

THE  
**LAGUNA**  
HEALTH & SPA  
CARDIFF

# Treatment Portfolio

The Nature  
of Our Space



# Pevonia

The name Pevonia stems from Greek mythology.

Legend has it that the gods' physician, Paion, discovered flowers called peonia– exquisite flowers filled with a magical essence. Once extracted, its purity and power could miraculously cure a number of ills.

Pevonia believes the most powerful ingredients in skincare come from the safest source – nature. For nearly three decades, Pevonia have used highly sustainable processes in line with the company's stance on environmental conservation, tests only on humans, and has been the leader in delivering natural skincare solutions to the finest spas and professional aestheticians.

Pevonia continues to be the leader by delivering outstanding multicultural solutions to nearly 130 countries by restoring, de-ageing and revitalising our largest and most visible organ...our skin!

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## Serenity in the City

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

Whether you are joining us for a treatment, a day or a weekend, we invite you to Unwind, Relax and Heal.

Choose from one of our Relaxing Spa Experiences or a Luxurious Individual Treatment, spoil yourself, you deserve it!



# Spa Package Experience

A Spa Day at Laguna Health & Spa is the ultimate in Serenity and Relaxation.

On arrival, you will be greeted by our experienced team, and provided with a robe, towel, & slippers and you can enjoy full use of all our facilities.

From the moment you arrive to the moment you depart; we will ensure your Spa Experience is a memorable one.

## IT'S ALL ABOUT YOU

Design your own Spa Experience that allows you to Spa the way you wish.

Our experiences include:

- Robe, Towel & Slippers
- 2 hours use of our spa facilities
- A Luxurious Spa Treatment
- Use of Relaxation Room
- Select your Dining Options on page 4

## SELECT FROM:

### ESCAPE

**Treatment Duration 80 minutes**

Monday–Thursday **£135** per person

Friday–Sunday **£145** per person

### RELAX

**Treatment Duration 50 minutes**

Monday–Thursday **£110** per person

Friday–Sunday **£120** per person

## SELECT YOUR TREATMENTS TO MATCH YOUR PACKAGE:

### 50 MINUTE TREATMENTS

- Aromatherapy Ultimate De-stresser Full Body Massage\*
- Bespoke Pevonia Facial\*
- Detoxifying Seaweed Wrap
- Desert Heat Back Wrap with Massage
- Thermal Stone De-stresser
- Tropical Papaya & Pineapple Saltmousse Body Glow

### 30 MINUTE TREATMENTS

- Stress Relieving Back, Neck & Shoulder Massage\*
- Therapeutic Leg Massage\*
- Essential Fresh Facial\*
- Tension Reducing Scalp Massage\*
- Invigorating Exfoliation Experience\*
- Soothing Hand & Foot Massage\*

\*Suitable for Mother's To Be

## DINING OPTION – SELECT FROM:

- 2 Course Brunch in Laguna Bar
- 2 Course Lunch in Laguna Restaurant
- Traditional Afternoon Tea in Laguna Restaurant

Please note that the above dining options will be served in our stylish Laguna Kitchen & Bar within the Park Plaza Hotel. To dine, you will be required to change out of your robe & slippers.



FROM DAWN TO DUSK

Package includes 2 hours use of spa facilities and a robe, towel & slippers.

SUNRISE SPA

Start your morning spa with a delicious Continental Breakfast in our Laguna Kitchen & Bar before relaxing with your choice of 50 minute treatment:

Choose from:

- Aromatherapy Ultimate De-stresser Full Body Massage\*
- Bespoke Pevonia Facial\*
- Detoxifying Seaweed Wrap
- Stress Relieving Back, Neck & Shoulder Massage & Essential Fresh Facial\*
- Invigorating Exfoliation Experience & Back, Neck & Shoulder Massage\*
- Tropical Papaya & Pineapple Saltmousse Body Glow

\*Suitable for Mother's To Be

Monday – Friday **£85** per person

TWILIGHT RETREAT

Spend your evening in the most relaxing way! Unwind with your choice of 50 Minute treatment followed by an exquisite 2 Course Dinner at the Laguna Restaurant.

Choose from:

- Aromatherapy Ultimate De-stresser Full Body Massage\*
- Bespoke Pevonia Facial\*
- Soothing Hand & Foot Massage\*
- Stress Relieving Back, Neck & Shoulder Massage & Essential Fresh Facial\*
- Detoxifying Seaweed Wrap
- Thermal Stone De-stresser

\*Suitable for Mother's To Be

To dine in our restaurant, you will be required to change out of your robe and slippers.

Monday – Thursday **£105** per person



# Celebration Package's

## CELEBRATING A SPECIAL OCCASION?

The perfect package for get togethers, hen parties, special birthdays, baby showers or any special occasion.

## LOUNGE, LAUGH & GLOW

Package Includes:

- Private Relaxation Room & Dining Room
- Robe, Towel and Slippers
- 25 minute Aromatherapy Stress Relieving Back\*
- 25 minute Essential Fresh Facial\*
- Use of Spa & Gym facilities
- Traditional Afternoon Tea
- Glass of Fizz

Minimum group size: 8 persons.

\*Suitable for Mother's To Be.

**£125** per person.

## SOIRÉE SPA

Package Includes:

- Private Relaxation Room
- Robe, Towel and Slippers
- 25 minute Aromatherapy Stress Relieving Back\*
- 25 minute Essential Fresh Facial\*
- Use of Spa & Gym facilities
- 2 Course Brunch at Laguna Bar
- Glass of Fizz

Minimum group size: 6 persons.

To dine in our Laguna Bar you will be required to change out of your robe & slippers.

\*Suitable for Mother's To Be.

**£120** per person.





# Face by Pevonia

## LUMAFIRM LIFT - Vegetable Botox Firming Facial

Seeking a treatment with amazing instant results? Redefining radiance and facial contouring, this exclusively formulated treatment features the latest in freeze-dried technology to deliver instant results and cumulative skincare benefits. Ideal for any skin type showing signs of ageing, or as the perfect instant repair boost when you want to look your absolute best. Proven to perform, this facial renders your skin ultra-luminous with a firmer, tighter and more youthfully defined appearance.

**Treatment duration 50 minutes**  
**£85**

## HYDRA-CLOUD MASK TREATMENT

A restorative, tightening, firming, calming and soothing facial experience that helps your skin Age Backwards!

Uniquely formulated to counteract signs of ageing as well as the effects of sun damage, it works quickly to rid your skin of environmental pollutants and toxins. A true sensorial experience that will help you to feel 'as light as a cloud'.

**Treatment duration 50 minutes**  
**£85**



## BESPOKE PEVONIA FACIAL

A universal treatment designed for all skin types. These facials are personalised and tailored to your skin's individual needs. Includes a skin diagnosis, deep cleansing, ampoule\*, massage and mask. These are ideal facials to introduce your skin to the pure and active products within the Pevonia range.

Outstanding results for every skin type!

**Treatment duration 50 minutes**  
**£80**

### \*AMPOULES:

#### Vitaminic - Dry Skin

Revitalise and hydrates your skin with vitamins A, E and Mandarin essential oil.

#### Soothing Propolis - Sensitive Skin

Helps to repair and control breakouts and strengthens fragile skin with Propolis and soothing Lavender.

#### Soothing - Sensitive Skin

Soothe, cool and calm the skin with Calendula (Marigold) and Aloe Vera.

#### C complete - Combination Skin

Helps to reduce fine lines and wrinkles, strengthen and restore the skin with vitamin C and Hyaluronic Acid.

#### Collagen - Mature Skin

Deeply moisturises and pumps your skin with luxurious Marine Collagen and Cavier extract.



# Body by Pevonia

## DESERT HEAT COPPER BACK WRAP

A luxurious back treatment incorporating Copper-rich Desert Heat Mud. Self-heating Arizona desert earth is naturally rich in healing and nourishing minerals to help overcome fatigue and stress. This treatment includes a stress relieving back, neck & shoulder massage for longer lasting effects whilst improving skin texture.

**Treatment duration 50 minutes**  
**£80**

## LUMAFIRM BODY FIRM & GLOW

Firm, glow and go! Feel confident looking your very best with the Lumafirm Firm & Glow Body Wrap. Enriched with an exclusive combination of anti-aging extracts, you will be looking youthfully radiant from head to toe. Deeply repairing, smoothing, and de-aging, this wrap leaves every inch of skin velvety soft while rendering your body visibly rejuvenated, instantly firmer and more toned.

Experience the visible difference for yourself.

**Treatment duration 50 minutes**  
**£80**

**Add on:** Lumafirm Facial.  
Treatment duration 25 minutes - **£40**

## DETOXIFYING SEAWEED WRAP

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

**Treatment duration 50 minutes**  
**£85**



## JASMINE & LAVENDER BODY EXFOLIATION

Transport your mind, body and spirit to a relaxing, naturally aromatic sanctuary with Jasmine & Lavender. Gently exfoliating and drenching your skin with hydrating, healing and soothing anti-stress plant extracts and detoxifying micro minerals. A truly pleasurable body experience that leaves you renewed and decompressed from head to toe.

**Treatment duration 50 minutes**  
**£80**

## TROPICAL PAPAYA & PINEAPPLE SALTMOUSSE BODY GLOW

Invigorated, cleansed and polished to perfection. French sea salt and organic fruit extracts enriched in Vitamin A and Carrot Seed Oil are applied to your body removing dead skin cells and impurities whilst releasing negative ions to counteract damaging environmental pollutants. This revolutionary anti-ageing treatment refines your skin like no other exfoliator.

**Treatment duration 50 minutes**  
**£80**



## Massage by Pevonia

### SERENITY FULL BODY MASSAGE WITH LAVENDER & SAFFLOWER

Close your eyes, relax and unwind as your therapist rhythmically applies effective Swedish massage techniques. Whether you are seeking a break from the stresses of daily life or simply craving a moment of relaxation, indulge with our Serenity Full Body Massage. Reconnect with yourself, restore balance of your body and mind and emerge feeling replenished and rejuvenated.

### REVITALISING FULL BODY MASSAGE WITH ROSEMARY & GRAPEFRUIT

Revive and restore tired muscles with our energizing blend of Rosemary & Grapefruit. Uplifting to the spirits and boosting circulation, this revitalizing experience will leave you ready to take on the world anew!

### MUSCLE RECOVERY FULL BODY MASSAGE WITH EUCALYPTUS & CAMPHOR

Whether you seek relief from aches and pains or simply crave a moment to recharge, this warming and anti-inflammatory blend alleviates discomfort and delivers stimulating and healing benefits. Experience immediate relief from stiff, aching muscles and sore joints as you are transported to an oasis of therapeutic relaxation.

**Treatment duration 50 minutes - £80**

**Treatment duration 80 minutes - £100**

**Deep Tissue Massage – supplement of £10 on above prices.**



## Mother to be Treatments

**Only suitable for guests over 13 weeks pregnant.**

### SOOTHING MESSAGE

A soothing massage designed for mother to be, to help you unwind, relax and achieve a sense of wellness.

**Treatment duration 50 minutes  
£80**

### LUMAFIRM BODY FIRM & GLOW

Firm, glow and go! Feel confident looking your very best with the Lumafirm Firm and Glow Body Wrap. Enriched with an exclusive combination of anti-aging extracts, you will be looking youthfully radiant from head to toe. Deeply repairing, smoothing, and de-aging, this wrap leaves every inch of skin velvety soft while rendering your body visibly rejuvenated, instantly firmer and more toned.

Experience the visible difference for yourself.

**Treatment duration 50 minutes  
£80**

**Add on:** Lumafirm Facial.

**Treatment duration 25 minutes - £40**

### SOOTHING HAND, LEG & FOOT MASSAGE

This tailored experience is dedicated to hardworking hands, legs & feet. Ease muscle tension and diminish inflammation with Lemon & Lavender essential oils. Bespoke techniques help improve circulation and stiffness in joints, taking the weight off your hands, legs & feet leaving them feeling lighter, supple and hydrated.

**Treatment duration 50 minutes  
£80**





# Signature Treatments by Laguna

## STRESS RELIEVING BACK, NECK & SHOULDER MASSAGE & ESSENTIAL FRESH FACIAL

The perfect combination treatment. Ease stress and tension with a relaxing Rose & Lavender essential oil back, neck & shoulder massage. Followed by a personalized essential fresh facial to leave you feeling relaxed and de-stressed.

**Treatment duration 50 minutes**  
**£80**

## INVIGORATING EXFOLIATION EXPERIENCE & BACK, NECK & SHOULDER MASSAGE

Uplifting wild Rose body Salt Scrub gently exfoliates leaving the skin feeling soft and glowing. A stress relieving back, neck & shoulder massage with soothing Rose oil reduces muscle tension, hydrates the skin and leaves you completely rejuvenated.

**Treatment duration 50 minutes**  
**£80**

## SOOTHING HAND & FOOT MASSAGE\*

This tailored experience is dedicated to hardworking hands, legs & feet. Ease muscle tension and diminish inflammation with Lemon and Lavender essential oils. Bespoke techniques help improve circulation, and stiffness in joints taking the weight off your hands, legs & feet leaving them feeling lighter, supple and hydrated.

**Treatment duration 50 minutes**  
**£80**



## THERMAL STONE DE-STRESSER

An indulgent holistic treatment using warm Volcanic Stones to relieve deep muscle tension. We transport you to a warm sanctuary as the Volcanic Stones are expertly glided over your body with varying pressures and precision. The heat of the stones penetrates your muscles to soothe mind, body and soul.

**Treatment duration 50 minutes**  
**£80**



## Treatments Add On's

### STRESS RELIEVING BACK, NECK & SHOULDER MASSAGE\*

Swedish Massage techniques combined with Aromatherapy blends help de-stress your muscles and joints.

### THERAPEUTIC LEG MASSAGE\*

Revitalise your legs with therapeutic Massage to improve circulation and reduce inflammation, leaving you feeling restored, grounded, and ready to put your best foot forward.

### ESSENTIAL FRESH FACIAL

Suitable for all skin types, this Facial is ideal for those on the go. Your skin is cleansed and lightly exfoliated. A mask is then applied, followed by a veil of light moisturiser to replenish and hydrate the skin.

### TENSION REDUCING SCALP MASSAGE\*

Discover the power of our tension reducing Scalp Massage and reconnect with your body, mind, and spirit as you realign to a state of harmonious bliss. This luxurious treatment relieves scalp tension and increases blood circulation which will leave your mind clear, and your body completely relaxed.

### INVIGORATING EXFOLIATION EXPERIENCE

Gently exfoliate your skin with hydrating, healing, and soothing natural ingredients. The perfect choice to ensure the skin is left feeling soft and the muscles are relaxed.

**Treatment duration 25 minutes**  
**£40 per treatment**

\*suitable for Mother's To Be



## Leisure Breaks

Your Leisure Break includes full use of our Spa facilities, robe & slippers.

### TRANQUIL GETAWAY

Escape and immerse yourself in pure luxury.

Spa Treatments, 2 course lunch/dinner at Laguna Kitchen & Bar, a relaxing overnight stay in one of our Superior rooms, a late checkout till 1pm, and a 2 course Brunch served until 4pm.

#### **Treatment duration 50 minutes:**

25 minute Back, Neck & Shoulder Massage and a 25 minute Pevonia Express Facial.

**From £180.00 per person sharing**

### FRIDAY CHILL

Begin your weekend by unwinding and indulging with a Friday overnight stay, full Welsh breakfast & spa treatment.

**Treatment duration:** 50 minutes, choose from:  
Prescriptive Pevonia Facial or Aromatherapy  
Ultimate De-stresser Massage.

**From £137.50 per person sharing**

### SUNDAY SPA BREAK

Relax and dine before the week ahead with our perfect Sunday package. Enjoy a 2 course dinner, spa treatment, and overnight stay with full Welsh breakfast.

**Treatment duration:** 50 minutes, choose from:  
Pevonia Neck, Back & Scalp Massage or Pevonia  
Essential Facial & Scalp Massage.

**From £152.50 per person sharing**



# How to Spa at Laguna

## TREATMENT TIMES

Monday–Friday 9.00am–7.00pm  
Saturday–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 at least 10 minutes before your treatment. Appointment timings specified are inclusive of a consultation, de-robing and re-robing and hands-on treatment time. Note that late arrivals will result in a reduction of your treatment time

## APPOINTMENT TIMES

Please note appointment timings specified are inclusive of a consultation, de-robing and re-robing and hands-on treatment time.

## TREATMENTS

Individual treatments do not include the use of any facilities or Robe, Towel & Slippers. Please speak to our reception team to upgrade.

## ROBE, TOWEL, SLIPPERS & PADLOCK

Spa packages includes complimentary hire of robe, towel, slippers and padlock. You will need to sign for them on receipt and at the end of your Spa Day, please return to reception. Failure to do so will incur a charge of £30 per person.

## ADDITIONAL GUESTS

Spa guest passes are available for £25 which includes two hour's use of the leisure facilities and 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. Please be aware that no treatment can be performed within 3 months of surgery or injury.

## PREGNANCY

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

**Only suitable for guests over 13 weeks pregnant.**

## 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 over 16 years old.

## 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 100% of the total cost to secure your reservation. Any spa experiences not cancelled 7 days prior to the booking date will incur a 100% cancellation charge.

Group bookings not cancelled 28 days prior to the booking date will incur a 100% cancellation charge.

## GIFT VOUCHERS

The perfect gift for someone special, please purchase online via our website [www.lagunahealthandspace.com](http://www.lagunahealthandspace.com)





### Pevonia is...

Nature. Pure. Holistic. Clean. Beauty. Wellness.  
Healing. Treatment. Results. Reviving. Nourishing.  
Family.



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LAGUNA KITCHEN & BAR  
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THE KUKU AT PARK PLAZA HOTEL  
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