

# THE Wolfscastle

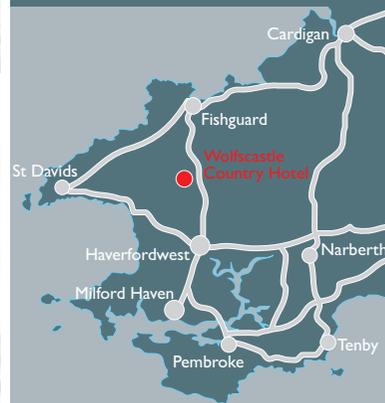
# THE Wolfscastle BEAUTY & WELLNESS SPA



Ideally located just 15 minutes from Haverfordwest, in the heart of the Pembrokeshire countryside and only 9 miles from the coast, Wolfscastle Hotel is ideal for business, getaways and great dining. Enjoy Observer Food Monthly Award-winning cuisine in our two AA rosette stylish restaurant and contemporary brasserie. With 20 luxury ensuite bedrooms, free parking and WiFi, Wolfscastle is your perfect destination.

Lunches served 12-2pm Mon-Sat  
12-3pm Sun  
Afternoon teas 2.20-5pm Mon-Sat  
(please pre-book) 3.30-5pm Sun  
Dinner served 6.30-9pm Everyday

Gift vouchers for the hotel, restaurant and spa are available from our website.



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Wolfscastle, Haverfordwest  
Pembrokeshire SA62 5LZ  
T: 01437 741225

Wolfscastle-Country-Hotel-Allt-yr-Afon-Restaurant

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W: [www.wolfscastle.com](http://www.wolfscastle.com)



Creating a new sense of wellbeing  
for the body, mind and emotions.

## Made For Life

By Spiezia Organics

Made for Life by Spiezia Organics' treatments are designed to create a new sense of wellbeing for the body, mind and emotions. Combining effective 100% organic products and mindful, complementary therapy techniques, our treatments create a balanced flow for the body.

### Relax into radiance 90 minutes

Relax your mind and body with this exfoliation and massage treatment. Long smooth strokes, melting away tension from over-worked muscles and preparing the body for a skin softening body exfoliation.

### Back to Life 45 minutes

A Luxurious and relaxing treat for the back, neck and shoulders. Starting with a back exfoliation, a melting muscle massage is designed to release aches and reduce tension in those most affected areas.

## Face and Eyes

### Radiance facial 60 minutes

An organic facial which detoxifies, cleanses and refreshes the skin, leaving you looking and feeling radiant.

### Relax, Rejuvenate & Uplifting Facial 75 minutes

Uplifting facial using nourishing oil, balms and specific massage techniques to tone, lift and stimulate the blood flow, leaving the skin glowing and rejuvenated.

### Skin Brightening Facial 30 minutes

This facial is an instant boost for those busy, time deprived moments. Refresh your complexion with this organic beauty boost that nourishes, refines and brightens the skin.

## Spiezia Power Moments

### Soul Sensation 30 minutes

It's all about the Soul; refresh those tired and aching feet. Rebalancing the body and mind.

### Tender Touch 30 minutes

Hand massage and reflexes, helps to relieve that everyday stress.

### Mind your Head 30 minutes

Consisting of the Head, Neck and shoulders. Concentrating on the tension prone areas.

### Open your Eyes 30 minutes

Concentrating on the eye area, perfect for those tired eyes. For a brighter and more radiant appearance conscious and sub-conscious mind and body.

## Hands and Feet

### Jessica Prescriptive Manicure 50 minutes

Jessica's prescriptive manicure with the luxurious added benefits of thermal heated mittens, for deeper penetration of oils & creams. This treatment choice is excellent for increasing circulation of relieving stiff, painful joints.

### Zenspa Pedicure 50 minutes

Choose between energizing ginger, calming green tea or revitalising citrus for this luxury foot and leg treatment. Hard skin removed, feet and legs massaged with deep conditioning creams and heated thermal booties.

### The Jessica Mini Manicure 30 minutes

Hands and cuticles are conditioned and moisturized. Nails are beautifully shaped and treated, completed by the perfect polish.

### LeRemedi Hand Treatment 30 minutes

A complete exfoliating and conditioning hand treatment, leaving hands noticeably silkier, smoother and firmer than before

### The Jessica Mini Pedicure 30 minutes

Feet and cuticles are conditioned and moisturised. Nails are beautifully shaped and treated, completed by the perfect polish.

### GELeration Gel Nail Shape and Polish 30 mins

Nails are filed and shaped, finished off with a Jessica GELeration polish.

### Deluxe GELeration Gel Overlay Manicure 50 minutes

Your hands will feel smooth and silky, Cuticles will be cared for, nails will be shaped, finished with Jessica's GELeration Gel Polish.

## Makeup

### Special Occasion Makeup 30 minutes

### Bridal Makeup 60 minutes

### Trial 30 minutes

## Essentials: Lashes and Brows

### EyeLash Tint 20 minutes

### EyeBrow Tint 15 minutes

### EyeLash & Brow Tint 30 minutes

### EyeBrow Tidy 15 minutes

\*Tinting treatments require a patch test 24 hours before.

## Waxing

### Full Leg Wax 35 minutes

### Half Leg Wax 25 minutes

### Underarm 15 minutes

### Back 25 minutes

### Chest 20 minutes

### Bikini 10 minutes

### Lip 10 minutes

### Chin 10 minutes

## Body

### Back, Neck & Shoulder Massage 30 minutes

### Full Body & Scalp Massage 60 minutes

### Hot Stone Therapy 30 minutes/60 minutes

### Massage for Mums To Be 60 minutes

## Holistic

### Indian Head Massage 45 minutes

Covering the Head, Neck and Shoulders to aid stress relief, rebalancing the energy levels of the body, mind and soul.

We do advise arriving at least 15 minutes prior to your scheduled appointment time. This allows time for you to receive a full consultation to ensure your therapist performs the best possible treatment and is able to cater for your individual needs.

Please be aware that persons under the age of 16 years are not permitted to undergo any beauty or massage therapy treatment.

