



WONDERFUL ESCAPES AT WERN-Y-CWM FARM

MASSAGE AND HOLISTIC EXPERIENCE

Your holistic experience will be delivered by Dalia, our in-house therapist, who runs the wellness centre at Wonderful Escapes. Guests are invited to wait for pre-booked treatments in our greenhouse overlooking the Wern-y-Cwm Wellness Garden and natural swimming pool. You will be offered some refreshments, while taking a moment to pause in the quiet beauty of the gardens, which we hope will deepen your relaxation.

All treatments use organic essential oils and creams from Neal's Yard Remedies. The treatment room, like so much of our design, champions the use of up-cycled materials coupled with modern comfort. The panelling has been rescued from a demolished chapel in the valleys and a 100-year-old sewing machine frame supports the basin, whilst the massage bed is a contemporary, cutting-edge design.

Having studied Cosmetology in her native Lithuania, Dalia has experience working in Wales' leading spa. She is happy to adjust her massage technique to suit the individual, from super firm to a gentler pressure. Dalia has training in Candle Therapy, Pregnancy, Cancer Patients, Hot Stones, Head, Neck, Foot and Deep Tissue Massages.

PRICING AND OFFERING

Full Body Massage (55 or 85 mins)

This comprehensive massage targets the entire body, helping to relieve tension, improve circulation, and promote overall relaxation. It combines various techniques to ensure a balanced and soothing experience.

Back, Shoulder & Neck Massage (30 or 55 mins)

Focused on the upper body, this massage targets areas that often hold stress and tension. It helps to reduce stiffness, ease discomfort, and improve mobility, particularly in the neck, shoulders, and back.

Legs & Feet Massage (30 mins)

Designed to relieve fatigue and improve circulation, this massage focuses on the legs and feet. It can alleviate swelling, reduce tension in the muscles, and provide a deep sense of relaxation, especially after physical activity.

Deep Tissue Massage (55 or 85 mins)

A therapeutic massage that uses firm pressure to reach deeper layers of muscle and connective tissue. It is particularly effective for relieving chronic pain, muscle stiffness, and tightness in areas such as the back, shoulders, and neck.

Swedish Massage (55 or 85 mins)

A gentle, relaxing massage that uses long, flowing strokes, kneading, and circular motions. This technique is ideal for promoting relaxation, improving blood flow, and relieving mild muscle tension, making it great for stress relief.

Reiki Massage (55 or 85 mins)

A holistic healing practice that combines light touch with the use of energy flow to balance the body's energy. Reiki promotes relaxation, reduces stress, and helps to restore physical and emotional balance.

Hot Stone Massage (55 or 85 mins)

Smooth, heated stones are placed on the body or used as tools during the massage. The heat from the stones helps to relax muscles, reduce stress, and improve circulation, providing a deeply calming experience. (£10 supplement).

Candle Ritual (55 or 85 mins)

A unique and relaxing massage experience where warm, melted candle wax is gently poured onto the skin. The warmth of the wax helps to relax muscles, hydrate the skin, and create a calming atmosphere, while a soothing massage technique is applied to promote relaxation and relieve tension. (£10 supplement).

*If you are undergoing cancer treatment or are pregnant, please let Dalia our therapist know as she will offer alternative treatments.

Treatment cost:

£40 for 30 minutes

£65 for 55 minutes

£100 for 85 minutes