

The logo features a stylized white graphic of three overlapping curved lines on the left, resembling a 'C' or a wave. To its right, the text 'FUSION·spa' is written in a clean, sans-serif font, with 'spa' in lowercase. Below this, the words '& wellness' are written in a smaller, lowercase sans-serif font.

FUSION·spa  
& wellness



BRYNMEADOWS  
GOLF · HOTEL · SPA

ESPA  
Natural Beauty  
Inner Calm



# ESPA AT FUSION SPA

"The chosen brand of the world's leading spas and skincare experts"

Our highly trained therapists are guided by a holistic philosophy caring for your whole wellbeing. Each treatment has been carefully designed to be tailored to your individual needs. Our aim is to help people look and feel their best, have naturally beautiful skin and a sense of inner calm.

Visit us for an individual treatment, or combine with a healthy and delicious spa lunch and use of our relaxing spa facilities including an 18m swimming pool, Jacuzzi, Hydro-Therapy pool, sauna and aromatherapy and steam chambers. If you're feeling a little more energetic, work out in our Life Fitness gym.

## ESPA

Natural Beauty  
Inner Calm

Fusion Spa at Bryn Meadows Golf Hotel & Spa  
Maesycwmmr, Near Ystrad Mynach,  
Caerphilly, South Wales CF82 7SN. SAT NAV: NP12 2RB



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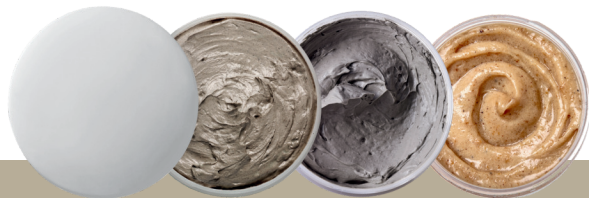
# RASUL AND SPA

Self-applying Rasul treatment with seasonal scrub and mud  
Traditional Afternoon Tea  
Robe, towel and flip-flops  
Leisure access

Monday - Friday | £69 per person for 4 people  
Saturday - Sunday | £79 per person for 4 people

Monday - Friday | £74 per person for 3 people  
Saturday - Sunday | £84 per person for 3 people

Monday - Friday | £79 per person for 2 people  
Saturday - Sunday | £89 per person for 2 people



**RASUL TREATMENT ONLY**  
£30 per person minimum of 4 people  
£35 per person minimum of 3 people  
£40 per person minimum of 2 people

Please note -  
The Rasul treatment is not suitable for anyone who is pregnant, has high/low blood pressure, diabetes or epilepsy.

# SPA DAY PROGRAMMES

Every aspect has been designed with you in mind, to relax and indulge you during your time with us. All of our day programmes include:

- A healthy and delicious spa lunch
- Robe, towel and flip-flops
- A bookable timeslot for use of the facilities

## CALM

A 50 minute treatment chosen from our treatment menu (1 x 50 minute or 2 x 25 minutes).

Plus

- 1-course lunch, chosen from our spa lunch menu

£119 per person - Monday, Thursday, Friday  
£129 per person - Saturday & Sunday

## REWIND

A 50 minute treatment chosen from our treatment menu.

Plus

- A 25 minute express treatment, including either: an express facial, scalp or back massage.
- 1-course lunch, chosen from our spa lunch menu

£149 per person - Monday, Thursday, Friday  
£159 per person - Saturday & Sunday

## UPGRADE OPTIONS

Traditional Afternoon Tea | £13.95 per person

-Treatments can be chosen from our treatment menu on the next page-



## SESSIONS EXPLAINED

This time would include your treatment time and your pool side facility slot. Your Blas Restaurant reservation will take place once your spa day is complete.

- MORNING SESSION: Monday-Sunday 9am-12.30pm
- AFTERNOON SESSION: Monday-Sunday 1pm-4.30pm
- EVENING SESSION: Thursday-Friday 4.30pm-7.30pm  
(Sunset Package Only)

\*Please Note -  
Please arrive 15 minutes before your spa day is due to start. Also, we cannot guarantee that your scheduled treatments will be done together.

## TREATMENT MENU

### 25 MINUTE TREATMENT

- Back, Neck & Shoulder Massage - Relax muscles and ease tensions with our targeted massage.
- Express Facial - Reveal a clear, refreshed, naturally beautiful complexion with this express facial. Treatment includes: Skin analysis - double cleanse, exfoliation, personalised mask - scalp massage.
- Tension Relieving Scalp Massage - Relieve tension in the shoulders, neck and scalp with this targeted massage.
- ESPA Lighter Leg Ritual - Soothe tired, aching or swollen feet and heavy legs with this luxurious and revitalising treatment. Treatment includes: Foot Ritual - lower leg and foot exfoliation and massage.

### 50 MINUTE TREATMENT

- ESPA Swedish Massage - Restore movement with this intensely effective massage.
- ESPA Deep Cleansing Facial - Deeply cleanse, hydrate and renew with this instant results facial. Includes: Cleanse, exfoliation, facial massage and personalised mask & scalp massage.

# SUNSET AT FUSION

25 minute treatment  
£25 per person dinner allocation in our Blas  
Restaurant  
Robe, towel and flip-flops  
Leisure access

Monday, Thursday, Friday | 4.30pm-7.30pm  
£99 per person



# WATER PACKAGE

Facility use  
1-Course light lunch in our Blas Restaurant  
Robe, towel and flip-flops  
Leisure access

Monday - Wednesday  
£49 per person



# EXPRESS TREATMENTS

## ESPA BACK, NECK & SHOULDER MASSAGE

25 Minutes | £49 per person

Ease tension where you need it most with this fast-acting de-stressing treatment. Personalised to your unique needs, targeted massage with pure aromatherapy blends relaxes tense muscles, re-energises your body and calms your mind.

## ESPA TENSION RELIEVING SCALP MASSAGE

25 Minutes | £49 per person

A gentle shoulder, neck and scalp massage is performed using pink hair and scalp mud to relieve tension in this common area. Pressure points to the ears and face are performed to conclude this treatment and a light tug at the feet to re-balance your body.

## ESPA LIGHTER LEG RITUAL

25 Minutes | £49 per person

Soothe tired, aching or swollen feet and heavy legs with this luxurious and revitalising treatment. Cleanse and smooth hardworking feet and lower legs, then treat them to rejuvenating and intensely reviving massage - restoring cool comfort and leaving you ready for another active day.

## ESPA EXPRESS FACIAL

25 Minutes | £49 per person

Reveal a clear, refreshed, naturally beautiful complexion with this express facial. Personalised to your needs, natural active formulas cleanse, rebalance and hydrate while aromatic essential oils capture your mind, leaving you looking and feeling relaxed and radiant. Includes: Skin analysis - double cleanse - exfoliation - personalised mask and scalp massage.

## ESPA SALT & OIL SCRUB

25 Minutes | £49 per person

Revive skin's natural softness and glow with this intensely exfoliating treatment. An ideal way to prepare skin for other treatments, a natural blend of sea salt and the purest oils polishes away dull, dry cells and infuses skin with rich nourishment. Skin feels smooth, supple and looks radiantly healthy.

# ESPA FACIALS

Reveal skin that glows each day with natural health and beauty. By assessing your skin, lifestyle and wellbeing needs, our ESPA Experts create a truly personalised, results-focused facial using the latest innovative techniques with our powerful Tri-Active blends. Results are both instant and long lasting. Skin looks clear, radiant and inner calm is blissfully restored.



## ESPA INNER BEAUTY 50 Minutes | £79 per person

Deeply cleanse, hydrate and renew with this instant results facial. Tailored to your skins' precise needs, Tri-Active™ formulas work immediately to transform your complexion while pure aromatherapeutic oils encompass your mind. Skin looks clear, quenched, naturally beautiful, and inner calm is blissfully restored.

Includes: Skin analysis with SkinVision™ lamp, triple cleanse, exfoliation, facial massage, personalised mask & scalp massage

## ESPA OPTIMAL SKIN HEALTH 50 Minutes | £79 per person

Visibly revive skin's natural beauty, balance and health. Achieving instant results with long lasting benefits, this intelligent facial harnesses nature's most potent actives alongside high performance massage to deeply cleanse, refine and hydrate skin. You emerge with a smooth, profoundly nourished complexion, glowing with natural health.

Includes: Skin analysis with SkinVision lamp, triple cleanse, exfoliation, facial massage, mask & scalp massage.

## ESPA ACTIVE NUTRIENTS GLOW 50 Minutes | £79 per person

This supercharged treatment features a plethora of active nutrients to restore your radiance. Feed your skin and spirit, glow inside and out. Brighten and refresh dull, lethargic complexions with this glow-giving facial.

Includes: Skin analysis with Skin Vision™ lamp, triple cleanse, exfoliation, facial massage, mask & scalp massage.



## ESPA INTENSE REGENERATING

50 Minutes | £79 per person

Visibly diminish wrinkles and fine lines with this powerfully age-defying facial. Instantly effective, naturally renewing formulas combine with restorative massage to noticeably tone, plump and intensely hydrate mature skin. Youthful radiance is awakened, and your skin is left feeling beautifully refined, soft and supple.

Includes: Skin analysis with SkinVision lamp, triple cleanse, exfoliation, age-defying facial massage, mask, scalp massage.

## ESPA INSTANT RADIANT

80 Minutes | £99 per person

Brighten and revitalise with this intense, instantly effective facial. Innovative formulas unlock nature's power to transform a fatigued or lacklustre complexion. Fresh, toned, radiantly healthy-looking skin emerges, and your natural glow is restored.

Includes: Skin analysis with SkinVision lamp, triple cleanse, regenerating resurface & brighten mask, age-defying Rose Quartz crystal massage, professional lifting & smoothing mask scalp massage.

# ESPA MASSAGE

Rediscover inner calm and physical wellbeing. Here, genuine care is taken to address your individual needs, with natural formulas and holistic techniques specially applied to provide a profoundly effective experience for both mind and body. Muscular tensions are released, your soul feels soothed and you emerge energised with renewed focus and lasting positivity.



## ESPA INNER CALM MASSAGE

50/80 Minutes |  
£76/£96 per person

Quieten your mind, release tension and nourish your skin with this holistic, ultimately restorative experience. Personalised to your physical and emotional needs, carefully chosen aromatherapy blends relax, cleanse or energise, while advanced massage alleviates muscular pressure, soothes anxiety and invokes profound relaxation. Mind and body feel balanced, energy renewed and inner calm beautifully restored.

Includes: Breathwork, full body aromatherapy massage, scalp massage\*.

## ESPA HOT STONES MASSAGE

50/80 Minutes |  
£79/£99 per person

Discover lasting relaxation for mind and body with this aromatherapy treatment. Tailored massage with hotstones unravels persistent muscular tightness and discomfort while pure, aromatic essential oils encompass the mind to relieve stress, recharge spirits and leave you feeling rejuvenated.

Includes: Full body aromatherapy massage with hot stones and a scalp massage\*.

## ESPA SWEDISH MASSAGE

50/80 Minutes |  
£76/£96 per person

Revive your body and enliven your spirits with this invigorating massage. Working swiftly and deeply where you need it most, traditional Swedish massage with pure, nourishing oils boosts circulation, alleviates tight, aching muscles and awakens the body from top to toe.

Includes: Full body Swedish massage and a scalp massage\*.

\*Scalp massage is only included in the 80 minute treatment.

# ESPA SIGNATURE AND BODY TREATMENTS

Guided entirely by your personal needs, expect instant and long-lasting results from these profoundly renewing rituals. Unique in every sense, they make use of nature's most powerful and effective actives and oils, coupled with innovative techniques from our expert therapists. Your body feels rebalanced and skin's natural beauty is restored.

Our signature treatments have been designed and carefully personalised by our own team of therapists with your relaxation in mind.

## ESPA BACK, FACE & SCALP TREATMENT

85 Minutes | £99 per person

Unravel tension, instantly boost your complexion and restore inner calm with our most renowned treatment. Targeted massage techniques combine with the purest aromatherapy oils and a highly personalised facial helping you look and feel your very best - restored, de-stressed and beautifully radiant.

Includes: Back exfoliation, back, neck and shoulder massage, inner beauty facial, scalp massage.

## ESPA SLEEP RITUAL

85 Minutes | £99 per person

The definitive answer to a truly blissful night's sleep. Quieten your mind and release physical tension and emotional anxieties with this tailor-made experience. Returning mind and body to a perfect balance, guided breathing and visualisation combine with deeply therapeutic massage to help clear the mind and enable you to completely switch-off, ensuring an uninterrupted and blissful night's sleep.

Includes: Breathing and visualisation techniques, full body massage with hot stones, therapeutic scalp massage.



## ESPA MATERNITY

Nurture your changing body and calm your mind with these beautifully comforting treatments. Personalised to your needs, the purest, most gently formulas smooth and nourish skin, while expert massage soothes tight, tender muscles and invokes a state of blissful relaxation.

### 25 Minutes | £49 per person

Includes a soothing massage on an area of your choice:

- Back, neck and shoulders
- Legs and feet

### 50 Minutes | £79 per person

Includes a back, neck and shoulder massage, followed by an express facial and scalp treatment.

### INNER CALM PREGNANCY MASSAGE

#### 50/80 Minutes | £76/£96 per person

Includes breath-work, full body massage and scalp massage\*.

\*Scalp massage is only included in the 80 minute treatment.

# ESPA FOR MEN

Our ESPA face and body treatments for men are specifically tailored to your skin type, each one designed specifically to ensure you experience the best physical and therapeutic benefits depending on your needs.



## ESPA DEEP MUSCLE MASSAGE

50 Minutes | £76 per person

Restore comfort, suppleness and movement with this intensely effective massage. Activate stretching and specialised massage with expertly blended aromatherapy oils, alleviate deep-seated tension in the neck, shoulders and back with instant and lasting effect. Muscular pain is diminished, leaving you feeling stronger and more energised.

Includes: Targeted massage, focussing on areas of concern.

## ESPA DEEP CLEANSING FACIAL

50 Minutes | £79 per person

Deeply cleanse, hydrate and renew with this instant results facial. Tailored to your exact needs, Tri-Active™ formulas work immediately to purify and reawaken your skin while aromatherapeutic oils relax your mind. Skin looks clear, smooth, energised, while inner calm is restored.

Includes: Skin analysis with SkinVision lamp, triple cleanse, exfoliation, facial massage, personalised mask, scalp massage.

## ESPA SWEDISH MASSAGE

50/80 Minutes | £76/£96 per person

Revive your body and enliven your spirits with this invigorating massage. Working swiftly and deeply where you need it most, traditional Swedish massage with pure, nourishing oils boosts circulation, alleviates tight, aching muscles and awakens the body from top to toe.

Includes: Full body Swedish massage and a scalp massage.

## ESPA MUSCLE REVIVER

40 Minutes | £59 per person

Relax and revive body and mind with this multi-targeted massage. Instantly alleviate tension with this powerful yet soothing treatment focusing on the back, face and scalp. Using personally selected essential oils, persistent tension in the back is eased, skin looks re-energised and a positive mindset is restored.

Includes: Back massage, facial massage and scalp massage.

# SPA ETIQUETTE

## SPA OPENING HOURS

Monday	09:00 - 19:00
Tuesday - Wednesday	Rasul Treatments & Water Package Only
Thursday	09:00 - 19:00
Friday	09:00 - 19:00
Saturday	09:00 - 19:00
Sunday	09:00 - 19:00

## ARRIVAL

Please arrive at least 15 minutes before your first session is due to start. If you arrive late we may need to reduce the duration of your treatments and no refund will be given for the time deducted.

## WHAT TO WEAR?

The majority of spa days include robe, towel and flip-flops. Either swimwear or gym attire is required.

## MENU CHOICES

Please let the spa receptionist know at the time of booking if you require a vegetarian or vegan option, or if you have any allergies or intolerances we should be aware of.

## AQUA AEROBICS

We do offer Aqua Aerobics and Bootcamps, if you want to avoid classes, please call prior to arrival to check if any are going ahead.

## CHILDREN

To provide an adult orientated atmosphere, guests receiving treatments and visiting the thermal suite must be over 16 years of age.

We do offer Childrens swim times, but please contact our Fusion Spa direct for more information.

## PAYMENT

Payment can be made by all major credit / debit cards. Please note, we reserve the right to raise prices or modify treatments without prior notice. Full payment is taken at the time of booking and is non refundable and non amendable.

If you cancel 48 hours before your booking, a refund of 50% will be returned to you. This excludes offers and last minute deals.

If you are paying with a voucher, you must bring that voucher with you on the day. If your voucher is forgotten, lost or expired, another payment method will be requested.

## CANCELLATION POLICY

As a courtesy to other clients, we would ask you to notify us at least 48 hours beforehand if you need to cancel your spa booking.

Cancellations will be charged at 50% of the spa package/treatments. No shows and on the day or cancellations within the 48 hours will be charged at 100% of the remaining spa package/treatments. Please note that if using vouchers, these will be used against our cancellation policy.

## MEDICAL CONDITIONS

Some treatments are not suitable for certain medical conditions. If you wish to have a treatment and suffer from any of the following, please inform us at the time of booking:

- Heart or circulatory problems, high or low blood pressure, diabetes, epilepsy or thyroid problems
- You are pregnant
- You have suffered from cancer in the past year
- You suffer from any allergies
- Had a recent operation

If you have a medical conditions and would like to discuss the options available to you, we will be happy to offer guidance and assistance.





Fusion Spa at Bryn Meadows Golf Hotel Spa  
Maescwmmmer, Near Ystrad Mynach  
Caerphilly,  
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CF82 7SN

SAT NAV: NP12 2RB

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