

Elemis Facials

Pro Definition Lift & Contour Facial

Restore the architecture of your face with potent plant actives. For a profoundly, sculpted youthful effect.

60 minutes £75

Dynamic Resurfacing Precision Peel Facial

This highly potent couture resurfacing treatment targets the signs of ageing and dull, tired, uneven skin tone (patch test required 24 hours prior to treatment).

60 minutes £75

Superfood Pro Radiance Facial

Energise and detoxify stressed, dull skin with a nutritional superfood boost. Leaves skin plumper, radiant and glowing with good health.

60 minutes £75

Pro Collagen Age Defy Facial

Tackle fine lines & wrinkles with the clinically proven age-defying benefits of the Marine Algae Complex. Targeted massage encourages optimum cellular function for nourished, younger-looking skin.

60 minutes £75

Book your treatment on 01834 871850



Celtic Haven Facials

*Using Elemis products specifically tailored
to your skin type*

Celtic Haven Taster Facial

Perfect for when your skin needs a quick boost...
25 minutes £40

Celtic Haven Luxury Facial

An upgrade from our taster facial, to include a
luxurious face mask and dreamy scalp massage...
40 minutes £50

Celtic Haven Deluxe Facial

The ultimate treat that includes a dreamy scalp
massage and a heavenly hand and arm massage...
pure bliss!
55 minutes £60

Book your treatment on 01834 871850



Massage

Holistic Wellbeing Massage

Enjoy a wonderful customised massage for pure relaxation, adapting pressure to suit and targeting any problem areas...

Full Body – 55 minutes £65

Back – 25 minutes £45

Full Body & scalp – 70 minutes £75

Deep Tissue Muscle Massage

Deep, rhythmic pressure massage with Elemis aromatherapy oils to target individual needs...

Full Body – 55 minutes £70

Back – 25 minutes £50

Bamboo Massage

Introducing the calming touch of nature through bamboo massage. This treatment uses sustainable materials, helping to relieve stress and tension and promote deeper relaxation.

Full Body – 55 minutes £70

Back – 25 minutes £45

Book your treatment on 01834 871850



Holistic Therapies

Aroma Stone Massage

Warm basalt stones melt away tension where therapeutic heat is slowly released into the muscle...

Full Body - 70 minutes £80

Back - 25 minutes £50

Reflexology

Working on specific areas of the feet to restore the body's balance and helps on a physical, mental and emotional level...

50 minutes £60

Indian Head Massage

A wonderfully relaxing massage to the face, neck, shoulders, upper arms and head, helping to alleviate stress and tension built up from everyday life...

30 minutes £45

Reiki

Helping to balance the body, mind and spirit by working with energy flows and healing...

45 minutes £55

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Specialised Body Treatments

Absolute Spa Experience

From the soles of your feet to the crown of the head, this customised face and body treatment is the ultimate in skin therapy. Enjoy an Elemis Pro Collagen Age Defy Facial and a deep tissue muscle massage...

105 minutes £130

Face and Body Sensation

The perfect treatment duo when time is of the essence. Enjoy a sensational hot-stone back of the body massage combined with a prescribed Elemis booster anti-ageing facial...

60 minutes £80

Elemis Thousand Flower Detox Wrap

A nutrient-rich detox wrap using the power of thousand flowers and green tea to promote skin health. Leaving you feeling completely reinvigorated...

50 minutes £50

Elemis Body Nectar Nourishing Wrap

Elemis monoi oil is swept over the body for super hydration, quenching thirsty skin and parched areas. The body is softly cocooned and warmed, while the mood-balancing aromatics and skin conditioning oils do their work.

50 minutes £50

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Body Treatments

Celtic Haven Exotic Frangipani Body Scrub

Luxurious Elemis Frangipani Salt Glow simply melts as it's massaged into your body, invigorating the skin. After a refreshing shower, frangipani body cream leaves your skin incredibly soft and delicately scented...

45 minutes £50

Exotic Lime and Ginger Salt Glow

A body exfoliation ritual to invigorate and revitalise. Lift your senses with a sublime Elemis exotic lime and ginger salt glow including a drizzling of warm oil over the body. Skin is deeply cleansed leaving it silky-smooth and glowing...

50 minutes £50

Riving Body Scrub

A skin boost Elemis body scrub to eliminate dead skin...

25 minutes £35

Back Bliss

A facial for the back which includes a relaxing back of the body massage...

40 minutes £50

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Mother to be

Peaceful Pregnancy Massage

The nine-month journey of nurturing is a very special time, and this inspirational therapy connects mother and baby through the power of touch, working with two heartbeats as one...

Using special pregnancy massage techniques adapted to each stage of pregnancy, our blissful mother-to-be massage helps to relieve tension in the back and alleviate swelling in the hands and feet whilst easing and uplifting the spirit...

90 minutes £80

Time for Men

Power Booster Facial

This treatment helps to cleanse, firm and hydrate, reducing the appearance of wrinkles...

25 minutes £40

Urban Cleanse Facial

Deep cleansing performance for the complete skin detox. Eliminates pores and accelerates skin recovery...

55 minutes £60

Total Time Out for Men

The ultimate skin and body therapy. Enjoy the best of both worlds by combining an Urban Cleanse with a Deep Tissue Massage...

105 minutes £130

Book your treatment on 01834 871850

Finishing Touches

Jessica Express Manicure

A mini treatment including a nail shape and cuticle treatment, finish with a nail paint...

25 minutes £30

Jessica Luxury Manicure

An upgrade from our express manicure which includes a hand exfoliation and thermal mittens...

50 minutes £40

Jessica Express Pedicure

A mini treatment including a nail shape and cuticle treatment, finish with a toenail paint...

25 minutes £30

Jessica Luxury Pedicure

An upgrade from our express pedicure which includes a foot exfoliation and thermal booties...

50 minutes £45

Jessica Nail Paint

Hand £10 Feet £10 Both £18

Book your treatment on 01834 871850



Finishing Touches

Jessica GELeration Manicure

A luxurious treatment including a cuticle tidy and nail file, gel paint in a colour of your choice and an application of moisturiser to finish...

45 minutes £35

Jessica GELeration Soak Off

The safest and most effective way to remove your Jessica GELeration...

(please note we can only remove GELeration that was applied at Celtic Haven)

30 minutes £15 or £10 if you are having new gels applied

Tanning Systems

To achieve the best results, exfoliate 24 hours before your tan and avoid using any lotions or moisturisers

Full body tan - 30 minutes £25

Legs only - 20 minutes £15

Face, chest, back and arms - 20 minutes £15

Book your treatment on 01834 871850



Finishing Touches

Tinting

Enhance and brighten your eyes, choosing a specific colour with your therapist to complement your skin tone and eye colour...

Consultation for a patch test is required prior to eyelash and eyebrow tints.

Eyelash tint - 25 minutes £15

Eyebrow tint - 15 minutes £10

Combined - 30 minutes £20

PhD Waxing

PhD is the original patented tube and applicator waxing system offering hygienic, quick and effective hair removal...

Full leg - 20-30 minutes £30

Full leg & bikini - 40 minutes £40

Half leg - 20 minutes £20

Half leg & bikini - 30 minutes £25

Bikini - 10 minutes £12

Underarm - 15 minutes £10

Upper lip - 10 minutes £8

Chin - 10 minutes £8

Upper lip & chin - 20 minutes £14

Chest - 30-40 minutes £25

Back - 20-40 minutes £45

Combined chest & back - 45-55 minutes £60

Eyebrow shape - 15 minutes £12

Book your treatment on 01834 871850

Spa Days

Each day package includes complimentary use of our indoor heated pool, a Fire & Ice Experience, tea, coffee, and biscuits through the day, robe, towels and slippers...

Spa Experience Package £50

Get away for a couple of hours of pure bliss... Enjoy a fabulous two-hour spa experience for just £50 per person. The perfect way to pamper yourself (or someone else!) at a great price.

Choose one 25-minute treatment:
Holistic Well-being Back Massage, Taster Facial, Body Scrub or Palm & Sole Massage.

Celtic Haven Half-day £85

A half-day spa package that will leave you feeling rejuvenated and renewed for just £85 per person.

Choose one 40-minute treatment:
Holistic Well-being Back of The Body Massage, Luxury Facial, Pedicure or Manicure.

Plus, choose one 25-minute treatment:
Holistic Well-being Back Massage, Taster Facial, Body Scrub, Express Manicure or Express Pedicure.

Book your spa day on 01834 871850



Overnight Spa Breaks

Our overnight spa package has been designed for the perfect 'Pembrokeshire' getaway. From the moment you arrive, you won't have to worry about a thing... pure bliss!

As well as overnight accommodation in one of our cliff-top cottages, your overnight package includes:

A bottle of fizz on arrival

Use of the indoor heated pool

A 'Fire & Ice' Experience

Use of the relaxation room on the day of your treatments...

...and you'll find robes and slippers awaiting your arrival.

Choose one 55-minute treatment from the following:

Holistic Well-being Full Body Massage, Celtic Haven
Luxury Facial, Luxury Manicure, Luxury Pedicure

1 night £140 per person

Book your spa break on 01834 871850



Terms & Conditions

Deposits – A deposit of 50% is required for all bookings. For overnight packages a deposit of 50% of the total booking is required when booking, with the remainder of the balance due 8 weeks before arrival. Spa day packages to be paid in full on booking.

Cancellation – Upon booking, a non-refundable deposit amounting to half of the cost of the treatment or package is required. Should you need to cancel for any reason at any point within 48 hours of your reservation, The Spa will transfer the value of your deposit to a future booking within the next 6 months. In the case of cancellations made less than 24 hours prior to the start of your treatment the full deposit will be retained by The Spa and not refunded or transferred. Please note we reserve the right to increase prices or modify treatments without notice.

Arrival time – Please arrive 15 minutes prior to your appointment time. Arriving late may shorten your treatment time. Times given for treatments are estimates, your treatment time includes time for consultation to ensure the treatment is best suited to your needs.

Leisure facilities – Use of the leisure facilities is included in spa packages and with treatments over £60. If your treatment cost is less than £60, you're very welcome to use the facilities for an additional charge.

Spa attire – Prior to your spa treatment we recommend you change into robe and slippers to allow for maximum relaxation. If your treatment cost is less than £60, robes and slippers are available to hire at a charge of £5.

What to bring with you – We can provide robes, towels, slippers and a secure locker.

Spa etiquette – As a consideration to other clients, we ask that noise levels are kept to a minimum in The Spa.

Terms & Conditions

Special health considerations – If you have any medical conditions or have had recent surgery please notify The Spa when booking. All treatments booked are subject to medical status to ensure your own health and well-being. A health questionnaire is completed prior to your treatment. Celtic Haven will not be held responsible for the side effects of treatments if medical conditions are not disclosed.

Pregnancy – In the interest of you and your baby, please make sure we are made fully aware of your pregnancy. Certain treatments are particularly suitable for mothers-to-be. Other treatments may not be suitable.

Gift vouchers – All gift vouchers are valid for 12 months from the date indicated. Gift vouchers cannot be refunded in total or in part.

Spa promotions – The Spa reserves the right to introduce spa promotions at any time. All bookings made prior to a promotion being introduced cannot be changed to that of the promotion.

Age restrictions – Our treatments are only available for persons aged 16 and above, with the exception of nail paints.

General – Prices are correct at the time of going to print but are subject to change without notice.

Inappropriate behaviour will not be tolerated and our Celtic Haven therapists reserve the right to end the treatment immediately. We reserve the right to refuse treatment to guests who are intoxicated or under the influence of illegal substances. Clients cannot use the leisure facilities if under the influence of alcohol or illegal substances.

All treatments and facilities are subject to availability.

The Spa at Celtic Haven, Lydstep, Tenby, SA70 7SG
Tel: 01834 871850

Email: spa@celtichaven.co.uk
www.celtichaven.co.uk/spa

Our Spa Products

Elemis

Voted the best skincare brand in the UK, Elemis professional spa therapies have been working in a natural synergy with the skin, body and mind for over 25 years

ELEMIS
DEFINED BY NATURE, LED BY SCIENCE

Jessica

The Jessica system analyses and recognises each nail type to select specially formulated treatments, offering a kaleidoscope of colour in a variety of finishes.

J
JESSICA®

Vani-T

The Vani-T professional tanning range is loved and requested by celebrities and beauty editors the world over for its famous just-off-the-beach glow.



Gift Vouchers

Why not treat someone special with a gift voucher for The Spa at Celtic Haven?

Give us a call on 01834 871850 and we can post it out to you or the recipient!