



THE SPA  
AT ST ENODOC





# Welcome

The Spa at St Enodoc offer a quality day spa experience and our friendly qualified team will ensure you have the best bespoke treatment.

We care about the purity of our skin products and have teamed up with eco luxury brand Pinks Boutique. Hand blended with care and accredited by the Soil Association, the products are made entirely from natural and organic ingredients that can be traced back to source.

As well as luxury signature treatments, we also offer express treatments, as well as all inclusive packages that include a stay at the Hotel.

Call 01208 862 858 for reservations between 10.00am and 6.00pm.

We look forward to welcoming you.



# Signature Treatments



## **Pinks Soul Sensation**

**120 minutes - £110**

A very special deluxe treatment that is relaxing and restorative. It includes an Eastern foot massage, organic sugar based body scrub, and then full body massage using rich organic apricot and jojoba to leave your skin feeling nourished and silky smooth. Treatment includes:- welcome drink, foot ritual, full body scrub, hot towels, full body massage.

## **Pinks Signature Facial Treatment**

**105 minutes - £90**

Hot fresh tea, soothing warm towels and a welcome foot scrub and soak is the way we begin this luxury facial treatment. Relax as your skin is deep cleansed, exfoliated, massaged and masked. The facial uses elixir sprays and deliciously scented scrubs, masks and moisturisers in either fresh restorative lemongrass and mandarin or the powerful anti-oxidant Japanese Ocha.

# Body Treatments



## **Bespoke Body Massage**

**30 minutes - £35**

**60 minutes - £60**

All treatments use bioactive anti-oxidant organic oils which are especially selected for you. Our 30 minute treatment concentrates on back, neck and shoulders. The 60 minute full body massage is bespoke to your individual needs. Please let your therapist know if you would like a lighter or firmer massage.

## **Head Massage**

**30 minutes - £35**

Sit back and relax whilst having one of our therapeutic head massages using bioactive organic oils. With this treatment we will focus on the head, face, neck and top of shoulders. Optional added 15 minute foot ritual for £5.

## **Organic Hot Stones Massage**

**30 minutes - £45**

**60 minutes - £70**

This deep massage uses smooth hot stones in conjunction with bioactive organic oils to ease away tensions in the muscles. The heat enhances relaxation, promotes detoxification and results in the body feeling relaxed and calm. A 30 minute hot stones concentrates on the back and shoulders.

## **Body Delight**

**45 minutes - £50**

**60 minute (with foot ritual) - £55**

A treatment to leave your skin glowing and revitalised. First an exfoliation using our organic sugar, salt or rose hip kernel based body scrub, then enveloped in deeply hydrating shea butter body balm. A regular must have each month to keep your skin in great condition and a fabulous pre-holiday preparation treatment.

# Body Treatments



## **Back and Beyond**

**45 minutes - £40**

Spoil your back with our luxury organic products. Starting with a smoothing and detoxifying full back exfoliation, we then use soothing hot towels. Finally, a deep and powerful back massage will ease away tension leaving your skin feeling renewed and your body invigorated.

## **Power Massage**

**90 Minutes - £85**

An intricate and thorough treatment that will give your body a boost. First your feet are cleansed, exfoliated and soothed. The therapist will then perform a massage that combines a fusion of Eastern and Western massage techniques. This powerful massage will soothe aching and tired muscles and aid relaxation.

## **Pregnancy Massage**

**75 minutes - £75**

This is a very special experience perfect for a Mum to be; it works from head to toe with slow massage techniques to calm and alleviate any aches and pains using oils that help to prevent stretch marks. This is completed with a facial cleanse and calming head massage. A fantastic treat for any Mum in their second or third trimester.

# Facials



## **Maintenance Facial**

**30 minutes - £35**

## **Eco Chic Facial**

**60 minutes - £60**

Designed to restore the natural balance of your skin the Pinks Boutique products use only natural ingredients. Herbs, essential oils and anti oxidants help to promote clear, hydrated radiant skin. Our organic facial combines a deep cleanse with camellia based melt, exfoliation, relaxing face, neck and shoulder massage and mask. The treatment also extends to your upper back and neck. Available in Lemongrass and Mandarin or Ocha, depending on your skin type.

## **Anti-Ageing Facial**

**75 minutes - £70**

This facial uses the same elements as the Eco Chic facial but is tailored more specifically to anti-ageing. Using super charged Rosehip, scientifically proven to aid with signs of ageing, wrinkles and sun damage, this facial concentrates on not just the face but the 'tell tale give aways'- the back of the neck and chest also.

# Pinks Manicures and Pedicures



## Shape and Polish

**30 minutes - £20**

Hot crystal mitts welcome and file - SpaRitual polish or buff.

## Eco Chic Organic Manicure

**45 minutes (polish finish) - £45**

**75 minute (Shellac finish) - £55**

With this treatment you can take comfort in knowing that only natural and organic ingredients will be going onto your nails. Enjoy our signature touches with oils which result in a circulation boosting and hydrating manicure. Includes a hot mitt welcome, file, fresh lime crystal soak, detailed cuticle work, hand exfoliation, Pinks Signature hand & arm massage, choice of SpaRitual polish or buff.

## Eco Chic Organic Pedicure

**60 minutes (polish finish) - £50**

**90 minutes (Shellac finish) - £60**

A full detailed pedicure with only Soil Association organic products to nourish and soften tired feet. Your feet are treated with the revitalising aromas of peppermint, lavender and geranium. Includes hot mitt welcome, mint leaf soak, exfoliation and hard skin removal, detailed cuticle work, nail shaping, foot massage and choice of buff or SpaRitual varnish.

## Shellac

**45 minutes - £20**

Chip-Free nail wear. This product goes on beautifully, dries immediately and removes with no damage. Shellac polish lasts up to 2 weeks plus with durable shine that resists chips, scratches and smudges.

# Waxing and Tinting

Pinks Boutique Organic Soil Association pre- and post- wax products will make you say, 'Aah!' not, 'Ouch'.

## **Why should I have organic waxing?**

We use Pinks Boutique Pre and After wax lotions to ensure that your skin has no parabens, GM or toxic chemicals added to it during your waxing. Standard Pre wax cleansers generally have a very high alcohol content and strip your skin unnecessarily of its vital moisture. After waxing, every hair follicle is open and the products applied to this area have direct access to the bloodstream.

The Pinks Boutique After Wax Calming Lotion is free from all of the paraben preservatives and toxins which standard lotions contain, thus preventing any unwanted chemicals from entering the body. Smooth, calmed, chemical free skin.



# Waxing and Tinting



Eyebrow tint*	£8
Eyelash tint*	£15
Eyebrow & eyelash tint*	£20
Eyebrow shape	£10
Lip wax	£8
Chin wax	£8
Underarm wax	£10
Half leg wax	£20
Full leg wax	£25
Bikini wax	£10
High bikini wax	£15
Back wax	£20
Chest wax	£20

\*Please note that a sensitivity test is required 24 hours before this treatment.

# Terms and conditions



## **Arrival**

We please ask that you arrive at least 10 minutes prior to your appointment in order to register and start to relax. Please be aware that if you arrive late, then the time of your appointment might be shortened in consideration of the next client's booking.

## **Cancellations**

If you need to cancel or change an appointment we ask for 24 hours notice or 100% of the cost of the treatment will be charged. Please note that we will be requesting card details to secure your booking.

## **Gift vouchers**

Gift vouchers are available for a fixed amount or a treatment of your choice; either pop into your local spa alternatively we can post them out to you.



# THE SPA AT ST ENODOC

The Spa at St Enodoc  
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