

FOR THE DAY



MADE FOR LIFE
ORGANICS

SURFER'S SOOTHER 2 hours **£150**

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

Reviving Muscle Massage

Body exfoliation

Organic Facial

Scalp Massage

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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A CORNISH TREAT 30 minutes **£50**

This touch of Cornwall includes;

A 30 minute treatment

A Cream Tea in C-Bay

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



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MADE FOR YOU 2 hours **£150**

Total mind and body relaxation especially designed for you with one of Crantock Bay Spa's Holistic Therapists.

2 course Spa Lunch in C-Bay

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



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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 1 hour **£75**

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

Back to Life Back Exfoliation and Massage

15 minute Scalp Massage

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 830229

spa@crantockbay.co.uk