

S'MICHAELS  
SPA

# TREATMENTS LIST

*Drift into our spa, a dreamy place to recharge and relax...*



Scan to book your treatment

## *Signature Treatments*

Under the Sun Massage | 55mins | £90

A full body massage taking you into deep relaxation using warm oil scented with a lively citrus blend.

Gylly Wave Stone Massage | 25mins | £55

A nourishing massage using heated white jade rich in magnesium to target tensions across the body.

Soothing Scalp Massage | 55mins | £100

Our take on an Indian head massage. Using stimulating techniques to target pressure points across the head.

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If in resort please dial 124 or 125 from your room

# Massage

## ELEMIS Expert Poultice-Powered Muscle Release | 55mins | £105

A full-body, heat-based treatment targeting every area of strain with amber and quartz poultice to dissolve knots and ease tensions.

## ELEMIS Couples Massage | 55mins | £190

Enjoy a massage together, led by two expert therapists and tailored to your needs. Ideal for couples or friends.

## ELEMIS Expert Deep Tissue Custom Massage | 25/55/85mins | £80/105/125

A nourishing massage completely tailored to your needs — whether you feel like an uplifting muscle release or total relaxation.

## ELEMIS Peaceful Pregnancy Massage | 75mins | £105

A gently nurturing, specialist treatment for mothers-to-be. A 15-min consultation followed by a slow, 60-min massage.

# Face and Body



## ELEMIS Expert Couture Touch | 60mins | £115

The best of both worlds with a 30-min nourishing facial followed by a 30-min relaxing massage working deep into tensions and encouraging the best circulation.

Upgrade to BIOTEC for £10

## Made for Life Catch the Breath | 25mins | £70

Reach a deeper sense of calm, as you drift into a meditative state with this slow, Tui Na style Chinese massage for the head, back and shoulders.

## Made for Life Hand on Heart | 90mins | £125

Drift into a meditative relaxation with slow, Tui Na Chinese movements for the head, back and shoulders, followed by a facial to ease tension.

# Facial



## ELEMIS Expert Tech Facial | 55mins | £120

An awakening facial using special technology. BIOTEC switches your skin on and restores its vitality.

## ELEMIS Expert Touch Facial | 25/ 55mins | £75 / 110

Tailored to suit you, this facial works with your skin type to either rehydrate, nourish, restore balance or tackle signs of aging.

## Made for Life Crystal Facial | 55mins | £100

Holistic facial focusing on hydration and balancing the mind. Including a facial massage using cooling rose quartz Gua Sha and a soothing scalp massage.

## Made for Life Soothe & Nurture Facial | 25mins | £75

Leave feeling radiant with this face and scalp massage to cleanse, eliminate congestion and return a natural balance to the skin.

# Body Scrubs and Wraps

## ELEMIS Expert Body Nectar Nourishing Frangipani Wrap | 55mins | £95

A lusciously fragrant body wrap hydrates the skin, followed by a rejuvenating facial and scalp massage.

## ELEMIS Expert Intensely Cleansing Frangipani Salt Scrub | 25mins | £75

This deeply hydrating body scrub encourages cell regeneration with a frangipani scented oil-salt blend rich in actives.

## ELEMIS Expert Intensely Cleansing Lime & Ginger Salt Scrub | 25mins | £75

Detoxifying mineral salts with lime and ginger scented oils, rich in aromatics, are massaged into the skin.

# Manicure and Pedicure

*Arrive with natural nails for these appointments.*

## The Gel Bottle Classic Manicure

Peacci Polish | 30 mins | £55

The Gel Bottle Polish | 40 mins | £65

## The Gel Bottle Luxury Manicure

Peacci Polish | 50 mins | £75

The Gel Bottle Polish | 60 mins | £85

## The Gel Bottle Application

Hands | 30 mins | £45

Feet | 30 mins | £45

## The Gel Bottle Removal

Hands | 30 mins | £20

Feet | 30 mins | £20

## The Gel Bottle Classic Pedicure

Peacci Polish | 30 mins | £55

The Gel Bottle Polish | 40 mins | £65

## The Gel Bottle Luxury Pedicure

Peacci Polish | 50 mins | £75

The Gel Bottle Polish | 60 mins | £85

## The Gel Bottle Remove and Reapply

Hands | 50 mins | £55

Feet | 50 mins | £55

*Please note, this is only available for gel polish applied at St Michaels Spa.*

# Spa Days and Experiences

*Truly unwind with a spa day, designed for some much deserved me-time.*

*Here are our top picks...*

## Hydrothermal Experience | £40pp resident | £50pp non-resident

Spend two hours relaxing in Cornwall's largest hydrotherapy pool and the beautiful facilities surrounding it.

## Twilight Spa | £98pp

Escape for the evening with a two-hour hydro experience and four-course feast at Brasserie on the Bay.

## Soak & Nourish | £75pp

Leave feeling great with a wholesome two-course lunch in Nourish and two hours of hydrothermal bliss.

## Cornish Mud Experience (Rhassoul) | £15pp

Enter a traditional Moroccan chamber for a body scrub, restorative heated clay and tropical steam followed by a warm then cold shower and lotion.