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welcome to
Nant Ddu Lodge
Hotel & Spa

SPA MENU

Nant Ddu Lodge

The Nant Ddu Spa experience is one of friendly familiarity. Nestling in the Brecon Beacons we have a wealth of experience in making your time with us comfortable, personal and not in the least bit intimidating. Our aim is to offer high quality treatments and products at relaxing prices.

We've partnered with Natural Spa Factory to deliver a collection of natural & botanical treatments. Using only gorgeous ingredients, Natural Spa Factory was founded in Bath, Somerset, and part of their ethos is to never use chemicals in any of their products – free from MI, MCI, SLS, Parabens and Microbeads, and cruelty free. Incredible ingredients to make you feel good from the inside.



The Face

Bespoke Facial

25 mins | £25.00

55 mins | £50.00

Simple & effortless, following a consultation with your therapist a combination of British botanicals are selected to offer a completely bespoke and unique facial – tailored to your preferences and skin type. Perfect for youthful, anti-ageing or sensitive skin types.

Illuminate Facial

25 mins | £27.50

55 mins | £55.00

Rice bran oil is the staple beauty ingredient used by Geisha girls in Japan. It holds the ability to deeply cleanse, lighten and detox all skin types, and is especially kind to sensitive, problematic or oily skin. We blend rice bran with a selection of alpine plants (including mallow, lemon balm, lady's mantle and spearmint) to leave skin looking youthful, healthy and glowing. Brilliant, too, for healthy ageing – age spots & dark circles are lightened, PH levels are balanced.

Gold & Caviar Facial

55 mins | £60.00

Natural alchemy of gold, caviar, grape leaf, and pearl join forces in this super luxurious healthy anti- ageing facial. Elasticity is increased, circulation and skin cell metabolism is heightened, and collagen depletion is slowed. A truly decadent facial for healthy and glowing skin. Perfect if you're looking to turn back the clock.

Bright Eyes

25 mins | £25.00

Combat puffiness and dark circles with this soothing treatment. A mini facial focusing on the eye area to prevent and soothe puffy eyes, dark circles, relieve and soothe.



Massage Therapy

Signature Nant Ddu Massage Therapy

Our signature massage is adapted to your needs, using your choice of blended essential oils to calm, nourish, detox or invigorate. We'll also match our movements to your mood: our signature massage can be toning, invigorating, pampering or deeply relaxing.

You knead it (Back, neck and shoulders)

25 mins | £30.00

You deserve it (Full body)

55 mins | £50.00

Hot Stones Massage

Using your preferred shot of massage oil to match your mood. This is a luxury treatment using warm basalt stones, which will penetrate into your muscles to leave you feeling de-stressed and fully revitalised.

Back, neck and shoulders

25 mins | £35.00

Full body

55 mins | £60.00

Warm Oil Candle Massage

55 mins | £60.00

Choose your candle – uplifting, soothing, energising or nourishing. Surrender to warm oils trickled along your spine, melting into muscles as stress & tension is massaged away and skin is left delicately scented and intensely nourished with coconut oil, soya wax and bees wax.

Raw Coconut Scalp Massage

25 mins | £25.00

Head, face and scalp massage, with a combination of traditional and modern techniques, with incredibly nourishing raw organic coconut oil to ensure hair is drenched in goodness, too.



Body Therapy

Scrub Up

25 mins | £25.00

Choose your scented scrub for a full body exfoliation using natural sea salts & essential oils. Invigorating, soothing, and deeply cleansing for those hard to reach areas – perfect for shedding dull skin to leave a firmed and glowing finish from top to toe.

Black Mountain Body Therapy

55 mins | £50.00

Using our intensely soothing & nourishing argan oil black granite body polish, we soothe and buff skin, before for an intensely soothing back, neck and shoulder massage using native welsh plants – including primrose, lavender, rosehip and rose.

23 Carat Gold Body Wrap

55 mins | £60.00

Ultimate decadence. Starting with an invigorating palm sugar, gold and caviar body polish to soothe and stimulate, followed by a gold and grape leaf wrap to stimulate skin cell renewal. A gold scalp massage and a final gold, jojoba and caviar dry body oil to leave you resplendent and glowing.

Seaweed Slimming Wrap

55 mins | £50.00

A body treatment to shift water retention, cleanse and tighten the body. An invigorating lime & lemongrass body exfoliation is followed by a mineral-rich seaweed slimming wrap to shift water retention, smooth and tone the skin. Finished with a detoxing, seaweed-enriched body oil to slather the skin with essential oils and minerals to leave you feeling oh-so-soft, firmed and toned. Whilst wrapped up enjoy a soothing and relaxing facial massage, or a calming, tension relieving scalp massage.

Illuminate Body Wrap

55 mins | £50.00

We blend rice bran with a selection of alpine plants (including mallow, lemon balm, lady's mantle and spearmint) to leave skin looking youthful, healthy and glowing. We will polish the skin with a rice-based exfoliant, followed by a full body wrap. Relax into a jojoba oil & rice bran scalp massage, or enjoy a luxurious massage for the face. Finish with deep, long strokes of illuminating dry oil to leave you incredibly softened and glowing, from top to toe.



Nail Treatments

Express Manicure

25 mins | £20.00

Nails are filed to the desired shape followed by the application of a CND Vinylux colour of your choice.

Express Pedicure

25 mins | £20.00

Nails are filed to the desired shape followed by the application of a CND Vinylux colour of your choice.

Luxury Manicure

50 mins | £40.00

A relaxing hand and nail treatment. Starting with a relaxing soak bath, followed by cuticle work and shaping of your nails. Relax and enjoy a therapeutic hand and arm massage followed by a nourishing mask placed into warm mitts. The nails are finished off with a CND Vinylux colour of your choice.

Luxury Pedicure

50 mins | £40.00

A relaxing leg, foot and nail treatment. A relaxing soak bath, followed by hard skin removal and cuticle work. A therapeutic foot and lower leg massage is followed by a nourishing mask placed into warm booties. A polish in a colour of your choice is applied to finish. The nails are finished off with a CND Vinylux colour of your choice.

Express Manicure or Pedicure with Shellac Finish

25 mins | £25.00

Application only hands or feet. Quick prep of the nails and a choice of Shellac colour. No chips, no peeling for up to 14 days! The perfect high shine polish.

Luxury Manicure or Pedicure with Shellac Finish

50 mins | £45.00



For the Men

Charcoal Facial Detox

25 mins | £25.00

55 mins | £50.00

Deeply cleansing, refreshing and unclogging facial designed for male skin. A combination of detoxing plant extracts and oils, combined with a charcoal enriched detoxing face wrap to leave the skin tingling, invigorated and purified.

Back to Basics

25 mins | £25.00

A relaxing and balancing back treatment, starting with a stimulating body brushing, an invigorating deep cleanse, warming steam followed by tension releasing massage. To finish a luxurious mask is applied to tone and either detox or hydrate.

Manicure or Pedicure for The Men

25 mins | £25.00

A relaxing treatment, with a soothing soak to revive those hard working hands or refresh tired feet. Followed by a cuticle, nail tidy and a fabulous hydrating massage – all quite painless.

Walking on Air

25 mins | £25.00

A leg and foot massage to leave you with a spring in your step. An exfoliating scrub followed by a foot and leg massage. Using stimulating or relaxing oils, we focus on tired feet and tight calves so that you can feel ten foot taller.

Feeling Great

Back, Neck & Shoulders

25 mins | £25.00

Full Body

55 mins | £50.00

A man's massage which is adapted to your needs, using your choice of blended essential oils to calm, nourish, detox or invigorate. We'll also match our movements to your mood: our signature massage can be toning, invigorating, pampering or deeply relaxing.



Baby on Board

Pregnancy is a special time but is a massive undertaking for skin and relaxation. Our Bumps a Daisy Pregnancy Range can help ease tightness - Neroli and mandarin help ease the effects of water retention and increase circulation resulting in a more restful night's sleep. Crammed with gentle sweet almond and wheatgerm oils and complemented with a flurry of rose oil, mandarin, ho wood and bitter orange to increase circulation and ease the effects of water retention and to repair stretch marks and hydrate tight and irritated skin.

Precautions: Not recommended for use during the first 3 months of pregnancy.

Treatments tailored for you

Bespoke Facial

25 mins | £25.00

Scrub Up

25 mins | £25.00

Express Manicure

25 mins | £20.00

Express Pedicure

25 mins | £20.00

Scalp Massage

25 mins | £25.00



The Beauty Essentials

Waxing Treatments

Eyebrow Shape | £6.00

Lip, Chin or Brow Wax | £7.00

Half Leg | £13.00

Full Leg | £20.00

Bikini Wax | £10.00

Under Arm | £8.00

Forearm Wax | £10.00

Back Wax | £20.00

Tinting Treatments

Eyelash | £10.00

Eyebrow | £8.00

Eyelash & Eyebrow | £15.00

Note: A 24hr patch test is required prior to any tinting treatment



Half Day Spa Packages

All packages include full access to our leisure facilities, use of robe, towel and slippers for the day plus a £10.00 allowance towards lunch in our conservatory. Our half day packages can be scheduled daily from 9.00am to 3.00pm or 12.00pm to 6.00pm. Lunch is served from 12.00pm-2.30pm. Prices are per person.

Heavenly

£65.00

Select from two of the following 25 minute treatments:

- Bespoke Facial
- Bright Eyes
- Express Manicure
- Express Pedicure
- Scrub Up
- Raw Coconut Scalp Massage

Serenity

£70.00

Includes the following 25 minute treatments:

- Signature Back, neck & shoulder massage
- Illuminate Facial

Or select one of the following 55 minute treatments:

- Signature Full Body Massage
- Illuminate Body Wrap
- Black Mountain Body Therapy
- Seaweed Slimming Wrap
- Illuminate Facial

Tranquility

£75.00

Select from one of the following 55 minute treatments:

- Warm Oil Candle Massage
- Gold & Caviar Facial
- 23 Carat Gold Body Wrap
- Hot Stone Full Body Massage



How to Spa

To schedule an appointment or to make a package booking, please contact us on 01685 379111 where our team can guide you towards the right choice.

We advise booking in advance to avoid disappointment. All treatments and packages will need to be secured with valid card details. Vouchers must be presented at the time of arrival. In the event a voucher has been lost or forgotten, full payment will be required.

Treatment choices are to be confirmed 48hrs prior to your reservation, changes to treatment choices or time may not be accommodated on the day.

We operate a 48hr cancellation policy, spa treatments & packages cancelled within 48hrs of your arrival date are subject to a 50% cancellation fee. No shows, non arrivals and cancellations within 24hrs will be charged in full.

All treatment times stated include consultation and changing time.

Nant Ddu reserve the right to recommend an alternative treatment if your chosen treatment is unsuitable for you at the time of consultation.

Nant Ddu reserve the right to make treatment changes subject to product availability or suitability.

Certain medical conditions may preclude you from some of the treatments available. We kindly ask you to advise of any health conditions, allergies or injuries at time of booking. If you are pregnant we will be happy to advise you of suitable treatments.

Spa Etiquette

You will be greeted by a member of staff who will explain the treatment/day.

Guests will be issued with a returnable robe, towel and slippers for all spa days.

It is recommended that alcohol is not consumed in the hours before or after your treatment or spa visit. Alcohol is prohibited in the spa and pool area. Anyone found consuming alcohol within these areas will be asked to leave and the alcohol confiscated.

The minimum age for treatments is 16 years.

Please turn mobile phones and media players to silent mode, and refrain from taking photographs.

For our Spa to offer deeper levels of relaxation, we kindly ask you to respect other guests by refraining from talking loudly whilst within our Spa and treatment area.

Please note that as a courtesy to all our guests a prompt appointment schedule is adhered to. Late arrival for appointments will result in treatment time being shortened, so other guests are not inconvenienced.

Homecare

Your therapist will provide homecare advice following your treatment. We stock a selection of natural Spa factory products, please ask your therapist for more details.

Gift Vouchers

Gift vouchers are available for any specific treatment, package or monetary value. See reception to purchase.



10.00am to 6.00pm 7 days a week.

To book an appointment or request
a brochure please call or e-mail.

T: 01685 379111

E-mail: enquiries@nant-ddu-lodge.co.uk

To view our treatment menu online,
please visit

Web: www.nant-ddu-lodge.co.uk

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