



Peterstone Court
tel.: 01874 665912

eyes					
A 'circularoma' treat for Eyes	£30				
'Oe' Rejuvenating Eye Treatment	£40				
face					
'circularoma' Facial	£34				
'circularoma' Complete Facial Treatment	£60				
face - especially for men					
Vitality Face Care for men	£34				
'Oe' facial treatments					
Enjoy Your Face	£45				
Easy Pureness	£50				
Emotional Balance	£50				
Emotions Away	£50				
Exceptional Menu	£50				
Embracing Waters	£50				
Blending Time	£50				
Experience New Vitality	£65				
massage					
Swedish Massage - 30 mins	£18				
Swedish Massage - 60 mins	£35				
Recovery Thai Heat Massage	£37				
Indian Head Massage	£20				
Signature Aromatherapy - 30 mins	£20				
Signature Aromatherapy - 60 mins	£39				
Signature Hot Oil - 30 mins	£23				
Signature Hot Oil - 60 mins	£40				
Signature Hot Oil - 90 mins	£55				
Signature Hot Stone - 30 mins	£28				
Signature Hot Stone - 60 mins	£45				
Signature Hot Stone - 90 mins	£65				
appointments					
To book any treatments, packages, parties, or day experiences at the spa, please call us:					
9am-5pm					
Monday-Sunday					
Please book in advance to avoid disappointment.					
pre-natal treatments					
* Convert these into an experience day, with lunch and use of all facilities for just £20 extra.					
Belly Bliss	£25				
Mama Mia	£55				
Yummy Mummy	£75				
body refiners					
'circularoma' Body Bliss	£40				
'circularoma' Life Saving Back Treatment	£40				
'Oe' Body Glow	£45				
'Oe' Purifying Back Treatment	£45				
wraps					
Signature Complete Detox Body Wrap	£75				
'Oe' Draining Contouring Cellulite Wrap	£70				
'Oe' Algae Slimming Modelling Wrap	£95				
hands					
File and Polish	£8.95				
Manicure	£15.50				
Signature Spa Manicure	£20				
Cocktail Manicure	£21.50				
Nail Extensions	£44				
hands - especially for men					
Hand Care for Men	£14				
feet					
File and Polish	£8.95				
Pedicure	£24				
Signature Spa Pedicure	£34				
Medi Pedi	£30				
Reflexology - 30 mins	£20				
Reflexology - 60 mins	£35				
Recovery Foot and Leg Massage	£20				

face

Organic Elements facial treatments (cont.)

Emotional Balance - suitable for acne-prone skin (75 mins)
This treatment will assist the healing process, leaving acne-prone skin looking brighter and feeling more comfortable. Your complexion will appear more balanced, with blemishes and blackheads less noticeable.

Emotions Away - suitable for sensitive skin (75 mins)
This treatment really calms sensitivity by re-hydrating at the very deepest layers of the skin. Redness is reduced, leaving your complexion looking and feeling more comfortable.

Exceptional Menu - suitable for dry skin (75 mins)
Using nourishing products with ingredients such as vegetable collagen, ginseng, wheatgerm and rice, this treatment works to intensively moisturise, re-hydrate, and stimulate the skin, whilst providing an additional anti-ageing action. Your skin will look and feel exceptionally radiant!

Embracing Waters - suitable for dehydrated skin (75 mins)
Environmental and lifestyle factors such as air-conditioning, central heating, smoking, alcohol, and not drinking enough water, affect the condition and hydration of our skin. This treatment provides your skin with a welcome boost of water, which is vital - even for those with oily skins!

Blending Time - suitable for the first signs of ageing (75 mins)
Promotes gentle cleansing with enzyme exfoliation, and cell regeneration with intensive nourishing. Improves elasticity, hides fine lines, and gives the skin a youthful glow.

Experience New Vitality - deep anti ageing treatment (90 mins)
Products such as glycolic acid, seaweed, and vitamins C and E all help this treatment to improve cell renewal and microcirculation, leaving your skin looking and feeling radiant. Elasticity is noticeably improved, and fine lines are visibly reduced.



body refiners & wraps

'circularoma' Body Bliss (45 mins)
Enjoy a full body exfoliation with circularoma's refreshing wild cedarwood body polish. Then enjoy a full body massage using circularoma's amazing body butter.

'circularoma' Life Saving Back Treat (45 mins)
A combination of exfoliation, mask, and lotion will leave your sometimes neglected back feeling deeply cleansed, moisturised, and eased of tension.

Organic Elements Body Glow (60 mins)
Indulge in an ancient royal treatment in which crushed sea salts with special blends of oils are used to deeply exfoliate, refine, and purify your skin. After a refreshing shower, an intense and regenerative massage stimulates your body, leaving you relaxed, baby soft, and positively glowing!

Organic Elements Purifying Back Treatment (60 mins)
Specifically for the treatment of problematic back skin, this deeply cleansing and exfoliating treatment will leave your back feeling clean and refreshed.

wraps

Signature Complete Detox Body Wrap (75 mins)
After a full body exfoliation, relax in a warm cocoon, enjoying a soothing scalp massage while the active natural ingredients of the body wrap get to work. Once the wrap is removed, a refreshing lotion is applied, leaving your skin soft and smooth.

Organic Elements Draining Contouring Cellulite Treatment (60 mins)
Oe's intensive treatment for cellulite uses ingredients specifically for stimulating circulation and aiding drainage. Extensive exfoliation and a deep invigorating massage will leave your skin feeling smooth and more supple.

Oe Algae Slimming Modelling Treatment (90 mins)
This treatment helps to shape the body and tone the skin, while improving texture and circulation. Your skin is exfoliated, enveloped in an algae wrap, and active ingredients are applied. You will enjoy a sense of deep relaxation, and will leave feeling invigorated, refreshed, and beautiful.



feet

File and Polish (15 mins)
When time isn't on your side, enjoy a 'pit stop' pedicure.

Pedicure (45 mins)
Enjoy a warm foot spa to begin, then your feet are exfoliated, nails are filed, cuticles trimmed, and the skin is moisturised. Nails are then polished with two coats of your favourite colour.

Signature Spa Pedicure (60 mins)
Enjoy the ultimate re-conditioning treatment for your feet. Feet are soaked, cleansed and exfoliated, then smothered in a softening mask rich in nourishing active ingredients. Feet are then massaged, and nails are beautifully polished.

Ice Cream Pedicure (60 mins)
A perfectly yummy treat for feet. Choose from our four luxurious ice cream scented pedicure products, then enjoy the taste of the cream depending ice cream while you sit back, relax, and experience this indulgent pedicure.

Medi Pedi (75 mins)
A signature treatment geared towards dry skin and hardened callous build up that can occur from wearing improper shoes, or excessive walking or running. Expect lots of scrubbing, buffing, and filing! Your feet will feel softer than you ever thought possible.

Reflexology (30 mins / 60 mins)
Foot reflexology is a method of stimulating the reflex points of the feet to help relax and rejuvenate each and every part of the body.

Recovery Foot and Leg Massage (30 mins)
A relaxing massage specifically developed to rejuvenate your tired feet and legs. A perfect antidote after a long walk through the Beacons, or a hike up Pen Y Fan!



perfect way to escape the chaos we live, whether it be the stress of your job or your retreat away from everyday life.

of treatments (as specified below). This seasonal pool, Jacuzzi, infrared sauna, robe, towels, and slippers, plus hot water in the spa area.

Includes one 45-minute treatment.

of delights. Includes one 90-minute treatment.

Choose one treatment from spa listed above.

(4pm-8.30pm) onwards after a hard day's work, or the following 1-hour treatments:



Client: Peterstone Court Hotel & Spa

- Brochure design
- Image sourcing and editing
- Copy writing and editing

- Print management