



Spa packages

Kids are at school package Weekday £51.95

Check in at 9am, tour of the facilities, full use of the spa, afternoon tea, 25 minute treatment and check out at 3pm

Silent night spa evening Weekday £38 / Weekend £40

Arrive from 5pm (if not a resident of the hotel), take a tour of the facilities, enjoy full use of the spa, indulge in a luxury hot chocolate and a limited edition sleep inducing candle massage 25 minute treatment

Spa days.

Simply spa £70 Weekdays / £80 Weekends

Check in to the spa from 10am, treat yourself to a welcome drink, take a tour of the facilities, choose to have a lunch up looking out on to the seafront or stay in your gown and enjoy it in the spa lounge plus indulge in your choice of 25 minute treatment.

Serenity spa £90 Weekdays / £100 Weekends.

Check in to the spa from 10am, treat yourself to a welcome drink, take a tour of the facilities, choose to have a lunch up looking out on to the seafront or stay in your gown and enjoy it in the spa lounge, indulge in your choice of 55 minute treatment

Sublime spa £110 Weekdays / £120 Weekends.

Check in to the spa from 10am, treat yourself to a welcome drink, take a tour of the facilities, choose to have a lunch up looking out on to the seafront or stay in your gown and enjoy it in the spa lounge, indulge in your choice of 55 minute treatment and a 25 mini treatment of your choice

Standout VIP Spa £150 Weekdays / £160 Weekends.

Check in to the spa from 10am, treat yourself to a welcome drink, take a tour of the facilities, choose to have a lunch up looking out on to the seafront or stay in your gown and enjoy it in the spa lounge, indulge in your choice of 55 minute body treatment, a 55 minute facial and a Manicure or Pedicure.

Massage treatments

Rainwild signature full body massage (1hr) £45

This is a good place to start if it is your first time experiencing a massage or if you are looking for a deeply relaxing treatments. You will float away after this treatment that employs diverse techniques from around the world - Swedish, Shiatsu, Chinese meridian, sports remedial, deep tissue, reflex zone, to suit your needs.

Deep tissue(1hr) £49

Focusing on deeper layers of the muscles, tendons and the protective layer around your muscles, bones and joints. Especially helpful for chronic aches and pains.

Back and shoulder massage (25min) £25(1hr) £45

Hot stone massage (1hr) £49

A wonderfully relaxing warming treatment. Hot basalt stones help relieve your aches and pains releasing deep tension and stimulating circulation.

Rainwild calming massage (25 min) £25

A relaxing massage for the face, neck and shoulders, helps to calm the mind, reduce stress, upper body tension and fatigue.

Rainwild relaxing candle massage (1hr)£49

Good things come in small packages and our warm, soothing yet sensual massage candles can be applied directly to the skin. Infused with the most indulgent aroma of freshly picked lavender flowers, with a faint background of musk for a relaxing fragrance to clear your mind and soothe your stress.

Rainwilds melting muscle massage (55min) £45

A deep cleansing, detoxifying and exfoliating massage treatment for the back of the body. Helps to draw out toxins and impurities as well as moisturising the skin. Relaxing massage techniques soothe aching muscles and relieve tension.

Tip to toe £60.

Team up the most relaxing of all treatments by enjoying full use of the spa facilities, an Indian head massage and end with reflexology.

The Rainwild experience £85.

The ultimate indulgence! Ever feel like you need a whole body massage, well here it is. Teaming up the Indian head massage, mini facial, back and shoulder massage and if that wasn't enough the soulful foot treatments. Just in case you aren't relaxed yet you will have full access to the spa facilities.

Holistic treatments.

Reflexology £40

Take some time away from your stresses. Reflexology is a treatment based on the theory that there are reflex points on your feet which correspond to different organs of the body and by pressing or working on one of these points the corresponding organ is affected. Reflexology is more profound than a simple foot massage but every bit as relaxing.

Ayurvedic Indian head massage (25min) £25

The most incredibly relaxing ancient massage. This massage works on your scalp, face, neck, shoulders and upper back.

Hopi ear candling (30 min approx.)£25

Aromatherapy massage (1hr)£49

The aromatherapy massage is similar to the full body massage but with aid of essential oils extracted from herbs, flowers, roots and seeds. Each oil has it's own properties that are carefully selected to suit your needs. We will have a chat about what you would like to get out of your treatment and work with oils that compliment the intended outcome.

Beauty treatments

Lash lift & tint £25

Using the best products in lash lift I offer you luscious long lasting lifted lashes that will last for six to eight weeks. The tint gives you the dark mascara look. Fabulous natural alternative to lash extensions

.Henna brows £15

The new big thing in beauty. Henna tints the skin and hair for longer with better results than usual tint.

Express lashes £20

Temporary dramatic lashes that give a wonderfully dramatic look. These lashes are not meant to be infilled and need to be removed properly to avoid damage to the lashes.

Spray tan £15

A beautiful natural tan in various shades to suit you best.

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Add ons

Scalp massage and hair treatment using a nourishing blend £10

Mini facial £20

Face mask £5

Hand, arm and foot massage £10

Seasonal non chemical face peel or mask £10 (Includes hand or foot massage.)

Revitalising eye treatment - £10

Hydro gel mask - £5

Plumping lip treatment - £5

Sinus relief treatment using a eucalyptus blend - £10

Headache relief using a peppermint and lavender blend - £10

Scalp and hair treatment - £15

Foot massage - £5

Hot foot booties - £10

Nails

Gel polish manicure £20

Gel overlay of builder in a bottle on natural nails £22

Gel extensions £25

Acrylic extensions £25

Nail art - Varies

Soak off Varies

Deluxe manicure £35

An indulgent treatment leaves hands smoother, softer and perfectly polished. Hands are exfoliated and nails are shaped before your cuticles are cared for with oils and creams. Hands are luxuriously smothered in a renewing mask, before enjoying the gentle warmth of heated mittens and a relaxing hand massage. Finish with a polish of your choice.

Foot treatments

Mini pedicure and gel polish £20

Nail file, cuticle tidy and a gel polish finish.

Deluxe pedicure £35

This ultimately relaxing treatment sees your tired feet exfoliated, masked and massage before being enveloped in a fragranced wax and placed in hot booties. Enjoy a head or hand massage followed by a gel polish application of your choice.

Best foot forward Luxury footlogix pedicure £42

Footlogix We are now pleased to offer the The Ultimate Medi-Pedi treatment using Footlogix Pediceuticals®. This transformational foot care product line is scientifically formulated with unique, groundbreaking Dermal Infusion Technology® to meet the major impact of today's lifestyle changes on the health of the skin and nails on our feet. Dermal Infusion Technology® enables ailment-curing, active ingredients to penetrate faster and deeper into the troubled skin of the feet.

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Facial treatments

Youthful burst facial £45

Specifically designed to tone and firm tired muscles, resurface the top layer of skin, plump, brighten and tighten. Using natural, plant derived, mineral rich serums, elixir and massage techniques that stimulate the tissue, energise the facial muscles bringing back the light and glow to your face this treatment enhances the overall appearance of your skin.

Clear skin facial - £40

This treatment removes impurities and pollution restoring health and glow using heat, steam, exfoliation, and extraction to unclog your pores leaving you with bright, clean, soft skin. Our spot busting mask works to control sebum levels and prevent breakouts and our serum that feeds your skin skins eco flora. The clear skin facial includes facial mapping and advice on how best to care for your skin.

Super green's hydrating facial £40

To soothe irritated and dehydrated skin we use serums, elixirs and creams to boost your skins natural defenses and nutrient levels. Flooding your skin giving you a brighter and healthier glow. The Super green facial includes a free skin hydration test.

Natural lift facial massage £45 A blend of Indian and Japanese facial massage teamed with acupressure for a noticeably plumper, younger looking skin.

Optional additions.

Seasonal non chemical face peel or mask £10 (Includes hand or foot massage.)

Revitalising eye treatment - £10

Hydro gel mask - £5

Plumping lip treatment - £5

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Body treatments

Awakening

To begin an aromatic foot soak, full body exfoliation, stress relieving back, neck, shoulder and scalp massage using reviving oils leaving you awakened and revitalised **£60**

Resculpting Coffee body scrub and mask

An effective anti-cellulite treatment that helps to combat the occurrence of varicose veins. Beginning with dry brushing and then using a coffee scrub made from only pure extracts, minerals, botanicals and essential oils this indulgent treatment exfoliates, blasting away dead skin cells that dull the skins surface, it soothes, hydrates and nourishes. You are then massaged with specially picked oils specifically targeting problematic areas using techniques to activate lymphatic circulation to eliminate toxins and fat. The treatment ends with a soothing, targeting body wrap.

(Includes a complimentary face mask) **£70**

Age revitalising Evening primrose wrap

Nourishing and nurturing. Using only natural plant derived salts and oils this treatment includes body brushing and exfoliation, evening primrose body wrap and a soothing full body massage. (Includes complimentary age defying face mask) **£70**

Rainwilds signature body buff treatment

Bursting with both coarse and finely milled Himalayan pink salt and natural coconut oil, to simultaneously deeply scrub and finely polish skin, leaving it silky smooth and hydrated. **£25**

Body glow

Perfect before a night out or event. Dry brushing to eliminate dead skin cells, Moroccan rose sugar scrub exfoliation massage finished by the application of a bronzing, shimmer body oil. **£45**

Detox body wrap

This treatment includes dry brushing to stimulate your lymphatic system and encourage circulation, cleansing, exfoliation using Himalayan and sea salt scrub, algae clay based mud wrap to deeply cleanse the skin and finished by a massage. **£70**

Back facial -

The skin on your back is often neglected due to being hard to reach. Back facials similar to facials include exfoliation, cleansing, steam, extraction, mask and massage. **£30**

Add ons-

Sinus facial massage using a eucalyptus £10

Head ache relief massage using a blend of peppermint and lavender £10

Scalp massage and hair treatment using a nourishing blend £15

Foot soak and scrub £10



Contact Amy

07546218594

Gwesty'r Marine hotel & spa

Marine terrace

Aberystwyth

SY232DA

www.rainwildspaaberystwyth.co.uk

Gift vouchers
available on our
website!