

# FOR THE DAY



MADE FOR LIFE  
by Spacia Organics

## **SURFER'S SOOTHER** 2 hours **£150**

Soothe away tired, aching muscles and nourish and restore sun and sea stressed skin. It includes;

Body Exfoliation

Aromatherapy Massage

Organic Beauty Boost Facial

2 course Spa Lunch in C-Bay

Free use of the indoor pool, spa bath and tennis court.



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## **WALKER'S RECOVERY** 75 minutes **£85**

Reviving to tired, aching feet, legs and back. It includes;

Soul Sensation Foot Massage

Back to Life Massage

2 course Spa Lunch in C-Bay

Free use of the indoor pool, spa bath and tennis court.



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## **RESTFUL SLEEP** 2 hours **£140**

Allows you to drift away into a deep restful sleep. It includes;

Body Exfoliation

Aromatherapy Massage

Mind Your Head Massage

2 course Spa Lunch in C-Bay

Free use of the indoor pool, spa bath and tennis court



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## **MATERNAL JOY** 2 hours **£125**

Total relaxation especially designed for expectant or nursing mothers. It includes;

Organic Beauty Boost Facial

Maternity Massage

Luxury Pedicure

2 course Spa Lunch in C-Bay

Free use of the indoor pool, spa bath and tennis court.

\*Please note this package is not recommended during the first 12 weeks of pregnancy



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## **PURE HARMONY** 75 minutes **£85**

Rebalance and calm the mind and body, whilst brightening and hydrating the skin. It includes;

Organic Beauty Boost Facial

Aromatherapy Massage

Mind Your Head Massage

2 course Spa Lunch in C-Bay

Free use of the indoor pool, spa bath and tennis court



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## **ORGANIC WELLBEING** 2 hours **£145**

Feel good inside and out with this revitalising face and body boost. It includes;

Radiance Facial

Detox Body Treatment

2 course Spa Lunch in C-Bay

Free use of the indoor pool, spa bath and tennis court

To book a spa treatment please contact

**01637 817360**

[spa@crantockbay.co.uk](mailto:spa@crantockbay.co.uk)