



CWRTIUM HEALTH & SPA



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Usk, Monmouthshire, NP15 1PG, UK

Pro Glow Facials

Our hands on facial treatments use touch to soften and prepare the skin to receive actives. Product is applied using a combination of ancient and modern massage techniques from around the world. The hands of a highly trained Elemis Elite therapist are profoundly effective tools for all skin concerns.

PRO GLOW RENEWAL 50 MIN £60

For Gorgeous, **Glowing** Skin. ELEMIS' deep cleansing skin wellness facial, showcasing Prebiotics and antioxidant-rich goodness to deliver a healthy-looking, lit-from-within glow. This facial contains super-hydrating, skin-kind formulas and the nutrient-rich Superfoods nourish and protect to maintain healthy, balanced skin. In one treatment, skin looks visibly refreshed and rebalanced.

PRO GLOW SMOOTH 50 MIN £60

The HIIT Workout for Your Skin. Improve skin-fitness and **firmness**, whilst reducing fine lines and wrinkles with our clinically proven formulas and signature skin-lifting massage techniques. After just one treatment, the complexion looks firmer, supremely smooth and rejuvenated.

PRO GLOW BRILLIANCE 50 MIN £60

Your Recipe for **Radiance**. Nourish and glow with this brightness-boosting facial, reviving dull, lacklustre skin. Turn up the brightness with our triple cleanse, melting away makeup, daily pollutants, and grime. Gentle resurfacing dissolves away dead skin cells to reveal healthy and clearer-looking skin.

PRO GLOW RESURFACE 50 MIN £60

Resurfacing for Stunningly **Smooth** Skin. Purify and brighten as skin's texture is transformed. With a spotlight on enlarged pores, blemishes, and blackheads, this unique facial powered by patented Tri-Enzyme technology minimises the look of uneven tone, texture, fine lines, and pigmentation.

Face & Body

The perfect introduction to ELEMIS. This is a dynamic approach to top-to-toe couture care. Choose your own combination of facial and body massage or let your Elemis Elite therapist personally prescribe the perfect treatment to work with your skin, your mood, and your needs.

COUTURE TOUCH 50 MIN £65

Condition your skin and muscles with this all-embracing experience. This body treatment combines a 25-minute signature back massage with a 25-minute Pro Glow facial to target any skin concern and muscle tension you may have.

Scrubs

INTENSELY CLEANSING SALT SCRUB 30 MIN £45

The extraordinary cleansing power of salt goes to work releasing toxins in this body polishing treatment. The fragranced salt of your choice will gently slough away dead skin cells, encouraging the regeneration of new cells and perfectly prepping the skin. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil. Delivers velvety soft, invigorated skin.

INTENSELY CLEANSING SALT SCRUB & CWRTIUM SIGNATURE MASSAGE 50 MIN £65

The extraordinary cleansing power of salt goes to work releasing toxins in this body polishing treatment. The fragranced salt of your choice will gently slough away dead skin cells, encouraging the regeneration of new cells and perfectly prepping the skin. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil. Delivers velvety soft, invigorated skin. Combine a 25- or 50-minute Cwrtium Signature Massage to add relaxation to this invigorating treatment.

Massage

Cleansing mineral salts, oil blends rich in actives and transportive aromatics are combined with an unparalleled level of expertise in massage and conditioning. For healthy, revitalised skin and deeply eased muscles.

FULL BODY MASSAGE 50 MIN £60

Whether you prefer a light, relaxing pressure, or deep pressure to relieve aches and pains, this warm oil full body massage will be completely prescribed to you.

ELEMIS WELLBEING FREESTYLE FULL BODY MASSAGE 50 MIN £65

This deeply relaxing massage is tailored entirely to your needs, leaving you feeling grounded and focused. A wellbeing essence is carefully selected to relieve muscle pain and stress. As effective as an hour's stretching, but so much more nurturing.

FULL BODY HOT STONE MASSAGE 50 MIN £65

Nothing gets into the belly of the muscle like a hot stone. A curated range of Balinese stones are selected to address exactly what you need. They are worked over the body, deep into the muscles, persuading the muscles to release their trapped energy. The result is sparkling vitality with the bonus of intensely hydrated skin.

Time for Men

Men's skin behaves differently to women. Shaving, fatigue, sport, and screen time all make their own demands. These high-performance facial therapies have been designed to restore energy and dynamism.

FULL BODY SIGNATURE MASSAGE 50 MIN £60

Whether you prefer a light, relaxing pressure, or deep pressure to relieve aches and pains, this warm oil full body massage will be completely prescribed to you.

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PRO GLOW RENEWAL 50 MIN £60

Showcasing Prebiotics and antioxidant-rich goodness to deliver a healthy-looking, lit-from-within glow. This facial contains super-hydrating, skin-kind formulas and the nutrient-rich Superfoods nourish and protect to maintain healthy, balanced skin. In one treatment, skin looks visibly refreshed and rebalanced.

Peaceful Pregnancy

During pregnancy, your body is working double time. Our expert pre-natal treatments are especially formulated to nourish, hydrate and balance skin whilst promoting deep relaxation. Gentle yet effective experiences nurture skin and body through this unique time.

PEACEFUL PREGNANCY MASSAGE 60 MIN £65

Beautifully reviving facial and specially formulated massage to take care of all your skins needs during pregnancy. Settle into a bed of pillows for this relaxing treatment combination, that gently addresses visible effects of hormonal changes on the skin and supports it as it accommodates your baby. Pure bliss.

Packages

REVITALISE ME 25 MIN £50

- 1 x 25 minute treatment
- Use of leisure and spa facilities
- Robe, towel and slippers
- Light lunch

RURAL RETREAT 50 MIN £65

- 1 x 50 minute treatment
- Use of leisure and spa facilities
- Robe, towel and slippers
- Light lunch

TEA & ME 50 MIN £75

- 1 x 50 minute treatment
- Use of leisure and spa facilities
- Robe, towel and slippers
- Afternoon tea in our tea room

PEACEFUL PREGNANCY 60 MIN £75

- 60 minute full body massage
- Use of leisure and spa facilities
- Robe, towel and slippers
- Light lunch



How To Spa

To schedule an appointment or to make a package booking, please contact our Spa Reception desk on 01633 450400 where our team can guide you towards the right choice. We advise booking in advance to avoid any disappointment. All treatments and packages will need to be secured with valid card details. We operate a 48hr cancellation policy; spa treatment/packages cancelled within 48hrs of your arrival date are subject to a 50% cancellation fee. No shows and cancellations on the day are charged at 100% of the package/treatment price.

SPA PACKAGE INFORMATION

Please arrive an hour before your scheduled treatment/lunch time to allow sufficient time to settle you into the spa. Please be advised late arrival will result in treatment time being shortened. Treatment choices are to be confirmed at time of booking your reservation, changes to treatment choices or time may not be accommodated on the day. Alcohol is prohibited in the spa and pool areas. Anyone found consuming alcohol within these areas will be asked to leave and the alcohol confiscated.

HEALTH CONDITIONS

We kindly ask you to advise us of any health conditions, including allergies, injuries, and pregnancy at the time of booking as these may affect your choice of spa treatment. If pregnant you need to be over 12 weeks and had 1st scan. Please advise us of any recent operations / specialist treatment prior to your visit, as this may restrict your treatment options. A GP referral may be required.

SPA ETIQUETTE

Our spa environment is one of relaxation and tranquillity. Please respect all spa guests' right to privacy and serenity. Please turn mobile phones & media players to silent mode, and refrain from taking photographs. Please note that as a courtesy to all our clients a prompt appointment schedule is adhered to, late appointments may not be honoured, and no discount or refund given. Treatments that start late will still finish at the appointed time, so other guests are not inconvenienced. The minimum age for treatments is 16.

ABOUT CWRTIUM HEALTH AND SPA

Our leisure facilities include Gym, Swimming Pool, Jacuzzi, Sauna and Steam Room and relaxing loungers. Poolside and its facilities are gender neutral, appropriate swimwear is to be always worn. Glassware and crockery are prohibited throughout the gym and poolside area. Plastic cups are available for your convenience. Both Male and Female changing rooms have showers and toilets. You will find lockers in the changing areas for your personal effects (padlock operated). Please take care of your valuables, as we cannot take liability for their loss.