

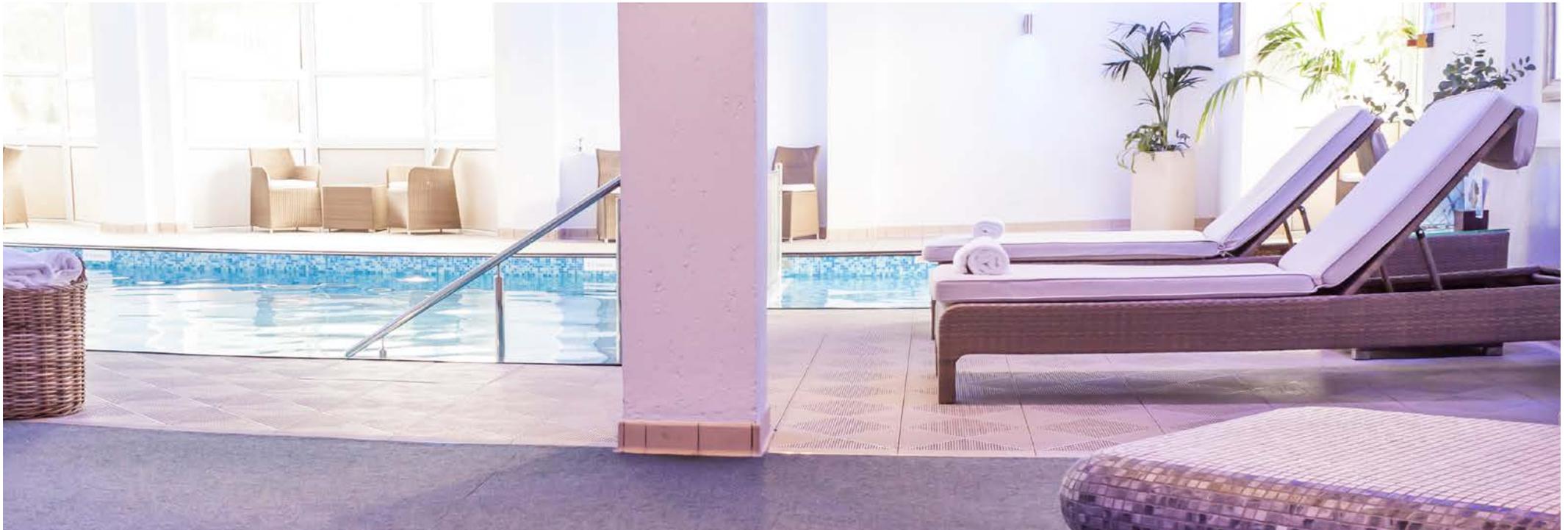


THE RETREAT

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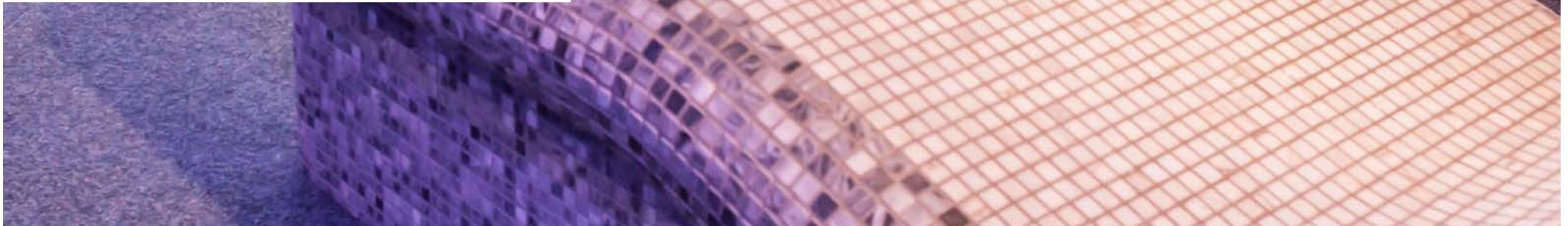
On the Cornish Coast

Our tranquil Retreat hosts a number of luxurious facilities and indulging treatments, designed to create a total sense of relaxation. Escape the world for a while and indulge in some 'you time', enhancing your sense of well-being.



THE SPA

Set in a calming environment our spa provides a great space for time to unwind ... just sit back, relax and enjoy the tranquillity.





FACILITIES

Experience our heated ceramic beds and unwind in the cedar sauna. Our facilities are designed for complete relaxation.

- Cedar Sauna
- Heated Ceramic Loungers
- Heated Indoor Pool
- Beauty Treatment Room

LUXURY FACIALS

with Neal's Yard Remedies

Organic health and beauty is at the heart of everything Neal's Yard create, encouraging a more natural and holistic way of living. Using only organic ingredients with natural colour's and fragrances.

Neal's Yard products are not tested on animals and do not contain genetically modified ingredients.

Rehydrating Rose

Deeply nurturing damask and hundred-petalled roses are blended with organic plant extracts to rehydrate and enhance your skin's natural radiance.

30 minutes £35 | 60 minutes £45

Frankincense Intense (for signs of ageing)

Defy your age naturally with the powerful rejuvenating properties of organic frankincense, enhanced with plumping plant extracts to tone and moisturise your skin.

**30 minutes £40 | 60 minutes £50
with Back, Neck and Shoulder
Massage 90 minutes £70**

Soothing Star Flower/White Tea

Star-flower, gentle and fragrance free, helps soothe and cool sensitive skin, blended with aloe vera, liquorice and alpine flower.

White tea is naturally soothing and renowned for its antioxidant properties. It can help calm skin and protect against the first signs of ageing.

30 minutes £35 | 60 minutes £45

Personal Make-Up Consultation

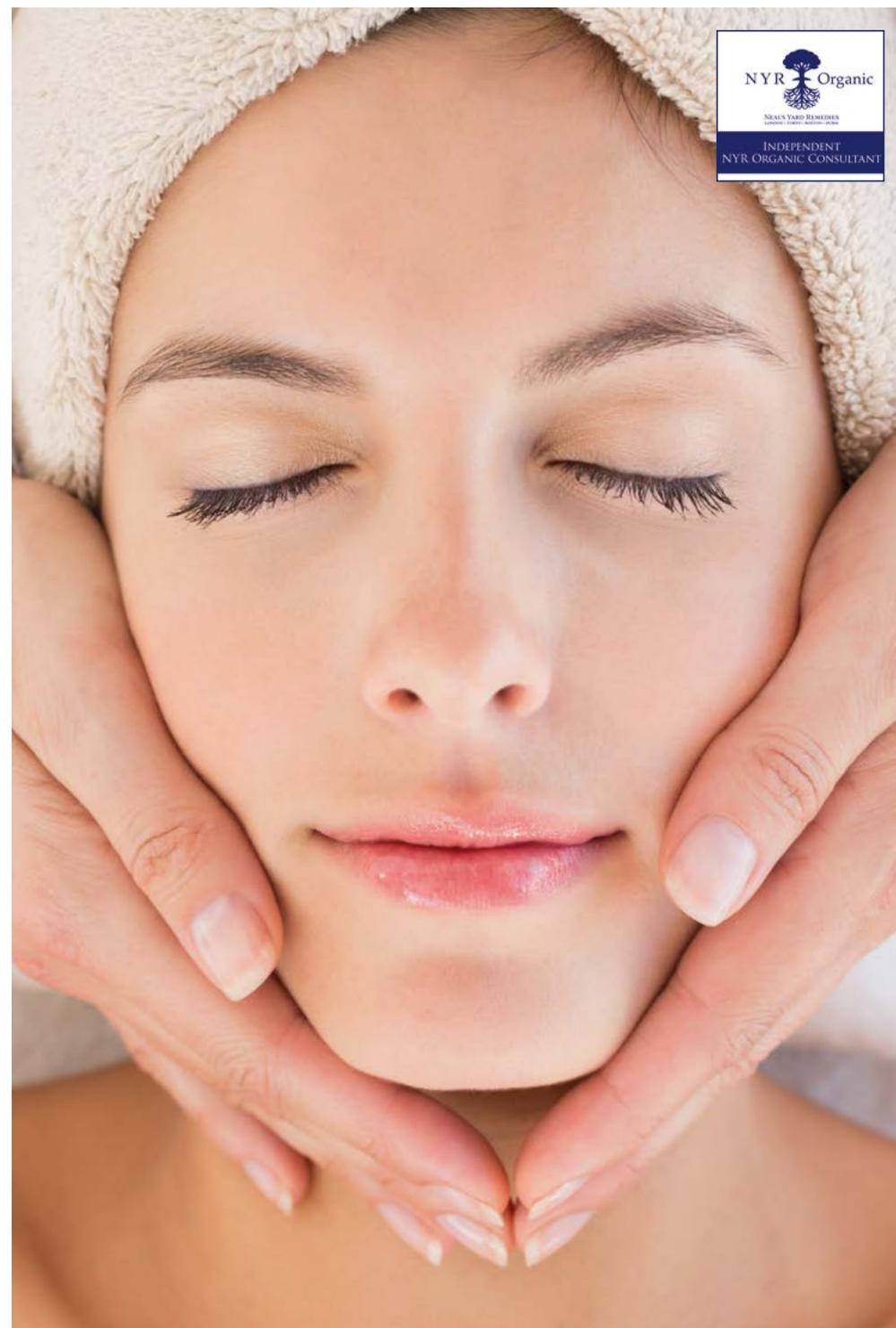
Learn how to apply your own make-up with guidance on colours suited to your skin and application tips to give that professional look.

60 minutes £45

Eye Treatments

Tinting adds definition to eyebrows and eyelashes.
A patch test is required 24 hours prior to treatment.

Eyelash Tint 20 minutes	£15
Eyebrow Tint 10 minutes	£10
Eyebrow Tidy 10 minutes	£10
Eyebrow Shape 20 minutes	£18
Eyelash Tint, Eyebrow Shape & Tint 40 minutes	£35



FOR THE BODY

Rejuvenation and Relaxation

Each treatment is specifically designed to relax your mind and body. With the use of essential oils and touch your physical and emotional well-being can benefit from being rebalanced and restored.

Clay Body Wraps

Clay is a miracle of nature, it has antibacterial, haemostatic and healing actions. It balances acid-base exchanges of the epidermis and absorbs toxins and pathogenic germs. Enriched with vegetable oils, essential oils and plant extracts.

Rejuvenating Wrap

Instantly reveals the brilliance of the skin while rejuvenating deep. Excellent for dull, dry and sensitive skin.

Half Body 60 minutes £60
Full Body 90 minutes £75

Well-Being Wrap

A wonderfully relaxing treatment to rebalance your physical and mental well-being. Highly warming this clay brings both comfort and good appearance and helps dehydrated, pale skin and dark circles.

Half Body 60 minutes £60
Full Body 90 minutes £75

Anti-Age Wrap

Re-boosting mature skin and wrinkles. Highly revitalizing, this clay promotes plumping for the skin and tonic for morale.

Half Body 60 minutes £60
Full Body 90 minutes £75

Therapeutic Massage

Deep tissue massage to release tension, improve circulation and tone.

Full Body Massage 60 minutes £60
Back/Neck/Shoulder/Scalp 45 minutes £45
Back/Neck/Shoulder/Scalp 30 minutes £30
Scalp/Facial Massage 30 minutes £30
Luxury Full Body & Facial Massage 90 minutes £85

Lava Shell Therapy

Heat treatment that uses tiger-striped clam shells as a massage tool. The clams have been harvested for food in the Philippines for hundreds of years and recycled and used for massage tools. Lava shell massage is a gentle enjoyable massage that relaxes and smooths away knots and eases tense muscles. Calcium ions that the shells give off transfer to your skin during the massage. Calcium can help to firm and regenerate the skin.

Full Body 60 minutes £75 | Back, Neck & Shoulders 30 minutes £40

Lava Stone Therapy

Unlike black basalt stones used in traditional stone massage, the smooth and shiny porcelain molten lava stones retain their heat for up to 60 minutes, allowing for more hands-on time with the client to create a completely relaxing, seamless massage experience, designed to melt away deep set tension and soothe aches and pains.

Full Body 60 minutes £75 | Back, Neck & Shoulders 30 minutes £40

Breathtaking Body Treatment

Relax and enjoy this all over body treatment that will leave you feeling totally rejuvenated. Starting with an all over body scrub, removed with warm mittens followed by a full body massage using sumptuous oils. The massage movements feel like a never ending wave, just like a breath it gives rhythm to this complete face and body treatment, and helps sweep away all tension, thanks to a firm and then soft wavy motion.

Full Body 90 minutes £75



HANDS & FEET

Our treatments use professional products to ensure the ultimate in natural nail care and include a relaxing hand/arm massage or foot/leg massage.

Hands

All hand treatments include a conditioning heated mitten treatment.

Nail Tidy & Varnish 30 minutes £25 Including French Polish £30
Luxury Manicure 45 minutes £32 Including French Polish £37

Nail Extensions

Star Nail's UV Gel System gives you natural looking, strong and flexible nails.

Full Set 75 minutes £45 **Infill** 75 minutes £35 **One Nail Repair** 10 minutes £10

Orly Gel FX

A coloured gel polish which lasts up to 3 weeks. This revolutionary formula nourishes nails with feel-good ingredients for durability, strength and shine.

Gel FX on Natural Nails £35 Including Full Manicure £45
Gel FX with Gel Nail Extensions £55

Feet

Relaxing foot spa using professional products, feet are exfoliated, nails and cuticles trimmed and shaped, removal of hard skin.

Nail Tidy & Varnish 30 minutes £25 Including French Polish £30
Luxury Pedicure 50 minutes £40 Including French Polish £45

Waxing

A hygienic, warm wax experience for unwanted hair. Hair is removed quickly and efficiently with Tea Tree soothing antiseptic lotion.

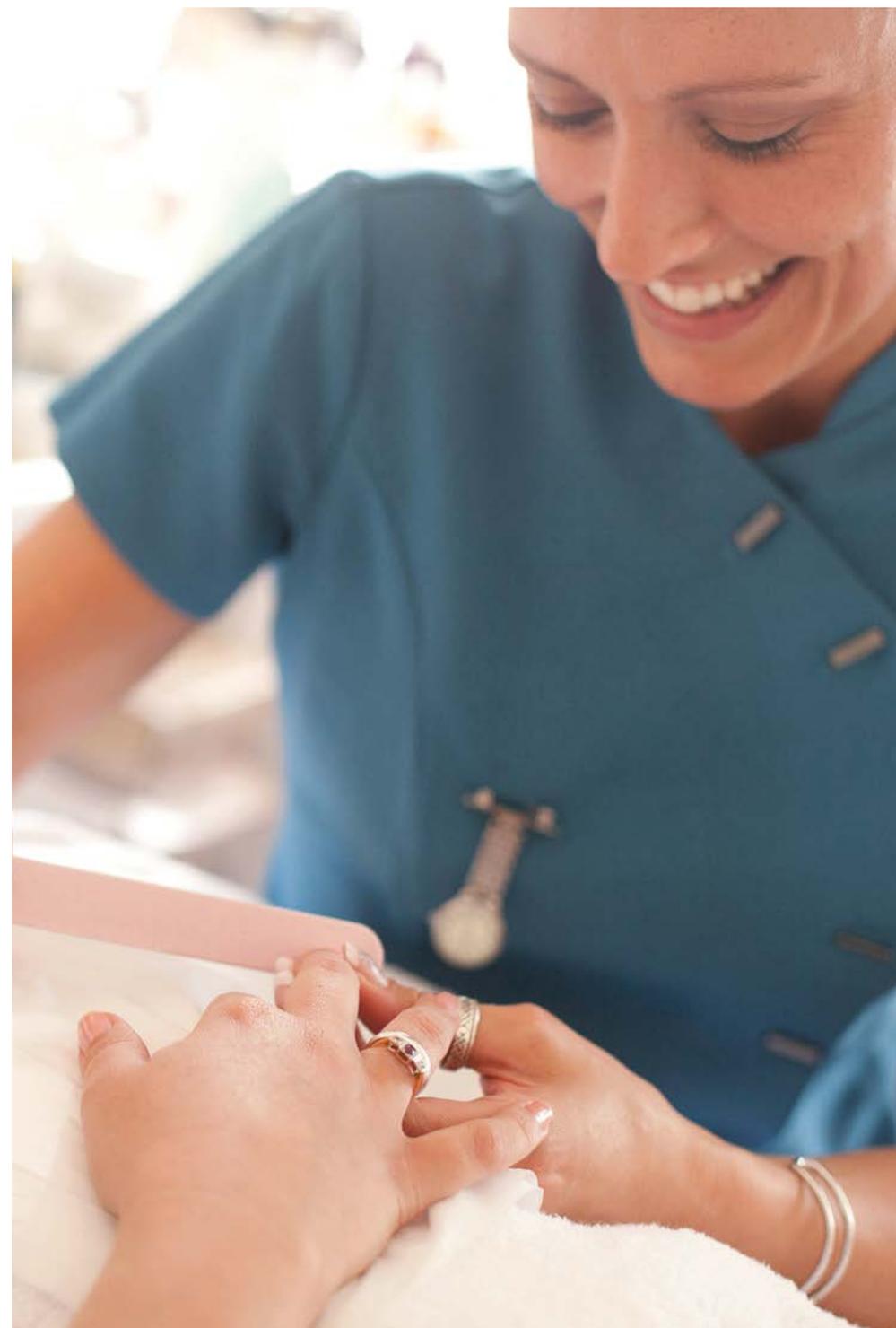
Ladies

Full Leg 60 minutes £30
Full Leg & Bikini 75 minutes ... £37
Half Leg 20 minutes £20

Bikini Line 25 minutes £15
Underarm 25 minutes £15
Full Arm 25 minutes £15
Lip or Chin 10 minutes £10
Lip & Chin 15 minutes £15

Men

Half Back 20 minutes £20
Full Back 40 minutes £35
Chest 30 minutes £25





PAMPER DAYS

Enjoy full use of our indoor heated pool, heated ceramic loungers, sauna and beauty room. Our pamper day includes a glass of prosecco, full afternoon tea and a choice of three 30 minute treatments from those listed below:

- Deep Cleansing Facial
- Mini Manicure/Pedicure
- Back, Neck, Shoulder or Scalp Massage

Pamper Day £95

Please note that a deposit is required when booking group pamper days.

WEDDING COLLECTION

Make Your Day Extra Special

On your special day nothing should be left to chance. So why not help relieve some of the stress and let yourself be pampered.

Bridal Make-Up

Includes consultation, trial session and make-up on the big day. **£85**

Groom

It's your big day too! So spoil yourself with a variety of treatments, including therapeutic massage, facial, sports manicure and pedicure. **Priced Individually**

Pre-wedding/Special Occasions

Soothe away last minute worries and ensure you are in beautiful form for your important day. Start with a luxury body massage and cleansing facial to release tension and improve circulation, followed by a luxury manicure and pedicure. **Allow 3.5 hours £150**

Mother of The Bride/Bridesmaids

Includes prior consultation and make-up on the day. **£40**

All Day Personal Service

Our beauty therapist can be available throughout your special day for make-up and nail touch-ups for the bride and bridal party. **£250**



T&C'S

Salon opening times 8:30am - 5:30pm.

The swimming pool is open daily from 7:30am - 8:00pm, please note the pool will close on a Monday from 9:00am - 11:30am for pool maintenance.

Robes, slippers and towels are provided in our spa area for all guests to use.

Vouchers are available to download from our website or at the hotel reception.

All bookings can be made through reception or our therapist in the spa area.
(Direct dial for the spa is 0 from all bedroom telephones).

24 hours notice is required on all cancellations or a 50% charge will be made, unless the appointment is re-booked.

We regret, pregnancy massage is not available. Facials are still available during pregnancy as all products are organic (other treatments also available).

A patch test is required 24 hours before tinting of lashes or brows.

Deposits for group pamper days will be the cost of one pamper day amount.

Due to the nature of the treatments, some may have an age restriction.

All guests will need to fill in our health questionnaire before treatment can commence. This will include a consultation with our therapist.

