



ST. MELLION
WELLNESS SPA



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The Spa



When everyday life has taken its toll and left you feeling worn out, our Wellness Spa offers you the perfect retreat to rejuvenate and put a spring back in your step.

Situated at the heart of the Estate, the Spa offers a relaxing and calm atmosphere ensuring you feel completely spoilt.

Indulge yourself with one of the luxury treatments, unwind in the whirl of the spa pool and take a breath while you relax in the sauna and steam room.

The heated pools are perfect for a calming swim before making your way to a poolside lounger to completely switch off.

The Health Club Team are here to make you feel restored and whole again.





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Spa Essentials

TINTING

Our tinting treatments provide long lasting colour to the lashes and brows, defining and enhancing them with a natural finish.

Eyelash Tint	£15
Eyebrow Tint	£11
Eyelash & Brow Tint with Shaping	£26

A patch test will be required 48 hours prior to your appointment for first treatment.

WAXING

Our luxury creme wax soothes and rejuvenates the skin. Working at a lower temperature than honey wax means it is also perfect for delicate and sensitive skin. Complemented by soothing afterwax, irritation is reduced, and skin is left feeling hydrated and smooth.

Bikini Line	£16
Half Leg	£22
Full Leg	£29
Underarm	£16
Eyebrow	£12.50
Lip or Chin	£10.50
Lip & Chin	£21
Forearm	£17
Back & shoulders or chest	£30

Subject to availability





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Body Therapy

ELEMIS EXPERT DEEP TISSUE TENSION-EASE BACK MASSAGE

Tailored entirely to your needs to leave you feeling rejuvenated and focused. **30 MINUTES / £47**

ELEMIS EXPERT DEEP TISSUE TENSION-EASE MASSAGE

Perfect for combating a busy lifestyle, this full body massage offers more than just muscle relaxation: it is tailored to ease tension and target deep-seated muscle knots, leaving you feeling renewed, grounded and focused. **60 MINUTES / £83**

ELEMIS EXPERT TRANSFORMATIVE HOT STONE MASSAGE

This deeply transformative treatment incorporates heated volcanic stones that are worked into the body, persuading the muscles to relax with warm Frangipani Monoi Body Oil to soothe a tired mind and relieve aching muscles. **60 MINUTES / £93**

INDIAN HEAD MASSAGE

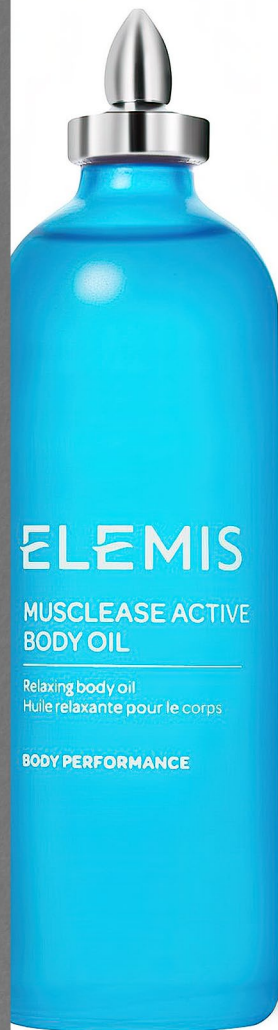
A holistic treatment that uses acupressure massage on the head, face, shoulders & neck. Excellent for the relief of stress, headaches, eye strain and neck & shoulder tension. **45 MINUTES / £51**

COUTURE TOUCH

Condition your skin and muscles with this all embracing experience. Combine any 25 minute hands-on TOUCH facial with personalised 25 minute Freestyle Deep Tissue Massage or Hot Stone Massage. **60 MINUTES / £83**

ELEMIS EXPERT PEACEFUL PREGNANCY MASSAGE

This tranquil and restorative mother-to-be massage deeply hydrates skin that is expanding to accommodate your growing baby. Aromatics formulated to be used safely during pregnancy are selected for optimum wellbeing, leaving you feeling nurtured, restored and calm. **75 MINUTES / £93**





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Wrap & Scrub

FRANGIPANI BODY NECTAR NOURISHING WRAP

The velvety texture of monoi oil offers intense hydration to quench thirsty skin. You are kept cocooned in warmth whilst the mood-balancing aromatics and skin-conditioning oils perform their magic. **60 MINUTES / £76**

FRANGIPANI INTENSELY CLEANSING SALT SCRUB

Fragranced Salt gently sloughs away dead skin cells, encouraging the regeneration of new cells. This luxurious treatment reveals a smooth and responsive canvas, ready to absorb the deeply nourishing body oil. **30 MINUTES / £51**

Men's Specific Facial

HIGH PERFORMANCE SKIN ENERGISER

A hard-working facial for ageing, dehydrated skin and tired eyes. It maximises cell regeneration, as steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massage deeply relax. **60 MINUTES / £89**





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Facials

ELEMIS EXPERT TOUCH NOURISH FACIAL

Boost skin radiance with our triple cleanse facial with a blend of superfood infused facial oils to leave your skin feeling nourished, rebalanced and revived. **60 MINUTES / £89 OR 30 MINUTES / £49**

ELEMIS EXPERT TOUCH REVEAL FACIAL

Powered by our patented tri-enzyme technology, this facial helps to minimise the look of pores and uneven skin texture, revealing skin that looks visibly resurfaced, smoothed and glowing.

60 MINUTES / £89 OR 30 MINUTES / £49

ELEMIS EXPERT TOUCH RENEW FACIAL

Improve skin firmness, whilst reducing the look of fine lines and wrinkles with our clinically proven formulas and skin-lifting massage techniques. After just one treatment the complexion looks supremely hydrated, lifted and firm. **60 MINUTES / £89 OR 30 MINUTES / £49**

ELEMIS EXPERT TOUCH DEFINE FACIAL

This innovative facial captures the power of clinically proven, intelligent skincare to deliver transformative results for energised, rejuvenated and sculpted looking skin. **75 MINUTES / £106**





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Hands & Feet

MINI MANICURE OR MINI PEDICURE

A short treatment including filing, cuticle work and finished off with a nail polish of your choice. **30 MINUTES / £31 EACH**

SPA MANICURE OR SPA PEDICURE

Include a luxurious hand/foot massage along with your treatment for extra indulgence. **45 MINUTES / £39 EACH**

OPI GEL LACQUER

File, cuticle work and paint with OPI gel lacquer of your choice. **45 MINUTES / £34** (Soak off is an extra charge of £15)

BEST FOOT FORWARD

Take a load off with this foot-focused tension releaser. Lower legs and feet are exfoliated, bathed and massaged. Feet are left nourished, softened and smooth. This treatment finishes with a toe nail polish of your choice. **60 MINUTES / £57**

ROSE RESTORE HAND TREATMENT

A conditioning, restorative and anti-aging hand treatment targeting age spots and dryness. This luxurious treatment is then completed with nail re-shaping and a polish of your choice. **60 MINUTES / £57**





Wellness Packages

ST MELLION WELLNESS EXPERIENCE - £100pp

Choice of a morning or afternoon. This half day package includes two 30 minute treatments, one being a Taster Facial and one other treatment of your choice, either a Deep Tissue Back Massage, Frangipani Salt Scrub, Mini Manicure or Mini Pedicure. A glass of prosecco and strawberries.

ST MELLION SIGNATURE WELLNESS DAY - £180pp

Package includes two 60 minutes treatments of your choice: Deep Tissue Muscle Massage, Garden of England Rose Restore, Elemis Advanced Anti-Ageing Facial, Couture Touch or Frangipani Body Nectar Nourishing Wrap. Herbal Tea on arrival and lunch in the Brasserie.

OUR WELLNESS PACKAGES INCLUDE FULL USE OF THE HEALTH CLUB, ALONG WITH COMPLIMENTARY ROBES, SLIPPERS AND TOWELS.

PACKAGES TERMS AND CONDITIONS

A non-refundable deposit of 50% is required when booking.

Lunch is based on a £15 food allocation in the Brasserie.

Offer subject to availability. Packages are not available in conjunction with any other offer, including members discount.

Essential Information

- All treatments are not suitable for under 16 years of age.
- Access to the treatment rooms are restricted to 16 years and over only.
- Use of the Health Club facilities are not included as part of your Spa treatment but are available at an additional cost.
- We ask that Wellness Day and Spa Break guests bring minimal belongings with them. We will provide you with a suitable locker. St. Mellion does not hold any liability for accident, loss or damage done to your property.
- Robes and slippers are for Wellness Day and Spa Break guests only.
- We ask that all guests arrive 10 minutes prior to their treatment time to fill out a Consultation Form.
- Late arrival will result in a shortened treatment time.
- If you are, or maybe pregnant, you are not permitted to have any form of massage until you are past your first trimester.
- Open toe shoes must be worn prior to, and after, pedicure treatments.
- We recommend that guests do not use the steam room, sauna or swimming pools after manicure and pedicure treatments as this may result in the polish/gel lifting.
- Guests should abide by the Health Club rules and regulations when using the facilities.
- Guests should not be excessively rowdy, disruptive, drunk and disorderly during their visit. We hold a zero-tolerance policy of abusive behaviour, and you will be asked to leave the premises at St. Mellion Management's discretion.

Terms & Conditions of Booking

- All prices are subject to change. This will not affect your prebooked treatment price.
- Any medical concerns and allergies must be brought to the therapists' attention prior to the treatment commencing. Some of our treatments are not suitable for guests with certain medical conditions and ailments. St. Mellion will not be held liable for any treatment cancelled due to lack of information provided at moment of booking. No refund will be issued. The therapist has a right to refuse/withdraw treatment at their discretion.
- Members of St. Mellion Estate receive a 10% discount off all treatments (excluding any promotions, retail and Wellness Day Packages). Please make the team aware you are a Member when booking.
- A 50% deposit is required at the time of booking in order to confirm your treatment booking. The remaining 50% balance is required on completion of your treatment.
- Deposits are non-refundable, but may be transferable at St. Mellion's discretion.
- Cancellations must be made at least 48 hours prior to your treatment time. Cancellations with less than 48 hours' notice will result in loss of deposit.
- Transfers must be rebooked within 14 days of the original treatment date. Failure to do so will result in the loss of deposit.
- Vouchers must be in date, and will not be accepted if they are past their redemption date.
- Vouchers will be automatically redeemed if guest fails to attend, or cancel within 48 hours prior to their treatment time.

BOOK YOUR APPOINTMENT

Call: 01579 352003
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st-mellion.co.uk



ST. MELLION ESTATE
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