



STMICHAELS
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.

Gelly 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.

01326 312707 spa@stmichaelsresort.com

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.