

BEAUTY Within

— AT CRUG GLAS —

RELAX • EAT • STAY

Be you.♡

Take time out of your week to relax and recharge in a calm, welcoming space at Crug Glas.

A place to unwind, reset and enjoy a moment of pure relaxation in the heart of the Pembrokeshire countryside.

Non-residents welcome ♡

AVAILABLE TREATMENTS



FACIALS

Rejuvenate, refresh and glow.



MASSAGE

Relax, unwind and restore balance.



INDIAN HEAD MASSAGE

Relieve tension & promote deep relaxation.



GENTLEMAN'S DEEP TISSUE DETOX MASSAGE

Release tension, detoxify and restore vitality.



ADVANCED CACI CLINIC

The A-list, results-driven non-surgical facial treatments. Lift, tone, rejuvenate. Naturally.



LAVA SHELL MASSAGE

Deeply relaxing massage using warm lava shells to melt away tension and restore balance.



NAILS

Manicure, pedicure, gel polish.



FACIALS

Rejuvenate, refresh and glow.



LAVA SHELLS

HEATED MASSAGE

Relax and Unwind



RELAXATION AFTERNOON AT CRUG GLAS

A luxurious afternoon tea paired with a relaxing massage or facial
A perfect way to unwind and enjoy a beautiful countryside experience.

Time for YOU

♡
A peaceful countryside escape set within acres of beautiful farmland near the coast.



CACI SYNERGY FLEX

The A-list, results-driven anti-aging non-surgical facial.
Lift. Tone. Rejuvenate. Naturally.

Courses available



WHY NOT COMPLETE YOUR EXPERIENCE WITH A HAIR APPOINTMENT WITH NIGEL AT REINVENTION.



BEAUTY WITHIN – SARA
MESSAGE: 07775 782241
beautywithinyou.co.uk



ADVANCE BOOKING IS ESSENTIAL



CRUG GLAS COUNTRY HOUSE, CROESGOCH, PEMBROKESHIRE SA43 2YP

Relax. Eat. Stay.♡