



OCIUS

TREATMENT ROOMS



OCIUS TREATMENT ROOMS

Set in the luxurious surroundings of the Celtic Manor Golf Club, just a stone's throw from the Resort Hotel, the Ocius Treatment Rooms are designed for people looking for a short escape from the pressures of everyday life.

The name Ocius comes from the Latin word for "quick" and perfectly sums up the express treatments offered at the treatment rooms. Here you can enjoy a range of express beauty and well-being treatments including results-driven facials and massages, together with our most popular signature treatments.

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*Make every minute count
for maximum results in
minimum time.
#celticescape*

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FOR MORE DETAILS, PLEASE CONTACT OUR RESERVATIONS TEAM ON 01633 410262 OR VISIT CELTIC-MANOR.COM

FACIALS

SIGNATURE FACIAL ^P

This purifying treatment is bursting with anti-oxidant rich minerals and vitamins, helping to remove damaging toxins and regenerate skin cells for renewed skin. 50mins

Monday – Thursday **£46**

Friday – Sunday **£58**

SIGNATURE BOOSTER FACIAL ^P

Designed to restore your skin's natural balance, boost moisture levels and renew your natural, vibrant glow. If you are short on time but looking for fabulous results, this facial helps achieve a more radiant and healthy complexion. 25mins

Monday – Thursday **£24**

Friday – Sunday **£28**

ANTI-AGEING

ELEMIS BIOTEC LINE ERASER

Target wrinkles and energise the skin towards optimum performance with microcurrent pulses and red and blue light therapy. A powerfully rejuvenating clinically proven* facial treatment that effectively irons out wrinkles and fills out lines. 50mins

Monday – Thursday **£54**

Friday – Sunday **£70**

ELEMIS BIOTEC FIRM-A-LIFT

Rediscover the architecture of your face with this ground-breaking blend of massage and sculpting galvanic technology. Skin is visibly strengthened for a contoured complexion that is remarkably lifted. 50mins

Monday – Thursday **£54**

Friday – Sunday **£70**

ELEMIS BIOTEC ANTI-PIGMENT BRIGHTENER

This illuminating treatment dynamically tackles the appearance of uneven skin tone, discolouration and age spots. A unique complex of brightening actives, ultrasonic peel and light therapy reveal a youthful and translucent complexion. 50mins

Monday – Thursday **£54**

Friday – Sunday **£70**

ELEMIS BIOTEC SKIN RESURFACER

This revolutionary clinically proven* facial addresses skin tone, blemishes and fine lines to transform the texture of the skin. The ultrasonic peel, massage and light therapy deliver a complexion that has never been smoother. 50mins

Monday – Thursday **£54**

Friday – Sunday **£70**

SKIN SOLUTIONS

ELEMIS BIOTEC RADIANCE RENEW

This cellular-boosting treatment targets sluggish complexions. The ultrasonic peel stimulates the removal of impurities and dead skin cells, while the galvanic rejuvenating current restores moisture for instantly clearer and visibly brighter skin. 50mins

Monday – Thursday **£50**

Friday – Sunday **£64**

ELEMIS BIOTEC BLEMISH CONTROL

A deep cleansing facial that detoxifies and repairs damaged tissue. Ultrasonic vibration, massage, steam and galvanic currents thoroughly decongest and exfoliate. Powerful anti-oxidants soothe, while light therapy helps clear the complexion. 50mins

Monday – Thursday **£50**

Friday – Sunday **£64**

ELEMIS BIOTEC SENSITIVE SKIN SOOTHER

This anti-redness treatment soothes sensitive skin. An oxygen infusion encourages cellular restoration, while red light therapy and calming anti-oxidants improve the skin's ability to repair itself. The result is calm and soothed skin. 50mins

Monday – Thursday **£50**

Friday – Sunday **£64**

ELEMIS BIOTEC SUPER-CHARGER FOR MEN

The facial to de-stress, de-age and de-fatigue the male complexion while activating ultimate skin dynamism. Ultrasonic peeling, steam and galvanic current deliver a deep clean for a multi-tasking, time efficient solution. 50mins

Monday – Thursday **£50**

Friday – Sunday **£64**



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Terms and conditions apply – please see website for full details. Bookings are subject to availability. ^P Treatment suitable during pregnancy. *Independent clinical trials.



MASSAGE & BODY TREATMENTS

SIGNATURE MASSAGE

A tailored massage using classic Swedish techniques to relax and de-stress whilst addressing your individual needs. 50mins

Monday – Thursday **£54**

Friday – Sunday **£66**

SIGNATURE BACK, NECK AND SHOULDER MASSAGE

Specifically targeting the back, neck and shoulders to relieve stress and muscle tension, leaving you with a feeling of total calm and relaxation. 25mins

Monday – Thursday **£28**

Friday – Sunday **£34**

SIGNATURE SALT SCRUB

This silky smooth treatment uses a mineral sea salt scrub to smooth the entire body while restoring vital nutrients to tired skin. A combination of exfoliating salts and essential oils are used to smooth skin, relax stressed muscles and soothe the senses. 25mins

Monday – Thursday **£34**

Friday – Sunday **£42**

LAVA SHELL RELAX MASSAGE

For the ultimate calming massage, marine seashells are glided smoothly over the body as you instantly drift into a blanket of warmth, falling into a state of utter relaxation and calm. Blocked energy is released providing a sense of balance to the entire body and mind. 50mins

Monday – Thursday **£62**

Friday – Sunday **£74**

LAVA SHELL RESCUE MASSAGE


A combined Lava Shell and Glacial Shell massage treatment to treat more general fitness muscle aches and pains. The specific massage techniques target trigger points in muscles which can be responsible for tension and referred pain. The treatment leaves you feeling invigorated, muscles are more relaxed and aches and pains can be significantly reduced. 50mins

Monday – Thursday **£62**

Friday – Sunday **£74**



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BROWS & LASHES



HIGH DEFINITION BROWS

Ever wondered how celebrities manage to get those perfectly formed eyebrows? The secret is High Definition Brows – the treatment that defines your natural beauty in 7 unique steps, as our experts tweeze, thread, wax and tint to give you the perfectly groomed brows of your dreams. 50mins
A patch test will be required 48 hours in advance

Monday – Thursday **£35**
Friday – Sunday **£42**

EYEBROW SHAPE 15mins **P**

Monday – Thursday **£10**
Friday – Sunday **£12**

EYEBROW TINT 25mins

Monday – Thursday **£8**
Friday – Sunday **£10**



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*Three little words: super-sleek
sensation.
#celticescape*

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NOUVEAU[®] LASHES

NOUVEAU LASHES

Innovative, state of the art semi-permanent lash extensions that give you longer, thicker and very natural looking lashes for a striking and defined result that lasts up to six weeks. 120mins
A patch test will be required 48 hours in advance

Monday – Thursday **£56**
Friday – Sunday **£75**

NOUVEAU LASHES INFILLS 30mins

Monday – Sunday **£25**

NOUVEAU LASHES REMOVAL

30mins
Monday – Sunday **£10**



LVL LASHES

The original and official lash lift gives you longer looking lashes without the need for lash extensions. LVL is one of the quickest ways to brighten and lift your entire face. It is one of the essential treatments chosen by many celebrity make-up artists which gives that stunning wide-eyed look to your natural lash. 50mins
A patch test will be required 48 hours in advance

Monday – Thursday **£38**
Friday – Sunday **£45**

EYELASH TINT 25mins

Monday – Thursday **£8**
Friday – Sunday **£10**

EYELASH AND BROW TINT 25mins

Monday – Thursday **£14**
Friday – Sunday **£18**

EYELASH, BROW TINT AND

SHAPE 45mins
Monday – Thursday **£22**
Friday – Sunday **£28**

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JESSICA NAILCARE

Healthy natural nails are not a privilege and Jessica reveals the natural beauty of every nail through hand and cuticle treatments, prescriptive base coats and extra glossy top coats. You will find proven ingredients such as Almond Oil, Vitamin E, Echinacea and Zinc to nourish and nurture different nail needs. It's the ultimate in nail nutrition.



JESSICA LUXURY MANICURE ^P

The ultimate in hand and nail care. Nails are analysed and treated for their specific type incorporating a conditioning treatment with the benefits of the Jessica's Express Manicure. 50mins

Monday – Thursday £40
Friday – Sunday £44

JESSICA EXPRESS MANICURE ^P

Hands and cuticles are conditioned and moisturised. Nails are beautifully shaped and treated with a prescriptive basecoat, completed by the perfect polish, which is then yours to take home. 25mins

Monday – Thursday £26
Friday – Sunday £30

FRENCH FINISH 45mins

Monday – Thursday £28
Friday – Sunday £32

JESSICA LUXURY PEDICURE ^P

Jessica's ZenSpa pedicure includes the luxurious added benefit of thermal heated booties for deeper penetration of oils and creams. Excellent for increasing circulation and relieving stiff, painful joints. 50mins

Monday – Thursday £40
Friday – Sunday £44

JESSICA EXPRESS PEDICURE ^P

Choose between energising ginger, calming green tea or revitalising citrus for this luxury foot and leg treatment. Hard skin will be removed, feet and legs will be massaged with deep conditioning creams leaving them softer and smoother, your cuticles will be groomed and your toenails beautifully shaped ready for your chosen colour to be perfectly applied, which is then yours to take home. 25mins

Monday – Thursday £26
Friday – Sunday £30

FRENCH FINISH 45mins

Monday – Thursday £28
Friday – Sunday £32



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JESSICA NAILCARE

The beauty of Jessica, in a gel. With the health of the natural nail in mind, GELeration's gel formula delivers a long lasting, flawless finish that's dry in seconds and protects the natural nail. GELeration is available in Jessica's most popular colours. Designed to last 21 days without chipping.

GELERATION MANICURE ^P

Includes hand exfoliation, massage, cuticle care and nail shape finished with Jessica's GELeration gel polish. 50mins

Monday – Thursday £44
Friday – Sunday £48

GELERATION EXPRESS MANICURE ^P

Nails are filed, shaped and finished with Jessica's GELeration gel polish. 25mins

Monday – Thursday £26
Friday – Sunday £30

GELERATION PEDICURE ^P

Includes hard skin removal, cuticle care and conditioning creams massaged into feet leaving them softer and smoother. Your toenails will be beautifully shaped and finished with Jessica's GELeration gel polish. 50mins

Monday – Thursday £44
Friday – Sunday £48

GELERATION EXPRESS PEDICURE ^P

Nails are filed, shaped and finished with Jessica's GELeration gel polish. 25mins

Monday – Thursday £26
Friday – Sunday £30

GELERATION REMOVAL ^P

25mins

Monday – Sunday £14

NAIL ENHANCEMENTS

GELERATION SCULPTED MANICURE ^P

Includes hand exfoliation, massage and cuticle care with a full set of GELeration sculptured nails finished with Jessica's GELeration gel polish. 90mins

Monday – Thursday £54
Friday – Sunday £60

GELERATION SCULPTED NAIL ^P

Repair (One Nail) 10mins
Monday – Sunday £5

GELERATION REFRESH ^P

Manicure (Infills) 60mins
Monday – Thursday £24
Friday – Sunday £26

NAIR ART (Per Nail) ^P

15mins
Monday – Sunday £5

OUTBACK ORGANICS WAXING ^P

Fusing the latest cosmetic ingredients with innovative natural extracts from the coastline, forests and bush lands of Australia.



FULL LEG 45mins
Monday – Thursday **£24**
Friday – Sunday **£26**

HALF LEG 30mins
Monday – Thursday **£14**
Friday – Sunday **£16**

FULL LEG, CLASSIC BIKINI 75mins
Monday – Thursday **£34**
Friday – Sunday **£36**

SMALL OF BACK 30mins
Monday – Thursday **£8**
Friday – Sunday **£10**

NAVEL 15mins
Monday – Thursday **£6**
Friday – Sunday **£8**

EYEBROW SHAPE 15mins
Monday – Thursday **£10**
Friday – Sunday **£12**

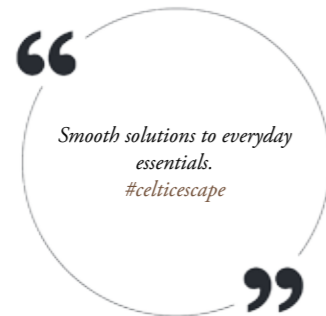
UPPER LIP OR CHIN 15mins
Monday – Thursday **£6**
Friday – Sunday **£8**

FACE (Lip, Chin & Eyebrows) 30mins
Monday – Thursday **£20**
Friday – Sunday **£22**

UNDERARM 15mins
Monday – Thursday **£10**
Friday – Sunday **£12**

FOREARM 30mins
Monday – Thursday **£14**
Friday – Sunday **£16**

FULL ARM 45mins
Monday – Thursday **£20**
Friday – Sunday **£22**



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OUTBACK ORGANICS MEN'S WAXING

FULL BACK 45mins
Monday – Thursday **£28**
Friday – Sunday **£30**

FULL BACK AND UPPER ARMS 60mins
Monday – Thursday **£34**
Friday – Sunday **£36**

LOWER BACK 30mins
Monday – Thursday **£12**
Friday – Sunday **£14**

CHEST AND ABDOMEN 45mins
Monday – Thursday **£32**
Friday – Sunday **£34**

ABDOMEN 30mins
Monday – Thursday **£18**
Friday – Sunday **£20**

NAVEL LINE 15mins
Monday – Thursday **£8**
Friday – Sunday **£10**

FULL LEG 60mins
Monday – Thursday **£42**
Friday – Sunday **£44**

UPPER LEG 45mins
Monday – Thursday **£24**
Friday – Sunday **£26**

LOWER LEG 30mins
Monday – Thursday **£22**
Friday – Sunday **£24**

FULL ARM 30mins
Monday – Thursday **£26**
Friday – Sunday **£28**

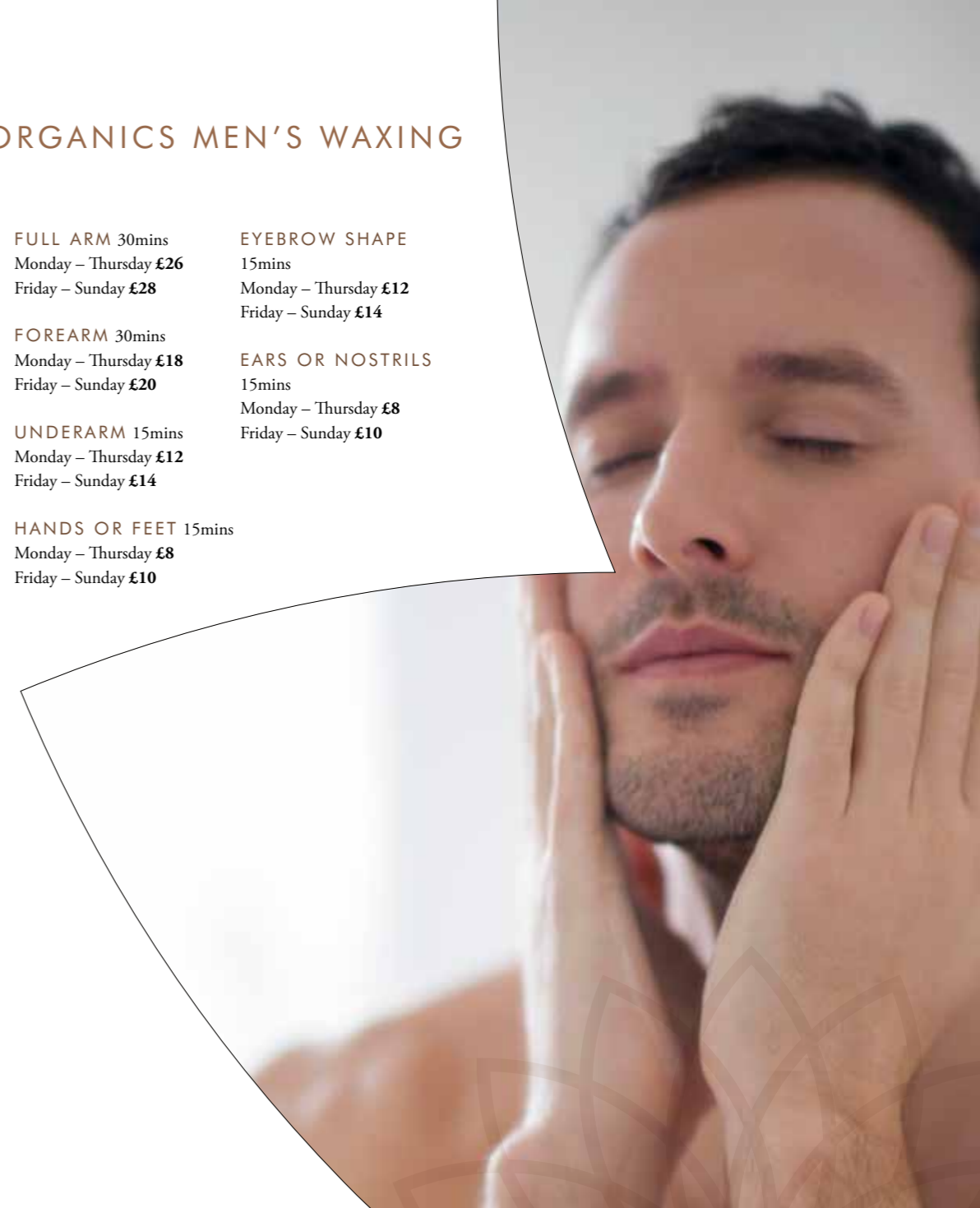
FOREARM 30mins
Monday – Thursday **£18**
Friday – Sunday **£20**

UNDERARM 15mins
Monday – Thursday **£12**
Friday – Sunday **£14**

HANDS OR FEET 15mins
Monday – Thursday **£8**
Friday – Sunday **£10**

EYEBROW SHAPE 15mins
Monday – Thursday **£12**
Friday – Sunday **£14**

EARS OR NOSTRILS 15mins
Monday – Thursday **£8**
Friday – Sunday **£10**



TREATMENTS FOR MEN

ELEMIS HIGH PERFORMANCE SKIN ENERGISER

The hard-working facial for ageing, dehydrated skin and tired eyes. It maximises cell regeneration, as steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massage deeply relax. 50mins

Monday – Thursday **£48**
Friday – Sunday **£60**

ELEMIS MEN'S BOOSTER FACIAL

Designed for men's skin, this power-charged treatment helps to cleanse, firm and hydrate the skin, reducing the appearance of wrinkles, channelling moisture where it is needed. 25mins

Monday – Thursday **£24**
Friday – Sunday **£28**

LAVA SHELL RESCUE MASSAGE

A combined Lava Shell and Glacial Shell massage treatment to treat more general fitness muscle aches and pains. The specific massage techniques target trigger points in muscles which can be responsible for tension and referred pain. 50mins

Monday – Thursday **£62**
Friday – Sunday **£74**



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*Real results for real men.
#celticescape*

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OCIUS TREATMENT ROOMS PACKAGES

To ensure the perfect experience, all packages include:

- Use of robe, towel and slippers during your visit
- Complimentary use of Dylans Health and Fitness Club facilities throughout the day including gymnasium, fitness classes, sauna, steam room, jacuzzi and swimming pool

RE-ENERGISER

Includes your choice of any two of the following:

- Signature Booster Facial (25mins) **P**
- Signature Back, Neck and Shoulder Massage (25mins)
- Signature Salt Scrub (25mins)
- Jessica GELeration Express Manicure or Pedicure (25mins) **P**

Monday – Thursday **£49**

Friday – Sunday **£59**

SIGNATURE SOOTHER

Includes both of the following:

- Signature Facial (50mins) **P**
- Signature Massage (50mins)

Monday – Thursday **£89**

Friday – Sunday **£109**

BEAUTY WORKS

Includes both of the following:

- Jessica Luxury Manicure (50mins) **P**
- Jessica Luxury Pedicure (50mins) **P**

Monday – Thursday **£69**

Friday – Sunday **£79**



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INFORMATION

SPA RESERVATIONS

To make an appointment, please contact the Reservations Team on 01633 410262. For full details of our current opening hours, please visit celtic-manor.com

BOOKINGS AND CANCELLATION POLICY

All treatments require full pre-payment at time of booking. Individuals who wish to change or cancel an appointment must provide 7 days notice in order for the pre-payment to be refunded. A 7 day cancellation policy applies to all spa vouchers, otherwise the voucher will become void.

HEALTH CONDITIONS

If you have any medical conditions, are pregnant or breast feeding or have any allergies, injuries, skin complaints or infections, please discuss with your spa therapist (and doctor where necessary) prior to making your booking as this may influence your treatment options. A full consultation will be held prior to your treatment in which all medical conditions will be discussed. If this highlights you are taking any medication, have a medical condition, any injuries or special requirements that were not discussed at the time of booking, this could possibly lead to the treatment being adapted, changed or cancelled.

Treatments not suitable during pregnancy and/or whilst breast feeding include:

- Elemis Biotec Facials
- Signature Massage
- Signature Back, Neck and Shoulder Massage
- Signature Salt Scrub
- Lava Shell Rescue Massage
- Lava Shell Relax Massage

SPA ETIQUETTE

Please arrive 15 minutes prior to your appointment so we can record your current spa needs and details. Please note that as a courtesy to all our clients a prompt appointment schedule is adhered to, late appointments may not be honoured and no discount or refund given. Treatments that start late will still finish at the appointed time, so other guests are not inconvenienced.

In the changing facilities you will find lockers for your personal effects. Please take care of your valuables, as we cannot take liability for their loss. A robe, towel and slippers will be provided for you as required. 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. Please note that mobile phones must be switched off at all times within the spa.

The minimum age for treatments is 16. Babies and children are not allowed in the treatment rooms or the relaxation areas. Guests under 18 years of age must be accompanied in the spa at all times by a supervising adult over the age of 18 years. One adult may supervise a maximum of two guests under 18 years.

ADULT ONLY SWIM TIMES

There are dedicated adult only swim times at Dylans Pool, visit celtic-manor.com for details.

TREATMENT PRICES

Treatment prices are subject to change without notice and are inclusive of VAT.

HEALTH AND SAFETY

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. If using the gym, please ask a member of the team to show you how to use the gym equipment.

TERMS AND CONDITIONS

- Treatments for all spa packages cannot be exchanged or shared with another person.
- All treatments included on the spa experience packages are subject to availability.
- Itinerary timings may be subject to change without notice.

FOR MORE DETAILS, PLEASE CONTACT OUR RESERVATIONS TEAM ON 01633 410262 OR VISIT [CELTIC-MANOR.COM](http://celtic-manor.com)





CELTIC MANOR
HOTELS, RESORTS, CONFERENCES

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