

spa naturel

health-fitness-beauty



Spa Naturel at Mercure Holland House Hotel and Spa,
24-26 Newport Road, Cardiff CF24 0DD
02920 435 125 h6622-th1@accor.com

Facial Therapy & Skincare

The Decleor science combines quality and excellence using 100% pure Essential Oils.

Express Hydration Facial 25 mins £30
A revitalising hydrating treatment for the essential pick me up. All skin types.

Vital Eyes 25 mins £30
A relaxing treatment to the most sensitive part of the face, removing puffiness and leaving a sense of well being. (Compliments any facial)

Decleor Aromamassage 45 mins £50
An indulgent treatment, ideal for those wishing to relax and be pampered.

Decleor Aromaplastie 55 mins £55
This specialised treatment is tailored to every skin type; rehydrating and balancing with the "Aromaplastie" mask – 100% natural care.

Decleor Aroma Expert Care

Includes a Welcoming Back Massage. Intensive treatments designed to protect and renew skin.

Expert Aroma Purify 75 mins £65
Combination-oily skin – Targets oil and excess sebum, leaving skin matt and radiant.

Expert Aroma Nourish 75 mins £65
Dry and dehydrated skin – This delicious skin treatment restores balance, comfort and nourishment to mal-nourished skin types.

Expert Aroma Soothe 75 mins £65
Sensitive skins – Soothes and relaxes the most sensitive of skins. Increases the tolerance of the skin and offers a moment of peace.

Expert Aroma Lift 75 mins £70
Anti-aging skincare – The ultimate response for clients who require results. Relaxing, soothing and renews tissue for perfectly replenished skin.

Spa Naturel Body Care

Swedish Body Massage 25 mins £30
50 mins £50

A combination of movements to relieve stress, tension and aches from the muscles.

Hot Stone Therapy 80 mins £80
A truly relaxed and warming treatment, using hot volcanic rocks to eliminate tension from the body.

Mother To Be Massage 60 mins £55
A specialised treatment to comfort and rebalance. Available from 12 weeks to birth date.

Bpra Khohp Thai Massage 80 mins £80
A deep massage using steamed herbal poultices. Invigorating and stimulating.

Hawaiian Massage 50 mins £50
A comforting massage using fragrant coconut monoi oils. Nourishing and relaxing.

Indonesian Bali Massage 50 mins £50
A deep stimulating massage using spice oils to ease away aches and pains.

Rainforest Massage 50 mins £50
An invigorating treatment using lemongrass and lime; a walk through the rainforest!

Body Polish 25 mins £30
A body exfoliation to renew and replenish, hot shower and moisturise.

Spa Naturel Holistic Care

Reflexology 45 mins £40
A detoxifying treatment working reflex zones of the body through the feet; deeply relaxing.

Reiki 60 mins £45
A unique healing treatment to balance your chakra and remove negative energies. Restores peace of mind.

Men's Treatments

Decleor Facial 25 mins £30
Restore damage caused by pollution and shaving.

Muscle Ease Massage 25 mins £30
50 mins £50

Body treatment using spiced oils to ease away aches and pains, working on tension and stress.

Deep Cleanse Body Scrub 25 mins £30
Full body exfoliation and hydration to scrub away dead skin cells and remove loose hairs.

Essential Mani or Pedi 20 mins £10
Includes essential cuticle work, nail shaping and massage. Exfoliation included in pedicure.

Back or Chest Wax £20
Eyebrow Tidy £10

Men's Spa Day £66
One hour treatment (back massage with men's facial and scalp massage), two course lunch and full use of facilities.

Please note that all treatments within the brochure are available for men.

Jessica Professional Nails

Shape and Polish 25 mins £20
Cuticle work, nail shaping and colour application. Hands or feet.

Luxury Manicure/Pedicure 55 mins £40
A more indulgent treatment for your hands or feet. Includes cleanse, exfoliation, mask, cuticle work, massage, file and colour application.



For Residents

Any guests staying in house can take advantage of our exclusive Residential Offer for only £19.50 for each 25 minute session.

Muscle Melt
Luxurious back massage with backs of legs and pressures to feet.

Mood Soother
Relaxing facial with deep cleanse, exfoliation, massage and scalp.

Body Scrub
Deep cleansing body scrub, shower and moisturise for full body.

Finishing Touches

Spray Tan £25
Last Tint £10
Brow Tint £10

Full Leg Wax £30
Half Leg Wax £20
Back or Chest Wax £20
Bikini Tidy £10
Bikini Shape £15
Full Leg & Bikini Wax £35
Underarm or Forearm Wax £15
Lip or Chin Wax £8
Eyebrow Wax £10

Spa & Leisure Days at Mercure Holland House

Spa Naturel Pamper Day Mon-Thurs £56 Fri-Sun £66

Choice of 2x 25minute treatments per person:

- Body Scrub
- Back Massage
- Express Facial
- Manicure
- Pedicure

Additional express treatments may be added for only £15 each

Your day will commence at 10am. On arrival you will be provided with a robe, towel and slippers. All day spa packages are inclusive of a light lunch served in our private dining area. As our guest, you will have full use of our extensive facilities.

Pampered Partners £120 for two

Choice of a luxury treatment each:

- Full Body Massage
- Essentially Yours Facial

Or two of the following:

- Body Scrub
- Back Massage
- Express Facial

Mother & Daughter £150 for two

90 minutes spa treatment

- Essentially Yours Facial
- Express Manicure

Mother To Be £100

85 minutes spa treatment

- Spa Naturel Pregnancy Treatment
- Essential Manicure or Pedicure

Add your partner or a friend for £50

- (Back massage and express facial)

Holistic Experience £90

90 minutes spa treatment

- Indulgent Massage (back, legs, scalp, arms)
- Reflexology

Regenerating & Anti-Age £110

120 minutes spa treatment

The ultimate package for those wanting to rejuvenate tired, worn out skin. Perfect for working on wrinkles, lines and re-firming.

- Body Scrub
- Decleor Expert Lift Facial
- Vital Eyes

