



The Rose Retreat

{Spa & Beauty}

CAUDALÍE



The Rose Retreat

[Spa & Beauty]

Our fabulous Rose Retreat is set in the beautiful grounds of Cyfarthfa Park, an oasis of tranquillity and calm, providing the very best in luxurious treatments that will leave you floating on cloud nine. Add in a little magic from our skilled spa therapists and you have a truly rejuvenating experience. From muscle melting massages to revitalising facials, our menu of expert spa treatments are the perfect way to escape the outside world, if only for a few hours, recharging you both mentally and physically. Nourishing wraps and relaxing rituals will soothe, moisturise and help bring out your natural glow leaving you feeling completely refreshed.

All our therapists are fully qualified and experienced in beauty therapy and spa treatments. Each one of them has undertaken specialist product knowledge and treatment techniques. They are dedicated to your relaxation and retreat experience. We offer a wide range of caudalie face and body treatments that focus on using only the best quality natural ingredients.

We have 3 treatment rooms, including one dual room that allows you to enjoy your retreat experience with a friend, partner or family member.

All bookings of 45 minutes & over include robe & slippers plus 60 minutes use of our relaxation area including infrared sauna, complimentary tea/coffee & cake.

We welcome you to relax on our loungers in the ambient surroundings

We look forward to pampering you

The Rose Retreat girls



CAUDALÍE

SPA PACKAGES

THE ULTIMATE PAMPER

- Full body fleur des vignes warm candle massage
- Full caudalie vinosource hydrating facial
- 90 minutes - £70pp

THE ULTIMATE BEAUTY

- Gelish fingers
- Gelish toes
- Brow wax & tint
- Lash tint
- 90 mins - £55pp

THE HOLISTIC HEAVEN

- Foot reflexology
- Facial reflexology
- Neal's yard hollistic facial
- Sound therapy
- 100 minutes - £75pp

THE PICK & MIX

Choose 3 treatments from:

- Facial
- Back massage
- Scalp massage
- Feet treat
- Eye treatment
- 45 minutes - £40pp

THE TOP TO TOE

- Full body crushed cabernet scrub
- Caudalie divine facial
- Back, neck & shoulder massage
- 90 minutes - £70pp

THE MUM TO BE

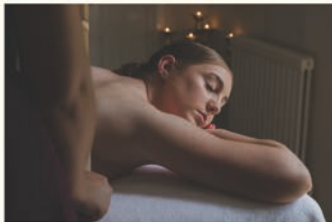
- Full body prenatal massage
- Caudalie divine facial
- Divine body scrub
- 110 mins - £80pp

THE SPA PARTY

- 3 hours exclusive of the spa
- Caudalie divine facial
- Warm candle back massage
- Glass of prosecco on arrival
- Buffet
- *groups of 8 only
- 45 mins - £55pp

THE DOUBLE ROOM DEAL

- (2 people)
- Caudalie divine facial & back massage
 - Eye treatment
 - Complimentary bottle of prosecco
 - 45 minutes - £99



CAUDALÍE

Treatment MENU

Our exclusive Caudalie treatments are designed to indulge skin while providing visible results thanks to products renowned worldwide for their exceptional anti-oxidant properties.



FACE

Premier Cru Ultimate Anti-Ageing

This exceptional beauty treatment incorporates the most-effective anti-aging ingredients and treats all signs of skin aging. The innovative massage technique, followed by an exclusive mask enriched with patented resveratrol, makes the skin feel denser, smoother, and firmer. Wrinkles and fine lines appear to fade away. You emerge looking younger and more radiant.

60 Minutes - £75

Resveratrol Lift Facial

Specially created for skin that lacks vitality and firmness. After skin is gently cleansed, a stimulating massage visibly firms and redefines the contours of your face. The application of a warming mask enhances the lifting effect of Caudalie's Resveratrol Lift products. The firming and lifting effects are immediate, your face is resculpted and radiant with youth.

50 Minutes - £49

Vine[Active] Detox Facial

A burst of vitamins and energy for the skin! Created for clients who need a rescue from pollution, this facial features products with two star ingredients: grape-seed Polyphenols and Vitamin C. It will shield skin from free radicals and prevent future damage. After a thorough cleansing and a deep exfoliation, a detoxifying mask with pink clay, coffee and grape marc eliminates impurities and toxins. Caudalie's Polyphenol C15 collection will leave your skin soft, refreshed and radiant.

50 Minutes - £47

Vinosource Anti-oxidant Hydrating Facial

A skin-renewing treatment to deeply moisturise the skin. This treatment starts with a gentle cleansing of the skin. A massage with fresh grapes followed by a recovery essential oil massage soothes dryness. The application of an intensely moisturising mask, and our Vinosource products restore moisture levels for a healthy and glowing appearance.

50 Minutes - £47

Vinoperfect Radiance Facial

The ideal treatment for skin lacking radiance and luminosity. After skin is gently cleansed, a bespoke massage with essential oils and small hot and cold basalt stones stimulates your skin's radiance. The deep-action peeling mask awakens the luminosity of your complexion. Caudalie's Vinoperfect collection adds the finishing touch to this treatment, leaving you looking rested and radiant.

50 Minutes - £47

Express D-Vine Facial

Express facial for a burst of radiance in just 25 minutes. After a deep cleansing to exfoliate the skin, the application of a mask immediately boosts radiance. Your skin looks rested and your complexion's radiance is restored.

25 Minutes - £29

Caudalie Anti-Ageing Eye Treatment

This treatment is specifically designed to care for the delicate eye area. The techniques and products used deliver instant brightening, smooths lines and wrinkles and substantially reduces puffiness & dark circles. The Eye Contour is lifted and eyes enhanced.

25 Minutes - £25

BODY

Crushed Cabernet Scrub & Treatment

The most popular scrub from our Vinothérapie Spas. It contains grape-seeds, honey, brown sugar and 6 essential oils which will leave your skin radiant and perfectly smooth. The sculpting body treatment, together with Caudalie's Contouring Concentrate smooths cellulite and reshapes your body. This is an ideal treatment for a slimming program or before exposure to the sun.

50 Minutes - £47

Contouring & Invigorating Body Wrap

A deep nourishing treatment for the body that will start with a Crushed Cabernet scrub to exfoliate the dead cells and then an application of Contouring Concentrate to help smooth cellulite and refine your body. This is followed by a Vine Body Butter wrap for a deep body moisture treatment. It includes a full scalp massage for total relaxation.

50 Minutes - £47

MASSAGE

Divine Body Treatment

A relaxing body massage featuring our award winning Divine Oil, a combination of 4 exceptional plant oils. Your skin will be luxuriously softened, moisturised and wrapped in a delicate floral fragrance; a blend of roses, grapefruit, pink pepper, vanilla, cedar and white musk.

50 Minutes - £47

Fleur de Vigne Body Treatment

Under the glow of the soft light of a massage candle that melts into a warm oil, delicately scented with Fleur de Vigne (Grape Blossom), enjoy a unique and relaxing experience where all your senses will be indulged. Tension will be relieved and you will regain your energy.

50 Minutes - £47

HOLISTIC ESCAPE

Swedish Body Massage

A firm massage where your therapist will work on areas of tension. This ancient practice invigorates and detoxifies the body, aids digestion and can alleviate mental health issues such as depression and anxiety. The positive effects go way beyond pampering – swedish massage can help free your body to heal itself and have a real impact on your mental and physical wellbeing.

50 Minutes (full body) - £47

25 Minutes (back) - £29

Hot Stone Massage

A firm massage using basalt hot rocks. The volcanic stones work deeply into the muscles to really soothe and melt away tensions.

50 Minutes (full body) - £49

Warm Bamboo Massage

Your therapist will use unique crafted bamboo tools & sticks and roll, knead & relax your muscles.

It is not only relaxing but highly beneficial, giving increased circulation, relieving sore muscles, aiding relaxation and promoting calm and well being. This is the ideal treatment you are seeking pure indulgence.

50 Minutes (full body) - £49

Lava Shell Massage

Self-heating, silky smooth porcelain Lava Shells impart a gentle penetrating heat deep into the muscles to create a seamless massage of continuous heat and touch. Warming and soothing this is the maximum relaxation experience to melt away muscular aches and mental stress.

50 Minutes (full body) - £49

Pregnancy Massage

This massage is adapted for each stage of pregnancy by your massage therapist. It connects mother and baby through the power of touch, working with two heartbeats as one. Helping to relieve tension in the back and alleviating swelling in the hands and feet, while easing the mind and uplifting the spirit.

55 Minutes (full body) - £49

Reflexology

A Treatment which stimulates the body's own natural healing process. Specific pressure points are massaged to encourage a balancing response and to promote an overall feeling of wellness. This treatment works on a physical and emotional level. Available during pregnancy, from twelve weeks or more.

45 Minutes - £35

Facial reflexology

Facial reflexology brings all the benefits of foot reflexology but not only does it aim to help you improve your health and wellbeing, the unique benefit is that it also can help give the complexion a younger, radiant glow as well as leaving the skin to appear tighter, smoother and plumper over a series of treatments

45 minutes - £35

Indian Head & Scalp Massage

A relaxing treatment that lessens tension using manipulation of the shoulders, head, scalp and face. An excellent soother for headaches, sinus problems and stressful times.

25 Minutes - £29

Thai Foot & Leg Massage

Ancient Thai foot massage (Nuad Pan Boran) is a holistic healing technique that provides relaxation, balance in the body's various systems, and a healthy blood circulation. The immune system is boosted, healing is accelerated, the body is refreshed, and the mind is cleared of stress.

25 Minutes - £29

HANDS & FEET

Luxury Caudalie Pedicure

A luxurious treat for tired feet.

Your feet are first soaked & exfoliated with our deliciously exfoliating crushed cabernet scrub to leave them silky smooth - followed by a Devine foot massage to moisturize & hydrate.

Cuticles preened & a lick of gel bottle ink colour applied.

55 minutes - £40

Gel Bottle Fingers

A quick finishing touch, nails are shaped and painted with your choice of colour so you're ready to go.

20 Minutes - £14.00

Gel Bottle Toes

Toe nails are shaped & cuticles trimmed before a gel polish colour of your choice is applied.

30 minutes - £20



FINISHING TOUCHES

High Definition Brows

HD Brows is a seven step eyebrow shaping treatment that focuses on shape and design. It involves a combination of techniques, including tinting, waxing and threading, using specialist HD Brow products.

Monthly appointments are recommended.

30 Minutes - £25

LVL Lashlift

Created exclusively by Nouveau lashes, LVL enhance is the revolutionary natural lash treatment taking the beauty industry by storm. LVL enhances & straightens your natural lashes at the root, creating the appearance of longer, thicker lashes.

Lasts 4 - 8 Weeks

55 Minutes - £30

Brow Wax

Eyebrows are your most important feature, providing a frame for your face. We'll accent your natural shape to create balance, symmetry and harmony.

15 Minutes - £7

Brow Tint

With a hint of tint you can flaunt natural, full-looking brows for an always polished and put-together look. From fair and sparse to full and fabulous...in minutes!

15 Minutes - £7

Lip & Chin Wax

Eliminate the fuzz for a better make up application.

15 Minutes - £7

Lash tinting

Eyelash tinting visibly lengthens, darkens and thickens the appearance of eyelashes eliminating the need of mascara.

30 Minutes - £15

OPENING TIMES

Monday 9am - 5pm

Tuesday 9am - 5pm

Wednesday 9am - 5pm

Friday 9am - 5pm

Saturday 9am - 5pm

Sunday 9am - 5pm

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