

Cornish Spa Retreat

~ Treatment Options ~

60 minutes per person

Body Brightening with Foot or Scalp Massage

An invigorating treatment to smooth and brighten your skin. Body brushing will stimulate and detox the skin followed by a salt scrub to remove dead skin and rejuvenate, finished off with a hydrating lotion massaged into your skin. This is followed by your choice of either a scalp or foot massage

Full Body Massage

This bespoke Full Body massage will help you de-stress, unwind and release those tensions.

Back to Life

This deeply relaxing massage combination is one of our most popular treatments working the back, neck, shoulders, upper arms, face & scalp, and also includes a mini facial.

Tailored Facial

During this luxurious facial, your therapist will target the specific individual needs of your skin, actively working to renew, refresh and relax whilst indulging the sense. Includes a scalp massage or hand & arm massage.

Spa Gel Manicure

Includes exfoliation, detailed cuticle work, nail shaping, hand massage and a choice of Gel polish colour finish.

Spa Gel Pedicure

Includes a hot foot soak, exfoliation, hard skin removal, detailed cuticle work, foot and lower leg hydration, nail shaping and Gel polish colour finish.