

# LUXURY SPA DAYS

## Included in your spa day:

All day entry to Leisure Facilities, Swimming Pool, Traditional Sauna, Infra-red dry Sauna, Jacuzzi & Fitness Suite. Poolside Loungers and Poolside dining, Robe, Slippers & Towel.

### Mid Week Spa Day

Mon -Thurs only  
Choice of a 25min Spa Treatment  
Cake & Coffee/Tea

£39

### Gin & Treatment Spa Day

Choice of a 25min Spa Treatment  
One Gin Tasting Board and 10% off food to be taken in the lounge

£42

### Prosecco Sundays

Sundays only  
Choice of a 25min Spa Treatment  
Glass of Prosecco and Cream Tea

£45

### Relaxation Spa Day

Choice of a 25min Spa Treatment  
Sharing Platter of Sandwiches, Salad, home cooked Chips and Crisps

£49

### Heavenly Spa Day

Choice of a 55min Spa Treatment  
Choice of One Course Lunch  
Glass of Wine

£70

### Tranquility Spa Day

Choice of a 85min Spa Treatment  
Choice of One Course Lunch  
Glass of Wine, Cake & Coffee/Tea

£95



Bridal Packages  
& Gift Vouchers Available



PENVENTON  
LEISURE CLUB

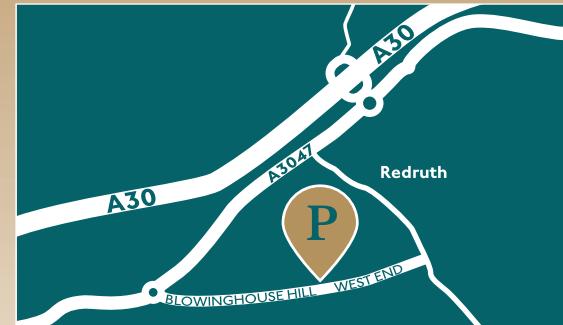
Penventon Leisure Club is open to both residents & non-residents. Our treatment rooms offer a wide range of beauty and holistic treatments.

### SPA OPENING TIMES:

Monday - Sunday 9.00am to 6.00pm  
Open late Tuesday - Friday  
Other availability on request.

### Penventon Park Hotel

Redruth, Cornwall, TR15 1TE  
TEL: 01209 203 231  
EMAIL: spa@penventon.com

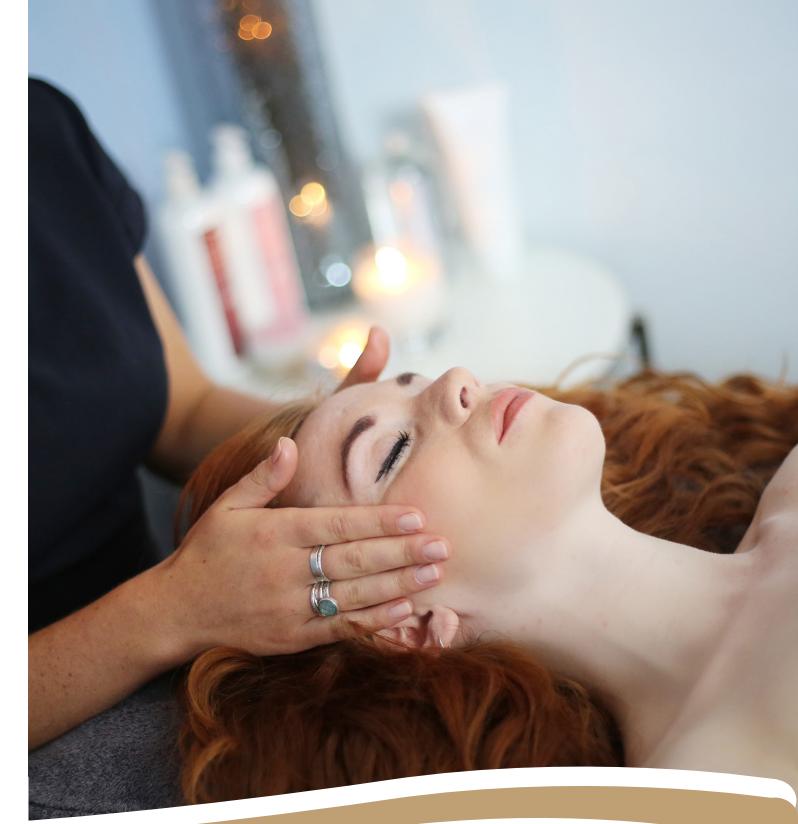


### Booking Terms & Information

Please arrive 5-10 minutes before your appointment; late arrival may reduce your treatment time. Cancellations will require a minimum of 24 hours' notice to avoid charges. Unfortunately we are unable to accommodate children in the spa area.

Please bring open toed footwear if having a pedicure. We are only permitted to carry out a Manicure or Pedicure on clients under the age of 16, ages 16-18 may not be permitted to have all treatments. Please inform us if you are or suspect you may be pregnant prior to treatment. We hope you enjoy your treatment and please inform us if you have any specific requirements.

Check our website for monthly special offers:  
[www.penventon.co.uk](http://www.penventon.co.uk)



### SPA TREATMENTS

# BODY.

## HOT STONE MASSAGE

**70 mins £75**

Using soothing oils and warm basalt stones to deeply relax your muscles, soothing tension away and increasing your sense of relaxation and calm.

## SWEDISH MASSAGE

**Back 25 mins £30**

**Full Body 55 mins £50**

**Full Body plus £58**

**Face & Scalp 70 mins**

A soothing flow of muscle manipulation and relaxation to increase well being, health benefits and equilibrium.

## BACK TO LIFE MASSAGE

**40 mins £39**

**55 mins (includes facial) £57**

One of our most popular treatments. Relaxing massage to the back, neck, shoulders, upper arms, face and scalp. Sheer bliss.

## PURE PLEASURE BACK TREATMENT

**40 mins £42**

**70 mins (includes facial) £62**

This luxurious back treatment will leave your skin smooth and soothed using our deeply nourishing skin care products. Add our Caudalie D-Vine facial for total pampering.

## BODY BRIGHTENING

**25 mins £32**

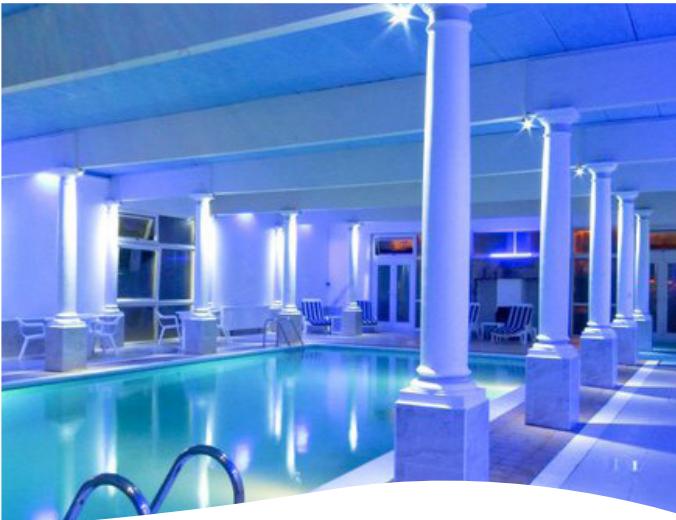
Full body exfoliation treatment and aroma-hydrate for tired, dull looking skin, to refresh and rejuvenate.

## SPA RITUAL

**100 mins £89**

The perfect treatment; a full body massage to soothe and relax, whilst enjoying a Caudalie Vinosource or Polyphenol facial, tending to your specific facial requirements.

**Leisure Club entry only £7.50 with any treatment**



## ABSOLUTE SPA RITUAL

**120 mins £99**

Unwind and let go whilst your skin is refreshed with our brightening treatment, melting into a flowing body massage. Your skin care needs are met with a Caudalie Vinosource or Polyphenol facial, our anti-ageing eye treatment and a scalp massage.

## BEAUTIFUL BEGINNINGS

**55 mins £55**

**85 mins (inc. back massage) £74**

A gentle treatment designed to be soothing and comforting for anyone taking it easy (great for mothers to be). A relaxing facial with massage to the hands, arms, lower legs and feet.

## INDIAN HEAD MASSAGE

**25 mins £30**

Don't underestimate the powerful benefits of this centuries old massage technique for well-being, relaxation and invigoration.

## LUXURY FOOT RITUAL

**25 mins £30**

**40 mins £42**

Revive those achy feet and legs with gentle exfoliating treatment, nourishing mask, pressure points and soothing massage techniques.

## DISTANT SHORES FACE AND BODY RITUAL

**70 mins £69**

Awaken your whole body with Body Brightening and a Caudalie Vinosource or Polyphenol facial to restore and refresh.



## MARINE MIRACLE FIRM & DETOX BODY WRAP

**85 mins £89**

This 'miracle' wrap targets stubborn cellulite and problem areas with our specialised cellulite products and a natural Algi Mud and seaweed mask (applied cold) to immediately detox, tone and firm skin leaving it visually smoother softer and radiant. Your whole body will be prepared with our Body Brightening and massaged with warm coconut oil, all wrapped up warm whilst enjoying our signature scalp treatment.

## TOTALLY TONING BODY WRAP

**75 mins £69**

Your skin is gently prepared to receive our specialised cellulite treatment for targeted problem areas whilst your body is enveloped in soothing oils to nourish and hydrate as you experience our signature scalp treatment.

# FACE.

## CAUDALIE VINOsource HYDRATING FACIAL

**55 mins £59**

A moisturising and soothing skin-renewing treatment with recovery essential oil massage and deeply restorative products to restore moisture levels for a healthy glow.

## CAUDALIE POLYPHENOL DETOX FACIAL

**55 mins £59**

A burst of vitamins rescues your skin from pollution; with star ingredients to shield from free radicals, prevent future damage, eliminate toxins.

## CAUDALIE VINOPERFECT RADIANCE FACIAL (ANTI-DARK SPOTS)

**55 mins £69**

Hot and cold basalt stones stimulate your skins radiance, a bespoke massage with essential oils and a deep action peeling mask awakens the luminosity, leaving you looking rested and radiant.

## RESVERATROL LIFT ANT-WRINKLE FACIAL

**70 mins £72**

A stimulating massage visibly firms and redefines the facial contours. A thermal mask enhances the action of the products leaving your face re-sculpted and radiant with youth.

## EXPRESS D-VINE FACIAL

**25 mins £35**

For a burst of instant radiance, your skin will look rested and your complexions radiance is restored.

## CAUDALIE ANTI-AGEING EYE TREATMENT

**25 mins £30**

**add to any 55min facial £18**

Small cooled basalt stones tone, lift and drain the delicate eye area, reducing lines, puffiness and dark circles. Includes scalp treatment.

Add a scalp treatment onto any 55-minute facial £10

# ESSENTIALS.

## WAXING

Half leg	<b>£16</b>
Full Leg inc. Bikini line	<b>£42</b>
Under Arm	<b>£12</b>
Bikini Line	from <b>£16</b>
High Bikini	<b>£22</b>
Lip or Chin	<b>£12</b>
Lip & Chin	<b>£16</b>
Lip, Chin & Brows	<b>£24</b>
Back	from <b>£16-£35</b>
Chest	from <b>£16-£35</b>
Half leg, Bikini	
& Underarm	<b>£39</b>

## NAILS

Manicure	<b>£35</b>
Manicure Plus	<b>£40</b>
Luxury Manicure	<b>£45</b>
Pedicure	<b>£42</b>
Pedicure Plus	<b>£48</b>
Luxury Pedicure	<b>£52</b>
Add Shellac Gel Polish	<b>£12</b>
Shellac Gel Polish application	<b>£35</b>

## EYES

Brow Tidy (wax only)	<b>£12</b>
Eye Brow Shape (waxed, tweezed, trimmed)	<b>£18</b>
Eye Lash Tint	<b>£18</b>
Eye Brow Tint	<b>£10</b>
Brow Shape & Tint	<b>£22</b>
Lash & Brow tint & Brow Shape	<b>£32</b>

(Tinting will require a prior patch test)