



THE WARREN SPA

WELCOME

to an unforgettable spa experience

The Warren Beach Resort & Spa is situated on the Llŷn Peninsula, a beautifully unspoiled coastline, near to the cosmopolitan atmosphere of Abersoch and affectionately known to residents and visitors as the “Welsh Riviera”.

The beach stretches around the bay and the gentle sound of the lapping surf echoes the soothing and replenishing effects of treatments and therapies offered at The Warren Spa.

The unique location and natural beauty of the area have provided an inspiration for the luxurious Warren Spa. Feel your cares drift away on the sea breeze as you experience the exquisite, immersive treatments on offer from our specially selected spa partners.

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How to Spa at The Warren

Welcome to The Warren Spa. Our aim is to ensure you have a wonderful experience with us and the following guidelines will make sure your experience is a fabulous one.

Arrival Time

Please arrive 15 minutes prior to your treatment to allow for changing and your personal consultation.

Complimentary Consultation

We recommend our complimentary 15-minute consultation prior to our facial and body treatments in order to achieve the best results possible.

What we provide and the little things you might need to bring yourself

Towels and robes are provided for your comfort, but please bring flip flops for pedicure treatments, to allow for drying time with polish.

A few cautionary words about facial treatments...

We recommend using the spa facilities prior to commencement of treatments but not after facial treatments in order to allow the skin to calm. Exposure to the sun and chlorinated pools are also not recommended after our facial treatments.

Payment

Pre-payment is required for all bookings.

Cancellation policy

24 hours notice is required if you need to cancel. We understand there may be exceptional circumstances, and this can be unavoidable, so please contact us on 01758 714 170 as soon as possible.

Thank you for choosing The Warren Spa and we look forward to taking care of you in the very near future.

The Warren Spa Team. X

To book a treatment please call **01758 714 170** or go to **thewarrenspa.co.uk**



Skin Care

START AT 30 AND LOOK 40 AT 50 - SKINCARE YOU'LL LOVE WITH VISIBLE RESULTS

Elevate your skin health with a Medik8 professional treatment – the ultimate path to a flawless, radiant complexion. Carefully curated to rejuvenate skin while melting away everyday tension, each treatment provides intensive relaxation plus visible results you and your friends will notice.

We make every consultation personal, so you receive a tailor-made treatment that caters to the ever-changing needs of your skin. You can be sure that no matter which treatment you choose, you will love what you see.

All facials are 1 hour £75

AGE DEFYING FACIAL

A relaxing age-defying facial that infuses the skin with Medik8 core actives Vitamin C and A.

DEEP HYDRATION FACIAL

A complete nourishing and comforting facial to restore skin's vitality.

BALANCING FACIAL

Deep cleansing and pore refining actives are used to target oily, problematic and blemished skins.

REDNESS CALMING FACIAL

A gentle soothing treatment to instantly calm inflamed, hot, red and highly sensitised skin.

RADIANCE FACIAL

A results-driven facial to combat uneven pigmentation and skin tone, breathing new radiance and luminosity into the skin.

PORE REFINING FACIAL

Targeted facial for refining and improving the appearance of enlarged and open pores.

RESURFACING FACIAL

Targeted resurfacing treatment improving the appearance of dull, uneven skin tone to reveal younger-looking skin.

RESURFACING POWER FACIAL

A powerful triple-exfoliation treatment targeting uneven skin tone and texture to create luminous, refreshed skin.

To book a treatment please call **01758 714 170** or go to **thewarrenspa.co.uk**

Wellbeing Spa Treatments

Masterminded by the Neom Team of wellbeing experts and drawing together the most effective of 6 therapies - Meditation, Shiatsu, Cranio, Thai Massage, Trigger Point and Reflexology - Neom Wellbeing Rituals have been created to provide true therapeutic wellbeing benefits.

Your body knows best what your mind needs most. So, on arrival your Neom therapist will perform the Science of Scent Therapy.

Throughout each treatment, we drizzle the Neom Intensive Skin Treatment Candle oil over the skin, and massage every inch of the body, including key stress relieving points on the head, face, neck and back.

We harness the very best techniques of shiatsu, cranio, Thai massage and trigger point work.

Please arrive 15 minutes prior to your treatment and your therapist will perform the Science of Scent Therapy.

60-minute treatment £75

90-minute treatment £95

NEOM SLEEP RITUAL

THE TREATMENT

Prepare to be lost in a blissful state, ready for a deep night's sleep.

Enter a room, deeply scented with Neom Tranquillity™ fragrance. An extraordinary blend of 19 of the purest essential oils including English lavender, basil and jasmine which was blended with one purpose: to induce deep sleep.

NEOM DE-STRESS RITUAL

THE TREATMENT

Allow the tension to drift away and for a calm new you to be uncovered.

The complex blend of 24 first pressed essential oils in our Real Luxury™ fragrance, including lavender, jasmine & Brazilian rosewood, creates a de-stressing environment the moment you enter the room, with a peaceful guided meditation, reflex foot sequence and breathing techniques.

NEOM ENERGISE RITUAL

THE TREATMENT

This treatment allows you to stop, unplug and then reboot. Your senses will be awakened and your body and mind will be given a boost of natural energy.

Using changes in temperature, speed-of-touch and different textures this treatment begins with the Neom Body Scrub with its potently invigorating oils of wild mint and mandarin. Your skin will be buffed head-to-toe, left feeling amazingly uplifted and ready to be fully enveloped in the Neom energising cream clay wrap where the stimulating essential oils of rosemary, lemon and grapefruit penetrate the skin and allow for detoxification.

Whilst you're wrapped, you will experience a 20-minute face and scalp pressure point massage plus specialist reflexology techniques. Your body's immune system will be stimulated, the lymphatic system detoxified, leaving you feeling recharged and fully revived.

NEOM HAPPINESS RITUAL

THE TREATMENT

This purposeful combination of thoughtful touches will lift your spirits and leave you feeling like the best version of you.

Your skin will be lightly buffed head-to-toe using Neom Body Scrub, with its potently invigorating oils of wild mint and mandarin. By applying purposeful techniques of shiatsu, cranio, Thai massage and trigger point touch to the back, shoulder, face and scalp we work to decrease stress levels and release endorphins, leaving you feeling relaxed and happier.

BACK MASSAGE

Relaxing back massage using the purest essential oils, to deeply relax those tense muscles.

30-minute treatment £45

NEOM FOR MEN

In this treatment you will be surrounded with the most complex blend of 7 of the purest possible essential oils including white neroli, mimosa & lemon, and it will begin with a guided meditation, reflex foot sequence and breathing exercises all designed to lift your mood. It will then follow on with a Neom full body signature massage to ease away stress and tension, using the potently invigorating oils of wild mint and mandarin. By applying purposeful techniques of shiatsu, cranio, Thai massage and trigger point touch to the back, shoulder, face and scalp we work to decrease stress levels and release endorphins, leaving you feeling relaxed and happier.

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Elemis Biotec Treatments

Combining the latest advances in machine-based facial treatments has enabled us to design a range of biotec treatments planned to leave your skin fresh and revitalized. Our experienced therapists will advise and create the results you wish to achieve.

All treatments 1 hour £85

For the best results we highly recommend a course of 10 treatments. Courses are priced at pay for 9 treatments and receive the 10th treatment free of charge with our compliments.

BIOTEC SKIN RESURFACING

Combining the biotec ultrasonic peel, red and blue light therapies and an ultra-soothing massage, this facial will leave your skin smooth, balanced and detoxified. Great for brightening and after sun exposure.

BIOTEC FIRM-A-LIFT

A ground-breaking blend of massage and sculpting galvanic technology for a contoured and lifted effect. A real boost for the skin, leaving the skin remarkably lifted.

BIOTEC RADIANCE RENEW

A powerful antidote to revitalise tired dull skin. this cellular boosting treatment targets dullness and leaves your skin visibly clearer and radiant.

BIOTEC SENSITIVE SKIN SOOTHER

Oxygen infusion and red-light therapy help to calm and soothe the skin, improving the skin's ability to repair itself. Calmness is restored and the skin is soothed.

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Spa Experience

FREE use of the spa experience is included with any body ritual and facial treatment (excluding Beauty Basics, Lash & Brow Atelier and Make-Up). Please note we do not advise use of the Spa Experience before or after our Medik 8 facials.

Our spa experience will take you on a thermal journey to stimulate circulation, exfoliate the skin and eliminate toxins, leaving you feeling invigorated and refreshed, your skin toned and your pores open.

We recommend you begin your thermal journey with a lower temperature experience, before moving into a higher temperature environment like the sauna or sanarium.

It is important to give yourself time to cool down and then relax between each experience. You can then repeat the cycle between bathing, cooling and relaxing. Make sure you enter the experiences dry to aid perspiration and stay well-hydrated throughout your journey.



HIMALAYAN SALT SAUNA

When heated, Himalayan salt releases negatively-charged ions, purifying the circulating air and our bodies. This can provide health benefits such as reduced stress, increased energy and an uplifted mood. When the effect of pure Himalayan salt is added to a traditional dry sauna, the result is a truly unbeatable sauna experience.



CARIBBEAN STORM SHOWER

Our experience shower offers differing water pressures, temperatures, fragrances and lighting effects. The sensation of a warm tropical rainforest completely transports you to a place far away.



SALT STEAM ROOM WITH SALT CRYSTAL

Revitalise the mind and body with a combination of warm steam and salt injection. This experience of warmth and humidity helps to cleanse and purify the skin.



ICE FEATURE ROOM

A cold environment where crushed ice can be rubbed over the body, leaving you feeling completely energised, stimulating your circulation and oxygen intake.



THALASSO STEAM ROOM

Steam with the added healing and caring effects of salt. The pleasant sensation of inhaling herbal aromatic, salt-enriched steam offers very clear health benefits.



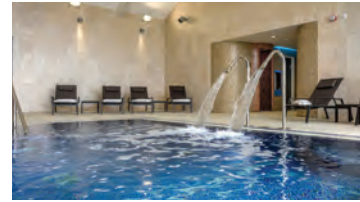
RED HOT LAVA SAUNA

The dry heat stimulates circulation and boosts the immune system. The warm and quiet environment creates a sense of peaceful relaxation and wellbeing. Red hot volcanic bursts of light and heat are delivered into the sauna for a truly unique experience.



HERBAL SANARIUM

Our Herbal Sanarium creates a sensorial feeling that is soothing for not only the body but mind and soul. A sensation of both warm temperature and humidity with herbal aromas are gently delivered into the sanarium whilst you relax.



HYDROTHERAPY POOL

The heat from the water instantly helps relieve tired muscles and by working around each station the major muscle groups within the body will be stimulated, providing the equivalent of a full body massage. Or simply relax beside the pool for a while on one of our comfortable loungers.

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Beauty Basics Edit

WAXING *Strip Wax*

FULL LEG

45 minutes £35

HALF LEG WAX

30 minutes £22

BIKINI

15 minutes £20

UPPER LIP

15 minutes £12

CHIN

15 minutes £12

UNDER ARM

15 minutes £17

MEN'S BACK WAX

30 minutes £27

HOT WAXING

Perron rigot hot wax intimate waxing

BIKINI WAX

15 minutes £20

BRAZILIAN

30 minutes £30

HOLLYWOOD WAX

45 minutes £40

HANDS AND FEET

FILE AND POLISH

30 minutes £19

JESSICA PRESCRIPTIVE PEDICURE

1 hour £39

ZEN SPA LUXURY PEDICURE

A luxurious foot treatment using heated booties for deeper moisture penetration to soften, nourish and revive feet.

1 hour 15 minutes £55

JESSICA PRESCRIPTIVE MANICURE

A treatment manicure tailored to individual needs.

45 minutes £36

JESSICA DELUXE MANICURE

The complete Jessica manicure including a hydrating hand treatment and heated mitts leaving your hands feeling and looking beautiful.

1 hour £45

GELERATION GEL POLISH APPLICATION

HANDS

1 hour £30

FEET

1 hour £35

SOAK OFF & MINI MANICURE

40 minutes £30

SOAK OFF & GELERATION REAPPLIED

HANDS

1 hour 15 minutes £40

FEET

1 hour 15 minutes £45

TANNING TREATMENTS

ST TROPEZ AND TANYA WHITEBITS SPRAY TANNING

25 minutes £30

BODY EXFOLIATION

20 minutes £34

BODY EXFOLIATION AND TAN

50 minutes £60



Warren Signature Treatment

A relaxing full body massage with Elemis oils prescribed for your needs, leaving muscles feeling refreshed and relaxed. Followed by the age-defying benefits of marine-charged Padina Pavonica whilst targeted massage encourages optimum cellular function. Then have your feet pampered with a Jessica prescriptive pedicure.

Our bespoke Signature treatment will allow you to enjoy a full body massage followed by a pro-collagen facial and a prescriptive pedicure. The treatment also includes two hours in our spa experience.

5 hours (Treatments 3 hours, Spa Experience 2 hours) £200

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Lash & Brow Atelier

EYELASH TINT

20 minutes

£17

BROW SHAPE

20 minutes

£15

BROW TINT

20 minutes

£15

LASH AND BROW TINT

20 minutes

£25

PARTY LASHES

30 minutes

£25

NOUVEAU CONTOUR LASH LIFT

1 hour

£65

INDIVIDUAL LASH EXTENSIONS

(Synthetic soft Mink lashes)

Experience the ultimate in bespoke lash on lash individual extensions. From natural to ultra glamorous, our talented lash expert will create your dream lashes.

1 hour to 1 hour 30 mins depending on your requirements

£45 to £65

Infills from £30

Removal of lashes 15 mins £15

Please Note: A patch test is required 24 hours prior to any of the tinting or lash enhancement procedures.





Day & Evening Make Up

**Mii MAKE-UP APPLICATION
DAY AND EVENING** £35

**Mii MAKE-UP APPLICATION WITH
LASH APPLICATION** £45

We are available for wedding day make-up application - please call us for a complimentary consultation upon which we can provide you with a quotation.

WEDDING MAKE-UP TRIAL £50



Celebrating a special event or occasion?

We are delighted to arrange unique packages for spa or hen parties designed to suit the needs of your guests.

Please contact our Spa Manager on **01758 714 170** with your requirements.



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