



SPA PACKAGES

MONKS EXPERIENCE £79

- Express facial incorporating a warm lime foot cleanse and relaxing hand & arm massage
OR a back, neck and shoulder massage
- Use of the Spa
- Use of the Gymnasium
- Robe and towel provided

Treatment duration: 30mins

(Please note food is not included in the Monks Experience Day)

BLISSFUL DAY £89

- Express facial incorporating a warm lime foot cleanse and relaxing hand & arm massage
OR a back, neck and shoulder massage
- 2 course lunch in Machynys
- Refreshment on arrival
- Use of the Spa
- Use of the Gymnasium
- Robe and towel provided

Treatment duration: 30mins

ANCIENT RITUAL DAY

Choose between the following treatments:

MONKS FACE RITUAL £99

This treatment includes a warm lime foot cleanse, tailored facial, oriental scalp massage plus a hand and arm massage incorporating warm stones.

- 2 course lunch in Machynys
- Refreshment on arrival
- Use of the Spa
- Use of the Gymnasium
- Robe and towel provided

Treatment duration: 45mins

MONKS BACK RITUAL £99

This treatment includes a warm lime foot cleanse, lomi back treatment incorporating warm stones, oriental scalp massage, and a Thai leg stretch.

- 2 course lunch in Machynys
- Refreshment on arrival
- Use of the Spa
- Use of the Gymnasium
- Robe and towel provided

Treatment duration: 45mins

Food is not included in the Monks Experience Day. A £5.00 supplement applies to all Spa Packages and Individual Spa Treatments booked Friday to Sunday.

REVIVAL SPA DAY £109

- Tailored facial incorporating a warm lime foot cleanse, oriental scalp massage plus a back, hand and arm massage incorporating warm stones
- 2 course lunch at Machynys
- Refreshment on arrival
- Use of the Spa
- Use of the Gymnasium
- Robe and towel provided

Treatment duration: 1hr

TRANQUIL DAY £142

- Express facial incorporating a warm lime foot cleanse and a relaxing hand and arm massage
- Back, neck and shoulder massage
- Express manicure
- 2 Course lunch in Machynys
- Refreshment on arrival
- Use of the Spa
- Use of the Gymnasium
- Robe and towel provided

Treatment duration: 1hr 30min

STRESS RECOVERY DAY £158

- Skin specific facial incorporating a warm lime foot cleanse and a relaxing scalp massage
- Full body muscle warming massage
- 2 course lunch at Machynys
- Refreshment on arrival
- Use of the Spa
- Use of the Gymnasium
- Robe and towel provided

Treatment duration: 2hrs

MUMS-TO-BE £109

- Pedicure or manicure (Deluxe)
- Skin specific facial incorporating a warm lime foot cleanse and an oriental scalp massage
- 2 Course lunch in Machynys
- Refreshment on arrival
- Use of the Gymnasium
- Robe and towel provided

Treatment duration: 2hrs

Food is not included in the Monks Experience Day. A £5.00 supplement applies to all Spa Packages and Individual Spa Treatments booked Friday to Sunday.

