



The Rose Retreat

(spa & wellness)

treatment menu

Set in the beautiful grounds of Cyfarthfa park in Merthyr Tydfil,
the award-winning retreat is an oasis of tranquillity & calm,
providing the very best in luxurious spa treatments.

The zen relaxation suite, including infrared sauna,
robe & slippers plus complimentary refreshments
is available to all guests when booking
a full spa treatment or package,
complimenting your visit perfectly.

Our dual spa treatment room can be requested
upon booking, enabling you to share your
spa experience with that someone special.

From muscle melting massages to revitalising facials,
our menu of expert spa treatments are the perfect way
to escape the outside world, recharging you
both mentally & physically..."

Caudalie spa treatments

Vinosource facial treatment

{hydrating • anti-oxidant}

50 minutes

£60

Vinopure facial treatment

{detoxing • purifying}

50 minutes

£60

Vinoperf  ct facial treatment

{radiance • brightening}

50 minutes

£65

Resveratrol facial treatment

{lifting • firming}

50 minutes

£65

Detoxifying body wrap treatment

{contouring • invigorating}

50 minutes

£65

Crushed cabernet body scrub & cellulite treatment

{exfoliating • reshaping}

50 minutes

£65

* All of the caudalie spa treatments above include robe & slippers, complimentary refreshments plus 60 minutes use of the relaxation suite after treatment.

Spa massage & holistic treatments

Reflexology

{rebalancing • pressure point • feet treatment}

50 minutes

£50

Swedish full body massage

{medium pressure • deeply relaxing}

50 minutes

£60

Aromatherapy oil full body massage

{medium pressure • relaxing • bespoke}

50 minutes

£60

Thai full body massage

{firm pressure • increase flexibility}

50 minutes

£60

Fleur de vigne full body warm candle massage

{medium pressure • luxurious • relaxing}

50 minutes

£60

Pregnancy full body massage

{prenatal • relaxing • luxurious}

50 minutes

£60

*All of the massage & holistic treatments above include robe & slippers, complimentary refreshments plus 60 minutes use of the relaxation suite after treatment.

Spa massage & holistic treatments

Himalayan salt rock massage

{medium pressure • exfoliating • detoxifying}

50 minutes

£65

Hot stone full body massage

{medium pressure • heated treatment • deeply relaxing}

50 minutes

£65

Warm bamboo full body massage

{medium pressure • heated treatments • deeply relaxing}

50 minutes

£65

Warm lava shell full body massage

{medium pressure • heated treatment • deeply relaxing}

50 minutes

£65

Fire & ice full body massage

{medium pressure • hot stones • ice jade stones}

50 minutes

£65

Lymphatic drainage full body massage

{medium pressure • detoxing • slimming}

50 minutes

£70

*All of the massage & holistic treatments above include robe & slippers, complimentary refreshments plus 60 minutes use of the relaxation suite after treatment.

Spa treatment packages

Serenity

{caudalie divine facial • swedish back massage}

50 minutes

£55

Tranquillity

{indian head massage • thai foot massage}

50 minutes

£55

Re-balance

{facial reflexology • thai foot massage}

50 minutes

£55

Rejuvenate

{caudalie divine facial • caudalie eye treatment}

50 minute

£55

Invigorate

{caudalie youth elixir facial • crushed cabernet back treatment}

50 minute

£55

Recharge

{hot stone back massage • indian head massage}

50 minute

£55

* All of the spa treatment packages above include robe & slippers, complimentary refreshments plus 60 minutes use of the relaxation suite after treatment.

Spa treatment packages

The ultimate pamper

{caudalie vinosource facial • swedish full body massage}
100 minutes
£99

The ultimate indulgence

{full caudalie facial • crushed cabernet scrub • swedish back massage}
100 minutes
£99

The body in balance

{full body massage • thai aromatherapy • warm bamboo
hot stones • reflexology}
100 minutes
£99

The baby moon

{caudalie divine facial • full body scrub • full body pregnancy massage}
100 minutes
£99

The body by design

{manual lymphatic drainage full body massage • maderotherapy wood
contouring • gaiayoga sculpting face lift • mld reflexology}
110 minutes
£120

Dual room exclusive packages

*prices are complete for two people

The rose retreat spa experience for two

{caudalie divine facial • swedish back massage • prosecco}
50 minute
£110

The hydrotherm tranquil sea massage experience for two

{muscle melting • heated water bed}
50 minute
£130

* All of the spa treatment packages above include robe & slippers, complimentary refreshments plus 60 minutes use of the relaxation suite after treatment.

Monday: 10am-5.30pm

Tuesday: closed

Wednesday: 10am-5pm

Thursday: 3pm-8pm

Friday: 10am-5.30pm

Saturday: 10am-5.30pm

Sunday: 10am-5.30pm



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the-rose-retreat.co.uk



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