



BOSCUNDLE MANOR

CORNWALL

# SPA MENU

## BODY TREATMENTS

Offering exfoliation and hydration, our body treatments not only provide relaxation, but noticeably softer skin and detoxification.

### TIME STOOD STILL 90 MIN / £90

Start your experience with our luxurious, Cornish Made For Life embrace the day body scrub, with aromas of lemongrass and marigold. After the scrub is removed, let the oils continue to calm your mind with a full body massage, easing away any tensions and worries drifting off into a state of total relaxation. While you lie there cocooned in warmth, experience a tranquil facial using the Cornish Made For Life product range. This treatment is complete "head to toe bliss" and designed especially for you.

### REBALANCING FACIAL 75 MIN / £75

#### EXPERIENCE

Using Cornish Made For Life products, this rebalancing facial includes an upper back massage to relax your muscles, followed by a calming facial to cleanse and hydrate your skin.

### LUXURY BODY WRAP 120 MIN / £135

Full body exfoliation and toning body wrap using our Cornish Made For Life range followed by our express facial, full body massage and finishing off each area with an application of restorative body balm to top off this restoring, regenerating and rejuvenating treatment, total luxury.

### SWEDISH MASSAGE

Using different massage techniques, your therapist can release tension, relieve stress and improve circulation. This treatment can be either relaxing or invigorating depending on your individual needs.

### FULL BODY SWEDISH MASSAGE 60 MIN / £70

### BACK, NECK & SHOULDER 30 MIN / £45 SWEDISH MASSAGE

### INDIAN HEAD MASSAGE

This is a traditional massage originally used by families across India to aid relaxation, promote hair growth and to generally relieve everyday stresses. Performed whilst seated this massage is great for relieving headaches and muscular tension in the shoulders.

### TRADITIONAL INDIAN HEAD 30 MIN / £45 MASSAGE

### AROMATHERAPY MASSAGE

This gentle massage will help to relax the body while a soothing combination of beautiful aromas help to regulate, balance, heal and maintain your entire being.

### FULL BODY AROMATHERAPY 60 MIN / £75 MASSAGE

### BACK, NECK, SHOULDER AND 40 MIN / £60 HEAD AROMATHERAPY MASSAGE

### PAMPERING BODY WRAP 75 MIN / £85

Pamper yourself with a full body exfoliation and toning body wrap using our Cornish Made For Life range followed by muscle relaxing back, neck and shoulder massage.

### LUXURY BACK TREATMENT 45 MIN / £60

Using Cornish Made For Life products, treat your back, neck and shoulders to a luxurious, hydrating pamper. Start with a back cleanse and exfoliation followed by a melting muscle massage to release aches and tension to those most affected areas.

### LUXURY HAND & 45 MIN / £55 FOOT TREATMENT

Luxury treatment to soothe these hard worked areas. Indulge in an exfoliation to the hands and feet followed by a relaxing massage including Made For Life soft touch intensive hand balm and soothe and smooth leg and foot balm. Excludes paint.

### TENSION THERAPY MASSAGE

This massage involves using a deeper pressure to stimulate and tone the muscles also providing remedial relief to aching muscles and encouraging blood flow to revive strained areas.

### BACK & LEGS TENSION 45 MIN / £60 THERAPY MASSAGE

### BACK, NECK & SHOULDER 30 MIN / £50 TENSION THERAPY MASSAGE

### HOT STONES MASSAGE

A massage using water heated basalt stones. The direct heat relaxes muscles allowing manipulation of a greater intensity than with regular massage.

### FULL BODY HOT STONE 60 MIN / £80 MASSAGE

### BACK, NECK & SHOULDER 40 MIN / £65 HOT STONE MASSAGE

### HOW TO BOOK

To book call us on 01726 813557 or email [hello@boscundlemanor.com](mailto:hello@boscundlemanor.com).



## BOSCUNDLE MANOR

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### TREATMENTS FOR THE FACE

Using 100% organic, Cornish Made for Life products treat your skin to one of our deeply cleansing and hydrating facials. Using gentle and effective products to promote a feeling of wellbeing.

#### UPLIFTING FACIAL 60 MIN / £70

Designed for the more mature skin type, this organic facial uses massage techniques designed to help lift and tone, helping to prevent wrinkles and improve the appearance of the skin.

#### LUXURY FACIAL 60 MIN / £70

This is the ultimate skin pampering treatment. Includes cleanse, exfoliation, face and shoulder massage, mask, soothing scalp massage, tone and moisturise.

#### EXPRESS FACIAL 30 MIN / £45

All of the benefits of the luxury facial condensed into a mini treatment for those with little spare time on their hands. Relaxing, rejuvenating this is the perfect little pick me up.

#### EYEBROW WAXING 15 MIN / £10

#### UPPER LIP/CHIN WAXING 15 MIN / £8 EACH

#### EYELASH/BROW TINT & EYEBROW SHAPE 30 MIN / £30

#### EYELASH TINT\* 30 MIN / £12

#### EYEBROW TINT\* 15 MIN / £10

\*PATCH TEST REQUIRED 48 HOURS PRIOR TREATMENT.

### TREATMENTS FOR HANDS & FEET

Say hello to healthy hands and feet with our Opi ProSpa range, formulated with anti ageing effects and providing exceptional moisture.

#### LUXURY OPI PEDICURE 60 MIN / £45

Using our OPI ProSpa range treat your feet to a well-deserved pamper. Start with a warm, bubbly foot soak, toenails are trimmed and shaped, cuticles are tidied, exfoliation and foot file to remove hard skin, a hydrating foot and leg massage finishing off with an application of your chosen OPI nail lacquer.

#### LUXURY OPI MANICURE 60 MIN / £45

Using our OPI ProSpa range to refresh your hard worked hands. Includes nail shape, cuticle tidy, exfoliation, a restorative hand and arm massage and finishing off with an application of your chosen OPI nail lacquer.

### TERMS AND CONDITIONS & CANCELLATION POLICY

#### FOR BOOKINGS FOR NON RESIDENTIAL GUESTS

A deposit of 50% will be payable upon booking.

If you need to cancel your appointment or reduce numbers in your party we ask that you give us more than 48 hours notice. Less than 48 hours notice will render the deposit non refundable.

Please also note that bookings for treatments alone do not include use of the swimming pool.

#### FOR BOOKINGS ALL GUESTS

To get the most from your experience with us, please allow 15 minutes before and after your treatment to relax in our lounge or pool side.

The treatment time stated is the full time in the treatment room, therefore late arrival may mean your time is shortened as a courtesy to the next client.

Please be aware that personal information such as your medical history and contact details will be required during a consultation so as to ensure that you get the maximum benefit from your treatment and if you are pregnant or have any special medical conditions, then please advise reception when booking, so we can recommend the most appropriate treatment.

BOSCUNDLE MANOR, ST AUSTELL, CORNWALL, PL26 3RL

www.boscundlemanor.com | 01726 813557 | hello@boscundlemanor.com



## BOSCUNDLE MANOR

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### **ABOUT BOSCUNDLE MANOR & OUR SPA**

A charming Cornwall manor house hotel set within 2 acres of private gardens; boasting oodles of charm, bags of character and heaps of original features. Just five minutes from world class visitor attractions, ancient Cornish harbours and sweeping bays, a stay at the Grade II listed Cornish boutique hotel feels like a spa at your very own country pile near the coast.

Reserved exclusively for grown ups, Boscundle Manor has plenty to keep you occupied. Rest beside the fire in the lounge, sun yourself in the gardens, enjoy tea on the terrace, or find a cosy corner in the panel-walled library in which to curl up with a book. The exposed beams, open fireplaces, modern artwork and comfy sofas offer the perfect balance of old and new, and the pretty sloping gardens with surrounding ancient woodland are ideal for an amble.

Proud to be using Cornish Made for Life Organic products in our spa we offer a very extensive range of treatments. These can be tailored to really give you the wow factor you desire! Our highly trained and professional therapists will be able to answer all your questions to help you select the right treatment for you. They will also let you know what products were used during treatment.