished.
Treatment duration 55 minutes
£40
How to Spa at Laguna

OPENING TIMES
Monday–Friday 9.00am–8.00pm
Saturday 9.00am–7.00pm
Sunday 9.00am–6.00pm

ADVANCE BOOKINGS
We highly recommend booking your treatment in advance to ensure your preferred time and service is available.

ARRIVAL TIME
Please arrive 20 minutes before your treatment time in preparation for your experience, note that late arrivals will result in a reduction of your treatment time.

INDIVIDUAL TREATMENTS
Individual treatments do not include use of the relaxation room, leisure facilities, robe towel and slippers. For a £10 supplement you can upgrade to three hours use of the facilities and the use of robe, towel and slippers.

ADDITIONAL GUESTS
Spa guest passes are available for £20 which includes three hours use of the leisure facilities and the use of robe, towel and slippers.

ROBES, TOWELS AND SLIPPERS
All spa experiences include robe, towel and slippers. A £10 charge will apply for guests who book individual treatments if they wish to have robe, towel and slippers.

HEALTH CONDITIONS
Kindly advise of any health conditions, allergies, medical or cosmetic procedures or injuries which could affect your choice of treatment when making your spa reservation.

PREGNANCY
We have specifically designed treatments for mothers to be or nursing mothers and we will be happy to advise you of suitable treatments.

SPA ETIQUETTE
Please respect your fellow spa-users’ right to peace and privacy whilst in the Spa. Our Relaxation Area is for reading, sleeping or quiet contemplation. In light of this we request that you set your mobile phone to silent on arrival. All spa users will need to be 16 years of age or older.

PERSONAL BELONGINGS
Individual lockers are provided for the safety of your belongings. Please remove all jewellery before your visit to the Spa. Please do not leave personal items in your robe pockets. The Laguna Health and Spa will not accept responsibility for any lost items.

PAYMENT & CANCELLATION - POLICY
Individual Treatments
A credit / debit card will be charged at the time of booking for full payment to secure your reservation. Any treatments not cancelled 48 hours prior to your appointment will incur a 100% cancellation charge.

SPA DAYS / GROUP BOOKINGS
A credit / debit card will be charged at the time of booking for 50% of the total cost to secure your reservation. 7 days prior to arrival full payment will be charged including upgrades and any additional costs. Any spa experiences not cancelled 7 days prior to the booking date will incur a 100% cancellation charge.

GIFT VOUCHERS
The perfect gift for someone special, please contact our reception team or purchase online via our website www.lagunahealthandspa.com
Pevonia is...

LAGUNA HEALTH & SPA
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PARK PLAZA HOTEL
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www.parkplazacardiff.com

LAGUNA KITCHEN & BAR
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THE KUKU AT PARK PLAZA HOTEL
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