



Heronston
Hotel & Spa

Heron's Spa



Everything you need to relax...

and for all your troubles to melt away...

Hérons Spa is situated in a rural area on the outskirts of Bridgend near the picturesque Ogmores Castle and dramatic Glamorgan Heritage coastline.

We aim to create a sanctuary of relaxation and revitalization in our mood lit pool area. You can rediscover yourself in our relaxation room or just sit, relax and let your everyday stresses and troubles melt away...





Day spa packages

Spa Experience Package

Enjoy a relaxing morning or afternoon around our moodlit pool and in our serene relaxation room and enjoy either a light lunch or a cream tea. With a choice of 25 minute treatments to include: Indian Head Massage, Facial or File & Gel Polish on hands or feet.

You can upgrade at the time of booking to a Back, Neck & Shoulder Massage or a Full Body Massage for an additional charge.

Luxury Spa Package

A choice of back, neck and shoulder or Indian head massage followed by a mini treatment to include a facial, pedicure or manicure. Total treatment time 40 minutes. Enjoy a full afternoon tea with a choice of tea, coffee or orange juice or light lunch with your choice of refreshment drink (from the list below). Relax in our pool area or relaxation room to complete your day.

(Drinks included: Large glass of wine, beer or lager or soft drink)

Light lunch

Choose between:

Smoked Salmon and Spinach Tagliatelle with white wine cream sauce

Caesar Salad with anchovies, parmesan and pancetta

Cajun spiced Chicken Baguette served with chipped potatoes

Sandwiches with a selection of fillings served with chipped potatoes

Arrabiata Pasta glazed with Cheddar Cheese (V)

Cold Meats Salad with New Potatoes

Cream Tea

Choice of Sandwiches, scones with preserve and clotted cream, tea or coffee

Afternoon Tea

Choice of Sandwiches, scones with preserve and clotted cream, three fancy cakes, choice of tea, coffee or orange juice



Residential spa breaks

Bed & Breakfast Spa Break

Enjoy a relaxing overnight stay in one of our comfortable rooms. With a 25 minute spa treatment including: Indian Head Massage, Facial or File & Gel Polish on hands or feet. Enjoy a full Welsh breakfast the following morning and time in our leisure club.

Dinner, Bed & Breakfast Spa Break

Enjoy all of the above package plus a dinner allowance worth up to 2 courses in our Crane restaurant.

For a little extra luxury upgrade to a Superior bedroom at a small additional cost.

Add further treatments to your package and receive a 10% discount on each additional treatment booked.



Superior Room



Marvellous massages

Full Body Massage

A classical massage also known as a Swedish Massage is perfect for first-time spa goers. The massage lasts for 50 minutes. It helps to release neck knots and soothe nerves. It consists of long strokes over oiled skin and kneading of outer layers of muscle tissue to reduce stress and soothe sore joints and muscles. Studies have shown that Swedish Massage relaxes the nervous system, aids circulation and helps with detoxification.



Hot Stones Massage

The heat of the stones has an immediately relaxing effect. The therapist will glide them along your oiled body, resting some of the smooth stones on your back. The stones are believed to have healing and grounding qualities, which makes hot stone massage a more profound experience. Hot stone massage is a feel good treatment which is said to be like the 'vascular gymnastics' of the circulatory system that controls self healing in the body.

Back, Neck & Shoulder Massage

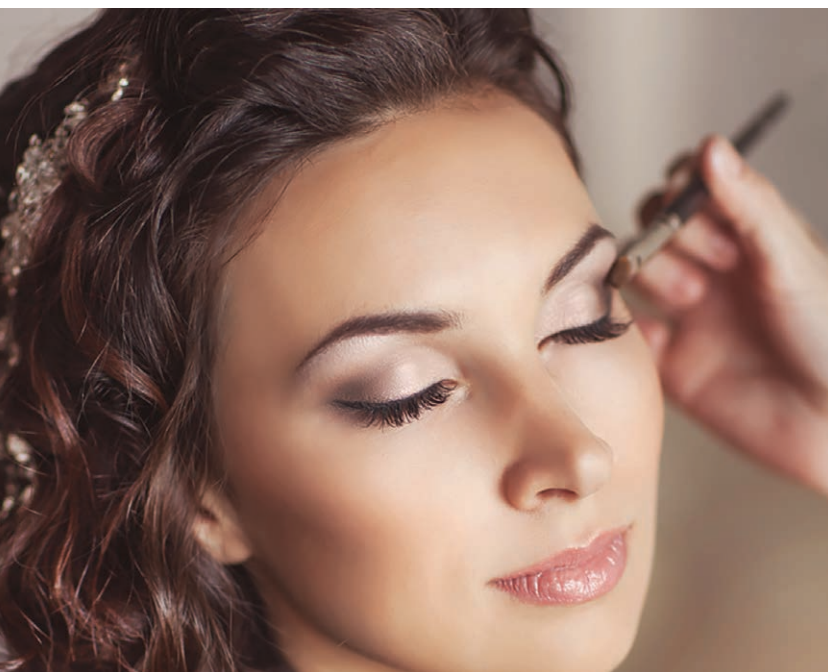
This is the fundamental and most popular of all spa treatments as it is a deeply relaxing massage focusing on built up stress and muscle tension in all areas around the neck, shoulders and across the back. This massage improves circulation, posture, flexibility and relieves tension headaches, strengthens the immune system and can help to decrease feelings of depression.

Indian Head Massage

Based on the ayurvedic system of healing which has been practiced in India for over a thousand years. It provides relaxation and is part of rituals such as weddings.

Its aim is to release the stress that has accumulated in the tissues, muscles and joints of the head, face, neck and shoulders. It is good for releasing stress, tension, fatigue, insomnia, headaches, migraine and sinusitis. The experience is deeply calming leaving you feeling energised, revitalised and better able to concentrate.





Mac Bridal / Special Occasion

Make up

Ensure you have the most elegant, beautiful and professional bridal make up on your special day. Come in for a trial before hand and try different shades ensuring you have the perfect make up to suit you!

Special occasion and bridal party makeup can also be arranged, so everyone looks their very best on the day!

Fantastic facials

Facials are just one of the steps to maintaining healthy, clear skin but can also be a relaxing way to pamper yourself. Everyone's skin is different, but whether your skin is dry, oily or a combination of both, sensitive or normal, there is a facial to cater to your needs.

Express facial

A relaxing 25 minute treatment which cleanses, massages, exfoliates, tones and moisturises your skin leaving you with a glowing feeling.

Luxury facial

Enjoy all of the above with the addition of a steam treatment and a face mask. Treatment lasts for 40 minutes.

Spa facial

Enjoy all of the above with extended face massage and steam treatment and the addition of a hand & arm massage while the mask treatment is working. Treatment lasts for 50 minutes.



*Fabulous fingers and a
treat for your feet*



File & Polish

File & shape your nails and finish with a polish in the colour of your choice.

File & Gel Polish

File & shape your nails and finish with a gel polish in the colour of your choice.

Acrylic Nail Extensions

For strong elegant nails with either a natural finish or a coloured polish, alternatively finish with a gel polish. Holographic polishes and crystals can also be added.

Express Manicure

File and shape you nails, push back cuticles, apply hand cream and apply clear polish or buff nails. This is a 15 minute treatment.

Manicure & Polish

File and shape nails, remove cuticles, apply hand cream and hand massage. Paint nails in colour of your choice or buff nails. This is a 30 minute treatment.

Spa Luxury Manicure

For a real treat enjoy all of the above plus a hand and arm exfoliation and a hand and arm massage. Treatment lasts for 50 minutes.

Toe Nail Cut & Polish

Cut, file & shape your nails and finish with a polish in the colour of your choice. (not suitable for diabetics)

File & Gel Polish

File & shape your nails and finish with a gel polish in the colour of your choice.

Express Pedicure

File and shape your nails, push back cuticles, apply foot lotion and apply clear polish or buff nails. This is a 15 minute treatment.

Pedicure & Polish

File and shape nails, remove cuticles, foot scrub, apply foot lotion and foot massage. Paint nails in colour of your choice or buff nails. This is a 35 minute treatment.

Spa Luxury Pedicure

For a real treat enjoy all of the above plus a foot mask and a foot and ankle massage. Treatment lasts for 50 minutes

Callus Peel treatment

The callus peel is applied to hard skin and calluses leaving your feet feeling soft and revitalised, achieving sandal ready feet in no time. This is a 30 minute treatment which is recommended to be repeated every 2-3 weeks.

Upgrade your manicure & pedicure with the following treatments:

French Polish

The iconic white-tipped French polish. Neutral and understated, yet meticulously preened, a classic beauty staple since they first emerged in the 30's.

Gel Polish

A long lasting polish with a high shine which is gentle to natural nails.

Paraffin Wax treatment

A luxurious treatment intended to moisturise and soften skin, it cleanses, detoxifies and also provides a therapeutic and healing heat to joints and muscles. Please add an additional 15 minutes to your treatment time.

Beautiful bodies

Waxing Hair Removal

Waxing is a temporary method of hair removal. We offer a full range of waxing treatments in our spa. The therapist will cleanse the area for waxing using a special pre wax lotion, apply quality wax and remove the un-wanted hair.

The hair to be waxed should be at approximately 0.75cm to 1cm in length – usually a 2 week post shaving growth or 4-6 weeks post waxing.

Once the waxing is complete a soothing lotion is applied which soothes and helps the skin recover.

Waxing helps the skin look naturally smooth and eliminates stubble growth. It lasts longer than shaving and over time hairs become more sparse, finer and weaker.

Sugar Body Scrub

A scrub or body polish is a spa treatment which exfoliates the skin leaving it feeling fresh, smooth, moisturised and soft. The product is rubbed vigorously and massaged across and into your skin, then it is rinsed away to reveal a moisturised layer of fresh clean and smooth skin.

Body scrubs can be invigorating and improve the circulation of blood and lymph to the surface of the skin, helping to tighten cellulite and improve your skin tone.

Spray Tanning

A treatment that colours your skin to make you look as though you have a 'healthy tan', turning your skin to a golden brown in a healthier way than sun bathing. Your full body or part body can be spray tanned in our discreet tanning booth in a private spa treatment room.

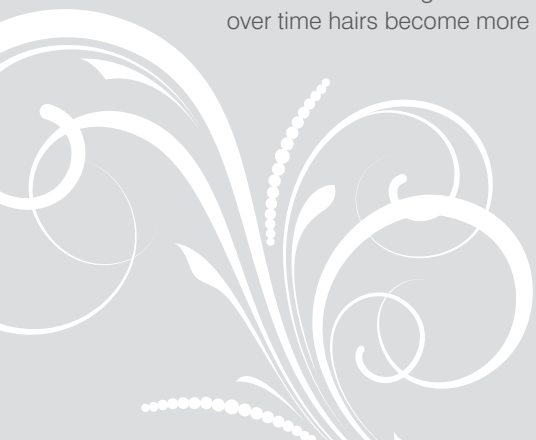
Luscious lashes & brows

Eyelash and Eyebrow Tinting

Your eyes are gorgeous and your lashes too. But imagine what professional eyelash tinting and eyebrow tinting will do for the depth and colour of your eyes and the definition of your face. Tinting involves carefully dyeing the lashes or brows with safe natural tints, to give them a natural luscious darker appearance. A patch test is required 24 hours prior to treatment.

Party Lashes / Cluster Lashes

Small clusters of individual lashes are applied to give a brilliant quick-time result. The effect is to open up your eyes and to give longer fuller lashes. Perfect for parties and special occasions.





Tel: 01656 668811

Ewenny Road, Bridgend, CF35 5AW

reception@bestwesternheronstonhotel.co.uk

www.bw-heronstonhotel.co.uk

 HeronstonHotel

 @HeronstonHotel