



THE FORUM

HEALTH CLUB AND SPA

THE FORUM SPA TREATMENT MENU



CELTIC MANOR
RESORT

A HAVEN FOR RELAXATION

Nestled in the beautiful Usk Valley, South Wales, The Forum Spa at The Celtic Manor Resort immediately envelopes you in a sanctuary of serenity and tranquility, as your stresses are eased away and you unwind and escape into a world of sheer luxury and indulgence.

Celtic Manor is set within 2,000 acres of parkland offering a special place to relax and indulge in one luxurious retreat, including a five star Resort Hotel, six restaurants, three championship golf courses and two health spas.

Voted Best UK Hotel Spa 2011 and Best Spa in Wales 2012, immerse yourself in the ultimate pampering journey at The Forum Spa as our blissful treatments, using the finest products from Elemis, Leighton Denny and Daniel Sandler, create a sensation of pleasure and wellness to deeply heal your mind and body, whilst soothing your soul.

Drift away from your daily demands and rediscover yourself as you linger in the peaceful relaxation lounge, unwind in the spa bath or take a swim in the stunning pool overlooking the Rooftop Garden.

For a top to toe indulgent escape that stimulates your senses and restores your vitality, The Forum Spa is the ultimate luxury spa experience.

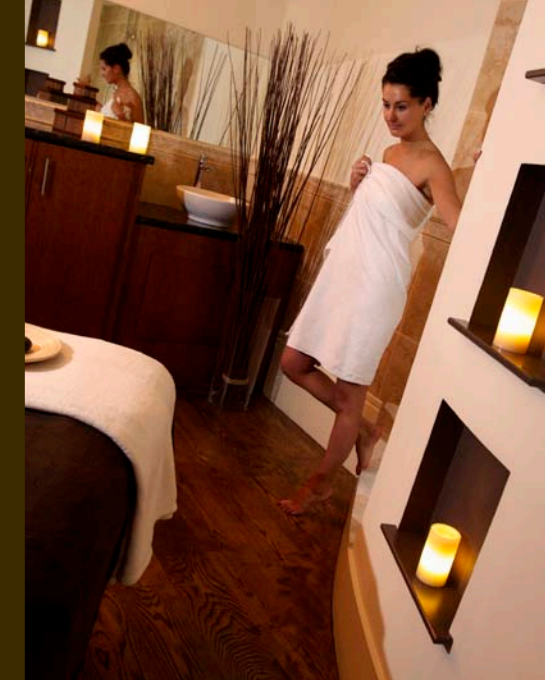


Elemis

**DANIEL SANDLER
COSMETICS**

LEIGHTON
DENNY

EXPERT NAILS



SPA EXPERIENCE DAYS

To ensure the perfect spa experience, all of the packages in The Forum Spa collection include:

- Welcome tour from one of our dedicated spa team
- Luxurious robe, towel and slippers for your use throughout the day
- Light lunch
- Use of the finest Elemis products, the leading luxury British spa and skincare brand
- Complimentary use of The Forum Health Club and Spa facilities to help you relax and unwind, including gymnasium and range of fitness classes, saunas, steam rooms, jacuzzis, plunge pools and stunning relaxation pool overlooking the Rooftop Garden

Residential Spa Days

Upgrade your spa experience to a residential package and stay a little longer to make full use of our five star facilities. Includes:




- Overnight stay in the luxury Resort Hotel with full Welsh breakfast
- Sumptuous three course evening buffet in The Olive Tree
- Your chosen spa experience day

All prices quoted are per person. Residential rates are based on two people sharing a twin/double room.

Rebalancing Ritual

Leave your daily demands behind and take some essential time out to spoil yourself with a little pampering.

Package includes your choice of one of the following:

- Elemis Modern Skin Facial (50mins) 
- Elemis Herbal Steam Temple (45mins)
- Leighton Denny Immaculate Manicure (50mins) 
- Leighton Denny Pristine Pedicure (50mins) 

Plus

- Light lunch and full use of the facilities

Day

Monday - Thursday £69

Friday - Sunday £79

Residential

Monday - Thursday from £149

Friday - Sunday from £179

Relaxation Ritual

Unwind and de-stress with this blissful experience which will leave you feeling deeply relaxed and ready to start afresh.

Package includes your choice of one of the following:

- Forum Signature Hot Stone Massage (50mins)
- Elemis Well-Being Massage (50mins)
- Elemis Deep Tissue Massage (50mins)
- Forum Signature Massage (50mins)

Plus

- Light lunch and full use of the facilities

Day

Monday - Thursday £79


Friday - Sunday £89

Residential

Monday - Thursday from £159

Friday - Sunday from £189

For more details, please contact our Reservations Team on 01633 410262 or visit celtic-manor.com

 Treatment suitable during pregnancy



Exotic Escape

Transport yourself to far-off shores with the luscious aroma of frangipani flowers as you recharge your batteries with an Elemis frangipani hydrotherapy bath followed by a pampering Forum neck, back and shoulder massage, leaving you with a top to toe glow.

Package includes:

- Forum Frangipani Hydro and Massage Combination (50mins)

Plus

- Light lunch and full use of the facilities

Day

Monday - Thursday £79

Friday - Sunday £89

Residential

Monday - Thursday from £159

Friday - Sunday from £189

Revitalising Escape

For a unique pampering treat that will leave you feeling pampered from head to toe, enjoy an Elemis refresher facial followed by a Forum neck, back and shoulder massage to bring back your glow, leaving you looking and feeling great.

Package includes:

- Forum Revitaliser (50mins)

Plus

- Light lunch and full use of the facilities

Day

Monday - Thursday £79

Friday - Sunday £89

Residential



Monday - Thursday from £159

Friday - Sunday from £189



Radiance Retreat

The perfect pick-me-up for anyone in need of an instant vitality boost, this experience will leave you bursting with radiance and feeling refreshed and revived.

Package includes your choice of one of the following:

- Elemis Nurturing Massage for Mother-To-Be (75mins) 
- Elemis Pro-Collagen Quartz Lift Facial (75mins) 
- Elemis Aroma Stone Therapy Massage (75mins)
- Elemis AromaSpa Ocean Wrap: Cellutox or Musclease (75mins)

Followed by your choice of one Leighton Denny nail treatment:

- Leighton Denny Immaculate Manicure (50mins) 
- Leighton Denny Pristine Pedicure (50mins) 

Plus

- Light lunch and full use of the facilities

Day

Monday - Thursday £129

Friday - Sunday £149


Residential

Monday - Thursday from £209

Friday - Sunday from £249



For more details, please contact our Reservations Team on 01633 410262 or visit celtic-manor.com

 Treatment suitable during pregnancy

Essential Indulgence

Designed to be enjoyed by both men and women, take time out to forget the demands of the outside world with a blissfully relaxing experience that will leave your whole body feeling cared for as you prepare to face the world completely restored.

Package includes your choice of one relaxing massage:

- Elemis Well-Being Massage (50mins)
- Elemis Deep Tissue Massage (50mins)
- Forum Signature Massage (50mins)
- Forum Signature Hot Stone Massage (50mins)

Followed by one facial of your choice:

- Elemis Modern Skin Facial (50mins) **P**
- Elemis Tri-Enzyme Resurfacing Facial (50mins) **P**

Plus

- Light lunch and full use of the facilities

Day

Monday - Thursday £129

Friday - Sunday £149

Residential

Monday - Thursday from £209

Friday - Sunday from £249



Can't wait for the weekend to begin? Why not start yours early with a day of blissful pampering and you'll thank Forum it's Friday!

Package includes:

- Elemis Face and Body Sensation (50mins)

Plus

- Light lunch and full use of the facilities

Day

Friday from £69

Residential

Thursday from £149

Friday from £169

Treatment available on Friday only

TFI FRIDAY
Thank Forum it's Friday...



For more details, please contact our Reservations Team on 01633 410262 or visit celtic-manor.com

SUNDAY SPA ROLLOVER

Don't like Mondays? Make the weekend last a little longer as you wine, dine and unwind with a luxury overnight stay on Sunday night, then spend Monday relaxing in The Forum Spa enjoying a blissful facial or massage.

Package includes:

- One night's luxury accommodation in the Resort Hotel with Welsh breakfast (Sunday night only)
- Sumptuous three course evening buffet at The Olive Tree
- Your choice of revitalising Elemis Modern Skin Facial (50mins) or blissful Forum Signature Massage (50mins)
- Full use of the facilities

From £115 per person

For more details, please contact our Reservations Team on 01633 410262 or visit celtic-manor.com

Terms and conditions apply - see website for full details. Please note spa treatments must be taken on Monday. Residential rates are based on two people sharing a twin/double room.

Pre-payment is required at time of booking. Bookings are non-refundable and non-transferable.



TIME TO SHARE SPA EXPERIENCE

Whether you are planning a pampering hen party, a weekend away with friends or want to look your best for a special occasion, our Time to Share spa experience will leave you looking and feeling fabulous.

Residential Spa Days

Upgrade your spa experience to a residential package and stay a little longer to make full use of our five star facilities. Includes:

- Overnight stay in the luxury Resort Hotel with full Welsh breakfast
- Sumptuous three course evening buffet in The Olive Tree
- Your chosen spa experience day

All prices quoted are per person.

Residential rates are based on two people sharing a twin/double room.




Time to Share

Designed for ladies who love to indulge, this stylish celebration package offers a touch of glamour, perfect for groups who want to get together. It's also ideal for brides-to-be and their friends before the big day.

Package includes:

- Elemis Herbal Steam Temple (45mins)

Plus your choice of one of the following:

- Leighton Denny Immaculate Manicure (50mins) 
- Leighton Denny Pristine Pedicure (50mins) 
- Forum Signature Massage (50mins)
- Elemis Modern Skin Facial (50mins) 

Plus

- Light lunch and full use of the facilities

Day

Monday - Thursday £99


Friday - Sunday £109

Residential

Monday - Thursday from £179

Friday - Sunday from £209

Book this package for 4 or more lovely ladies and receive a complimentary glass of champagne per person


 Treatment suitable during pregnancy

Sunset Spa Experience

Sunset Spa Experience

Busy people don't always get the chance to relax during the day, so why not join us in the evening for a chilled out sunset spa experience?

Package includes your choice of one of the following:

- Forum Signature Massage (50mins)
- Elemis Modern Skin Facial (50mins) 

Plus

- Full use of the facilities

Monday - Thursday £49 per person

Friday £59 per person

Available from 5pm onwards

For more details, please contact our Reservations Team on 01633 410262 or visit celtic-manor.com





Afternoon Tranquili-Tea

Escape to a world of sheer indulgence as you enter the exotic herbal steam temple under a canopy of a thousand stars. Experience a traditional Arabian cleansing ritual, then while away each delightful hour in blissful relaxation as you unwind in the spa bath or take a dip in the pool.

Later, immerse yourself in a ritual of another kind with a delectable afternoon tea, a mouth-watering taste of heaven served in The Olive Tree Garden Room. This is truly the stuff that dreams are made of!

For more details, please contact our Reservations Team on 01633 410262 or visit celtic-manor.com

Package includes:

- Resort Afternoon Tea including assorted finger sandwiches, handmade pastries, miniature cakes and freshly baked scones
- Elemis Herbal Steam Temple (45mins, for groups of 2 – 4 to share)
- Full use of the facilities

Monday - Friday £59 per person

Book a group of 4 and receive a complimentary bottle of Prosecco with your afternoon tea

Mum & Me Spa Experience

Catch up and chill out together with this day of pampering treats. Take a dip in the pool, share some gossip in the sauna or steam room and enjoy a heavenly treatment each.

Package includes your choice of one of the following:

- Mum & Me Fluff & Buff Nails and Toes (50mins)
- Mum & Me Peachy Clean Facial and Heaven Scent Back and Shoulder Massage (50mins)

Plus

- Light lunch and full use of the facilities

Day

Monday - Thursday £79

Friday - Sunday £89

Residential

Monday - Thursday from £159

Friday - Sunday from £189

Available for 16 - 17 year olds only, when accompanied by an adult.

For more details, please contact our Reservations Team on 01633 410262 or visit celtic-manor.com

TEEN DREAM

AT THE FORUM SPA



SIGNATURE TREATMENTS

Elemis Herbal Steam Temple

Enter into the exotic herbal steam temple under thousands of stars for a traditional Arabian cleansing ritual. Apply different coloured medicinal chakra muds to specific areas of the body, whilst gently inhaling steam infused by pure herbs to cleanse your respiratory system, smooth your skin and detoxify your body. The ritual culminates with a warm tropical rain to gently wash away the mud and every last drop of tension in your soul. Great to book as a couple or with friends. 45mins

Monday - Thursday

£44 for one, £68 for two, £88 for three, £104 for four

Friday - Sunday

£55 for one, £85 for two, £110 for three, £130 for four

Elemis AromaSpa Ocean Hydrotherapy

Envelope your body in a hydrotherapy bath using Cellutox or Musclease Synergy. Cellutox combats toxins caused by poor diet and stressful lifestyles while Musclease alleviates muscle spasm and stressed joints. Using a warm blend of essential oils, experience a neck, back and shoulder massage to complete the final stage of relaxation. 50mins

Monday - Thursday £64

Friday - Sunday £80

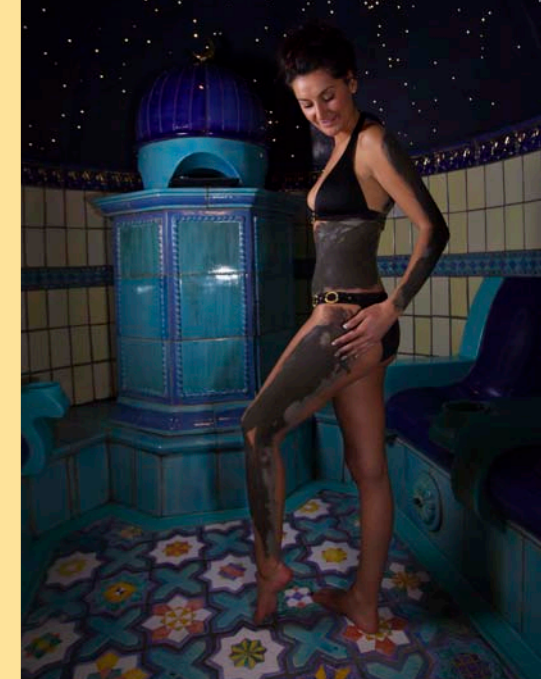
Elemis Exotic Frangipani Body Nourish Floatation

Traditionally used by Polynesian women to protect their skin, this nourishing body wrap drenches the whole body with moisture for immediate softness and suppleness. Then let your thoughts drift away whilst you are cocooned in a unique dry float and treated to a pressure point facial massage and de-stress scalp treatment for ultimate relaxation. Your skin will be left looking radiant and full of vitality, with an all over body glow. 50mins

Monday - Thursday £68

Friday - Sunday £85

For more details, please contact our Reservations Team on 01633 410262 or visit celtic-manor.com



FACIAL THERAPY

Elemis Modern Skin Facial

Designed for skin challenged by modern living, this purifying treatment is bursting with anti-oxidant rich minerals and vitamins, helping to remove damaging toxins and regenerate skin cells for renewed skin. 50mins

Monday - Thursday £52

Friday - Sunday £65

Elemis Tri-Enzyme Resurfacing Facial

Suitable for all skin types, peel away the years to reveal younger looking skin with this groundbreaking facial, clinically proven to resurface the skin after just one treatment. 50mins

Monday - Thursday £64

Friday - Sunday £80

Elemis Pro-Collagen Quartz Lift Facial

With immediate results in the fight against time, this exceptional face and eye treatment helps to slow down the signs of premature ageing and reduce the appearance of fine lines and wrinkles, leaving firmer, uplifted and more youthful looking skin. 75mins

Monday - Thursday £72

Friday - Sunday £90

Elemis Visible Brilliance Facial

This anti-ageing face and eye treatment instantly firms, rejuvenates and plumps the skin restoring your natural luminosity for a bright, radiant and lasting glow. 75mins

Monday - Thursday £72

Friday - Sunday £90

Elemis Oxygen SkinCalm Facial

This soothing facial is designed for sensitive skin, helping to relieve redness and calm irritated skin using gentle massage techniques. 75mins

Monday - Thursday £72

Friday - Sunday £90


Elemis S.O.S. Purifying Facial

This purifying facial targets problematic and congested skin, helping to gently cleanse and nourish, leaving the skin rebalanced and regulated, calmed and comfortable. 75mins

Monday - Thursday £72

Friday - Sunday £90

For more details, please contact our Reservations Team on 01633 410262 or visit celtic-manor.com

 Treatment suitable during pregnancy



ESSENTIAL MASSAGE

Forum Signature Massage

A personalised massage using classic Swedish techniques to relax and de-stress whilst addressing your individual needs. 50mins

Monday - Thursday £55

Friday - Sunday £70

Elemis Deep Tissue Massage

Designed to help reduce specific stress and muscle tension, this deep pressure massage stimulates circulation and relaxes the whole body and is customised to suit your individual needs. 50mins

Monday - Thursday £60

Friday - Sunday £75

Elemis Well-Being Massage

From the soles of your feet to the crown of your head, this aromatherapy massage is prescribed to your needs. Your body is lightly brushed, before the warmed pure massage oils are smoothed over the face and body, leaving you in a state of total relaxation. 50mins

Monday - Thursday £60

Friday - Sunday £75

Elemis Aroma Stone Therapy Massage

If you love the feeling of a massage but want something different, imagine the feeling of smooth, heated basalt stones gliding over your body, infusing a feeling of harmony for a completely luxurious and soothing experience. 75mins

Monday - Thursday £68

Friday - Sunday £85

Elemis Nurturing Massage for Mother-To-Be 🤰

Before baby arrives in the world, enjoy some pampering to enhance your well-being during this very special time. Specialised positioning on the unique Elemis beanbag is used to ensure the ultimate in safety, comfort and relaxation while relieving tension in the back and alleviating swelling in the hands and feet. 75mins

Monday - Thursday £68

Friday - Sunday £85

Forum Signature Couples Massage


Designed to share with your partner or friend in one of our dual treatment rooms, this full body massage flows with rhythmic grace for a journey into deep relaxation. 50mins

Monday - Thursday £110

Friday - Sunday £140



For more details, please contact our Reservations Team on 01633 410262 or visit celtic-manor.com

 Treatment suitable during pregnancy

BODY SPECIFIC

Elemis Exotic Lime and Ginger Salt Glow

Drift off as warm oil is drizzled luxuriously over the body before an exotic exfoliation ritual invigorates and deep cleanses leaving skin glowing, vibrant and smelling gorgeous. 40mins

Monday - Thursday £44

Friday - Sunday £55

Elemis Face and Body Sensation

A truly skin tingling indulgent body massage and facial combination. Relax as your therapist eases away stressed, aching muscles with a muscle massage prescribed to your needs using warm basalt stones, before being pampered to perfection with your choice of advanced anti-ageing Elemis facial to replenish and soften skin. 50mins

Monday - Thursday £60

Friday - Sunday £75

Elemis Exotic Frangipani Body Nourish Wrap

Traditionally used by Polynesian women to protect their skin, this nourishing body wrap drenches the whole body with moisture for immediate softness and suppleness. This treatment will leave your skin looking radiant and full of vitality, with a pressure point facial massage and de-stress scalp treatment for ultimate relaxation. 50mins

Monday - Thursday £60

Friday - Sunday £75

Elemis Exotic Coconut Rub and Milk Ritual Wrap

Stimulate your senses as you cocoon yourself in an opulent and exotic wrap, excellent for skin smoothing and softening, all combined with a pressure point facial massage and de-stress scalp treatment. 50mins

Monday - Thursday £60

Friday - Sunday £75

Elemis Body Sculpting Cellulite and Colon Therapy

Target stubborn cellulite and ageing skin using the clinically proven Elemis Body Sculpting System to redefine your silhouette. A detoxifying fennel and birch peel-off body mask combined with specialist abdominal massage techniques ensures a deep cleanse that instantly firms and smooths skin, stimulates circulation and reduces fluid retention. 50mins

Monday - Thursday £64

Friday - Sunday £80

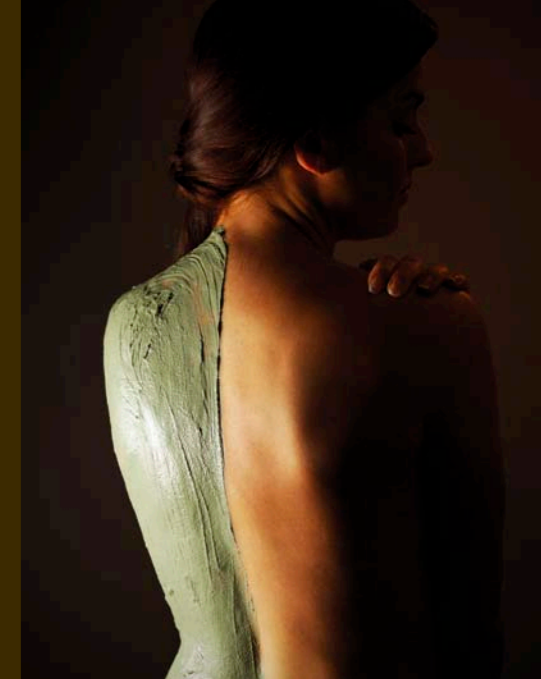
Elemis AromaSpa Ocean Wrap

Combining the riches of sea plants and marine algae, choose either a Musclease AromaSpa Ocean Wrap to help ease the pain of rheumatism, arthritis and fatigue, or a Cellutox AromaSpa Ocean Wrap to decongest and stimulate the body's systems, improve the appearance of cellulite and reduce fluid retention. 75mins

Monday - Thursday £72

Friday - Sunday £90

For more details, please contact our Reservations Team on 01633 410262 or visit celtic-manor.com



PURE HANDS AND FEET

Leighton Denny Immaculate Manicure

Pure indulgence for beautiful soft hands. This complete treatment exfoliates, nourishes and protects hands and nails against daily wear and tear, whilst improving signs of premature ageing. A high performance Leighton Denny nail polish provides a beautiful long-lasting, chip-resistant finish. 50mins

Monday - Thursday £44

Friday - Sunday £55

Leighton Denny Pristine Pedicure

Indulge neglected feet with this luxury treatment which will slough, buff and bring them back to life, finishing with an advanced high performance Leighton Denny nail polish providing a beautiful long-lasting colour for your toes. 50mins

Monday - Thursday £44

Friday - Sunday £55

Forum Signature Chocolate and Champagne Manicure

Thoroughly indulge with a glass of bubbly and strawberries dipped in chocolate while this luxurious treatment including chocolate scented hot paraffin hand dip exfoliates, nourishes and protects hands and nails, finishing with your choice of Leighton Denny nail polish for beautifully presented hands. Includes a complimentary mini size Leighton Denny nail polish. 75mins

Monday - Thursday £60

Friday - Sunday £75


Forum Signature Chocolate and Champagne Pedicure

Enjoy a glass of bubbly and strawberries dipped in chocolate while this sumptuous treatment including chocolate scented hot paraffin foot dip exfoliates, nourishes and protects feet and nails, finishing with your choice of Leighton Denny nail polish for a glamorous shine. Includes a complimentary mini size Leighton Denny nail polish. 75mins

Monday - Thursday £60

Friday - Sunday £75

For more details, please contact our Reservations Team on 01633 410262 or visit celtic-manor.com

 Treatment suitable during pregnancy

TIME FOR MEN

Elemis Urban Cleanse Facial

This super-grooming facial decongests the skin, works overtime to eliminate blocked pores, rapidly accelerates skin repair and neutralises impurities, leaving the skin visibly clear and squeaky clean. 75mins

Monday - Thursday £72

Friday - Sunday £90

Elemis Skin IQ+ Facial

An anti-ageing booster for tired, stressed skin that combats the needs of a hectic lifestyle. Gives skin the ultimate overhaul with maximum anti-ageing results to restore vibrancy and lustre to the skin. 75mins

Monday - Thursday £72

Friday - Sunday £90

Elemis Total Time Out

Treat yourself to the ultimate skin and body experience. Combine either an Urban Cleanse or Skin IQ+ facial with a deep tissue muscle massage to ease away any remaining tension. 110mins

Monday - Thursday £100

Friday - Sunday £125



NAILS

Shellac Nails

Say goodbye to chipped, scratched and dull nails and say hello to gorgeous, protected nails. Shellac is a breakthrough technology that combines the ease of polish with the permanence of gels, offering a quick and simple semi-permanent nail polish.

Shellac Nails act like an extra strong nail polish with longer lasting results that give tremendous shine, depth of colour and a perfect mirror finish.

Shellac colour nails/toes 30mins £24

Shellac French nails/toes 45mins £26

Soak off 15mins £10

Soak off with new set nails/toes 50mins £30

Shellac with Swarovski crystal nail/toes 50mins £60

For more details, please contact our Reservations Team on 01633 410262 or visit celtic-manor.com



ULTIMATE TOUCH


The UK's number one celebrity make-up artist Daniel Sandler brings his award-winning range of make-up and expertise to The Forum Spa. Our make-up experts will help you decide on a look that will complement your outfit and chosen colour scheme to create the perfect look for any special occasion.

DANIEL SANDLER COSMETICS

Make-Up 50mins


Monday - Thursday £36
Friday - Sunday £45

Wedding Make-Up Trial

60mins 

Monday - Thursday £52
Friday - Sunday £65

Wedding Make-Up

45mins 

Monday - Thursday £36
Friday - Sunday £45

GIFT VOUCHERS

Beautifully presented, these unique and memorable gifts of time and relaxation are perfect for friends and family or anyone with the desire to be pampered.

Gift vouchers can be purchased from The Forum Spa and through our online shop on our website celtic-manor.com

ST. TROPEZ

St Tropez Spray Tan

A favourite of celebrities to achieve A list results, a full body St Tropez spray tan is the healthiest way to achieve a professional, flawless finish for beautiful and radiant sun-kissed skin. 20mins

Monday - Thursday £32
Friday - Sunday £40

For more details, please contact our
Reservations Team on 01633 410262
or visit celtic-manor.com

HAIR STYLING

Treat yourself to the perfect finishing touch at the beautifully designed Rhys Giles salon, located in The Forum Spa. Multi award-winning stylist Rhys Giles and his talented team use luxurious Kerastase products for a simple restyle or special occasion styling. A full range of salon services are available, including hair straightening and hair extensions.



Ladies Cut and Finish

from £47

Blowdry

from £32

Gents Cut and Finish

from £32

For appointments at the salon
please call 01633 410323



SPA ETIQUETTE, FACILITIES AND MEDICAL INFORMATION

Spa Reservations

We welcome individual guests and groups of all sizes at The Forum Spa. It is essential to pre-book spa treatments to avoid disappointment. To make an appointment, please contact the Reservations Team on 01633 410262 and we would be delighted to discuss your requirements.

For full details of our current opening hours, please visit celtic-manor.com

Groups: Bookings and Cancellation Policy

A group booking for between 6 and 24 people will be held provisionally for 14 days. A booking form will be sent to the group leader to provide the names and treatments for each individual in the group. Full pre-payment is required within 14 days of making the reservation otherwise the booking will automatically be released. Once payment has been received the booking is non refundable and non transferable. Changes to names and treatments can be made up to 7 days prior to arrival, subject to availability.

For groups on a residential spa package, up to 9 rooms, a 7 day cancellation policy applies, plus all the above terms.

If your treatments form part of a larger booking which is contracted, please refer to the specific terms and conditions on your contract.

Individual: Bookings and Cancellation Policy

All treatments require full pre-payment at time of booking.

Individuals who wish to change or cancel an appointment must provide 7 days notice in order for the pre-payment to be refunded. A 7 day cancellation policy applies to all spa vouchers, otherwise the voucher will become void.


Health Conditions

If you have any medical conditions, are pregnant or breast feeding or have any allergies, injuries, skin complaints or infections, please discuss with your spa therapist (and doctor where necessary) prior to making your booking as this may influence your treatment options.

A full consultation will be held prior to your treatment in which all medical conditions will be discussed. If this highlights you are taking any medication, have a medical condition, any injuries or special requirements that were not discussed at the time of booking, this could possibly lead to the treatment being adapted, changed or cancelled.

Treatments not suitable during pregnancy and/or whilst breast feeding include:

- Elemis Aroma Stone Therapy Massage
- Elemis AromaSpa Ocean Wrap: Cellutox or Musclease
- Elemis Exotic Coconut Rub and Milk Ritual Wrap
- Elemis Deep Tissue Muscle Massage
- Elemis Body Sculpting Cellulite and Colon Therapy
- Elemis Exotic Lime and Ginger Salt Glow
- Elemis Herbal Steam Temple
- Elemis Well-Being Massage (suitable whilst breast feeding)

 Indicates treatment suitable during pregnancy

Treatments not suitable for those with iodine allergies include:

- Elemis AromaSpa Ocean Wrap: Cellutox or Musclease
- Elemis Body Sculpting Cellulite and Colon Therapy
- Elemis Herbal Steam Temple

Spa Etiquette

We ask that you always allow enough time for your experience and arrive 30 minutes prior to your appointment so we can record your current spa needs and details, offer you a refreshment and the opportunity to rest in the relaxation area.

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.

In the changing facilities you will find lockers for your personal effects. Please take care of your valuables, as we cannot take liability for their loss.

A robe, towel and slippers will be provided for you as required. Residents are welcome to arrive in the robe and slippers from their bedroom. Please wear undergarments or dry swimwear during your treatment. We can also provide disposable underwear if required and our therapists will ensure that you are modestly covered with towels at all times.

At the end of your treatment you will have time to change and prepare yourself to rejoin the world, totally relaxed and at peace with your inner and outer being.

Please note that mobile phones must be switched off at all times within the spa.

The minimum age for treatments is 16. We regrettably cannot accommodate babies and children in the treatment rooms or the relaxation areas.

Guests under 18 years of age must be accompanied in the spa at all times by a supervising adult over the age of 18 years. One adult may supervise a maximum of two guests under 18 years.

Adult Only Swim Times

We aim to balance our family friendly environment with a tranquil and relaxing experience for our members and guests, by providing dedicated adult only swim times at The Forum Pool. For our latest adult swim times please visit celtic-manor.com

Treatment Prices

Treatment prices are subject to change without notice and are inclusive of VAT.

Health and Safety

If you suffer from high blood pressure, have recently been unwell or believe you may be pregnant you should not use the saunas, steam rooms, spa bath or any heat-based treatments such as Herbal Steam Temple, Hydrotherapy or Dry Floatation.

If using the gym, please ask a member of the team to show you how to use the gym equipment.

Terms and Conditions

- Treatments for all spa packages cannot be exchanged or shared with another person.
- All treatments included on the spa experience packages are subject to availability.
- Itinerary timings may be subject to change without notice.





CELTIC MANOR
RESORT

Celtic Manor Resort, Coldra Woods, The Usk Valley
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