

Manicures and Pedicures

File and Polish 25min. £20

Nails are filed and tidied, followed by an application of polish.

Prescriptive Manicure 45min. £30

This popular manicure provides your hands and nails with the treatment they deserve. It includes nail shaping, cuticle work, hand and arm massage with an application of your chosen polish.

Luxury Spa Manicure 60min. £40

This luxurious and soothing spa manicure includes nail shaping, cuticle work, exfoliation and massage with skin drenching cream and hydrating masque. Finishing with an application of CND polish of your choice. Pure pampering.

Prescriptive Pedicure 45min. £32

A soothing pedicure that includes nail shaping, cuticle work with a lower leg and foot massage. Finishing with an application of your chosen polish.

Luxury Spa Pedicure 60min. £42

Indulge yourself with this relaxing luxurious treatment. Incorporating our Prescriptive Pedicure with the added benefit of a hydrating honey and kaffir lime masque, to leave your feet feeling smooth and revitalised.

CND Shellac

Amazing high gloss gel polish with up to 14 day wear. Shellac is UV cured, so there's zero dry time.

Shellac File and Paint 30min. £28

Shellac Manicure/Pedicure 45min. £40

Shellac Removal & Re-application 45min. £40

Please note only genuine CND Shellac can be removed with this treatment.

Your Appointment

Please arrive at reception 10 minutes prior to your treatment time to complete a health questionnaire and to make sure you receive your full appointment.

Opening Times

The Treatment Room opening times vary. We operate on an appointment basis so it is advisable to book treatments well in advance to avoid disappointment.

Cancellation and Late Arrivals

Treatments can be cancelled free of charge if 24 hours' notice is given before the appointment. Failure to do so will result in the full cost of your treatment being charged. The treatment time stated is the full time in the treatment room, therefore late arrivals may result in the booking being shortened with the full cost still payable.

Health

All treatments include a full consultation with your therapist. If you are receiving medical treatment that might be affected by a treatment you may require written permission from your GP.

If you are pregnant most treatments can be carried out after the first trimester.

If you suffer from any allergies, it is important to inform your therapist before your treatment starts.

Other Information

Anyone under the age of 16 must be accompanied by an adult who will be asked to sign a parental consent form and stay for the duration of the treatment.

We reserve the right to change, alter and amend any aspects of the contents of this brochure without prior notice.

The Treatment Room, Hengar Manor, St Tudy, PL30 3PL
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The Treatment Room



relax
unwind
indulge

Our spa treatments are the ultimate in luxury, toning and deep relaxation. The products we use are made of a unique blend of plant extracts and Dead Sea Minerals. Known for their anti-ageing, healing and purifying powers they give your skin an instant boost. Our pre-blended oils have been carefully prepared to harness the healing properties of high quality essential oils and enhance your wellbeing.

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Spa Facials

Express Facial 30min. £35

A facial incorporating a full cleansing and toning sequence, exfoliation to brighten the skin, nourishing mud mask to suit your skin type and mini facial massage, leaving your skin refreshed and glowing.

Spa Find Mineral Facial 45min. £43

This mineral rich facial contains a unique blend of natural rejuvenating ingredients to give skin an instant boost. Tailor made to suit the needs of your skin, this treatment also includes a face, neck and head massage to help you totally relax and unwind.

Youthful You Anti-Ageing Facial 75min. £63

A luxurious anti-ageing facial that uses a unique peel-off mask combining Dead Sea mud with seaweed. It begins with a welcome back massage followed by a facial, which brings immediate firming and hydrating results to the skin.

Teen Facial 25min. £30

A mini facial to cleanse, tone and exfoliate the skin, followed by a nourishing mud mask to suit your individual skin type.

Body Treatments

Aromatherapy Back Massage 30min. £35

Designed to restore balance to tense muscles of the back we will use a blend of essential oils to help you feel invigorated or relaxed.

Upper Body Massage 45min. £45

Slow the flow of an overactive mind with our upper body massage which includes the back, neck, shoulders, arms, face and scalp.

Full Body Massage 60/75min. £55/£65

A soothing massage that works from head to toe to relax the entire body and promote an increased sense of well-being. One of the best anti-stress treatments available. (75min. includes scalp and face).

Pregnancy Massage 60min. £55

Relieving muscular and emotional tension can be hugely beneficial to you and your baby. This nurturing full body massage has been carefully designed to nourish, comfort and relax you during the second and third trimester of pregnancy.

Heavenly Head Massage 30min. £35

A divine pick-me-up that releases tension in your upper back, shoulders, neck and scalp. This seated massage can help ease stiffness and is also suitable for those who have difficulty laying on a couch.

Stress Relief Massage with Hot Stones 30min. £40

60min. £60

This powerful massage combines hot basalt stones with traditional massage techniques for an intensely soothing and comforting treatment that helps release stress or tension held in the body (not suitable during very hot weather).

Body Treatments

Aromatherapy Back Massage and Facial 60min. £55

Drift away and enjoy two elements of spa therapy in one treatment. A luxurious back massage, followed by a mineral mud facial will leave you relaxed and radiant.

Reflexology 50min. £45

A calming treatment that aims to revitalize your body and promote health by applying precise pressure to reflex points on the feet. Reflexology can help aid relaxation, improve mood, enhance sleep and enhance general wellbeing.

Rosemary and Peppermint 30min. £33

Foot Massage

A beautifully relaxing pamper for tired and aching feet. Hot steam towels, exfoliation and a soothing leg and foot massage will give your feet a new lease of life.

Silky Skin Exfoliation and Massage 45min. £43

A full body exfoliation using Spa Find's Heavenly Hydration Dead Sea Salts followed by a back massage that relieves muscular tension and leaves the skin feeling smooth and deeply nourished

Ultimate Top to Toe Experience 90min. £75

This restorative treatment works on your complete wellbeing by focussing on both body and face. Warmed stones are used to massage the back with classic smooth and soothing massage techniques applied to the rest of the body, including the feet and scalp. The treatment concludes with a facial to hydrate and nourish the skin.