

Opening Hours

Pool & Fitness – 7.00 am to 9.30 pm

Spa Arrival

10 minutes prior to service, swimwear required for wet room treatments. Lower underwear required for all beauty treatments.

Age requirements

Minimum age for Spa treatments 16 years

After Care

Following any service, we advise an hour of rest and to drink plenty of water.

Time spent in the sauna should not exceed 10 minutes.

Medical Conditions

When booking a spa treatment please make any medical conditions known in advance to the therapist. She can then adapt a treatment or advise on an alternative treatment. A doctor's note is required for certain medical conditions. Pregnant women or guests with heart conditions or high blood pressure should avoid all heat treatments.

Cancellation Policy

24 hours notice is required to avoid a 50% charge of booked treatments.

Empire Hotel, 73 Church Walks, Llandudno. LL30 2HE
Tel 01492 860555 www.empirehotel.co.uk

EMPIRE HOTEL

LLANDUDNO WALES

SPA & POOL



*Spa and Pool available to Hotel residents only

Brittany/ Northern France with its unique resources was chosen more than 20 years ago by the French natural face and body Beauty Company. Brittany is a preserved area and exceptionally pure. **Algologie** has a large choice of natural face and body products that you cannot find elsewhere.

FACIALS **55 minutes – see individual prices**

Upon consultation the beauty therapist will design a facial using products best suited to each individual's skin type and gender.

All facials include a deep cleanse, exfoliation, a facial massage using pressure points and lymph drainage techniques to help clear blockages and promote sinus relief - finishing with a mask and moisturiser.

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|--------------------------------------------------|------------|-----------------------------|------------|--------------------|------------|
| Hydrating Line | £50 | Sensitive Skin | £50 | Anti-ageing | £50 |
| Oily/Combination Skin | £50 | Anti-ageing Advanced | £60 | | |
| Performance Facial (designed for men) £50 | | | | | |

Add a 25-minute reflexology taster to any facial for an additional **£20**

NAIL MENU by OPI

File and Polish **20 minutes £15**

Luxury Manicure **55 minutes £35**

This treatment consists of nail shaping, exfoliation, cuticle work, an application of moisturiser prior to heated mitts followed by a massage of the hands and forearms and finished with a polish.

Luxury Pedicure **55 minutes £45**

This consists of a soak in the massaging pedicure chair with optional heat, cuticle work, exfoliation, mask, massage and file and polish of your choice.

INSTANT SOOTHERS

Face & Scalp Massage **25 minutes £30**

Pressure points and lymph drainage techniques are used to help clear blockages and promote sinus relief during this very relaxing treatment.

Leg & Foot Soother **25 minutes £30**

Relieve and revive tired feet and legs with a foot scrub to soften skin followed by a foot and lower leg massage using a blend of essential oils to stimulate circulation along with either hot or cold stones to soothe and relieve.

RELAXATION MENU & BODY TREATMENTS

Aromatherapy Full Body Massage **55 minutes £50**

Aromatherapy Back, Neck & Shoulder Massage **25 minutes £30**

Aromatherapy is the use of essential oils to promote healing and a feeling of well-being and relaxation. Choose from relaxation oil or toning oil.

Swedish Full Body Massage **55 minutes £50**

Swedish Back, Neck & Shoulder Massage **25 minutes £30**

A traditional full body massage using firm pressure to promote and ease muscle tension.

Hot Stones Full Body Massage **55 minutes £60**

Hot Stones Back, Neck and Shoulder Massage **25 minutes £38**

A deeply relaxing massage where smooth, heated stones are used to heat the body helping to ease tired and aching muscles.

Mums To Be Pampering Treatment **55 minutes £50**

Designed for pampering the mother to be. Enjoy a relaxing facial, along with a scalp, leg and foot massage to ease tired aching feet.

Aromatherapy Head to Toe Bliss **1 hr 25 minutes £70**

A complete mind, body & spirit experience. Relax with a full body aromatherapy massage starting with a face and scalp massage working towards the soles of the feet, encouraging a deep state of relaxation.

Aromatherapy Back, Face & Scalp Massage **55 minutes £50**

Includes face and scalp massage using pressure points and lymph drainage techniques followed by a back, neck and shoulder massage using essential oils.

Empire Signature Treatment **1 hr 45 minutes £90**

Indulge in a deluxe treatment which nourishes the skin and relaxes the mind and body. Consists of a back exfoliation, back massage, facial including a face and scalp massage and heated booties followed by a foot massage.

Back Cleanse & Soothe **50 minutes £50**

Similar to that of a facial, the back is cleansed, exfoliated then treated to a massage to reduce tension using aromatherapy oils. Finishing with a tone and moisturiser.