

The Penrallt Country House Hotel  
Treatment Menu in Partnership with Temple Spa



TEMPLESPA

# FACIALS

## The Power Breakfast 30 mins - £45.00

### THE POWER BREAKFAST EXPRESS FACIAL

Looking for results, like now? This revitalising facial includes a deep power cleanse, nutritious clay mask, lymph drainage techniques for rapid turnaround topped off with a wake-up scalp massage. Quick, go!

## My Kinda Skin 60 mins - £65.00

### MY KINDA SKIN BESPOKE PRESCRIPTION FACIAL

Let us analyse your skin and prepare a tailored treatment just for you. Your facial includes a tailored face & décolletage massage plus a relaxing scalp massage. You will feel amazing, and your skin will look so, so good.





## Repose Aromatherapy Facial 75 mins - £75

**REPOSE AROMATHERAPY  
RELAXING,  
INDULGENT FACIAL**

There is nothing like stress for lining the skin and there is nothing like relaxation for smoothing it! This indulgent aromatherapy facial includes a relaxing face massage and eye treatment followed with hot oil scalp massage, plus a hand & arm massage. Pure bliss.

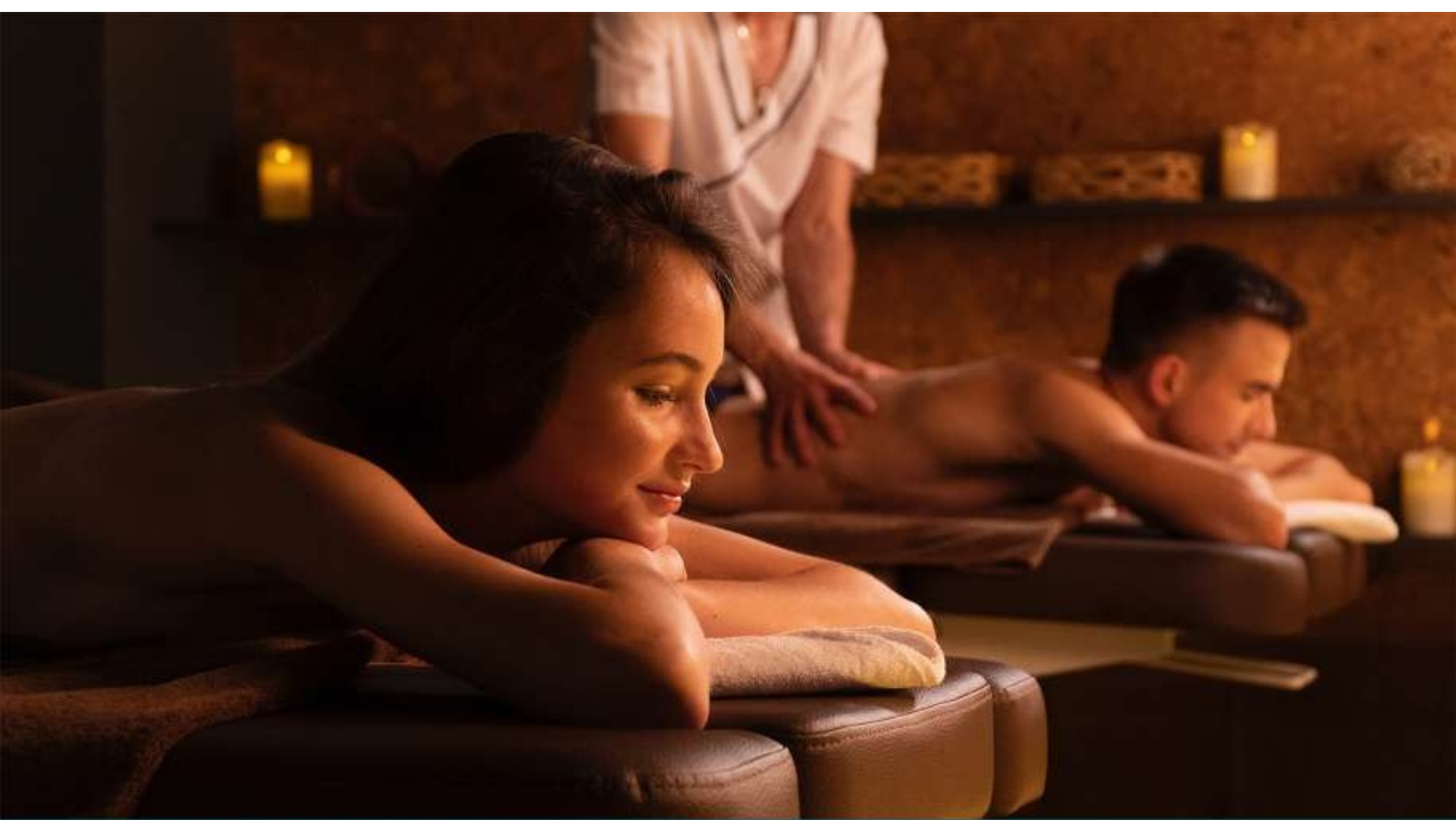
P

# Champagne and Truffles 90 mins - £85.00

## CHAMPAGNE & TRUFFLES DELUXE TREATMENT THE CRÈME DE LA CRÈME OF RADIANCE FACIALS

This luxury facial combines our award-winning truffle formulas with a deep double-cleansing ritual, a glycolic resurfacing peel, a skin-destressing alginate mask and cold stone therapy followed by a unique skin-lifting and muscle-firming massage. The visible result is ironed-out deep lines and wrinkles, firmer feeling and toned skin, reduced puffiness and youthful radiance with a supreme healthy skin glow.





# Massages

## 01

**NEW BEGINNINGS  
Mummy to be  
Pregnancy Massage**

**150 Mins - £140.00**

Pregnancy is a most wonderful time that requires treatments specially designed for you. You will enjoy a full body massage, without the need to lie on your tummy. Our specially trained therapists know exactly how to work those sore, tired and aching muscles while you feel completely comfortable and relaxed. The treatment is complete with a face and scalp massage leaving your skin feeling baby soft all over. You never know, your little bambino might enjoy the sense of calm too!

## 02

**Drift away  
Massage**

**30 Mins - £45.00**

**60 Mins - £65.00**

**90 Mins - £80.00**

**RELAXING FULL  
BODY MASSAGE**

This deeply relaxing 60 OR 30 MINUTE top-to-toe massage, formulated with a dreamy blend of Mediterranean essential oils including Frankincense, Lavender and Patchouli, is guaranteed to have you drifting away. Upgrade your experience to 90 minutes to include a signature face and scalp massage using our aromatherapy resting cream REPOSE. This is the perfect treatment to soothe and calm frazzled nerves and wind down an active mind; tension and stress simply melt away... zzzzzzz!!!!!!

## 03

**Work It Out  
Massage**

**30 Mins - £45.00**

**60 Mins - £65.00**

**90 Mins - £80.00**

**DETOXING MUSCLE  
WORKOUT MASSAGE**

A detoxifying, deep tissue massage that relieves fluid retention and works out tired, aching muscles. Using the ingenious WORK IT OUT detox massage oil including essential oils of Juniper, Lavender and Cypress. We begin with full body brushing to stimulate the circulation to improve lymph drainage. Then we perform a deep tissue, body-boosting massage with muscle-fitness techniques and movements to really give your muscles a workout.

Upgrade your experience to 90 minutes to experience a detoxifying foot massage to fully encompass the detox process.

## The Ultimate Leg and Foot Treatment 30 mins - £40.00

This oh-so-good treatment is instant relief for tired, overworked legs & feet. Begins with skin brushing, to help eliminate excess fluids, followed by a warm oil massage and an invigorating foot rub! Wonderful add-on to another treatment.



# SPA EXPERIENCES

## My Kinda Mood 120 mins - £120.00

Not sure what you would like? Then this is the ideal treatment. First, we help you choose the aromatherapy fragrance to match your mood. Then we will take care of you with a wonderfully relaxing and restorative full body massage, followed by an indulgent facial. Products and techniques will be bespoke to your wants and needs. Look, feel and smell oh so good.

## PENRALLT SIGNATURE SOUL RITUAL 60 mins - £70.00

Give yourself a treat with this beautiful nurturing therapy that will leave you feeling comforted and peaceful. We commence with our truly wonderful foot ritual where we soak, exfoliate, and massage the feet, following this we massage all the areas of tension and stress in the back, neck, and shoulders. This is all completed with a face mask of your choice to suit your skin's needs, which is completed with a relaxing scalp massage.

## Side Orders 15 mins - £15

(Back Massage, Face Massage, Scalp Massage, Foot massage, and Eye Revive)

### A LITTLE MORE? DELIGHTFUL TREATS TO ADD TO ANY TREATMENT

Have you ever had a treatment at a spa and thought to yourself, 'I wish I could have a little more'? Well now you can! Here we present a lovely selection of options to add onto your main treatment.

These can be added to any facial, massage or body treatment.

1. Stressed Out? Enjoy our hot stone neck & shoulder treatment.
  2. Head feel heavy and uptight? You will love our sedating hot oil scalp massage.
  3. Love your hands to be pampered? Select our indulgent hand ritual.
  4. Want a spring in your step? Select our indulgent foot ritual.
  5. Want to look less tired? Discover our secret eye remedy.
- These have to be added to your already booked treatments



P



Penrallt

Aberporth, West Wales

★★★★

## ADDITIONAL TREATMENTS OFFERED AT THE PENRALLT COUNTRY HOUSE HOTEL

*SUITABLE FOR MEN AND WOMEN.*

### *Reflexology*

**60 MINUTES - £55.00**

Relax and enjoy gentle pressure to your feet.  
This aids relaxation and helps the body's own healing process.

### *Sports Massage*

**60 MINUTES - £55.00**

**90 MINUTES - £80.00**

Sports massage is proven to release and reduce tension in muscles, improve circulation and encourage the removal of waste products such as lactic acid that is built up during high intensity activities. It can also really help to relax the body. All of this helps promote recovery and reduces the chance of muscle injury.

### ADVANCED BOOKING IS ESSENTIAL

**100% OF THE TREATMENT PRICE IS DUE AT THE TIME OF BOOKING.**

**IF YOU SHOULD HAVE TO CANCEL, WE CAN HAPPILY MOVE YOUR APPOINTMENT TO ANOTHER DAY AND TIME.**

**WE LOOK FORWARD TO WELCOME YOU TO THE HOTEL.**

01239 810088

WWW.PENRALLTHOTEL.CO.UK  
STAY@PENRALLTHOTEL.CO.UK



## Gift Vouchers

These really are the perfect present. They can be purchased over the phone and sent to you or the recipient and are available for any amount over £10 or for a specific treatment. Please note all vouchers are available **online and** are valid for one year.

## Bookings and cancellations

We will take a 50% deposit at the time of your booking for each treatment.

Please help us by giving us 24 hours notice if you cannot keep an appointment. We regret that cancellations made with less than 24 hours notice will be **charged** at full cost.

## Health Advice

Information about your health enables us to recommend the best treatments for you, please advise us of any medical issues you may have such as high blood pressure, heart problems, varicose veins, allergies, or any other condition. **At the start of your treatment, you will complete a medical questionnaire.** Before having your treatments, it is important for us to know if you are pregnant or received any procedures. All treatments are booked subject to medical status. Suitability of treatments **will be** re confirmed on arrival at the treatment rooms. If you fail to notify us prior to your visit of pregnancy or a medical condition, we reserve the right to refuse offering treatments and charge for the treatment time booked.

## Personal belongings

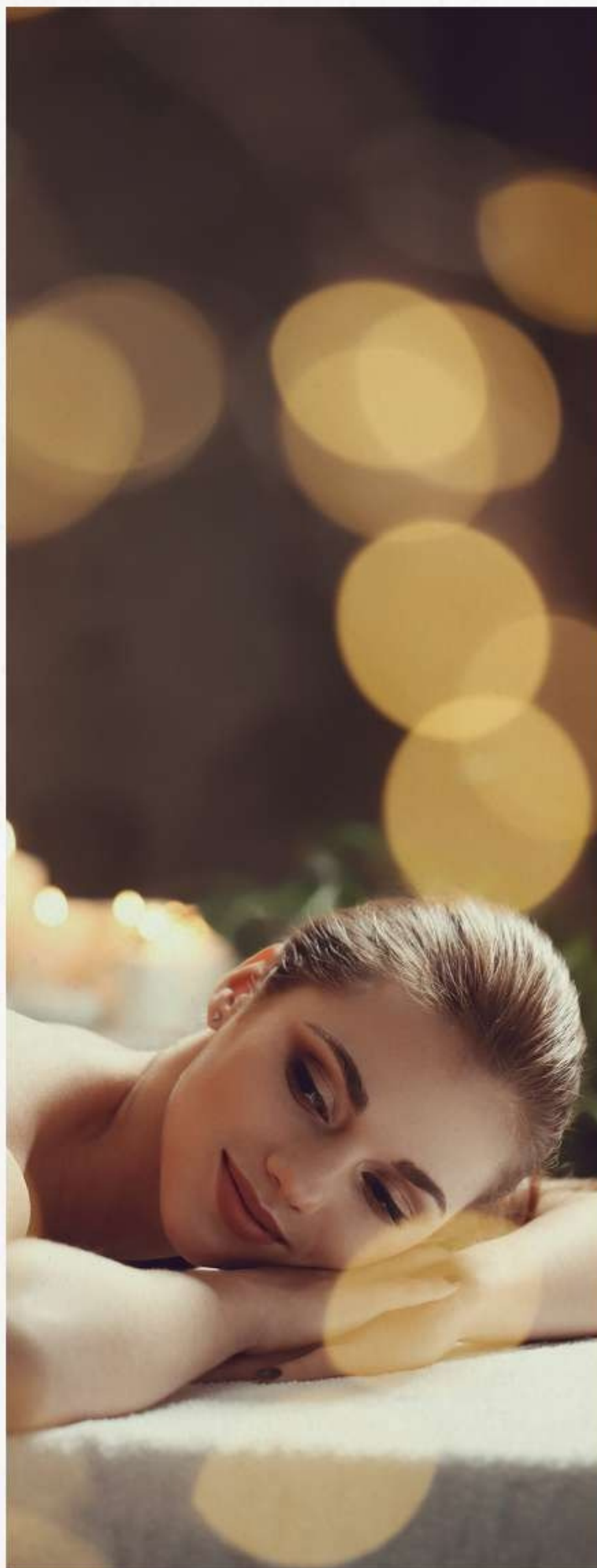
We apologise; however, we accept no responsibility for any personal belongings that are lost or mislaid in the treatment rooms.

## Mobiles

As a courtesy to other clients and to maintain a relaxed atmosphere for our customers, we ask you kindly to turn off mobiles before entering the treatment rooms.

## Timings

We advise you to arrive for your first appointment 15 minutes ahead of time to allow yourself the opportunity to complete your health questionnaire and relax prior to the treatment. If you are late, your treatment time may be shortened, and the same treatment price will apply.





TEMPLESPA

Monday	10am-6pm
Tuesday	10am-6pm
Wednesday	10am-7pm
Thursday	12pm-7pm
Friday	10am-6pm
Saturday	10am-5pm
Sunday	11am-4pm

Contact us: 01239 810088

Email: [stay@penrallthotel.co.uk](mailto:stay@penrallthotel.co.uk)

Web: [www.penrallthotel.co.uk](http://www.penrallthotel.co.uk)



P



TEMPLE SPA

We very much look forward to welcoming you to The Penrallt Country House Hotel.

Contact us: 01239 810088  
Email: [stay@penrallthotel.co.uk](mailto:stay@penrallthotel.co.uk)  
Web: [www.penrallthotel.co.uk](http://www.penrallthotel.co.uk)  
Facebook: @penrallthotel  
Instagram: @penrallt\_hotel