

YOUR Wales

GLAMOUR  WALES

BEAUTY ZONE

Whether you want a lunch-hour blow-dry or a relaxing out-of-town spa break, we've found the hottest pamper places Cardiff – and beyond – has to offer

89 miles away

St Brides Spa Hotel

St Brides Hill, Saundersfoot, Pembrokeshire
SA69 9NH 01834 812 304; Stbridesspahotel.com
Seriously 'away from it all', St Brides Spa Hotel is perched on a cliff top, overlooking the Carmarthen Bay. For a unique aquatic experience, book the Comfort Zone Ocean Renewal treatment with the healing-hands of Sarah Newsham. The treatment incorporates sea mud, thermal water and essential oils to energise.

OFFER
Enjoy a free Thermal Suite and Infinity Pool treatment with every 55-minute Comfort Zone treatment (Mon-Fri)*

166 miles away

TH1 Beauty

Caernarfon Rd, Bangor, Gwynedd
LL57 4SG 01248 353 703;
Th1hairdressing.co.uk

The week before a big event and you get a breakout... have no fear, the Elemis therapists at TH1 Beauty in Bangor will come to the rescue with the SOS Purifying Facial. Congested pores, excess oil and redness will be tackled with massage, a mask and serum to re-balance and soothe troubled skin. Following that the team can perfect your complexion with a non-clogging, skin-friendly Bare Escentuals makeover. Phew!



Quay Hotel & Spa

Deganwy Marina, Deganwy, Conwy, North Wales LL31 9DJ 01492 564 123; Quayhotel.co.uk
A hidden gem set among the magical scenery of the Conway Estuary overlooking the Irish Sea, The Quay Hotel is a true retreat from everyday life, dedicated to serious R&R. The ultimate Quay experience has to be the Soothe & Snooze – a day of peaceful pampering and use of the facilities. Utter bliss

245 miles away



The Treatment Room

16 Museum Place, Cardiff CF10 3BH 029 2023 3271

Want to prolong your summer skin? A Fake Bake spray tan can be mixed to suit your skintone, so you maintain a healthy glow as the sun fades. Lisa Mitchell at The Treatment Room in Cardiff specialises in Fake Bake Spray Tans and uses the latest POD technology, with precise application and a vacuum to remove excess fluid for a smooth, quick-drying tan.

0.6 miles away



0.5 miles away

MAC

The Capitol Centre, Cardiff CF10 2HQ
0870 192 5269; Maccosmetics.co.uk

If you're gearing up for a big night out, who better to do your make-up than a MAC Pro Artist? Go to the MAC store in Cardiff's Capitol Centre for a flawless makeover and a lesson in applying their various products to recreate catwalk looks. Runway and celebrity professionals, MAC Artists are in demand, so book four-five weeks in advance, especially if you're planning to visit at the weekend. The £25 cost is redeemable against products.



0.2 miles away

Nails Inc

House of Fraser, 14-18 St Mary St, Cardiff CF10 1TT 02920 376162; Nailsinc.com

For gorgeous nails all year round, you need to put Gita at Cardiff's Nails Inc bar on speed-dial. The manicurist is famed for a longer-lasting pedicure, with a huge range of colours to choose from. We love the Double Decker mani-pedi treatment (£70) – 75 minutes of deluxe pampering for fingers and toes. ►



OFFER
Book yourself a Double Decker (mani-pedi) and receive a free Nails Inc nail polish*

40 miles away

Pure Aveda

Unit 3-4, 1 Shed, Kings Rd, Swansea
SA1 8PL 01792 460 604; Pureaveda.co.uk

At Pure Aveda, situated in an old grain store on the banks of the River Tawe in Swansea, the team work to enhance the style and health of your hair with their holistic approach. If it's a re-style you're after, head of styling, Rhydian Maher, is known for his innovative and fashion-forward looks, and can recommend which products to use to keep your new do looking gorgeous.



Lara Johnson Lifestyle

71 Newton Road, Mumbles, Swansea SA3 4BL
01792 363 333; Larajohnsonlifestyle.com
If you're rethinking your hair colour for the new season, call Amy Adamson at Lara Johnson Lifestyle.

A Wella Master Colour Expert, Amy can advise on what will best suit you while keeping up with your holiday-chat and making sure you have a cappuccino in hand! The salon's Luxury Cut & Blow Dry, including a Kérastase treatment, has become the pre-party essential in Swansea.

45 miles away



Cardiff

By Grace Timothy. Illustrations by Anne Smith. Still lifes: PSC Photography. *Please mention offer at time of booking and present this page at the spa or salon on arrival. Unless otherwise stated, offers are subject to availability and certain restrictions and are valid until Sunday September 12, 2010