



TOTAL TRANQUILLITY

Situated in the heart of the city, Cardiff Laguna Health and Spa is a sensory space for men and women to escape from the stress and pressures of everyday life.

From the minute you enter The Laguna Health and Spa you will be taken on a unique journey that has been created especially for you.

Designed to subconsciously stimulate all your senses, you will enter a luxurious blend of exotic cultures, colours and textures from around the world, including Bali, Tibet, Polynesia, Japan, Morocco and Thailand.

Discover a pathway to inner peace, reflection, restoration and enlightenment. No clocks, no stress, no urgency, re-discover your senses... rest your mind... and breathe freely.

A Space in the City offers two packages. Both packages include a full day's access to Laguna Spa, free robes, towels and lunch. The day commences at 10 am.

Package 1

This package will include a 25 minute facial accompanied by a 25 minute neck, back and shoulder massage.

Package 2

This package will include a 25 minute Indian head massage, accompanied by a lime and ginger exfoliation.

Welcome to a world where results are immediate and skin perfection is achieved.

THE
LAGUNA
HEALTH & SPA
CARDIFF

