

StMICHAELS
SPA
FALMOUTH

TREATMENTS

AN INTRODUCTION TO ST MICHAELS SPA

Our world-class spa, staffed by a team of expert therapists, provides the ultimate sanctuary in which to indulge in a bespoke pampering experience. A visit to the St Michaels Spa offers the opportunity to escape, restore and immerse yourself in holistic healing. Encounter benefits that expand beyond the physical as you're soothed in sanctuary and pampered with treatments from the world's leading spa brands.

Facilities

Not only is St Michaels Spa beauty manifest – an exquisite space celebrating the coming together of coastal and Arabic influence, but is a refuge of wellness. With its focus on hydrothermal experiences, a healing concept that dates back to the ancient Greeks and Romans, embark on a journey of therapeutic excellence as you discover our luxury facilities.

Work away stress and tension in the largest spa-hydrotherapy pool in the south west, heated up to 37°C. Stretch out and breathe in on the pool-side day bed and heated loungers. Cleanse your skin in the herbal Finnish sauna and outdoor barrel sauna. Bask in thermal paradise in the rainforest and world's only Cornish sea salt steam rooms, and sink into restorative bliss in the outdoor hot tub with views that stretch out beyond the spa gardens towards the ocean.

PURE & SIMPLE* Mon – Fri | £35 | Sat – Sun | £45

Full spa access

TWILIGHT SPA Mon – Fri | £40 | Sat – Sun | £50

Available from 17:00 - 21:00

Full spa access | 2-course dinner

*£5 discount applied to all hotel guests and health club members.

Complimentary use of all hydrothermal facilities are included in all spa days.

Our spa treatment partners

ELEMIS the No. 1 luxury British brand. Every ground-breaking formula is an innovative blend of science with the chemistry of nature, carefully crafted by a dedicated team of explorers, scientists and skincare experts.

NATURA BISSÉ founded in 1979 by Ricardo Fisas Mulleras, Natura Bissé takes beauty and aesthetics to places you'd never expect. Natura Bissé gives you the purest symbol of its commitment and loyalty to beauty. Its results surpass every expectation.

ISHGA was developed on the Isle of Lewis by a team of people with passion for creating the highest quality cosmetics harnessing the natural anti-oxidant, healing and anti-aging properties provided by the purest organic seaweed.

OPI the No.1 global salon brand reinvents hand and feet treatments. With unique facial skincare-quality ingredients in the ProSpa nail care range, with core and seasonal collections, gel care and infinite shine.

MADE FOR LIFE ORGANICS is hand-made in Cornwall and full of natural botanicals, created to nurture you with the purest organics packed with active ingredients from the wild world. Made For Life was founded in 2008 and supports those diagnosed with and recovering from cancer and those who are supporting them on that difficult journey.

THE NATURAL SPA FACTORY is a natural British brand. Specialising in seasonal and bespoke treatments with products made either here in the UK or in the home of scent – France.

Rhassoul

Step back in time and experience the benefits of a miracle material used by ancient Egyptian royalty and Roman aristocracy. Immerse your skin in restorative bliss as you uncover the power of one of our planet's natural substances.

As part of our signature treatment range, our expertly designed rhassoul mud experience encompasses use of the bespoke, private spa chamber, a steam infusion and exfoliating shower experience, and soothing rhassoul mud application.

An experience to be shared that allows for up to four guests to participate.

Excavated from the depths of the Austrian Alps and brought to you by the Natural Spa Factory, pure rhassoul mud revitalises and beautifies, leaving your skin feeling and looking nourished.

The miracle mud embodies an abundance of healing minerals that work together in natural synergy to detoxify, cleanse and catalyse skin-cell renewal. Its calming, moisturising properties make this natural product beneficial for those suffering from irritable skin complaints, such as psoriasis and eczema.

Exfoliate and purify your skin with a seasonally scented scrub, cocoon your body in the restorative heated clay and then bask in the tropical steam room as the natural material draws out impurities. Our signature treatment is completed with a warm shower that removes the applied mud and a body lotion to leave your skin feeling refreshed and rejuvenated.

RHASSOUL MUD EXPERIENCE* **£30 per person**

Maximum of 4 people

OR ENJOY A RHASSOUL SPA DAY **£89**

*** + £10 per person at weekends**

Spa days

£10 OFF
ALL SPA DAYS
MON - FRI

Our spa days include use of all facilities and the following:

- A robe, towel and flip flops for the day
- Use of the deep relax lounge
- Use of our south-facing spa gardens
- Use of our changing rooms with hair dryers, showers, spa products, straighteners and a secure locker for your use

AFTERNOON DELIGHT £89

Available from 14.30 – 17.30

Home-made scones with Cornish clotted cream and strawberry jam | A selection of individual miniature desserts and finger sandwiches | Cornish tea or locally roasted coffee | Full spa access | A choice of one of the following 30-minute treatments:

- **ELEMIS Touch Facial** Upgrade to a Biotec Facial for an extra £10
- **ELEMIS Intensely Cleansing Salt Scrub**
- **ELEMIS Freestyle Deep Tissue Massage**

RHASSOUL MUD SPA DAY £89

An indulgent glass of fizz or Garden Kitchen smoothie | A mouth-watering 2-course lunch | Full spa access | A Rhassoul Mud Experience

ELEMIS PAMPERING TREAT £109

An indulgent glass of fizz or Garden Kitchen smoothie | A mouth-watering 2-course lunch | Full spa access | A choice of one of the following 60-minute treatments:

- **ELEMIS Touch Facial**
- **ELEMIS Couture Touch** 30 minute Massage and 30 minute Touch Facial
- **ELEMIS Freestyle Deep Tissue Massage**

SIESTA SPA DAY BY NATURA BISSÉ £119

A glass of our red or white wine | A delicious pizza from our Italian oven | Full spa access | A choice of one of the following 60-minute treatments:

- **Natura Bissé Recharge** Recharge your skin with the antioxidant benefits of pure vitamin C. An infusion of anti-oxidant benefits and a true sensory therapy for face and back.
- **Natura Bissé Recovery** Soothe irritated skin and reduce inflammation on face and back with this exceptional recovery treatment for damaged or hypersensitised skin.
- **Natura Bissé Dry Oil Full Body Massage** Oils are nut free, hypoallergenic blends, for a personalised massage. Choose from: Energise, Detox, Fitness and De-Stress.



Spa days

ISHGA COASTAL SPA DAY £135

A Garden Kitchen smoothie | A mouth-watering salad and fresh fruit juice
Full spa access | A Marine Back, Face and Scalp Therapy treatment

ELEMIS TOTAL INDULGENCE £135

An indulgent glass of fizz or Garden Kitchen smoothie | A mouth-watering 2-course lunch | Full spa access | A choice one of the following 60-minute treatments:

- **ELEMIS Touch Facial** Upgrade to a Biotec Facial for an extra £10
- **ELEMIS Couture Touch** 30 minute Massage and 30 minute Touch Facial
- **ELEMIS Thousand Flower Detox Wrap**
- **ELEMIS Body Nectar Nourishing Frangipani Wrap**
- **ELEMIS Poultrice Powered Muscle Release**
- **ELEMIS Freestyle Deep Tissue Massage**

As well as a choice of one of the following treatments:

- **OPI Express Manicure**
- **OPI Express Pedicure**

Upgrade to a Gel Finish for an extra £10

DIAMONDS ARE FOREVER BY NATURA BISSÉ £145

An indulgent glass of fizz or Garden Kitchen smoothie | A mouth-watering 2-course lunch | Full spa access | A choice one of the following 60-minute treatments:

- **Natura Bissé Diamond Energy Facial**
- **Natura Bissé Diamond Experience Rose Massage**

ST MICHAELS COUPLE'S SPA DAY £229 per couple

An indulgent glass of fizz or Garden Kitchen smoothie | A mouth-watering 2-course lunch | Full spa access | A Couple's Rhassoul Mud Experience
60-minute Full Body Couple's Massage

ELEMIS MOTHER-TO-BE* £135

A delicious Garden Kitchen smoothie | A mouth-watering 2-course lunch
A Peaceful Pregnancy Face and Body Experience which uses a combination of nourishing face and body treatments that tends to the unique requirements of mothers-to be | An OPI Express Pedicure

* Hydrothermal access is not recommended during pregnancy



Body

ISHGA MARINE DETOX & RELAX 110mins | £119

Begin with a powerful sea salt and oil scrub with body wrap. This combines the detoxifying and nourishing effect of the purest seaweed gel with the stimulating and hydrating properties of the scrub. The treatment is designed to eliminate toxins, reduce cellulite, boost energy and improve skin tone. This follows your selection of one of the below massage treatments:

• **Hot Stone Massage** 55mins

A full body massage incorporating heated basalt stones which instantly relax the muscles, allowing the treatment to work at a deeper level. Hot stones are useful for easing out tension, reducing aches and pains and are placed along the chakras to open up energy pathways. A seaweed-based oil with lemongrass, lavender and juniper will detoxify and regenerate the skin.

• **Invigorating Full Body Massage** 55mins

This invigorating treatment works by combining marma massage, lymphatic drainage and traditional Swedish massage techniques. It is designed to detoxify and balance the body, while removing any areas of tension and stress. The seaweed-based body oil nourishes and protects the skin. Your therapist will adapt the pressure to suit your needs.

• **Hot Poultrice Massage** 55mins

A combination of traditional massage and innovative techniques, to soothe sore muscles using heated sea salt and seaweed granule filled poultices. At the end of your treatment, you will be given a poultice to take away and use as a detoxifying seaweed bath experience at home.

ISHGA MARINE BACK, FACE & SCALP THERAPY 80mins | £89

This rejuvenating back and face therapy begins with the ultimate back facial designed to cleanse and exfoliate, while treating any congestion and revealing brighter and smoother skin. Starting with a cleanse, tone and exfoliation, a powerful heated seaweed clay mask is then applied to clarify and soften the skin while providing a deep moisturising treatment. Ideal for skin concerns such as acne on the back, dryness and for muscular aches and pains. A massage of the back and legs is also included to send you to a place of peace and relaxation.

Your experience is completed with a facial using our organic product range that combines a cleanse, tone and moisturise for essential skin maintenance. This includes an exfoliating mask and scalp massage.

ST MICHAELS MUSCLE REPAIR £65

Aimed at relieving pains and aching muscles, this treatment effectively soothes away sore and aching muscles. Heated paraffin mud which is formulated with paraffin to create a mini-sauna is applied to the targeted area of the body. The treatment finishes with a body massage using a self-heating balm to soothe muscles.

ELEMIS DEEPER THAN DEEP HOT STONE MASSAGE 60mins | £69 90mins | £89

Balinese stones bathed in the frangipani monoi body oil are worked deep into the muscles, getting into areas of tension. The result is sparkling vitality with the bonus of intensely hydrated skin.

ELEMIS GARDEN OF ENGLAND ROSE RESTORE 60mins | £69

Take a walk in an English rose garden with this lavishly hydrating body treatment. The unique trio of rose, camelina and poppy seed oils leaves skin exquisitely moisturised, intensely supple and delicately scented.

ELEMIS POULTICE POWERED MUSCLE RELEASE 60mins | £69

Aching and sore muscles are worked away during this invigorating and deeply releasing treatment. Each area of tension is specifically targeted with the unique amber and quartz poultice to dissolve knots and ease tensions. The treatment is completed with a restorative facial massage.

ELEMIS HOT MINERAL BODY BOOST 60mins | £69

This powerful treatment stimulates every cell in the body, helping alleviate muscular pain and remove toxins. This is a revolutionary, mineral-charged experience of skin conditioning, metabolic balancing and energising wellness.

NATURA BISSÉ DRY OIL FULL BODY MASSAGE 60mins | £79

Using nut free, hypoallergenic blends for a personalised massage: Energise, Detox, Fitness and De-Stress.

Body

NATURA BISSÉ CITRUS DRENCH 60mins | £80

Highly concentrated vitamin C emulsions will protect the skin from dryness and premature ageing. Ideal for pre and post sun exposure.

NATURA BISSÉ LOMI JUMA MASSAGE 60mins | £80

Restore your inner balance with a fusion of massages inspired by different techniques. This treatment improves microcirculation, unblocks your joints and relaxes your muscles, while restoring your physical and mental well-being.

NATURA BISSÉ QUIRO GOLF 60mins | £80

A sports massage that is ideal for relaxing the body through techniques and products that target tension and sore muscles.

ELEMIS FREESTYLE DEEP TISSUE MASSAGE 60mins | £69

..... 90mins | £89

Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation. 90 minutes includes a facial and scalp massage.

NATURA BISSÉ DIAMOND ROSE MASSAGE 90mins | £120

Take a journey through an unprecedented sensory experience. Enjoy a smoothing and nourishing exfoliation followed by a regenerating massage with the exquisite absolute damask rose oil that will transport you to a complete state of relaxation and well-being.

ST MICHAELS COUPLES MASSAGE 60mins | £130

Ideal for both couples and friends. Choose from a relaxing or deep pressure massage. The calm, tranquil atmosphere will leave you feeling refreshed and renewed.

ELEMIS INTENSELY CLEANSING SALT SCRUB 50mins | £59

A deeply cleansing salt scrub that encourages cell regeneration for the softest, smoothest, most nourished skin. Choose from energising lime and ginger or fragrant frangipani.

ELEMIS BODY NECTAR NOURISHING FRANGIPANI WRAP .. 60mins | £69

A lusciously fragrant body wrap that quenches thirsty skin for velvety soft, super-hydrated results.

ELEMIS THOUSAND FLOWER DETOX WRAP 60mins | £69

A nutrient-rich detox wrap using the deeply nourishing green tea balm for a system that fires on all cylinders.

ELEMIS TARGETED TONING TIGHTENER 90mins | £89

A powerful blend of massage with a detoxifying clay for targeted toning and improved circulation.

ELEMIS PEACEFUL PREGNANCY MASSAGE 75mins | £79*

Mothers-to-be are lulled and restored to optimum wellness. An intuitive, sensitive and relaxing massage hydrates and moisturises skin that is expanding to accommodate a growing baby. Only nurturing aromatics are imparted along with wisdom, empathy and respect. A mini facial eases the mind and lifts the spirits. This treatment is suitable from day 1 of pregnancy.

*15-minute consultation and 60-minute massage



Facials

ELEMIS PRO-COLLAGEN AGE DEFY 60mins | £65

Tackle fine lines and wrinkles with the clinically proven age-defying benefits of marine charged padina pavonica and red coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

ELEMIS PRO-DEFINITION LIFT & CONTOUR 60mins | £65

Powered by breakthrough technology, this facial helps restore the architecture of the face using the potent nutrients in plant actives found to help support the extra-cellular matrix. This creates a profoundly sculpted, youthful effect.

ELEMIS DYNAMIC RESURFACING PRECISION PEEL 60mins | £65

Clinically proven to target the signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin.

ELEMIS WHITE BRIGHTENING PIGMENT PERFECTER 60mins | £65

Target areas of pigmentation and redness to colour correct and deliver an illuminated complexion. Perfect for brides the day before.

ELEMIS HIGH PERFORMANCE SKIN ENERGISER 60mins | £65

The hard-working facial for men, targets ageing, dehydrated skin and tired eyes. It maximises cell regeneration, as steam and extraction de-congests. Multi-dynamic facial massage sequences boost circulation, whilst a scalp and foot massage deeply relax.

ELEMIS SUPERFOOD PRO-RADIANCE 60mins | £65

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven to leave skin plumper, radiant and alight with good health.

ELEMIS ANTI-BLEMISH MATTIFY AND CALM 60mins | £65

A revelation for oily, congested or hormonal skin. This mattifying facial helps combat oil and shine, while an intuitive massage helps restore micro-circulation. A deeply detoxifying treatment for clearer, brighter skin.

ELEMIS SENSITIVE SKIN SOOTHER 60mins | £65

Fragile skin needs special attention. A soothing massage technique helps reduce the appearance of redness and protect against daily stresses. Texture and moisture levels are dramatically restored. Skin is left supremely soothed, comfortable and calm.

ELEMIS BIOTEC LINE ERASER 60mins | £75

Target wrinkles and energise the skin towards optimum performance with microcurrent pulses and red and blue light therapy. A powerfully rejuvenating clinically proven facial treatment that effectively irons out wrinkles and fills out lines.

ELEMIS BIOTEC FIRM-A-LIFT 60mins | £75

Rediscover the architecture of your face with this ground-breaking blend of massage and sculpting galvanic technology. Skin is visibly strengthened for a contoured complexion that is remarkably lifted.

ELEMIS BIOTEC SKIN RESURFACER 60mins | £75

This revolutionary clinically proven facial addresses skin tone, blemishes and fine lines to transform the texture of the skin. The ultrasonic peel, massage and light therapy delivers a complexion that has never been smoother.

ELEMIS BIOTEC ANTI-PIGMENT BRIGHTENER 60mins | £75

A targeted skin-brightening treatment that reduces pigmentation and dullness for refined and translucent skin.

ELEMIS BIOTEC BLEMISH CONTROL 60mins | £75

A deep cleansing facial that detoxifies and repairs damaged tissue. Ultrasonic vibration, massage, steam, and galvanic currents thoroughly decongest and exfoliate. Powerful anti-oxidants soothe, while light therapy helps clear the complexion.

ELEMIS BIOTEC RADIANCE RENEW 60mins | £75

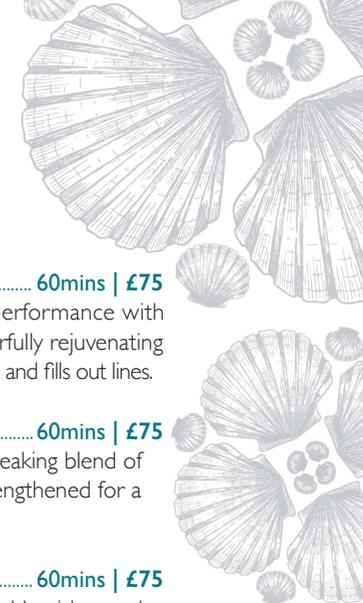
This cellular-boosting treatment targets sluggish complexions. The ultrasonic peel stimulates the removal of impurities and dead skin cells, while the galvanic rejuvenating current restores moisture for instantly clearer and visibly brighter skin.

ELEMIS BIOTEC EYE TREATMENT 30mins | £45

Biotech technology is refined enough to gently stimulate and tighten the delicate eye area, without disturbing fragile skin.

ELEMIS BIOTEC NECK TREATMENT 30mins | £45

Microcurrent reminds the muscle to firm up, while the arjuna-infused jowl and chin mask lifts and tightens for super-sleek contouring.



Facials

ELEMIS COUTURE TOUCH 60mins | £69

Condition your skin and muscles with this all-embracing experience. Combine any 30-minute ELEMIS Touch Facial with your personalised Freestyle Deep Tissue Massage or Deeper Than Deep Hot Stone Massage.

ELEMIS COUTURE TECHNOLOGY 60mins | £79

Time to switch your skin on. Combine any 30-minute ELEMIS Technology Biotech Facial with your personalised Freestyle Deep Tissue Massage or Deeper Than Deep Hot Stone Massage.

NATURA BISSÉ DIAMOND LIFE INFUSION 90mins | £130

Preserves the youth of skin and slows the ageing process. Visibly diminishes fine lines and wrinkles and restores a youthful energy to every level of the skin. Dramatically reverses premature ageing while increasing firmness and elasticity.

NATURA BISSÉ THE CITRUS ESSENCE 60mins | £85

An antioxidant treatment that restores vitality to sun damaged skin and helps minimise the signs of premature aging. 100% pure vitamin C will stimulate collagen production and renew skin firmness.

NATURA BISSÉ THE YOGA FACIAL 60mins | £80

A calming facial for even the most inflamed skin using a combination of botanicals and a unique relaxing massage. Fruit enzymes exfoliate the skin while an algae mask helps replenish lost vitamins, minerals and hydration to the skin.

Wellness treatments

ST MICHAELS REFLEXOLOGY 60mins | £65

This holistic treatment stimulates the reflex points and brings about balance within the body. By applying pressure to areas of the feet, blockages and imbalances within the body can be corrected, restoring the flow of the body's natural healing energies. Book a course of six 60-minute sessions for only £273.

ST MICHAELS INDIAN HEAD MASSAGE 60mins | £65

This treatment is not just about the head, this includes massages to the arms, back, shoulders, neck, and head, using an eastern blend of aromatic oils. This is a powerful massage and is not recommended during pregnancy or for people undergoing serious medical treatment.

MADE FOR LIFE CATCH THE BREATH 30mins | £45

This nurturing gentle treatment for the head, back and shoulders was created to allow you to drift away into a meditative state of relaxation. Slow Tui Na Chinese massage techniques rebalance and calm the upper body.

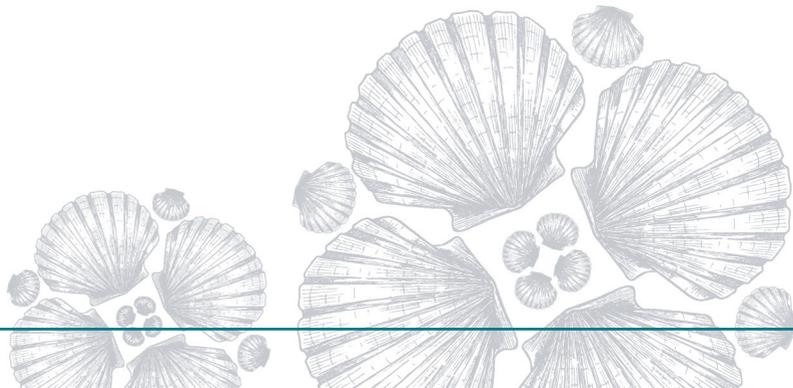
MADE FOR LIFE SOOTHE & NURTURE 30mins | £45

A beautiful way to restore natural luminosity to the skin, leaving you looking and feeling radiant. 100% organic balms and oils will nourish and cleanse, eliminating congestion and returning natural balance to the skin, while a deeply relaxing face and scalp massage calms the mind and soothes the soul.

MADE FOR LIFE HAND ON HEART 60mins | £69

..... 90mins | £90

This nurturing and calming treatment for the head, face, back and shoulders was created to allow you to drift away into a meditative state of relaxation. Slow Tui Na Chinese movements rebalance and calm the upper body while the facial will replenish, nourish and revive the skin and ease tension.



Hands & feet

*All OPI manicure and pedicure treatments include a bottle of your chosen infinite shine colour

OPI EXPRESS MANICURE 30mins | £30

Featuring essential OPI ProSpa products and techniques in a condensed service, that doesn't sacrifice on a premiere experience. Nails are filed and cuticles tamed.

OPI EXPRESS PEDICURE 30mins | £30

This OPI ProSpa Express Pedicure features essential OPI ProSpa products to provide a spa pedicure experience without increasing treatment time.

OPI SIGNATURE MANICURE 40mins | £40

You will experience quintessential OPI ProSpa products combined with a relaxing massage and acupressure.

OPI SIGNATURE PEDICURE 40mins | £40

This OPI ProSpa signature pedicure includes ProSpa products to soak, exfoliate and smooth callused feet.

OPI GEL MANICURE 30mins | £35

Choose from your favourite OPI shade. Enjoy a long-lasting colour and glossy wear manicure.

OPI NAIL OVERLAYS £30

OPI Axxium gel system is used to create an overlay to the natural nail with the choice of our OPI lacquers.

OPI NAIL ENHANCEMENTS £40

OPI Axxium gel system is used to create beautifully sculpted nail enhancements with the choice of our OPI lacquers.

OPI GEL REMOVAL & RE-APPLICATION 50mins | £45

Soak off your GelColor and pamper your nails before a new set of GelColor is applied. If you do not require a further application of colour: OPI Gel break will be applied to condition and care for your nails.

OPI PAMPER MANICURE 60mins | £55

Soothe, relax and indulge with the ultimate OPI ProSpa Pamper Manicure. You will benefit from unparalleled exfoliation, moisture and protection, while revelling in a combination of massage techniques and acupressure designed to reduce stress and relieve tension.

OPI PAMPER PEDICURE 60mins | £55

Soothe, relax and pamper with the ultimate pedicure experience. The OPI ProSpa Pamper Pedicure includes unparalleled callus softening, exfoliation and moisture and protection. An extended massage combined with acupressure to reduce stress, relieve tension, leaving you feeling relaxed and renewed.



Beauty

MOROCCANTAN £25

Enriched with argan oil and vitamin E, MoroccanTan helps soften and moisturise the skin, producing a deep bronze tan that leaves the skin soft and silky. The flawless, streak-free tanning solution, infused with organic argan oil helps hydrate the skin, making your spray tan last longer.

MYBROW 30mins | £35

A treatment designed to contour, define and enhance the eyebrows giving balance to the facial features. The perfect solution if you're wishing to transform your overall look with minimal effort.

MYLASH LASH LIFT 40mins | £40

Mylash Lift is designed to create the illusion of longer, thicker lashes without the need for extensions. The results of Mylash lift are immediate and you can expect them to last for up to six weeks, no subsequent maintenance is required.

ASHMIRA PARAFANGO INCH LOSS 50mins | £59

Perfect for slimming, firming, toning, detoxifying and re-sculpturing, with a high content in marine minerals. Formulated with paraffin to create a mini-sauna to capture all the heat to open pores and stimulate product absorption. The result is the elimination of toxins and more effective results.

THERMAVISAGE RF8 "FAT BURNING" 30mins £40 | 60mins £80

A complete treatment for both face and body. An effective 3-in-1 system; A results driven anti-ageing on the face and a cellulite treatment for the body.

The Radio Frequency treatment uses waves, which excite the molecular structure within the skin tissues generating heat. This thermal energy stimulates collagen production in the face, tightening and lifting the skin.

When used on the body it helps break down fat cells reducing the appearance of cellulite. When combined with the vacuum suction, the area is detoxed by draining away lymphatic fluid, plumping out fine lines and improving the texture of the skin.

Chromatherapy is added to the treatment to further facilitate the anti-ageing effects and enhance the results.

One off treatments give great results, however we would recommend a course of 8 treatments, leaving you with results which can last up to 2 years.

COURSE OF 8 BODY TREATMENTS £480

COURSE OF 8 FACE LIFT TREATMENTS £480

WAXING

Half Leg	£18	Lip or Chin	£8.50
Full Leg	£27	Lip and Chin	£15
Underarm	£12	Brazilian	£25
Bikini	£15	Playboy	£30
Body Package	£25	Hollywood	£35
(Half Leg & Bikini)			
Eyebrow Shape & Tidy.....	£9.50		

MEN'S WAXING

20minutes	£20
30minutes	£30

LASHES & BROWS

Eyelash Tint	£12
Eyebrow Tint	£10
Tint Package	£18
(Eyebrow & Eyelash Tint)	

FAQs

What time can I visit?

Our spa reception is open from 8:00 – 21:00, spa treatments run from 9:00 – 19:00 and our hydrothermal facilities can be accessed from 9:00 – 20:00.

What facilities are available at St Michaels Spa?

Our hydrothermal facilities include the largest hydrotherapy pool in the south west with 21 massage stations, a herbal Finnish sauna, experience showers, and steam rooms. Our south-facing spa garden boasts a red cedar hot tub on the sun terrace and Finnish barrel sauna with sea views.

Can children use the spa or have treatments?

Access to the spa including use of the changing facilities, hydrotherapy pool, sauna, steam rooms, experience showers, outdoor barrel sauna and hot tub are restricted to over 16s. Those aged between 16 and 17 are permitted to have treatments if accompanied by an adult in the treatment room and a disclaimer is signed. Under 18's will be treated by a 'same-sex' therapist.

Is there anywhere to store my possessions?

Yes, a locker will be allocated for you to store your personal belongings safely upon arrival.

What is the cancellation policy?

If you wish to change or cancel an appointment we ask for 24 hours' notice otherwise 100% of the treatment will be chargeable. Late arrival will shorten your treatment time. Groups of 3 or more or Spa Day bookings must be cancelled within 72 hours to avoid charges.

What time can I arrive?

We ask that you arrive 15 minutes prior to the start of your treatment.

What treatments do you offer?

Our range of treatments range from spa days, facials, signature treatments, comprehensive treatments, hands and feet to beauty. Both female and male therapists deliver our spa treatments. If a female therapist is preferred (subject to availability) please do request at time of booking.

What if I want to book extra treatments on the day?

If we have availability on the day we will happily book your extra treatments in, however we do get very busy and would suggest booking extra treatments before your visit so are not disappointed on the day. Speak to our booking line on 01326 312 707 to find out about special offers and upgrades that are available on your package.

How can I continue my spa benefits at home?

As part of your complete experience, our trained therapists will gladly recommend a skincare routine to enable you to continue the benefits of your treatment at home. Our products are available for purchase directly from the spa.

Do I need to bring my own towels?

Towels are provided free of charge upon arrival.

How accessible is your spa?

The spa can be entered from the garden entrance however as the spa is situated in an older building access throughout is limited. Each treatment room is fitted with a call button linked to spa reception should you require any assistance. Please call our booking line on 01326 312 707 to find out more.

Can I use the spa if I'm pregnant?

The hydrotherapy pool and hydrothermal facilities are not available to pregnant guests, however we offer a selection of relaxing spa treatments for mums-to-be.

Where can I purchase gift vouchers?

We have a variety of spa gift vouchers that are available to purchase online at stmichaelshotel.co.uk, at spa reception or by calling our booking line on 01326 312 707.

Where can I dine at St Michaels?

Our Garden Kitchen, with a Mediterranean influence, offers all-day casual dining where you will find a range of revitalising smoothies and cold-pressed juices alongside a large array of varying salads, quiches, and stone-baked pizzas. The relaxed Brasserie on the Bay, overlooking our sub-tropical gardens and on to the dazzling sea, showcases the best in Cornish ingredients.



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