

The background of the image is a soft-focus photograph of a coastal landscape. In the foreground, tall, thin stalks of beach grass are silhouetted against the light. Beyond the grass, the ocean stretches to the horizon, with gentle waves visible. In the distance, a dark, rocky island or headland rises from the water. The sky is a pale, hazy blue, suggesting the time is either dawn or dusk. The overall mood is peaceful and tranquil.

SPA

MIND & BODY



MADE FOR LIFE
O R G A N I C S



Located on the end of West Pentire Headland, Crantock Bay Spa offers Made for Life Organics, designed to create a new sense of wellbeing for the body, mind and emotions.

Combining effective 100% organic products and mindful, complementary therapy techniques, our treatments create a balanced flow for the conscious and sub-conscious mind and body.

...it's all about the pampering!

FOR THE FACE



UPLIFT & REJUVENATE FACIAL

£80

75 minutes

Uplifting facial using nourishing oil, balms and specific massage techniques to tone, lift and stimulate the blood flow, leaving skin glowing and rejuvenated.

Using a special combination of massage techniques from India (Ayurvedic) and Japan (Anma) this natural uplifting facial prevents and reduces tension, softens facial wrinkles, reduces age spots and improves the complexion by stimulating the circulation and releasing toxins from the facial area. Ideal for those who would like a natural approach to anti-ageing.



ORGANIC BEAUTY BOOST FACIAL

£40

30 minutes

Refresh your complexion with this instant organic beauty boost that nourishes the skin and brightens the complexion.

LEISURE CLUB

£10

If you are having a treatment, outside of a Spa Day, please feel free to make use of the Leisure Facilities for an extra £10 per person. C-Bay will also be open for breakfast, lunch and evening dinner should you wish to extend your day!



RADIANCE FACIAL

£70

60 minutes

An organic facial which detoxifies, cleanses and refreshes the skin, leaving you looking and feeling radiant. This facial is ideal for anyone who would like to experience an organic detoxifying treat. 100% organic balms, oils and gentle exfoliation will nourish and cleanse, eliminating congestion and returning natural balance to the skin.

A beautiful way to restore natural luminosity to the skin, leaving you looking and feeling radiant.



POWER REVIVE FACIAL FOR MEN

£70

60 minutes

This face treatment's detoxifying deep cleanse and exfoliation will decongest and brighten the skin.

A dynamic facial massage boosts circulation, energising the skin with oxygen and nutrients followed by tension releasing deep shoulder, neck and scalp massage.

FREE USE OF LEISURE FACILITIES WITH ANY TREATMENT OVER £70

TOWEL AND ROBE

£5

To book a spa treatment please contact

01637 830229

spa@crantockbay.co.uk

FOR THE BODY



RELAX INTO RADIANCE®

£90

90 minutes

Relax your mind and body with this exfoliation and massage treatment. Feel completely relaxed yet refreshed with this all-encompassing treatment. Long, smooth strokes soothe, melting away tension from over-worked muscles and preparing the body for a skin softening body exfoliation. The treatment concludes with a skin brightening facial that cleanses and hydrates the skin, whilst a head massage clears and calms the mind.



ORGANIC STONE MASSAGE

£80

75 minutes

This massage uses smooth hot stones combined with Made for Life massage oils. The heat enhances relaxation, promotes detoxification and results in the body feeling comforted and serene.



MIX AND MATCH

£70

60 minutes

Relax and rebalance the mind and body with a mixture of our organic beauty boost facial and bespoke Back Massage to melt away tension and restore radiance to the skin.



REVIVING MUSCLE MASSAGE

£40/£70

30/60 minutes

Using meaningful massage techniques, the circulation is stimulated, helping alleviate tension and soften tight, sore muscles.



PREGNANCY PAMPERING

£90

90 minutes

A soothing, relaxing all over body treat, designed especially for Mums to be. This wonderfully nurturing whole body massage is aimed at giving Mum to-be a very special experience, taking her into a completely relaxed world. Slow smooth massage techniques are used in this treatment to calm and alleviate any aches and pains, 100% organic oils help to prevent stretch marks - not advisable for the 1st trimester of pregnancy.



AROMATHERAPY MASSAGE £40/£70/£90

30/60/90 minutes

This holistic massage using the Made for Life aromatherapy oils works on rebalancing the mind through the sense of smell whilst slow, rhythmic, lymphatic drainage movements gently ease away the stresses of the body to create a deeper sense of relaxation.



BACK TO LIFE

£50

45 minutes

A luxurious and relaxing treat for the back, neck and shoulders. A melting muscle massage, back exfoliation, designed to release aches and pains and reduce tension in those most affected areas.

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FOR THE BODY



MIND YOUR HEAD

£35

30 minutes

Releasing muscular and emotional tension, this massage which covers the head, neck and shoulders, leaves a sense of calm and peace



SOUL SENSATION

£35

30 minutes

Refresh those tired, aching feet with a refreshing foot exfoliation, followed by a soothing leg and foot massage with cooling peppermint, healing rosemary balm.

FOR WELLBEING

ORGANIC WELLBEING

£50

45 minutes

Relax with our Organic Wellbeing Signature Treatment that allows you to have the massage of your choice - or just have them all!

- Back, face & scalp
- Hand & arm
- Feet and lower leg,

Leaving you feeling wonderfully relaxed...



CANCER TOUCH THERAPY

£59/£89

55/85 minutes

Escape and relax. Our Cancer Touch Therapy treatments provide you with personalised holistic spa rituals which are safe, nurturing and have your wellbeing at heart. A consultation with one of our fully trained therapists will ensure that you have time and space to catch your breath and feel rested, cared for and balanced. Enjoy and embrace the day.

SIMPLY SPARKLING

£50

45 minutes

Enjoy some simply sparkling time having a pre treatment swim then relax in our Spa with a glass of fizz whilst one of Crantock Bay Spa's therapists applies a gel colour to your hands or feet.



REIKI AND MASSAGE THERAPY

£65

60 minutes

This deeply relaxing treatment combines a Reiki session followed by an intuitive back massage using Made for Life Organic massage oils, perfect for souls in need of a little nurturing.

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FOR THE DAY



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.



WALKER'S RECOVERY 75 minutes **£90**

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.



A CORNISH TREAT 30 minutes **£55**

This touch of Cornwall includes;
Any 30 minute treatment from our brochure
A Cream Tea in C-Bay
Free use of the indoor pool, spa bath and tennis court



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.



PURE HARMONY 75 minutes **£90**

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



TRANQUILITY 30 minutes **£70**

Feel good inside and out with this face or body boost.
This treatment includes;
Any 30 minute treatment from our brochure
A 2 course spa lunch.
Free use of the indoor pool, spa bath & tennis court.

ALL SPA DAYS ARE INCLUSIVE OF TOWEL AND ROBE USE
but please bring your own foot wear.

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BEAUTY @ CRANTOCK BAY

FILE AND POLISH

OPI INFINITE SHINE £15

15 minutes

For those in a hurry, why not have a 15 minute manicure or pedicure file and polish.

MADE FOR LIFE ORGANIC MANICURE

OPI INFINITE SHINE £40

60 minutes

Soothe, relax and indulge with the ultimate Made for Life Organic Manicure. You will benefit from an exfoliation, moisture & protection, while revelling in a combination of massage techniques and acupressure designed to reduce stress and relieve tension.

MADE FOR LIFE ORGANIC PEDICURE

OPI INFINITE SHINE £40

60 minutes

Soothe, relax and pamper with the ultimate pedicure experience. The Made for Life Organic Pedicure includes, exfoliation, moisture & protection. An extended massage combined with acupressure to reduce stress, relieve tension will leave you feeling relaxed and renewed.

GELCOLOUR

FULL SET HANDS OR FEET

£30

30 minutes

Choose your favourite OPI shade for long lasting colour and glossy wear.

REMOVAL AND RE-APPLICATION

£40

50 minutes

Soak off your GelColor and pamper your nails before a new set of GelColor is applied.

TRIO OF TREATMENTS

£55

75 minutes

Includes a Mini Manicure & Mini Pedicure plus choice of one wax (bikini, eyebrows or underarms)

REMOVAL AND NOURISH

£25

50 minutes

Soak off your GelColor nails and nourish them with a protein conditioner. Includes a file and shape

WAXING

Eye brow
Lip or Chin
½ Leg
¾ Leg
Full Leg
Under Arm
Bikini

£10
£10
£20
£28
£32
£10
£15

TINTS

Eye lash Tint
Eyebrow Tint
Eye lash/Brow Tint
Eye lash Lift and Tint

£15
£10
£20
£40

Patch test required 48hrs prior to treatment.

Cancellation Policy

We understand that there can be occasions when treatments need to be cancelled, so we have the following cancellation terms:

Individual Treatments and Spa Days - We ask for all treatments over the value of £50, to be paid at the time of booking. If you need to cancel your appointment or Spa Day, please provide us with a minimum of 48 hrs notice and we will offer you the opportunity to rebook your treatment/Spa Day or transfer the value to a voucher*.

Group Spa Days - We ask for all Group Spa Days, to pay a 50% deposit at the time of booking with the remaining balance due 72 hours prior to your Spa Day. If you need to cancel, please provide us with a minimum of 72 hrs notice and we will offer you the opportunity to rebook your treatment or transfer the value to a voucher*.

**Vouchers may be used in C-Bay or Crantock Bay Spa and are valid for 12 months*

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CRANTOCK BAY

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www.crantockbay.co.uk spa@crantockbay.co.uk