

THE CLEARING SPA

AT THE CORNWALL HOTEL SPA & ESTATE



TREATMENT MENU

WELCOME TO THE CLEARING SPA

The Clearing Spa offers the full range of Aromatherapy Associates and The Refinery treatments and spa products.

You'll note over the page our spa 'etiquette' guide and some general information.

Please make yourself at home and don't hesitate to ask our staff if you have any further questions about our treatments, products or any other aspect of The Clearing Spa or Hotel.

The Clearing Spa – the natural place to be pampered.

The Clearing Spa is open:

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| Monday–Friday | 7.00am–9.00pm |
| Saturday | 7.00am–8.00pm |
| Sunday | 7.00am–7.00pm |

The Clearing Spa treatment times:

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|---------------------|----------------|
| Sunday–Wednesday | 10.00am–7.00pm |
| Thursday and Friday | 10.00am–8.00pm |
| Saturday | 10.00am–7.00pm |

Adult-only swim times:

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|-----------------|---------------------------------|
| Monday–Saturday | 7.00am–9.00am and 7.00pm–9.00pm |
| Saturday | 7.00am–9.00am and 7.00pm–8.00pm |
| Sunday | 7.00am–9.00am |

SPA ETIQUETTE

Booking To book a treatment, please call 01726 874055. Some treatments are only suitable for ages 16 years and older.

Payment We accept credit cards, cash and cheques. For your convenience, if you are a resident in the Hotel, spa charges can be transferred to your room account.

Cancellations You will be asked for a credit card number when you book your treatment. For cancellations made less than 48 hours in advance, we reserve the right to charge you 50% of the treatment cost. For cancellations made less than 24 hours in advance, we reserve the right to charge you 100% of the treatment cost.

Prices Please note that these prices are correct at the time of going to press. Please ask at The Clearing Spa Reception for the latest treatments, packages and prices.

Arrival On arrival at The Clearing Spa you will be greeted by our Reception team, who will explain about your treatment and the facilities available for your relaxation. You should advise a member of staff if you have any medical condition relevant to your visit or treatment. Our trained staff will be happy to advise and assist you so can get the full enjoyment from your spa experience.

Timing To make the most of your treatment we advise you arrive at least 15 minutes prior to your appointment.

Attire For your comfort during your treatment we ask that you wear either underwear or dry swimwear (Disposable briefs are available from your therapist). Rest assured that our experienced therapists will respect and protect your modesty at all times.

Sauna / steam room These areas are unisex. We politely request that you wear suitable swimwear at all times in the sauna and steam room. Children under 16 are not permitted in either the steam or sauna rooms or Whirlpool. Children under 12 are not permitted in the Jacuzzi.

Mobile phones We kindly request that you turn your mobile phone off whenever you are in The Clearing Spa, for other guests' relaxation – and for yours!

Valuables Please be advised that, if you bring valuables such as jewellery, this is at your own risk.

No smoking Please note that The Clearing Spa is a no-smoking area.

SIGNATURE TREATMENTS

The Ultimate Cornish Trilogy

100 minutes £110

Couples £200

Our Ultimate Cornish trilogy rejuvenates and re-mineralises your whole body using Cornish clay, mud and pure plant oils. Incorporating a luxurious body scrub, refreshing shower and intense Aromatherapy massage, your therapist works your body, mind and spirit. This top to toe trilogy experience leaves you feeling physically and spiritually refreshed and rejuvenated.

The Ritual

100 minutes £110

Couples £200

The Clearing Spa Ritual starts with a warming foot treatment followed by a head to toe massage – using carefully applied pressures to work away your stresses and strains. This is finished with a hydrating mini facial and deep relaxing scalp massage. The Clearing Spa Ritual helps switch off your mind and to ease away tension.

Seashells and Salt Scrubs

100 minutes £120

Couples £220

A luxurious Lavender and Frankincense salt and oil scrub refreshes your whole body whilst a traditional full body Aromatherapy massage targets your symptoms of stress and strains. Camomile, Petit grain and Rosemary calm and cleanse your mind, working on any specific areas of tension, concentrating on your deepest of aches and pains hot lava shells are used to help soothe away muscular tension.

MASSAGES

Lava Shell Full Body Massage

70 minutes £70

If your body is in need of some deep work, this treatment is perfect for you. Marine polished sea shells glide smoothly over your body to make you instantly drift into a blanket of warmth. During the massage the hot lava shells are worked over the palms, arms, neck and shoulder area, with the focus on pressure points. Deep tissue massage works on tension areas such as feet, back and legs to release unwanted tension, knots and stress points, unblocking an energy flow and releasing a sense of balance to your entire body and mind.

Lava Shell Tummy and Back Massage

45 minutes £45

The heat and deep massage motions from the hot lava shells on the stomach and back combined with a Lavender and Peppermint Aromatherapy Associates oil are excellent for aiding digestion. The massage acts as a holistic colonic cleanse, as well as strengthening pelvic floor muscles, releasing emotional stress and helping with problems such as IBS and cramps. A unique and revolutionary treatment from the Tropics, not to be missed!

Reflexology

50 minutes £45

A natural healing art based on the principle that reflex points in the feet, hands and ears correspond to every part, gland and organ of the body. Through finger pressures directly onto the reflex points, the feet being the primary area of application, reflexology relieves tension, improves circulation and helps promote the natural function of the related areas of the body.

Indian Head Massage

25 minutes £30

This traditional treatment uses advanced techniques to gently release tensions held within the scalp, neck and shoulder areas. Proven to help within the scalp, neck and shoulder areas. Proven to help alleviate headaches and reduce tiredness, resulting in boosted energy levels.

Mini Massage

25 minutes £32

Tailored to your specific needs or preference, this Aromatherapy Associates back, neck and shoulder massage offers a gentle intensity and is designed to increase circulation, and promote relaxation.

Ultimate Aromatherapy Associates Experience

80 minutes £80

50 minutes £55

For times when you need a little emotional pampering, this indulgent treatment helps to harmonise and rejuvenate the spirits and balance mind and body.

De-Stress Muscle

50 minutes £55

An intensive massage that works deep into stiff, tight, aching muscles, to instantly release pain and tension.

Essential Relaxation

50 minutes £58

Perfect for times of stress and over-activity, this treatment helps the mind unwind and refocus rebalancing the body, getting you back on track.

Balance and Energise

50 minutes £58

A complete face and body experience to target your main areas of stress and tension, followed by a mini facial using a stimulating pressure point massage. Your skin will look and feel rejuvenated and your body and mind relaxed.

Equilibrium Journey

50 minutes £70

Balance your mind, body and soul with this intensely calming and relaxing full body massage. It includes deep inhalation using our breath essence and concentrates on facial pressure points, followed by an ayurvedic scalp massage, leaving your mind, body and soul as one.

BODY TREATMENTS

Sea Breeze

80 minutes £80

Perfect for times of over-indulgence or when you are just feeling a little sluggish, this treatment combines a full body massage including a body brush and an application of body gel using zesty citrus oils to leave you feeling invigorated and full of energy.

Enrich

80 minutes £80

A deep treatment for dry, devitalised skin, to leave the whole body intensely nourished and smooth. Includes a scrub, followed by the layering of hydrating marine algae and a velvety moisturising body butter.

Rose Hydrator

50 minutes £55

This intensely hydrating treatment includes the layering of rich rose serum, oil and cream, leaving your body radiant, soft and smooth and your spirits bright and uplifted.

FACIALS

Mini Facial

25 minutes £30

Luxurious rose oils help condition the skin and deeply nourish. The result is a smooth, radiant complexion and a relaxed state of mind.

Bespoke Facial

55 minutes £55

A Bespoke facial, designed to suit your individual skin needs. A combination of the finest pure essential oils and plant extracts are applied with specifically designed massage techniques, to restore and recondition the skin, leaving the complexion smooth and luminous.

Age Repair Facial

80 minutes £80

An intensive treatment for ageing skin, including a unique dual layering of intensive masks, with specific lifting, plumping and firming massage. Delivers instantly visible results.

Revitalising Eye Treatment

25 minutes £30

Instant Eye Repair

20 minutes added on to a facial £20

Refresh and brighten your eyes. Our specialised massage techniques are ideal for improving micro-circulation and lymphatic drainage, helping to reduce puffiness and tiredness. Black tea, cranberry and strawberry delicately firm the skin and work on dark circles and fine lines, putting the sparkle back into your eyes!

Skin Solution Facial

55 minutes £55

This treatment regulates problem skin, leaving the complexion instantly bright and radiant.

MOTHERS TO BE — RENEW AND BLOSSOM

The Real Nurturing Experience

55 minutes £55

A nurturing treatment to support you during a time of constant change. Choose from renewing Rose, enriching Jojoba or calming Camomile, each safely formulated by Aromatherapy Associates to be used during pregnancy to nourish and care for your expanding skin. A traditional aromatherapy pressure point massage for the upper back and tight shoulders, this massage helps to relieve stress and tension. The legs are massaged to ease the heavy feeling and a full scalp and facial massage, with treatment oil chosen specifically for your skin type, completes this top to toe treatment.

Rose Hydrating Cocoon – for mothers to be or new mothers

55 minutes £55

Take a moment to nourish your body and soul with a deeply comforting and restorative treatment. Precious essential oil of Damask Rose enhances the loving emotions in mothers-to-be while contributing its skin cell renewing properties to expanding skin. Richly moisturising oils and creams are layered onto freshly exfoliated skin before being gently wrapped and left to deeply penetrate with the body's own heat. The essential oils work simultaneously on the physical, mental and emotional aspects of wellbeing.

Facials

Please choose from any of our facials as they are all suitable for mothers to be.

THE REFINERY – TREATMENTS FOR MEN

The Active Mans Tonic

100 minutes £110

A powerful body treatment is designed to help you switch-off, calm your mind and induce a state of relaxation. A deeply sedating full body massage using specialised massage techniques your body and mind feel a deep sense of peace and tranquillity. Followed by a relaxing facial leaving you feeling totally refreshed from top to toe.

Deep Cleansing Facial

50 minutes £55

Using The Refinery products to treat and balance the male skin, this deep cleansing facial is suitable for all skin types utilising specifically developed techniques which aim to deliver clean, revitalised and refreshed skin.

De-Stress Muscle Massage

50 minutes £55

An intensive massage that works deep into stiff, tight, aching muscles, to instantly release pain and tension.

Essential Relaxation Massage

50 minutes £55

Full body Swedish-style massage, offering a gentle intensity to increase circulation, enhance lymphatic drainage, and promote relaxation. Lavender with balancing Ylang Ylang uplifts the body and soothes the mind.

HANDS AND FEET

Shellac the fourteen day manicure, does not chip and dries instantly, ideal for people on the go.

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|-----------------|-----|
| Shellac hands | £25 |
| Shellac French | £30 |
| Shellac toes | £25 |
| Shellac infills | £15 |
| Shellac removal | £8 |

Minx perfect for anyone who wants an alternative to nail polish. Stand out from the crowd with a variety of fun patterns or solid colours. Lasts between 4-6 weeks.

| | |
|-----------|-----|
| Minx toes | £25 |
|-----------|-----|

JESSICA

LeRemedi Hand Treatment

20 minutes £20

A complete exfoliating and conditioning hand treatment, leaving hands noticeably silkier, smoother and firmer than before.

The Jessica Half Hour Manicure/Pedicure

30 minutes £30

Hands/feet and cuticles are conditioned and moisturised. Nails are beautifully shaped and treated with a prescriptive basecoat, completed by the perfect polish.

The Jessica One Hour Manicure/Pedicure

60 minutes £42

The Jessica manicure/pedicure includes a luxurious hand/foot scrub and massage. The nails are then beautifully shaped and the cuticals tidied. Finished with a prescriptive basecoat and perfect polish.

Jessica Prescriptive Manicure with Thermal Heated Mittens 75 minutes £48

Jessica's Prescriptive Manicure with the luxurious added benefits of Thermal Heated Mittens for deeper penetration of oils and creams. This treatment choice is excellent for increasing circulation or relieving stiff, painful joints.

ZenSpa Pedicure Deluxe

75 minutes £48

Jessica's ZenSpa pedicure with the luxurious added benefits of Thermal Heated Booties for deeper penetration of oils and creams. Excellent for increasing circulation and relieving stiff, painful joints.

Gentlemen's Club Hand and Nail Care

30 minutes £25

Hands are exfoliated to remove dryness and massaged with treatment creams, Cuticles are conditioned and groomed and nails are trimmed and shaped.

Executive Footcare for men

45 minutes £45

A relaxing and grooming foot and leg treatment. Hard skin is removed, feet and legs are massaged with deep conditioning creams leaving them softer and smoother. Cuticles will be made neat and tidy and toenails will be perfectly shaped. A complete exfoliating and conditioning hand treatment, leaving hands noticeably silkier, smoother and firmer than before.

WAXING AND TINTING

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|--------------------------|------------|--------|
| Eyebrow Shape | 15 minutes | £9.50 |
| Lip | 15 minutes | £8.50 |
| Chin | 15 minutes | £8.50 |
| Lip and Chin | 15 minutes | £15.00 |
| Underarms | 15 minutes | £12.50 |
| Bikini | 15 minutes | £12.50 |
| Half Leg | 30 minutes | £20.00 |
| Full Leg | 45 minutes | £28.00 |
| Half Leg and Bikini | 45 minutes | £25.00 |
| Full Leg and Bikini | 60 minutes | £33.00 |
| | | |
| Eyebrow Tint | 15 minutes | £10.00 |
| Eyelash Tint | 15 minutes | £12.00 |
| Eyebrow and Eyelash Tint | 30 minutes | £18.00 |

Please note a sensitivity test is required 24 hours prior to tinting.

TEEN PACKAGES

The Little Stars Experience *recommended for 14–18years*

50 minutes at £50.00 in total for all 3 treatments.

- Express Facial (20 minutes)
- Express Manicure (15 minutes)
- Express Pedicure (15 minutes)

Guests under the age of 16 must be accompanied by an adult/guardian

THE CLEARING SPA DAY PACKAGES

All our packages have been designed to offer you a truly unique experience at The Clearing Spa which will take care of your every need to leave you feeling fully pampered and truly relaxed.

Mini Pamper Day

£35

- Mini treatment*
- Juice bar beverage
- Full use of the Spa facilities

**Choose from a mini back, neck and shoulder massage, facial, manicure or pedicure*

Nurture and Nourish

£65

- Bespoke facial, massage* or rose hydrator
- Juice bar beverage
- Full use of the Spa facilities
- Use of robe and slippers

**Choose from an essential relaxation, balance and energise, real aromatherapy or de-stress muscle massage*

Enrich and Revive

£95

- Enrich or Sea Breeze
- Mini manicure or pedicure
- Light lunch and juice bar beverage
- Full use of the Spa facilities
- Use of robe and slippers

Signature Spa Ritual

£145

- Signature treatment*
- Jessica 1hr manicure or pedicure
- Light lunch and glass of Champagne
- Full use of the Spa facilities
- Use of robe and slippers

**Choose from: The Ultimate Cornish Trilogy, Seashells and Saltscrubs or The Ritual.*

Please note all treatments and packages are subject to availability, terms and conditions. A 24 hour cancellation policy applies to all booking.

A full range of Aromatherapy Associates and The Refinery products can be purchased from our online store – thecornwall.com/shop

The Clearing Spa at The Cornwall Hotel
Pentewan Road
Tregorrick
St Austell PL26 7AB

T 01726 874055
E spa@thecornwall.com

