



THE FORUM
HEALTH CLUB AND SPA

THE FORUM SPA



CELTIC MANOR
RESORT

1 400 ACRES OF BREATHING SPACE

Nestled in the beautiful Usk Valley, South Wales, The Celtic Manor Resort is a luxurious destination on a grand scale.

Within its 1400 acres of parkland are a wealth of facilities, set against a backdrop of panoramic views and a stunning landscape. This vast estate offers a luxurious retreat for its guests - a special place to relax and indulge.

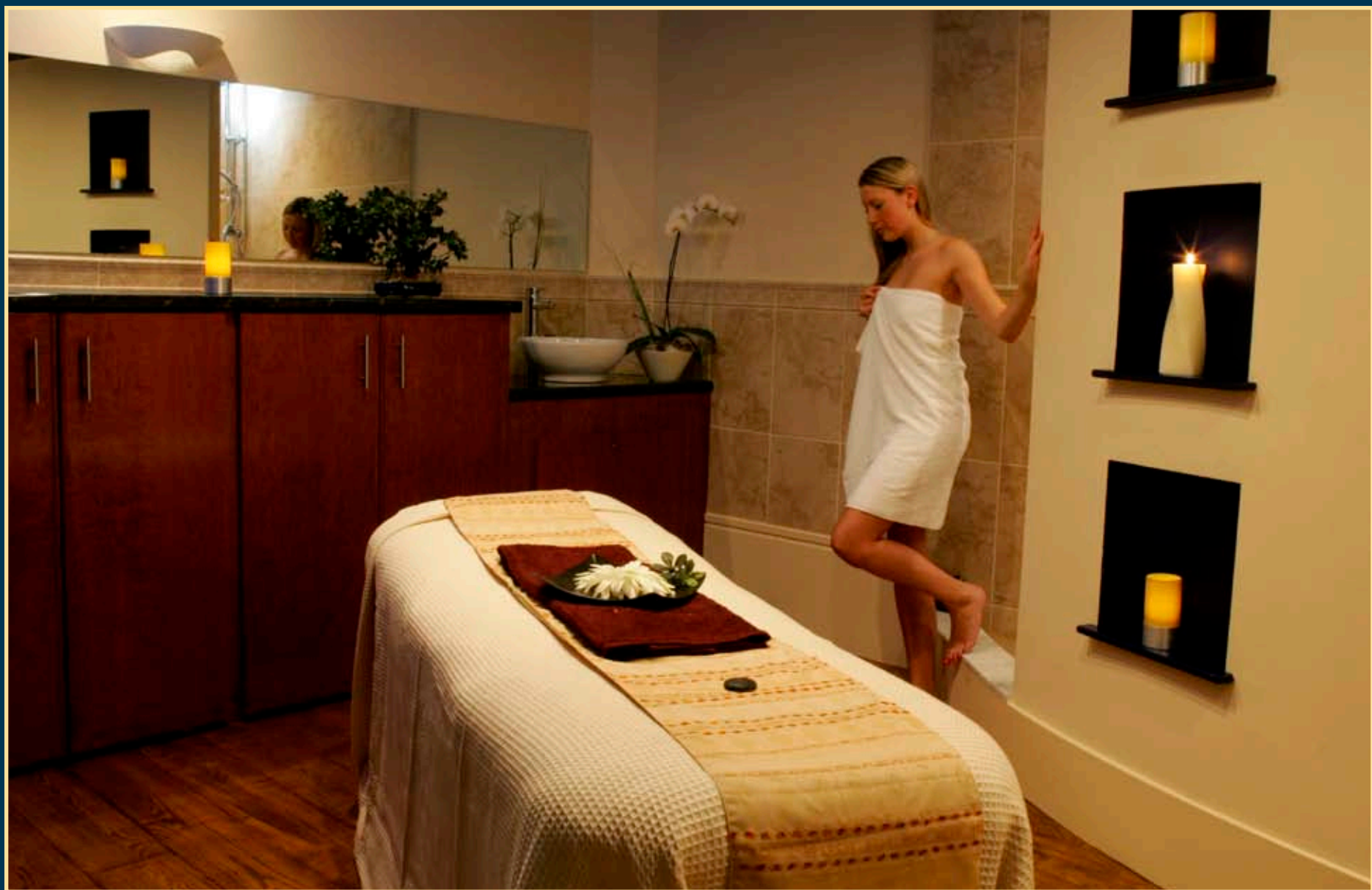
Home of The 2010 Ryder Cup, this world-class venue offers exceptional golf, spa and leisure facilities including a five star hotel, which serves as the luxurious starting point for the most complete resort experience.

There are a host of facilities to help you relax and unwind including five restaurants, three championship golf

courses and two health spas, along with a crèche and games room for children.

Whether you escape for a day, a night or a whole weekend, a visit to The Celtic Manor Resort will leave you feeling pampered to perfection as you relax and soak up the atmosphere of informal luxury and seamless service.





A HAVEN FOR RELAXATION

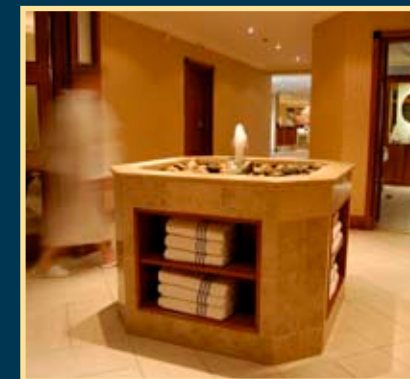
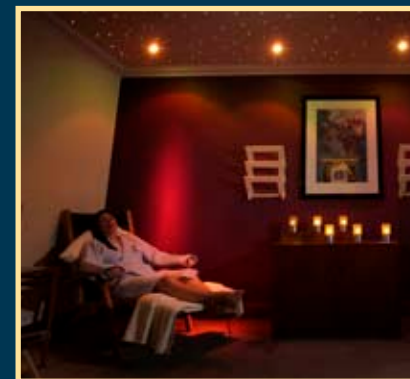
Offering a true sanctuary for relaxation, feel your stress and worries melt away as you experience the ultimate in pampering at The Forum Spa.

With a host of luxurious therapies from the finest beauty houses, our professional therapists are on hand to ensure you derive maximum benefit

from your treatments, many of which are universal to both men and women, tailored to suit your lifestyle.

A number of treatments are also suitable for expectant mothers throughout all stages of pregnancy, however, we do recommend that you avoid having any spa treatments within the first three months.

If you'd like to treat yourself to the full five star experience, why not stay overnight? Our residential spa breaks provide an opportunity to tailor-make your own spa experience, choosing from a range of specially selected luxury treatments.



Elemis

CLARINS
PARIS

LEIGHTON
DENNY
EXPERT NAILS

THE FORUM POOL AND SPA BATH

Overlooking the Rooftop Garden, the luxurious 20-metre pool is perfect for the serious swimmer or those who simply want to relax. It is housed underneath a simulated blue sky, which darkens at night and twinkles with stars. Next to the pool is a freeform spa bath of vast proportions along with a sauna, steam room and children’s pool.



After swimming, enjoy the tranquil atmosphere by relaxing on the pool-side loungers. Drinks and light snacks are available at the spacious Forum Café, located adjacent to the pool.



LUXURY CHANGING FACILITIES

Beautifully appointed changing rooms each have their own jacuzzis, saunas, steam rooms and plunge pools.

On arrival at The Forum Spa, you will be greeted by a member of the team and shown to the changing room where you will be provided with towels, slippers and a bathrobe to use for the duration of your visit.



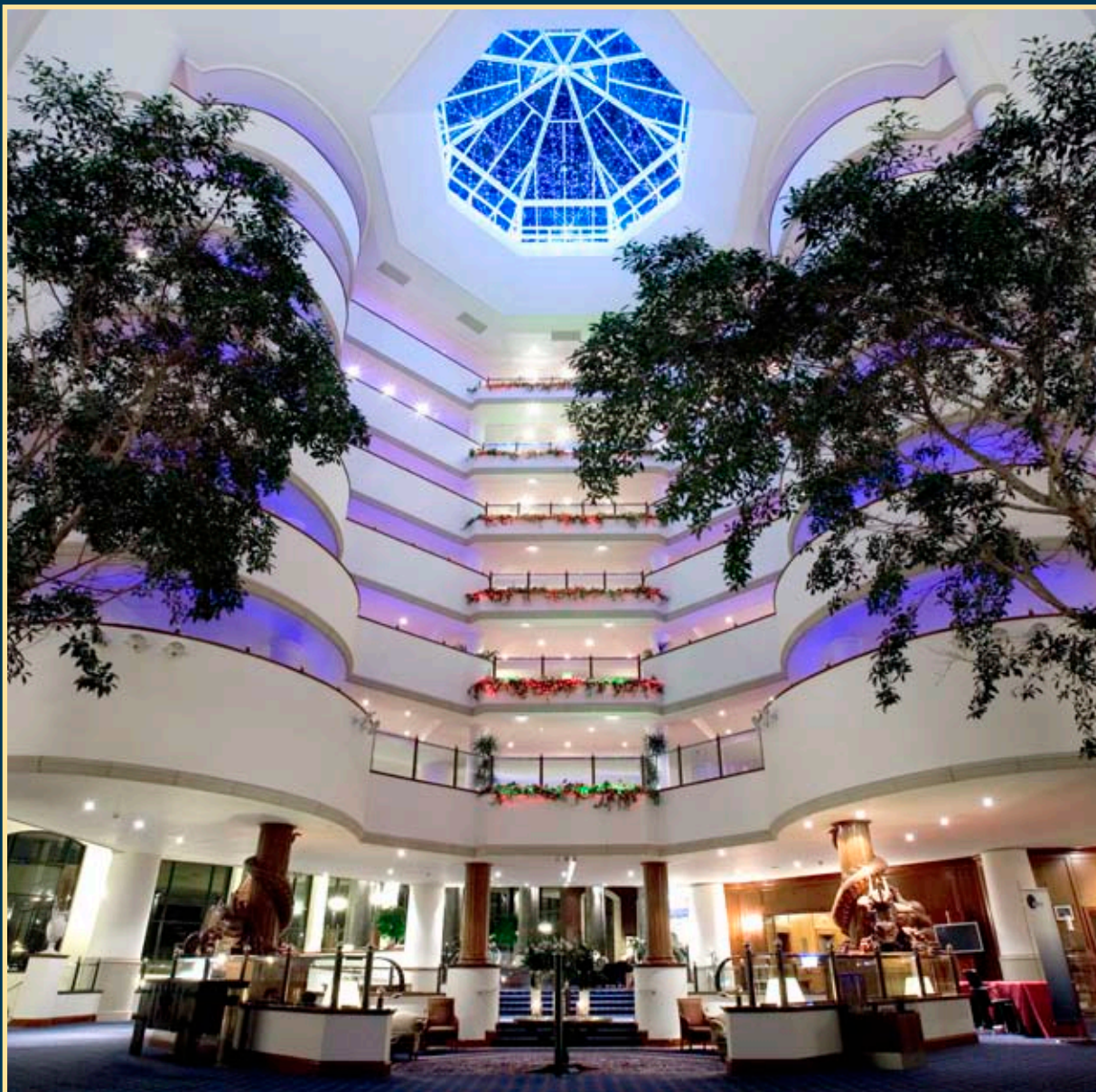
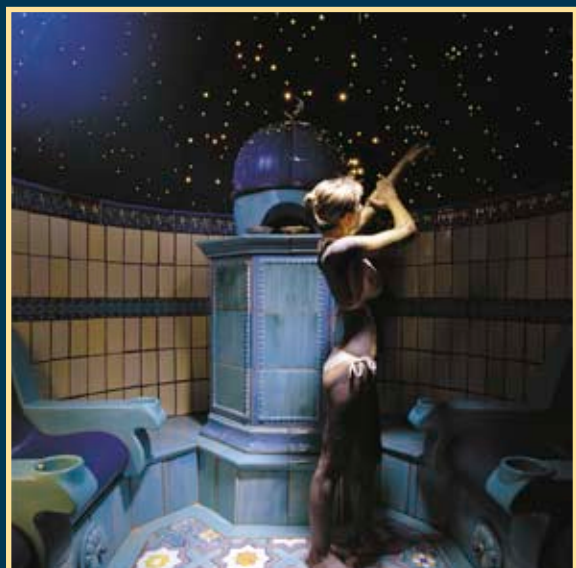
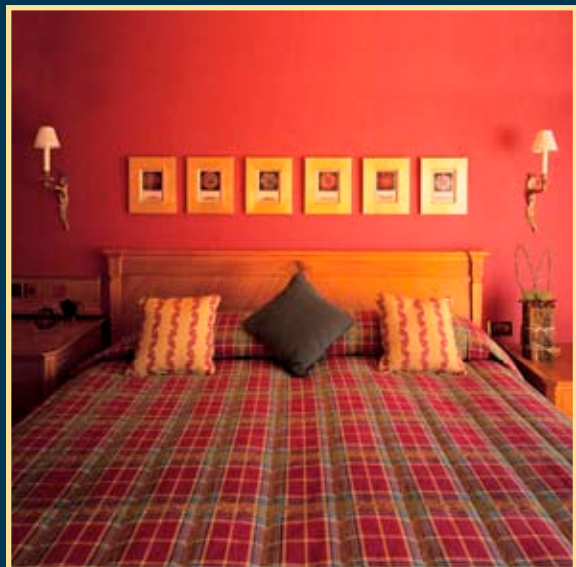
Please note that access to The Forum Pool and Spa Bath is restricted to hotel residents and guests on Spa Experience packages only.

Top 10 Most Desirable
UK Destination Spa



BISA Spa Association
5 Wave Rating





RESIDENTIAL SPA BREAKS

Treat yourself to the full five star experience with a day of pampering at The Forum Spa combined with an overnight stay at the luxurious Resort Hotel.

Our residential spa breaks include accommodation for two people in a Superior Double or Twin room, with full Welsh breakfast in The Olive Tree restaurant, a selection of luxury treatments and use of The Forum Health Club facilities throughout your stay.

REJUVENATING SPA ESCAPE

Enjoy an indulgent midweek escape featuring two blissfully relaxing Forum Spa signature treatments combined with a luxury overnight stay.

Includes:

- One night's luxury accommodation, with breakfast the following morning
- An exotic Rasul Mud Ritual to share
- Your choice of either a nourishing Forum Signature Facial **or** a relaxing Forum Full Body Massage
- A complimentary glass of fruit punch while you relax between treatments
- Use of The Forum Health Club facilities throughout your stay

From **£122** per person, based on two sharing (Sunday - Thursday)

Please note that when staying on a Sunday night, treatments must be taken on Monday.

For more details, please contact our Reservations Team on 01633 410262 or visit celtic-manor.com

SPA EXPERIENCE DAYS - MIDWEEK PACKAGES

AVAILABLE MONDAY TO THURSDAY

Each one of our indulgent spa experience days includes:

- A welcome by a member of the team for a tour of the facilities and an introduction to the treatments booked
- Luxurious Forum Spa bathrobe and slippers to wear throughout the day
- Towel for poolside use
- Full use of The Forum Health Club and Spa facilities including relaxation pool, saunas, steam rooms, jacuzzis, plunge pools, gymnasium and a range of fitness and exercise classes.

Personalised Spa & Fitness Day

£130 per person

The perfect combination for relaxation and results! Enjoy the ultimate workout in a tailor-made one-to-one session with a personal trainer, then wind down with a blissfully relaxing full body massage.

Includes:

- A 30 minute Fitness Assessment in The Forum Gym
- A 60 minute Personal Training Session
- A delicious Bento Box lunch in The Forum Café
- Elemis Deep Tissue Muscle Massage
- Fitness Class of Your Choice at The Forum Health Club

Revitaliser

£120 per person

The perfect pick-me-up for anyone in need of an instant vitality boost, this relaxing experience will leave you bursting with radiance and feeling refreshed and revived.

Includes:

- Forum Body Conditioning Polish
- A delicious Bento Box lunch in The Forum Café
- Forum Full Body Massage
- Forum Refresher Facial

Gentlemen's Retreat

£110 per person

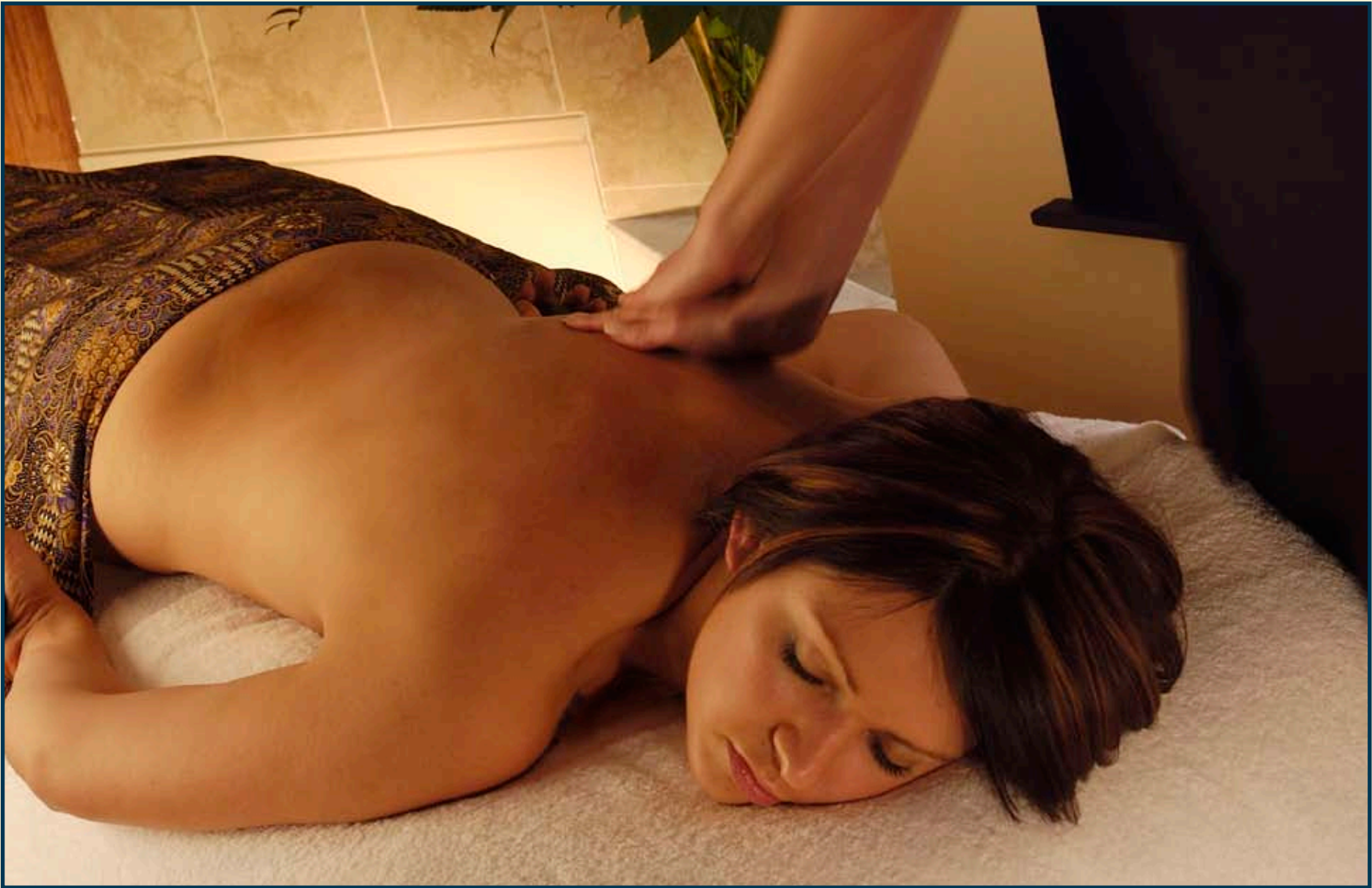
Feel the stress and tension melt away as you relax and unwind with this fabulous full day experience.

Includes:

- Forum Gentleman's Facial
- Forum Ultimate Foot Therapy
- A delicious Bento Box lunch in The Forum Café
- Forum Neck, Back & Shoulder Massage



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SPA EXPERIENCE DAYS - MIDWEEK PACKAGES

AVAILABLE MONDAY TO THURSDAY

Ladies Retreat

£110 per person

Take some well-deserved time out to enjoy a little pampering and individual attention that will leave you looking and feeling great.

Includes:

- Forum Signature Facial
- A delicious Bento Box lunch in The Forum Café
- ‘On The Move’ Pedicure
- Forum Neck, Back & Shoulder Massage

Tranquility Experience

£99 per person

Take a journey through your senses as you indulge each and every one of them with this blissfully relaxing spa experience.

Includes:

- Elemis Face & Body Sensation
- A delicious Bento Box lunch in The Forum Café
- Forum Signature Dry Floatation

Sunset Experience

£70 per person

Switch off and wind down at the end of a long day with a blissfully relaxing face or body treatment, followed by a delicious taste of contemporary Mediterranean cuisine in The Olive Tree restaurant.

Includes:

- Choice of Forum Full Body Massage **or** Forum Signature Facial
- Three course buffet dinner in The Olive Tree restaurant

Package available from 4pm, Monday to Thursday, with dinner reservations available from 7pm.

Teen Spa Experience

£70 per person

Learn how to keep your complexion flawless with professional tips and advice from our experts, then enjoy a day of relaxation and pampering that will leave you looking and feeling fabulous.

Includes:

- Forum Skincare Consultation and Individually Prescribed Regime
- Forum Neck, Back and Shoulder Massage
- Party Afternoon Tea in The Forum Café
- Choice of ‘On The Move’ Pedicure **or** Manicure

Available for guests aged 16 - 19 years only.

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SPA EXPERIENCE DAYS - SEVEN DAY PACKAGES

AVAILABLE MONDAY TO SUNDAY

Each one of our indulgent spa experience days includes:

- A welcome by a member of the team for a tour of the facilities and an introduction to the treatments booked
- Luxurious Forum Spa bathrobe and slippers to wear throughout the day
- Towel for poolside use
- Full use of The Forum Health Club and Spa facilities including relaxation pool, saunas, steam rooms, jacuzzis, plunge pools, gymnasium and a range of fitness and exercise classes.

Perfect Partners

£290 for two people
Share a romantic day of indulgence as you enjoy the ultimate treat for two.

Includes:

- Forum Signature Couples Massage
- Rasul Mud Ritual For Two
- A delicious Bento Box lunch in The Forum Café
- Forum Signature Chocolate & Champagne Pedicure

Ultimate Renewal

£245 per person
If you enjoy the best of everything then this is the perfect experience for you - the ultimate in pampering.

Includes:

- Forum Ultimate Facial
- Forum Ultimate Massage
- A delicious Bento Box lunch in The Forum Café
- Forum Signature Chocolate & Champagne Manicure
- Forum Signature Chocolate & Champagne Pedicure

Relaxation Remedy

£160 per person
Just what the doctor ordered! Treat yourself to a glorious day of complete and utter relaxation for mind, body and soul.

Includes:

- Forum Signature Facial
- Forum Full Body Massage
- A delicious Bento Box lunch in The Forum Café
- Forum Body Conditioning Polish
- ‘On The Move’ Manicure

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SPA EXPERIENCE DAYS - SEVEN DAY PACKAGES

AVAILABLE MONDAY TO SUNDAY

Head To Toe

£139 per person

This wonderfully relaxing holistic experience will leave you feeling pampered to perfection from top to toe, and everywhere in between!

Includes:

- Forum Indian Head Massage
- Forum Hot Stone Massage
- A delicious Bento Box lunch in The Forum Café
- Pristine Pedicure

Mother & Daughter

£130 per person

Enjoy some special shared time together as you relax and unwind with a day of pure bliss and pampering.

Includes:

- Elemis Face & Body Sensation
- Rasul Mud Ritual For Two
- A delicious Bento Box lunch in The Forum Café
- ‘On The Move’ Manicure

Mother To Be

£129 per person

This fabulous experience is specially designed to soothe away the aches and pains of pregnancy, leaving you with a feeling of calm and total wellbeing.

Includes:

- Elemis Nurturing Mother To Be Treatment
- A delicious Bento Box lunch in The Forum Café
- ‘On The Move’ Manicure
- ‘On The Move’ Pedicure

Suitable throughout all stages of pregnancy from 12 weeks onwards.

Makes My Day

£115 per person

What could be better than a day of pure relaxation to leave you feeling refreshed, revitalised and on top of the world.

Includes:

- Forum Neck, Back & Shoulder Massage
- Elemis Skin Specific Facial
- A delicious Bento Box lunch in The Forum Café
- Ladies or Men’s Elemis Gift

For more details, please contact our Reservations Team on 01633 410262 or visit celtic-manor.com

SIGNATURE TREATMENTS


Rasul Mud Ritual
£45 for one. **£75** for two.
£95 for three. **£120** for four. 45mins
This traditional Arabian-inspired cleansing ritual combines the health enhancing properties of heat, steam and mud for a totally relaxing and skin-conditioning treatment, in a magical and sensory private environment with twinkling lights and aromatic vapours. A therapist will talk you through the ritual before you begin and advise on the application of the different skin exfoliation and cleansing muds, before leaving you to enjoy your 30 minute Rasul therapy. During the treatment, jets of steam keep the air warm and moist and at the end of the ritual a gentle tropical rain shower washes the mud away. A wonderful and authentic shared spa experience for couples or groups of friends, ideal before one of our massage therapies.

Forum Signature Couples Massage
£130 per couple. 50mins
Designed to share with your partner or a friend in one of our dual treatment rooms, simply relax and enjoy as our expert therapists work out every last knot to leave you in a truly restful state.

Forum Signature Facial
£55 per person. 50mins
Individually tailored to suit your skin’s needs, this revitalising facial includes an exfoliation, nourishing botanical mask and finishing crème to leave you with super-soft glowing skin, complemented by a relaxing décolleté and scalp massage.

Forum Signature Dry Floatation
£35 per person. 25mins
This most comfortable and relaxing of treatments begins from the moment you are cocooned in the warmth of the treatment bed. Enjoy a feeling of weightlessness to calm the mind and relieve tension from the muscles and vertebrae, while a conditioning mineral mud is applied to the hair and scalp. This sensory experience allows you to reap the benefits of floatation without getting wet.

For more details, please contact our Reservations Team on 01633 410262 or visit celtic-manor.com

 Treatment suitable during pregnancy





MASSAGE TREATMENTS

Forum Ultimate Couples Massage

£175 per couple. 80mins
Designed to share with your partner or a friend in one of our dual treatment rooms, this full body massage flows with rhythmic grace and is both powerful and gentle simultaneously.

Forum Ultimate Massage

£88 per person. 80mins
A full body massage that consists of long strokes done very slowly and methodically. Add intoxicating essential oils into the mix and feel the complete stress relief!

Elemis Deep Tissue Massage

£70 per person. 50mins
Designed to relieve specific stress and muscle tension, this deep rhythmic pressure massage gives the whole body a vigorous workout. Combined with specially blended Elemis massage oils, this treatment is tailor-made to suit your own individual needs.

Forum Reflexology

£70 per person. 50mins
The feet reflect the body as a whole therefore pressure is applied to the reflex zones of the foot to relieve tension and stress. A stimulating, uplifting and relaxing treatment.

Forum Hot Stone Massage

£70 per person. 50mins
Using Swedish massage techniques, this unique therapy involves the application of deeply penetrating warmth through smooth heated basalt stones, combined with aromatic oils and the power of touch. Muscle tension is melted away as you experience a sensation of peacefulness and relaxation from the stones’ healing energies.

Forum Full Body Massage

£55 per person. 50mins
A tailor-made aromatherapy massage using classic Swedish techniques to relax and de-stress whilst addressing your individual needs.

Elemis Deep Tissue Neck & Back Massage

£40 per person. 25mins
This great pick-me-up offers maximum tension-relieving results in minimum time!

Forum Neck, Back & Shoulder Massage

£35 per person. 25mins
A perfect introduction to massage which will relieve your body of tension, releasing tightness and stress in the neck, back and shoulders.

Forum Indian Head Massage

£35 per person. 25mins
Stimulating massage aimed at increasing blood flow to the scalp, face, neck and shoulders.

Forum Ultimate Foot Therapy

£35 per person. 25mins
Using advanced techniques, this massage concentrates on the foot, shin and calf muscles. The aim is to relieve heavy legs and tension and to restore the natural flow of energy through the body. A great stress reliever after a long day or a round on the golf course.

For more details, please contact our Reservations Team on 01633 410262 or visit celtic-manor.com

FACIAL TREATMENTS

Forum Ultimate Facial

£88 per person. 80mins
The ultimate therapeutic facial for those looking for relaxation and results. Beginning with a thorough analysis, skin is treated to an expert deep cleanse, exfoliation and massage of the face, neck and décolleté. Next a customised mask and hydrating finishing crème are applied while your hands and feet enjoy a little pampering. This is followed by a blissfully relaxing scalp massage leaving you feeling pampered to perfection.

Elemis Pro-Collagen Quartz Facial

£85 per person. 75mins
With immediate results in the fight against time, this exceptional face and eye treatment from Elemis helps to slow down the signs of premature ageing, reducing the appearance of fine lines and wrinkles on the face and crow’s feet around the eye contour. Specialised lifting massage techniques are combined with professional strength anti-ageing formulations for maximum effectiveness, leaving a firmer, uplifted and more youthful looking appearance.

Elemis Tri-Enzyme Resurfacing Facial

£75 per person. 50mins
Suitable for all skin types, this ground-breaking Elemis facial is clinically proven to resurface the skin after just one treatment. An anti-ageing treatment using white truffle extract to plump skin and encourage the growth of new, youthful skin, revealing a radiant new you. Three facial masks will deeply cleanse and revive your skin while massage techniques calm and relax.

Elemis Skin Specific Facial

£68 per person. 50mins
Whether your skin is in need of a super-saturating moisture boost, deep cleansing to restore balance or a burst of instant radiance and vitality, our skincare experts will recommend the perfect Elemis facial to suit your needs.

Forum Signature Facial

£55 per person. 50mins
Individually tailored to suit your skin’s needs, this revitalising facial includes an exfoliation, nourishing botanical mask and finishing crème to leave you with super-soft glowing skin, complemented by a relaxing décolleté and scalp massage.

Forum Refresher Facial

£35 per person. 25mins
An ultra-gentle cleansing is followed by a mask tailored to your skin’s specific needs, then massage to bring instant radiant glow to the skin, leaving it supple, soft and luminous.



For more details, please contact our Reservations Team on 01633 410262 or visit celtic-manor.com

P Treatment suitable during pregnancy



BODY TREATMENTS

Elemis Spa Ritual

£155 per person. 135mins

The ultimate skin and body therapy for maximum results. Choose from one of the unique Elemis advanced anti-ageing or skin solutions facials and combine it with the powerful effects of the Elemis Deep Tissue Muscle Massage. Pure relaxation with dramatic results!

Clarins Pro-Formula Body

Treatment: Figure Shaper, Super Hydrator, Body Firmer or Anti-Ageing

£95 per person. 80mins

Pro-Formula body products fuel the skin with a concentrate equivalent to seven days treatment in a single application of active plant extracts and aromatic oils. The specialised Clarins massage movements stimulate the lymphatic system and blood circulation to maintain the skin's health and restore natural balance and energy.

Elemis Spa Ocean Wrap: Musclease or Cellutox

£95 per person. 75mins

A choice of two Elemis seaweed wrap treatments to detoxify and deep cleanse the body inside and out, combining the riches of sea plants and marine algae.

Forum Exotic Frangipani Flower Ritual

£88 per person. 75mins

Experience perfectly polished and beautifully softened skin with a stimulating application of Elemis Exotic Lime and Ginger Salt Glow, combined with a comforting Exotic Frangipani Body Nourish Wrap, leaving your skin delightfully smooth and radiant. This luxury treatment is further enhanced by a de-stress scalp treatment for the ultimate in relaxation.

Elemis Exotic Coconut Rub and Milk Ritual Wrap

£68 per person. 50mins

Pure sensuality to tantalise and delight. A traditional Balinese recipe of coconut, mungbean, spices and lavender combined with Exotic Frangipani Monoi Moisture Melt to polish the skin and stimulate the senses, before being cocooned in a nourishing milk bath wrap. This opulent treatment is excellent for skin smoothing and softening.

Elemis Face & Body Sensation

£68 per person. 50mins

An indulgent body massage and facial combination. Relax as our therapists ease away stressed, aching muscles with an ice-cool thermal muscle massage, then pamper you to perfection with your choice of advanced anti-ageing Elemis facial.

Elemis Exotic Frangipani Body Nourish Wrap

£58 per person. 50mins

Traditionally used by Polynesian women to protect their skin, this nourishing body wrap drenches the skin with moisture for immediate softness and suppleness. Exotic aromatic Tahitian coconut and Frangipani flowers are soaked together to produce the Monoi used in this therapy, leaving your skin radiant and full of vitality, with an all over body glow.

Elemis Lime & Ginger Salt Glow

£50 per person. 40mins

An exfoliation ritual to invigorate and revitalise. After light body brushing, warm oil is dripped luxuriously over the body, before the sublime Elemis Exotic Lime and Ginger Salt Glow is applied. Skin is deeply cleansed and moisturised, leaving it glowing and vibrant, replenished and flawless.

Forum Body Conditioning Polish

£40 per person. 25mins

A soft body exfoliant that gently sloughs away dead cells exposing healthy new skin. Your body will be treated to a rich moisturising lotion which will reinject hydration into the skin. This fabulous treatment will even out your body complexion leaving skin soft, refreshed and nourished.

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HYDROTHERAPY

Forum Hydrotherapy Massage

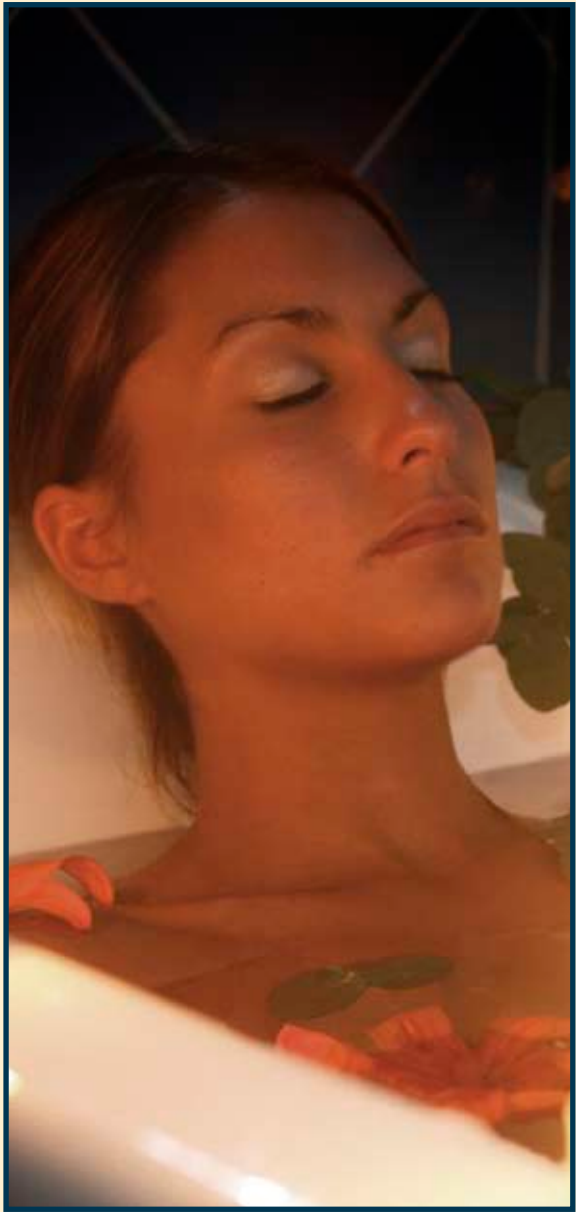
£60 per person. 35mins
When the body is suspended in water, it can be massaged deeply and effectively without discomfort. Using a high-pressure massage wand combined with the warmth of the water and a feeling of weightlessness, this deep tissue massage is sure to induce relaxation. The resulting increase in blood circulation can help to reduce cellulite and surplus fats and may also help in weight reduction. Hydro massage also offers a totally relaxing experience and general relief from back pain, stress and tense muscles.

Elemis Skin Nourishing Milk Bath

£45 per person. 25mins
Highly acclaimed, this luxury Milk Bath has a unique formula that captures the essence of Cleopatra’s ancient bathing ritual, with its milk protein base which is rich in nourishing vitamins, amino acids and minerals.

Forum Hydrotherapy Jet Bath

£35 per person. 25mins
Underwater currents and essential oils are combined to improve circulation, boost metabolism, release tension and tone the body. Choose from the purest essential oils to relax or stimulate mind and body.



For more details, please contact our Reservations Team on 01633 410262 or visit celtic-manor.com

PREGNANCY TREATMENTS

P Elemis Nurturing Mother To Be Treatment

£60 per person. 50mins
This inspirational therapy connects mother and baby through the power of touch, working with two heartbeats as one. Specialised positioning on the unique Elemis beanbag is used to ensure the ultimate in safety, comfort and relaxation. This wonderfully relaxing treatment helps to relieve tension in the back and alleviate swelling in the hands and feet, while easing the mind and uplifting the spirit.

P Forum Heavenly Feet

£35 per person. 25mins
Using advanced techniques, this massage concentrates on the foot, shin and calf muscles. The aim is to relieve heavy legs and tension and to restore the natural flow of energy through the body. A great stress reliever and an ideal treat for expectant mothers.

You can also enjoy a full day of relaxation with our pampering Mother To Be Spa Experience.



For more details, please contact our Reservations Team on 01633 410262 or visit celtic-manor.com

P Treatment suitable during pregnancy

FINISHING TOUCHES

Clarins So Natural Self Tanner

£50 per person. 50mins

Enjoy an all year round natural-looking Clarins tan without the harmful effects of sun exposure. Within two hours you will have an all-over, healthy glow and nobody will know if you've had a liberal dose of sunshine or a self-tanning treat.

Forum Spray Tan

£40 Full Body. **£25** Half Body

This revolutionary airbrush system offers a range of shades to complement your skin tone including Bronze, Honey, Chocolate, Mocha and Twinkle, so you can enjoy a natural-looking healthy glow all year round.

Forum Make-Up

£30 per person. 25mins

Going out for dinner after a day of pampering? Getting ready for a special occasion? Book in for a high-speed make-up session and let an expert apply everything from your foundation base to your lipstick, in your choice of shades, to create a look that suits you and the occasion.



For more details, please contact our Reservations Team on 01633 410262 or visit celtic-manor.com

🕒 Treatment suitable during pregnancy

HANDS & FEET

Forum Signature Chocolate & Champagne Manicure

£60 per person. 50mins

Enjoy a glass of bubbly and strawberries dipped in chocolate while this luxurious treatment, including hot paraffin hand dip, exfoliates, nourishes and protects hands and nails, finishing with your choice of Leighton Denny nail polish.

Forum Signature Chocolate & Champagne Pedicure

£60 per person. 50mins

Enjoy a glass of bubbly and strawberries dipped in chocolate while this luxurious treatment, including hot paraffin foot dip, exfoliates, nourishes and protects feet and nails, finishing with your choice of Leighton Denny nail polish.

Our Signature Chocolate & Champagne Manicure and Pedicure both include a complimentary mini size Leighton Denny nail polish.

For more details, please contact our Reservations Team on 01633 410262 or visit celtic-manor.com

🕒 Treatment suitable during pregnancy

Leighton Denny Immaculate Manicure

£45 per person. 50mins

Pure indulgence for your hands. This complete treatment exfoliates, nourishes and protects hands and nails against daily wear and tear, whilst improving signs of premature ageing. A high performance Leighton Denny nail polish provides a beautiful long-lasting, chip-resistant finish.

Leighton Denny Pristine Pedicure

£45 per person. 50mins

Even the most neglected feet will be unrecognisable after this luxury treatment which will slough, buff and bring them back to life, finishing with an advanced high performance Leighton Denny nail polish providing a beautiful long-lasting colour for your toes.

Forum 'On The Move' French Manicure

£40 per person. 40mins

A professional, natural-looking manicure, the perfect way to refresh your look on the go.

Forum 'On The Move' French Pedicure

£40 per person. 40mins

A professional, natural-looking pedicure, the perfect way to refresh your look on the go.

Forum 'On The Move' Manicure

£35 per person. 25mins

An ideal treatment for those on the go, this express shape and polish will leave your nails looking beautiful.

Forum 'On The Move' Pedicure

£35 per person. 25mins

An express shape and polish which will leave you with beautifully neat feet.

All of the above treatments will take place in our dedicated Manicure & Pedicure room, allowing you to share the experience with a friend or partner.

MEN'S TREATMENTS

Elemis Urban Cleanse Facial

£78 per person. 75mins

This super-grooming facial decongests the skin, works overtime to eliminate blocked pores, rapidly accelerates skin repair and neutralises impurities. Fast-acting ingredients reduce sensitivity and provide long-lasting defence against the damaging effects of daily pollutants, leaving the skin visibly clear and squeaky clean.

Forum Gentleman's Facial

£55 per person. 50mins

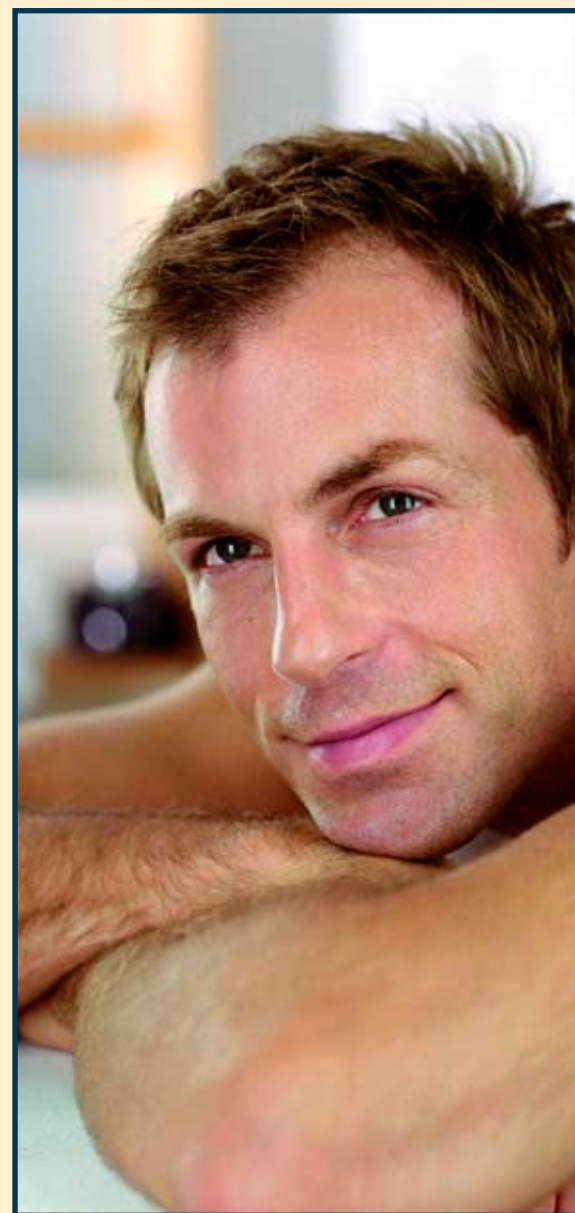
Purifying, hydrating and refreshing, this relaxing treatment addresses overall skin condition, targets specific problems and soothes shaving bumps and irritation, leaving skin feeling refreshed, healthy and ultra-smooth. Simply lie back, relax and enjoy.

For more details, please contact our Reservations Team on 01633 410262 or visit celtic-manor.com

Golfer's Foot Treatment

£35 per person. 25mins

Using advanced techniques, this massage concentrates on the foot, shin and calf muscles. The aim is to relieve heavy legs and tension and to restore the natural flow of energy through the body. A great stress reliever after a long day or a round on the golf course.



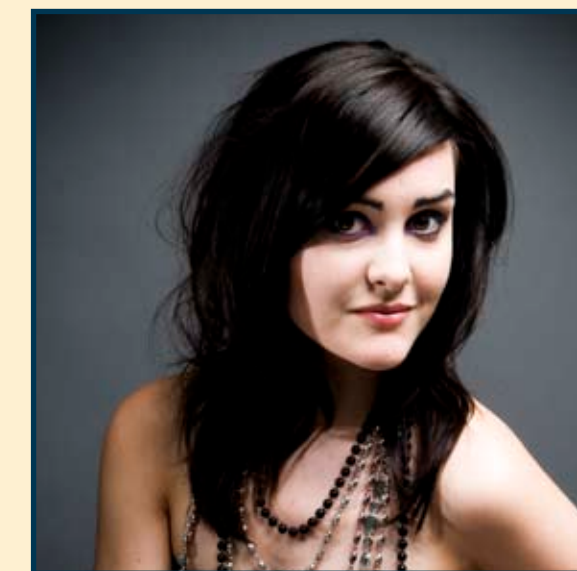
RHYS GILES HAIRDRESSING

This exciting, vibrant salon ideally situated within The Forum Spa, offers the latest in hairstyling and image creation, with services ranging from a simple restyle or special occasion styling to cutting, colouring and intensive restorative treatments.

Using some of the most technologically advanced professional haircare products from Kerastase, award-winning stylist Rhys Giles and his talented team offer a complete personalised haircare service including luxurious in-salon rituals tailor-made for your hair type and personalised home-care programmes to ensure that your style retains its new-found health and beauty for weeks to come.

rhys
HAIRDRESSING **giles**

For more information or appointments please call 01633 410323 or visit celtic-manor.com





WEDDING PREPARATIONS

PINK PAMPER

The Forum Spa has created a stylish pre-wedding celebration package for brides-to-be and their friends. Designed for ladies who love to indulge, the Pink Pamper package offers a touch of glamour and luxury.

This unique spa experience includes:

- A luxurious pink bathrobe with slippers to wear throughout the day and take home as a memento
- A glass of rosé champagne
- Fresh strawberries and a delicious chocolate pot
- An exotic Rasul Mud Ritual to share with up to three of your friends
- A bento box lunch in The Forum Café
- A nourishing Elemis Skin Specific Facial
- Full use of The Forum Spa's luxurious facilities including steam room, plunge pool, sauna, jacuzzi and stunning relaxation pool overlooking the Rooftop Garden

£135 per person

Minimum 2 guests.

Groups of 8 or more will be required to upgrade to a private relaxation lounge at an additional cost of **£10** per person, featuring a balcony and a selection of complimentary magazines and DVD's to enjoy.

Smaller groups may also choose to upgrade to a private lounge at a fixed cost of **£50** per day.

STAY A LITTLE LONGER

Why not finish your celebration in style with a luxury overnight stay from only **£138** per room, per night in the five star Resort Hotel or from just **£88** per room, per night in the historic four star Manor House, including full Welsh breakfast the following morning and use of The Forum Health Club facilities throughout your stay.

WEDDING MAKE-UP

Let our experts apply your make-up and help you select colours and shades to create the perfect look for your big day.

Wedding Day Make-Up Trial

£30 per person. 25mins

Wedding Day Make-Up

£60 per person. 60mins

For more details, please contact our Reservations Team on 01633 410262 or visit celtic-manor.com

GIFT VOUCHERS

For a unique and memorable gift, choose from our range of beautifully presented gift vouchers, available to purchase for a selection of our best selling Spa Experience packages and individual treatments.

Alternatively, monetary gift vouchers are also available which may be used as full or part payment towards any treatments, packages or retail items at The Forum Spa. For more details or to purchase vouchers online, please visit celtic-manor.com.



RETAIL THERAPY

The Forum Spa stocks a wide range of luxury products from the finest beauty houses including Elemis and Clarins.

To order products online, please visit celtic-manor.com/sparetail or alternatively, contact The Forum Spa Reception on **01633 413000**.



LEISURE MEMBERSHIP

The Forum Health Club is one of the largest and most luxurious hotel health clubs in the UK, offering an extensive range of world-class facilities.

To enjoy membership of this exclusive club together with a host of five star benefits, contact our Membership Sales Team on **01633 410300** or visit celtic-manor.com for more details.



BOOKING TERMS & CONDITIONS

General

1. Clients are asked to arrive at least 30 minutes before their treatment time and check in at the Spa reception desk.
2. It is essential that you advise us of any medical conditions and allergies prior to arrival so that we can ensure treatments are suitable for you. We accept no responsibility for providing alternative treatments if correct information has not been given at booking stage.
3. Each client will be asked to complete a consultation form on arrival to assess their well-being and to allow treatment changes if required.
4. The Spa has the right to decline or will offer the client an alternative treatment if contra indications occur.
5. Persons under the age of 16 years are not allowed access to the Spa and are unable to have treatments. The Celtic Manor Resort offers crèche facilities at The Hideaway Club and these must be pre-booked.
6. No pets are allowed into the Spa or the Resort with the exception of guide dogs.
7. Fees are inclusive of VAT. Any additional products requested during treatments will be charged for accordingly.
8. Treatment times specified are inclusive of a consultation with the therapist.

Spa Packages

9. Treatments for all spa packages cannot be exchanged or shared with another person.
10. All treatments included on the Spa Experience packages are subject to availability.
11. All Spa Experience packages at The Forum Spa are inclusive of use of The Forum Health Club facilities with treatments and refreshments as described.
12. Itinerary timings may be subject to change without notice.

Groups

13. Groups of 5 or more people are required to have a designated contact person to liaise with the Resort. It is the responsibility of this group organiser to communicate all relevant information to the Reservations Agent.
14. We will require a full list of guest names and treatment selections at least 14 days prior to arrival.
15. Reservations made more than a month in advance will need to pay 50% deposit at this time, the remaining balance must be paid at least two weeks prior to the date of arrival.
16. Groups will be asked to arrive together to complete a familiarisation of the Spa and Health Club.
17. For the Pink Pamper package, groups of 8 or more will be required to upgrade to a private relaxation lounge at an additional cost of £10 per person.

Gift Vouchers

18. Gift vouchers can only be redeemed for the products and treatments as described.
19. Gift vouchers are not transferable and cannot be exchanged or refunded for cash.
20. Gift vouchers are only valid for the dates described and cannot be extended.
21. We reserve the right to replace treatments and products no longer available.
22. We reserve the right to change the Terms and Conditions without written notice.

Individual Cancellation Policy

23. Bookings must be cancelled 48 hours prior to treatment times or full treatment costs will apply.
24. Amendments to bookings must be made at least 48 hours prior to arrival and are subject to treatment availability.
25. Failure to arrive on time for treatments will result in treatment time being shortened and no discounts will be offered. If there is not sufficient time to complete a treatment, the cancellation policy will apply.
26. Non-arrival for treatments will result in full treatment costs being charged.

Group Cancellation Policy

27. Bookings cancelled more than 7 days prior to the date of arrival (for groups of 5 - 9 people) or more than 14 days (for groups of 10 or more) will receive a full deposit refund.
28. Cancellations made after this time will incur full charges, meaning that no refunds will be given.
29. All cancelled treatments are non-transferable and non-refundable.
30. Amendments to group bookings can be made up to 7 days prior to the date of arrival (for groups of 5 - 9 people) or up to 14 days (for groups of 10 or more) without cancellation charges, all amendments after this time may be subject to change without notice.
31. Failure to arrive on time for treatments will result in treatment time being shortened and no discounts will be offered. If there is not sufficient time to complete a treatment, the cancellation policy will apply.
32. Non-arrival for treatments will result in full treatment costs being charged.

USEFUL INFORMATION

Opening Hours

For full details of our current opening hours, please visit celtic-manor.com

Please Note

The Forum Spa is a mobile telephone free zone. We welcome individual guests and groups of all sizes. Children under the age of 16 years are unable to have treatments at The Forum Spa.

What To Wear

Residents are welcome to arrive in the robe from their bedroom or you may collect one from The Forum Spa reception. Please wear undergarments or dry swimwear during your treatment. We can also provide disposable underwear if required and our therapists will ensure that you are modestly covered with towels at all times.

Adult Only Swim Times

We aim to balance our family friendly environment with a tranquil and relaxing experience for our members and guests, by providing dedicated adult only swim times at The Forum Pool. For our latest adult swim times please visit celtic-manor.com

Health & Safety

Although trained staff are on duty in the spa, we do not have any dedicated lifeguards watching the pools. If you suffer from high blood pressure, have recently been unwell or believe you may be pregnant you should not use the saunas, steam rooms, spa bath or any heat-based treatments such as Rasul, Hydrotherapy or Dry Floatation.

Please ask a member of our gym team to show you how to use the gym equipment. The spa is equipped with plenty of showers and it is particularly important that you shower to remove any oil before using the pools and after using the sauna and steam rooms.

Contra Indications

Some treatments may be unsuitable for people with certain medical conditions due to contra indications. If you are unsure as to whether a medical condition would prevent you from having a particular treatment or if you are pregnant, please contact Reservations on 01633 410262 for advice.



Celtic Manor Resort, Coldra Woods, The Usk Valley
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celtic-manor.com



The Celtic Manor Resort is committed to preserving our natural environment and this booklet is printed on elemental chlorine-free paper made with timber from well-managed sustainable forests. The mills have ISO 14001 and certified chain of custody.