

S^TMICHAELS
SPA

TREATMENT MENU

Signature Treatments

St Michaels Signature Massage | 55/85 min | £90/120

Our St Michaels Signature full body massage takes you into deep relaxation using warm oil scented with a lively citrus blend.

Gylly Wave Stone Massage | 55 min | £95

A nourishing massage using a heated, magnesium-rich white jade wave stone, designed to ease tension across the whole body.

Soothing Scalp Massage | 55 min | £100

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

The Cornish Edit | 55 min | £100

Following your consultation, our expert therapists will design the perfect treatment for you.

01326 312 707

spa@stmichaelsresort.com

stmichaelsresort.com

Facials

ELEMIS Expert Touch Facial | 55 min | £110

A deeply relaxing facial tailored to your skin's needs, using products and techniques to rehydrate, nourish, or restore balance, with personalised skincare recommendations to continue the results at home.

ELEMIS Expert Tech Facial | 55 min | £120

A revitalising next generation facial powered by ELEMIS BIOTEC technology. This advanced treatment works in harmony with the skin's natural bio-electric field to help restore vitality, improve tone and enhance overall skin health.

Body Treatments

Scrub and Wrap | 55 min | £120

A full body sea salt scrub followed by a nourishing wrap to gently exfoliate and soften the skin. While wrapped, a calming scalp massage encourages deep relaxation.

ELEMIS Couples Massage | 55 min | £190 per couple

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

Elemental Journey | 75 min | £140

A restorative ritual inspired by the Cornish elements, with sea as a mineral salt scrub, air through soothing aromatherapy breathwork, earth with a nourishing herbal poultice, and fire as a gently warming massage.

Nurture

ELEMIS Peaceful Pregnancy Massage | 75 min | £105

Gentle and safe for relieving tension and promoting calm during this special time. This treatment starts with a 15-min consultation followed by a slow, 60-min massage.

Made for Life Hand on Heart | 90 min | £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.

Made for Life Crystal Facial | 55 min | £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.

Add On Treatments | 25 min | £50

Body Scrub, Scalp Massage, or Foot Massage

Enhance your experience with any of our 25 min add-on treatments for a fully customised session. Please note these extras can only be booked alongside a fully paid treatment of 55 mins or longer.

Manicures and Pedicures

Indulge in our range of expert nail treatments.

For more details, visit our website or speak with our team.

Spa Experiences

Hydrothermal Experience

Resident: £40pp | Non-Resident: £50pp

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

Twilight Spa | £98pp

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

Soak and 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.

To book your treatment, head to our website by scanning the QR code, OR contact us via telephone or email.

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Calling from your hotel room?

Dial 124 or 125 when using our in-room telephones.

