



The Moat SPA

at RUTHIN CASTLE





The Moat Spa prides itself in providing a unique and therapeutic experience.

By offering ESPA treatments and products we can guarantee you'll leave feeling like a new you.

Why ESPA?

Creators of the world's finest spas, ESPA has pioneered the science of natural beauty in a potent collection of radically effective formulations.

Using only the very purest extracts, ESPA biochemists distil active ingredients into products that keep their promises. For instant, lasting results, every day.

The spa business came first. When we couldn't find products that we were happy with, we decided to create them ourselves. Each one is an expression of our belief in the remarkable power of nature to calm, refresh and renew.

All ESPA treatments begin with a Sensory test, this helps us to understand what your body requires so you can get the best results from your treatment.



Facials

Focused on naturally improving the condition of the skin to provide outstanding instant and long-term results. Every facial begins with a detailed skin analysis and includes specific double cleansing techniques, gentle exfoliation, an acupressure facial massage and a deep cleansing and intensive face mask. Whilst the mask is taking effect, experience a relaxing and therapeutic Oriental head massage with Pink Hair and Scalp Mud, then enjoy specific moisturising and skin protection to suit your needs.



Skin Radiance Facial - 55 minutes..... £60

This revitalising facial treatment helps refresh tired skin, giving a noticeably brighter and naturally radiant appearance.

A special application of ESPA Skin Radiance Moisturiser, rich in natural AHAs and BHAs from Hawaiian Algae and Meadowsweet, helps to smooth, reduce irregular pigmentation and brighten the skin to deliver instant results.

Re-Hydrator Facial - 55 minute..... £60

An intensive and regenerating facial for dehydrated skin leaving it supple and nourished.

Gentle cleansing and exfoliation help the skin absorb replenishing face treatment oils and masks to deeply moisturise and soothe the complexion. This rehydrating facial leaves skin smooth and feeling rejuvenated.

De-sensitiser Facial - 55 minutes £60

A comforting facial for sensitive skins prone to redness and irritation, leaving skin calmed and nourished.

De-sensitising natural plant extracts and calming aromatherapy oils such as Chamomile and Benzoin are used to gently cleanse, nourish and hydrate fragile skin. This soothing facial helps to reduce skin sensitivity leaving skin calmed, nourished and comfortable.

Skin Purifying Facial - 55 minute..... £60

Ideal for oily, congested and problematic skin, or those suffering with hormonal imbalance.

This deep cleansing facial helps to regulate oil secretions and refine open pores. Essential Tea Tree and White Thyme oils, which are naturally decongesting and anti-inflammatory are used to soothe and calm the skin, encouraging a more balanced and clearer complexion.

Age Defyer Facial - 55 minutes £65

This regenerating facial and firming eye treatment helps minimise fine lines, combat the signs of ageing and visibly improves the appearance of your skin.

Special age-defying massage techniques help hydrate and protect your skin with particular focus on the delicate area around the eyes, neck and lips that are prone to fine lines. Skin is left feeling fresh, replenished and nourished.

Personalised Express Facial - 25 minutes..... £32

This 25 minute treatments offers the perfect taste of ESPA. Catered to your skin type it will deeply hydrate and soften your skin to leave it bright and refreshed.

Lift & Firm Eye Treatment - 25 minutes £35

Perfect for concerned with the first signs of ageing around the eyes. An effective firming and hydrating treatment, helping to reduce the appearance of fine lines & protect against the impact of the environment. This treatment also helps relieve tension from eye-strain and computer headaches, whilst being a luxurious addition to any ESPA Facial

Body

Aromatherapy Full Body Massage - 55 minutes.. £55

A full body massage that focuses on relaxing and rebalancing the body as well as working on muscle tension leaving the mind, body and soul working in harmony.

Swedish Full Body Massage - 55 minutes £55

Using the traditional Swedish massage movements of effleurage, hacking and cupping this massage stimulates circulation, lymphatic's and works on muscle tension for an energising experience.

Deep Muscle Full Body Massage - 55 minutes £60

Not only for Athletes this massage uses elbows and forearms to work deep into tense muscles which can relieve concerns such as Aches & Pains, Headaches, migraines, stiffness and cramping.

Hot Stone Full Body Massage - 55 minutes £60

A known luxury treatment, a full body hot stone massage will have you floating on clouds. The Bali stones help to preserve

the heat for longer as we combine them with manual massage, working on tension, aches & pains and place them on key chakra points to rebalance the body's energy.

Back, Face & Scalp Treatment - 85 minutes..... £80

Renowned as our 'Hero' treatment and loved by all; this ESPA experience delivers triple results by targeting three key areas - the back, the face and the scalp, making it the ideal treatment for anyone.

Includes: Back exfoliation and back massage – facial – scalp massage

Back, Neck & Shoulder Massage or Shoulder, Neck & Scalp Massage - 25 minutes..... £30

Perfect to target the main areas of tension. This treatment is adjusted to your needs so you can get the most out of the time you have.

Invigorating Foot Ritual - 25 minutes..... £30

Salt & Oil Scrub - 25 minutes £30

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple.

Perfect as a stand-alone treatment, or in preparation for an ESPA Massage. For a lighter application Body Polish is applied instead of Salt & Oil Scrub.

Copper Bath Ritual - 45 minutes £30

The copper bath ritual is the ultimate bath experience. For individuals or couples you're able to soak away any troubles whilst making the most of ESPA bath & body products. Relax alone for 45minutes and emerge a new you. Ideal to have before a treatment.

Nails

Deluxe Manicure - 75 minutes..... £36

The ultimate hand experience. This manicure works on nails, cuticles with an exfoliation, massage and mask to improve hydration and circulation finish with a colour of your choice.

Deluxe Pedicure - 75 minutes..... £35

The ultimate Foot experience. This Pedicure works on dry skin, nails, cuticles with an exfoliation, massage and mask to improve hydration and circulation finish with a colour of your choice.

Zen Pedicure - 60 minutes..... £32

Prescriptive Manicure - 60 minutes..... £30

Gelish overlays - Hands/Toes - 60 minutes..... £30

Gelish Removal - 30 minutes £14

File & Polish - Hands/Feet - 30 minutes £18

Waxing

Eye Brow shape - 15 minutes..... £10

Lip/Chin wax - 15 minutes..... £8

Underarm Wax - 15 minutes..... £11

Standard Bikini Line - 30 minutes..... £12

High Bikini Line - 30 minutes..... £16

Half Leg Wax - 30 minutes..... £18

Full Leg Wax - 45 minutes £25

Full Leg, Bikini & Underarm - 75 minutes £38

Tinting

Eye Brow Tint - 15 minutes £10

EyeLash Tint - 30 minutes £14

EyeLash tint, Eye brow tint, Shape - 45 minutes.. £25

Make Up

bareMinerals (Available from September 23rd 2015)

bareMinerals Makeup and bareMinerals Skincare were created to enhance your skin from the outside in.*For years, we've researched the power and potential of minerals to nourish, energize and renew—our 24-hour mineral care system is purposefully designed to continuously bring these benefits to you. Every mineral in our proprietary formulations is carefully selected to deliver proven results. bareMinerals Makeup utilizes naturally derived minerals to give you exceptional long-lasting coverage, breathable lightweight wear, rich pigmentation with creamy blendability, and broad-spectrum UVA/UVB sun protection.

Make-Up Session - 45 minutes..... £30

Make-Up Lesson - 60 minutes..... £45

Bridal Make-Up Trial - 45 minutes £30

Bridal Make-up - 60 minutes..... £50

**Bridal Trial & On the Day Make-Up
45 + 60 minutes £70**

Spa Day Packages

The Moat Signature Spa Day - £149pp

This luxury package makes sure you're pampered from head to toe. It consists of:

- A Full Body Exfoliation (25minutes)
- ESPA Skin Solutions Facial (55minutes)
- ESAP Aroma Massage (55minutes)
- Jessica File and Polish (25minutes complimented with a light Lunch.

Retreat Spa Day for 2 - £136

Indulge your senses with our Copper Bath Ritual in the VIP suite followed by the 85 minute ESPA Back, Face and Scalp treatment.

Complimented with a Light Lunch and a glass of wine.

A bit of bliss for the both of you.

Refresh & Revive Spa Day – Mon-Thur £69/Fri-Sun £79

Choose two of the following 25 minute treatments:

- ESPA Salt & Oil Exfoliation
- ESPA Back, Neck & Shoulder massage
- ESPA Express facial
- Jessica File & Polish

Complimented with a Light Lunch and a glass of wine.

Make your Day Package - +£20

Add £20 to any service to create your own unique spa day package to include a light lunch.

All Spa Days are provided with Robes and Slippers on arrival to enjoy the full use of the spa facilities.

20% off any additional treatments when you book a spa day.



Spa Hotel Breaks

Majestic Perfection – From £199pp (£215 Friday/Saturday)

1 night Dinner, Bed & Breakfast at Ruthin Castle.

Relax into ESPA. Two 55 minutes treatments (select from ESPA Skin Solutions Facial, ESPA Deep Muscle Massage, a Deluxe Manicure or Deluxe Pedicure). You'll be provided with a Robe and slippers upon arriving to the spa to unwind in all our spa facilities including thermal suite, complimented with a Two course Light Lunch.

The Sovereign Refresher – From £155pp (£170pp Friday/Saturday)

Overnight stay at the castle with a three-course table d'hote dinner. You'll be provided with a robe and slippers on arrival. Choose any of the following 55 minute treatments to ease out any tension. (ESAP Skin Solutions Facial, ESAP Deep Muscle Massage, Deluxe Manicure or Deluxe Pedicure) Complimented with a light Lunch in between enjoying the spa facilities.

Wake up to a Full Breakfast including The Castle Bakery & Chef's Take on a welsh Breakfast.

Ruthin Regal Escape - £125pp (£145pp Friday/Saturday)

One nights Dinner, Bed & Breakfast.

You'll be provided with robe and slippers upon arrival then to enjoy one of the following 25 minute treatments (Neck and scalp massage, Exfoliating body polish, File & polish on hands or feet.) Complimented with a 2 course Lunch and full use of the spa facilities.



The Moat SPA

at RUTHIN CASTLE

Ruthin Castle Spa & Hotel
Castle Street
Ruthin
LL15 2NU

T: 01824 702664

E: moat@ruthincastle.co.uk

 www.facebook.com/TheMoatatRuthin
Website: www.ruthincastle.co.uk

