

TREATMENT STUDIO
at the
TY MAWR
COLLECTION

Here at Ty Mawr we know how important it is to take time to unwind and recharge your batteries, taking a rare opportunity to listen to our bodies and have a rest. At the Studio we do our very best to take control and let you switch off from the stresses and strains of everyday life.

It is our aim for you to leave the Studio feeling the best you can, relaxed, refreshed and composed.

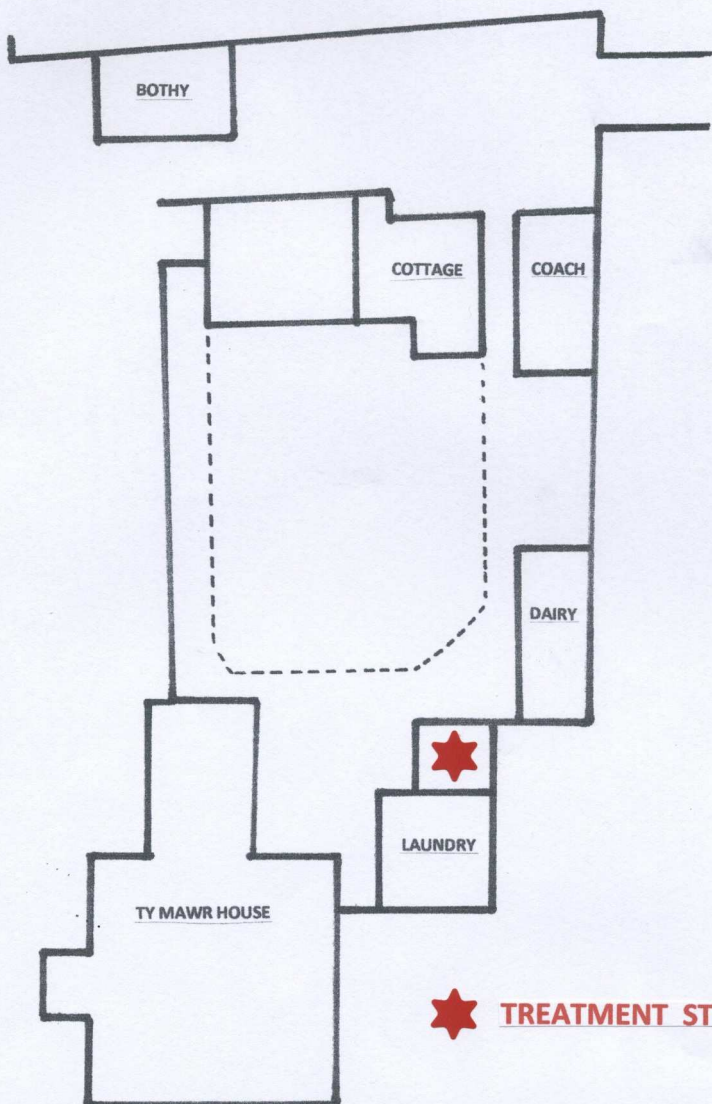
With a wide range of treatments to choose from let us take you in our hands and make this holiday extra special, located right on your doorstep, indulging has never been easier.

“Take care of your body; it’s the only place you have to live.”

Hope to see you soon,

Natasha





To book an appointment please call Natasha

on

Tel: 07947624191

or

E-mail: breconbeauty@hotmail.com

Open 7 days a week, daytime and evenings

Advanced booking recommended
subject to availability



Polite Notice: Due to Health & Safety the maximum weight limit on the Couch is 114 kilos (Approx. 18 stone). Please note as an alternative, some treatments are available on the Massage Chair.

Nail Treatments

Please note no Gel/Shellac Polish previously applied can be removed.

Express Manicure (Gel or Polish)

Nails will be filed into shape and polish applied. Please note this is only suitable if the nail plate is clear of cuticle.

30mins, £20

Luxury Manicure (Gel or Polish)

Once you have chosen your colour, your nails will be buffed, shaped and cuticles worked on to give the nails a great base for application of colour. To finish, a hand massage with nourishing moisturiser will leave your hands looking and feeling great.

50mins, £30

Express Pedicure

Shorten nails and polish application. Suitable for those whose nails are in good condition and no cuticle work required.

30mins, £25

Luxury Pedicure

Relax in the comfort of our electric massaging chair. A refreshing foot treatment including foot soak and exfoliation. Nail work including, cutting, buffing, filing and cuticle work. A foot and leg massage will be followed by colour application. Designed to make you feel refreshed and relaxed giving those tired feet and legs some TLC!

60mins, £35

Express Manicure and Pedicure 60mins, £40

Luxury Manicure and Pedicure 110mins, £60

Save £5, when booked together.



Facial Treatments

Express Facial

A holistic facial which includes a double cleanse, exfoliation, tone and moisturise. A perfect pick me up for tired skin. You are sure to feel refreshed after this simple effective treatment.

25mins, £25

Fresh Faced

Indulge yourself a little more and have the benefit of the Express Facial with the addition of a 15 minute face mask.

40mins, £30

Luxury Facial

Prepared to be pampered during this combination treatment which includes a holistic facial, double cleanse, exfoliation, personalised mask, tone and moisturise. Neck and shoulders together with face and head massages complete this treatment. Your skin will look and feel revitalised and you will feel tranquil in body and mind.

50mins, £35

Rose Quartz Facial

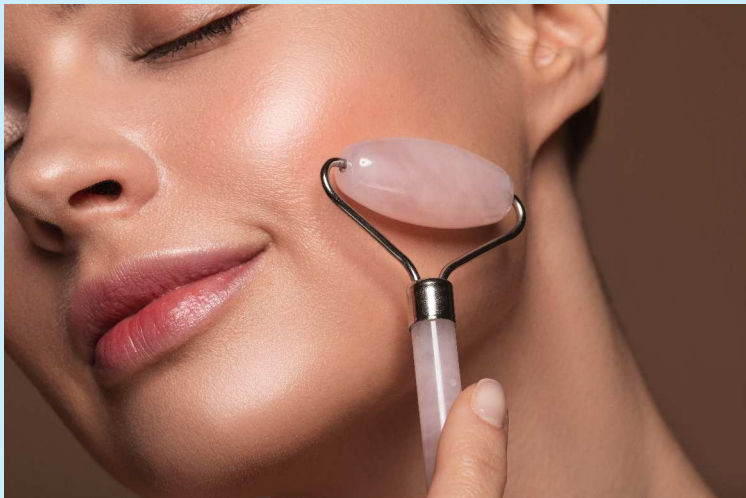
A soothing facial which includes: double cleanse, exfoliation, mask, tone and moisturize. During the facial a Rose Quartz “roller” will be incorporated to glide over the face. The Rose Quartz holds an energy healing vibration which can relax, soothe, uplift and rejuvenate.

The roller helps the ingredients of the facial creams to be absorbed, also having an immediate impact on the tissue in the face, blood and lymph: slowly opening up pathways to improve lymphatic flow, which reduces puffiness and inflammation.

This is followed by a Neck, Shoulder, Face and Scalp Massage.

You can expect to feel deeply relaxed after this indulgent facial treatment.

65mins, £45



Body Treatments

Massage Treatments

Swedish Massage

In Sweden “Swedish Massage” is simply known as “Classic Massage”. There are five types of stroke that make up massage and the pressure can be light or firm. This makes it perfect for “unknotting” the body. A base oil is applied to the skin and long gliding strokes help push the blood in the direction of the heart, improving circulation whilst boosting the lymph system.

This is the massage to combat stress, relaxing mind and body.

Back Only: 45mins, £35

Part Body: 60mins, £45

Full Body: 75mins, £55



Deep Tissue Massage

This type of massage therapy is used to treat specific areas of tension, commonly caused by over use, by applying concentrated pressure in problem areas. This helps to realign the layers of tissue, treating the tendons, ligaments and fascia as well as releasing tension and providing pain relief. The benefits of this massage are not limited to muscle relief, during the treatment you can expect lower blood pressure, heart rate and stress hormone levels. This is good for the mind and body, boosting mood and helping you to relax.

Back Only: 30mins, £40

Part Body: 45mins, £50

Full Body: 60mins, £60

(Add Aroma Oil for £5)

Aromatherapy Massage

Feeling like you are running on empty? Then this is the treatment to recharge your batteries. Essential oils, tailored to your individual needs, can do everything from de-stress, energise or reinvigorate! The aromatherapy oils penetrate the skin and move quickly through the blood stream, loosening any muscle pains and working on tension in the body. The “aroma” of the oil travels through your sensitive nasal passage to the brain to help you relax emotionally. This type of massage is extremely relaxing and you can expect to feel calm with an improved sense of well-being.

Back Only: 45mins, £40

Part Body: 60mins, £50

Full Body: 90mins, £65

Indian Head Massage

“An ancient art in a modern world”. Based on a traditional form of “medicine” known as “Ayurveda” it has been practiced in India for over three thousand years. The word “Ayurveda” comes from Sanskrit and means “knowledge of life”. This is a complete healing system promoting physical, emotional and spiritual health and well-being. During this relaxing treatment acupressure massage will be applied to the head, face, neck and shoulders aiming to rebalance your body’s energies. You can expect to feel detached, serene and clear-headed, eliminating stress from the mind and body.

45mins, £45

Hot Stones Massage

In China, dating back over 5000 years, it was popular for its ability to improve the function of the internal organs, healing the body and soothing the mind. The Basalt stones which are smoothed by the natural forces in the sea absorb and retain heat and are used to glide over your body. Warming the muscles, melting away tension, the sedative effect is deeply relaxing to the whole body. The Hot Stones Massage encourages your body to heal by increasing your lymphatic flow boosting your body’s ability to detoxify and remove waste products. The pressure used with the stones will be discussed at Consultation and can be used to penetrate deeper into the muscle for specific tension relief.

Back Only: 45mins, £45

Part Body: 60mins, £55

Full Body: 90mins, £75

Warm Bamboo Massage

Bamboo Massage incorporates the principles of traditional Chinese medicine and was introduced to Spas by Natalie Cecilia in 2004. Bamboo is unique in that its walls contain Silica which helps your body absorb essential minerals such as potassium, calcium and magnesium. The bamboo sticks come in varying lengths and diameter and are used with rolling and kneading movements to provide holistic deep tissue massage. Achieving physiological changes as well as influencing the body's internal energy flow, "chi", bringing balance to the body and mind. Bamboo Massage reduces stress and fatigue alongside easing muscle pains and chronic pain conditions such as headache and backache. A treatment to make you feel light as a feather!

Back Only: 45mins, £45

Part Body: 60mins, £55

Full Body: 90mins, £75

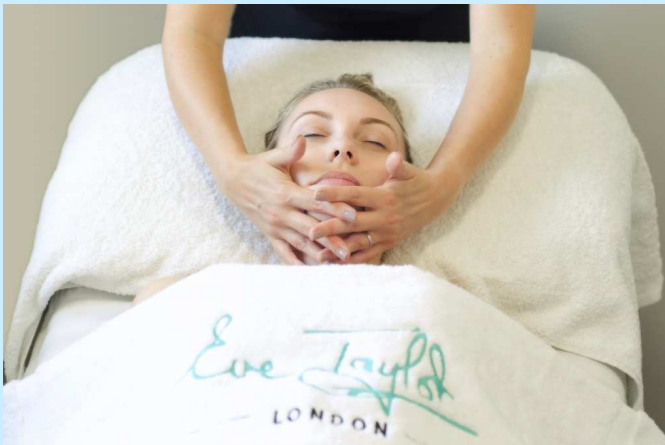
Reflexology Inspired Foot Massage

It is an ancient Chinese belief that "Qi" or "Vital Energy" flows through everybody and when a person feels stressed their body blocks "Qi", causing an imbalance in the body leading to illness and fatigue. Different pressure points on the foot relate to specific areas of the body and during this inspired treatment you will receive a soothing foot massage, followed by pressure application to reflex points, assisting the natural flow of Qi, leaving you feeling comforted, nurtured and energized.

45mins, £30

Eve Taylor Body Treatments

Eve Taylor is the original aromatherapy skin care brand, harnessing the power of aromatherapy and botanicals for over 50 years. All products are natural based, free from potentially harmful Parabens, not tested on animals and truly British!



Exfoliating Mousse Treatment

This creamy poppy seed and black pine exfoliate effectively sloughs away surface skin revealing a smoother, softer skin. Gently stimulating circulation and encouraging new cell regeneration this treatment is enriched with natural essential oils to detoxify and tone. Your skin will be left feeling deeply cleansed, fresh and invigorated. Product is removed using hot towels. Disposable underwear will be supplied.

A wonderful addition to this treatment is a soothing massage with “Aqua-Mass” oil rich in Vitamin E, containing antioxidant properties; lightly textured Grapeseed Oil rich in Linoleic Acid, vital for healthy skin and offering excellent anti-inflammatory properties and Jojoba Oil, nourishing and soothing keeping skin soft and smooth. A massage base free from essential oils and fragrance; water dispersible formulation is easily removed from the skin, if you prefer not to feel an oily residue post-massage.

Back Only: 30mins, £30

Part Body: 45mins, £40

Full Body: 60mins, £50

Mousse and Aqua-Mass Massage

Part Body: 70mins, £60

Marine Salt and Seaweed Scrub

This scrub is formulated with marine extracts rich in trace elements and energizing minerals. Silica and Sea Salt thoroughly exfoliate the body while releasing mineral elements from the Laminaria Digitata Seaweed extract. Containing amino acids and Vitamins, A, B, C and E, the Seaweed helps to stimulate the production of collagen in the body and because of its purifying, draining and metabolism accelerating properties, it strengthens the immune system and protects against free radicals. The product will be removed using hot towels. Disposable underwear will be provided.

Suitable for all skin types, this treatment will remove excess oil and dead cells from the surface of the skin, tone and hydrate as well as improve circulation.

Back Only: 30mins, £30

Part Body: 45mins, £40

Full Body: 60mins, £50

Scrub and Aqua-Mass Massage

Part Body: 70mins, £60

Marine Mud Body Wrap

Seaweed and Horsechestnut

This wrap cleanses and detoxifies the body making it an excellent herbal skincare treatment. Finely ground calcified seaweed has a high absorbency into the body. It is rich in calcium and magnesium but also contains significant levels of other minerals and trace elements like phosphorous, potassium, manganese, boron, iodine, zinc, copper, selenium and cobalt. These minerals restore tone and vitality to the body whilst helping to cleanse and detoxify. Those experiencing cellulite, bloating, fluid retention or require a deep detoxifying effect would benefit from this treatment. Disposable underwear will be supplied.

Back Only: 45mins, £35 (Removal by hot towels)

Full Body: 75mins, £65 (Shower at the Studio)

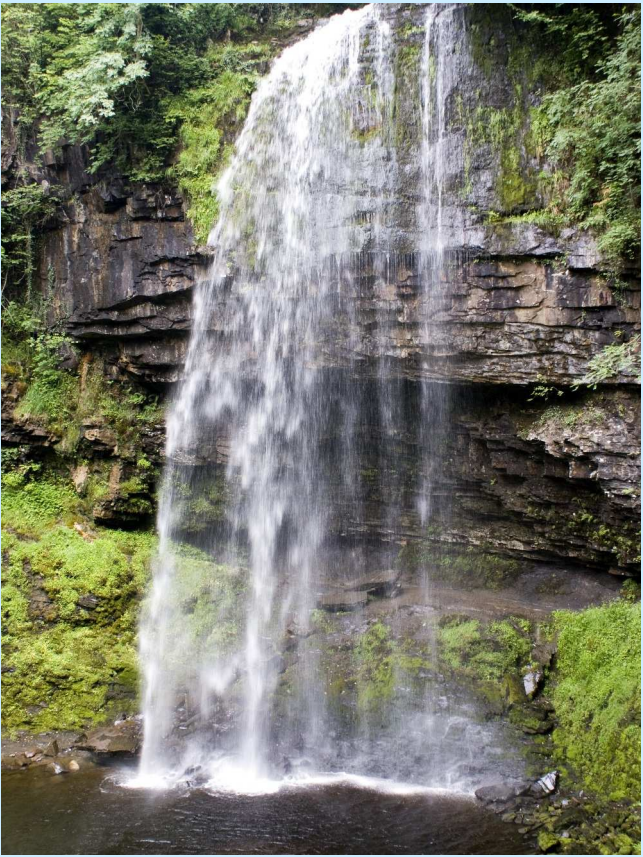
Hydra-Thermal Body Wrap

This body wrap is a synergy of Seaweed, Red Algae and Spirulina which contains a high concentration of all eight essential amino acids and almost all known anti-oxidants. Suitable for those requiring a hydrating and remineralising effect, in need of deep relaxation or those experiencing muscle or joint discomfort. Disposable underwear will be supplied.

Back Only: 45mins, £35 (Removal by hot towels)

Full Body: 75mins, £65 (Shower at the Studio)

*Please note this treatment is not suitable if you are taking prescribed Thyroid Medication.



Pamper Packages

Too difficult to choose between treatments? Why not treat yourself to one of our Packages which includes a £10 discount.

Henrhyd Waterfalls Treatments

Henrhyd waterfalls, situated in the Brecon Beacons is the tallest waterfall in southern Wales with a drop of 90ft. The treatments in this section will leave you free flowing and as light as the mist that shrouds the waterfalls!

Release Me! Indulge in a back, neck and shoulder massage followed by an Indian Head inspired face and head massage.

90mins, £70

Express Me! Express Manicure or Pedicure, back, neck and shoulder massage together with an Express Facial.

100mins, £70

Feet Up! Ideal after those long walks: reflexology inspired foot massage and leg massage, Foot Soak and Scrub.

Without Polish: 85mins, £45

With Polish: 105mins, £55

Teen Treatment Express Facial, Express Manicure and Express Pedicure (Polish Only)

85mins, £60

Pen Y Fan Treatments

At 886m above sea level, Pen Y Fan is the highest peak in south Wales at the heart of the Brecon Beacons. Treatments in this section will leave you feeling on top of the world!

The Body Cleanse Full Body Scrub followed by a Full Body Aromatherapy Massage.

150mins, £105

Muscle Melt Full Body Hot Stones or Bamboo Massage followed by an Ice Rose Quartz Facial.

155mins, £110

Body Ritual Top to Toe: Full Body Exfoliation, Body Wrap, Scalp and Aromatherapy Body Massage. Please note, a shower at the Studio will be required after the Full Body Wrap.

225mins, £170

Corn Du Treatments

South west of Pen Y Fan at 873m, Corn Du is the second highest peak in south Wales. Treatments from this section will leave you feeling calm and in a truly tranquil state of mind and body.

Upper Body Cleanse Back scrub, followed by a back, neck and shoulder massage accompanied by an Express Facial.

100mins, £80

All in One Full Body Massage followed by a Luxury Facial including Scalp Massage.

125mins, £80

Tailored to You! Enjoy two 45min treatments of your choice and receive a £10 discount to the total price.

90mins, Price Varies

Special Occasions

Bridal Package

Book a minimum of four treatments for your Wedding Party and receive a 10% discount per treatment.

Honeymoon Package

Wedding Blues? After months of planning your perfect day, unwind in the Studio with a Part Body Aromatherapy Massage for you followed by your partner and receive a 10% discount.





The Ty Mawr Collection comprises 5 unique cottages, ideal for couples wanting that special romantic break, or a bolthole to relax and unwind.

Set in the grounds of Ty Mawr a grade 2* Georgian Mansion in the heart of the Brecon Beacons National Park. Perfect for the great outdoors or just curled up in front of the roaring log burners - these cottages will delight whatever the season.

Recently renovated, the cottages reflect their former use and each has its own distinctive interior design with private patios and garden areas.

The Laundry 1 x bedroom, **The Dairy** 1 x bedroom, **The Coach** 1 x bedroom, **The Cottage** 1 x bedroom, **The Bothy** 2 x bedroom. The Ty Mawr Collection will not disappoint, designed and equipped with luxury in mind these cottages deliver a truly 5 star boutique hotel experience.

And for those who cannot be separated from their favourite pets then Ty Mawr is doggy heaven with its own 15 acre park just for the use of the guests and their dogs.





The Laundry Bedroom



The Cottage Dressing Room



Ty Mawr Collection

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Peter and Alexandra Davies



