

StMICHAELS SPA

TREATMENT MENU

Aromatherapy Associates Treatments

The Ultimate Aromatherapy Experience | 90 min | £149

A personalised full body aromatherapy treatment designed to restore balance to the mind, body and spirit. Combining therapeutic massage, carefully selected essential oils and holistic wellbeing techniques, it helps ease tension and promote deep relaxation.

Deep Relax Massage | 50 min | £109

A deeply relaxing aromatherapy massage designed to calm a busy mind, ease physical tension and encourage a better night's sleep. This soothing treatment helps you switch off, slow down and restore a sense of balance.

Muscle Recovery Massage | 50 min | £109

A therapeutic recovery massage designed to reduce muscular tension, improve mobility and support long term muscle health. Combining deep tissue techniques, stretching and fascial tension release.

Body Detox Massage | 50 min | £109

A detoxifying body treatment designed to boost circulation, smooth the skin and restore a renewed sense of energy. Combining body brushing, exfoliation, a freshwater mud wrap and targeted massage techniques.

The Ultimate Pregnancy | 60 min | £119

Combining gentle massage, nourishing oils and soothing rituals, it provides dedicated time to rest, recharge and reconnect. Suitable from 14 weeks.

Facials

ELEMIS Expert Touch Facial | 50 min | £99

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 | 50 min | £109

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

St Michaels Bespoke Couples Massage | 50 min | £199 per couple

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

St Michaels Soothing Scalp Massage | 50 min | £95

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

Finishing Touches

Finishing Touches | 30 min | £50

Aroma Polish, Hot Stones or Hands & Feet

Enhance your experience with any of our 30 min add-on treatments for a fully customised session. Please note these extras can only be booked alongside a fully paid treatment of 50 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

2 Hour Experience: £50pp

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

Soak and Nourish | £85pp

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

Cornish Mud Experience (Rhassoul) | £45pp

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

Minimum of 2 guests

Spa Days

Every Spa Day includes

- Access to our hydrothermal facilities and spa gardens
- A 50-minute treatment of your choice
- A two-course brunch, lunch, afternoon tea or dinner

We'll also add a complimentary glass of Prosecco to make the experience feel just that little bit more special.

All Spa Days are £165 per person

*supplements may apply

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

01326 312 707
spa@stmichaelsresort.com

Calling from your hotel room?
Dial 0 when using our in-room telephones.

