

AROMATHERAPY ASSOCIATES

ESSENTIAL WISDOM. ESSENTIAL OILS.

Signature Treatments

The Ultimate Cornish Trilogy

120 minutes £110
Couples £200

Our Ultimate Cornish trilogy rejuvenates and re-mineralises your whole body. Using Cornish clay, mud and pure plant oils this spa journey attends to your emotional and physical needs.

Incorporating a luxurious body scrub, cleansing and refreshing shower and intense Aromatherapy massage, your therapist works your body, mind and spirit.

This top to toe trilogy experience leaves you feeling physically, mentally and spiritually refreshed and rejuvenated.

The Ritual

120 minutes £110
Couples £200

Our Clearing Spa Ritual has been designed for you to experience your personal retreat in the incredible Cornish countryside.

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

A treatment perfect for couples can be followed by a wonderful walk around our stunning parkland or consider booking Afternoon Tea at the Parkland Terrace. A perfect place to escape, relax and enjoy with each other.

Seashells and Salt scrubs

120 minutes £120
Couples £220

A luxurious Lavender and Frankincense salt and oil scrub refreshes the body whilst a traditional full body aromatherapy massage targets your symptoms of stress and pressure points.

Camomile, Petit grain and Rosemary calms and cleanses your thoughts, whilst an Ayurvedic scalp and facial massage works on your complete wellbeing to relieve anxiety and emotional exhaustion.

Working on specific areas of tension and to reach the deepest of aches and pains hot lava shells are used to help sooth any unwanted muscular discomfort. The warming shells work deep into the muscles to ease away all knots, stress and tension areas. As the marine polished shells glide smoothly over your skin you will fall into a calm state of relaxation thanks to the warming temperature. Perfect for troubled minds, sense and picture the waves crashing in whilst luxuriating in this unique treatment to refresh your mind and get your body back on track.

Massages

Mini Massage

30 minutes £30

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.

Real Aromatherapy

60 minutes £55

90 minutes £80

A truly authentic and therapeutic aromatherapy experience designed to balance body and mind. A Consultation is followed by a choice of twelve signature oils formulated with natural plant and flower oils with wonderful exotic scents and powerful therapeutic benefits to suit your mood and emotions.

With your chosen oil, our therapist will use carefully applied pressures to stimulate the nervous system, Swedish and neuromuscular techniques to relieve muscular tension and lymphatic drainage to encourage healthy circulation. Choose between the following essential oils:

■ RELAX

■ DE-STRESS

■ REVIVE

■ SUPPORT

■ ENRICH

■ RENEW

De-Stress Muscle

60 minutes £55

This deep restorative massage is specifically designed for tight, stressed and aching muscles. Intense blends of black pepper, rosemary and ginger warm the muscles and help disperse the build-up of lactic acid that causes stiffness and pain; Thai style stretches complete your treatment.

Essential Relaxation

60 minutes £55

Full-body Swedish style massage with gentle intensity, designed to increase circulation, enhance lymphatic drainage and promote relaxation. Combines calming lavender and uplifting, sensual ylang ylang for a balancing effect on body and mind.

Balance and Energise

60 minutes £55

A complete face and body experience to target the most affected areas of stress and tension. The back, neck, shoulders and head are massaged using rosemary and wild camomile to soothe away unwanted tension. This is followed by a mini facial using stimulating pressure point massage, your skin will look and feel rejuvenated and your body and mind relaxed.

Lava Shell Full Body Massage

75 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 these 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 the entire body and mind.

Lava Shell Tummy & Back massage

45 minutes £40

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!

Facials

Mini Facial

30 minutes £30

A personalised prescription using Aromatherapy Associates products based on natural plant extracts to detoxify the skin and provide vital nourishment to its deepest layers.

Perfect when you want to clear up congested skin, condition and protect your skin or simply maintain an even complexion.

Bespoke Facial

60 minutes £55

A new approach to facial care to refresh the skin, improve circulation, lymph flow and skin oxygenation whilst easing stress and toning the muscles.

Using a range of therapeutic essential oils and natural plant extracts to detoxify the skin and provide vital nourishment to its deepest layers, all tailored to suit your skin's particular requirements.

Age Repair Facial

90 minutes £80

A repairing and anti-ageing facial. Natural oils of Inca Inchi and larch extract stimulate collagen formation to deliver firm and tightened skin whilst the anti-inflammatory properties of pomegranate and rosehip seed oil work on slowing down the effects of ageing skin.

Your skin is cleansed and exfoliated with jojoba beads or corncob granules and is then massaged with apple seed extract and African Plum oil. Two masks are applied, a rose gel to hydrate and an intense strawberry seed and frankincense mask to firm and plump. The eye area is taken care of with a lymphatic massage to improve skin suppleness and elasticity. Your skin looks renewed and fine lines improved for a youthful looking glow.

Revitalising Facial

90 minutes £80

This luxurious facial cleanses then gently exfoliates using jojoba beads. A firming facial massage follows focusing on areas most-affected by the ageing process while specific pressure points release long held tension, toning up the facial muscles. Two masks are applied, a mud to re-mineralise and a rose gel to hydrate. The skin is nourished with rich oils and creams using three varieties of essential oil of rose to maximize the regenerative effects. Finally the arms and hands are massaged with moisturising oils and creams and ultimate relaxation is given through a scalp massage with an inhalation of de-stressing frankincense. Release your stress and feel deeply relaxed with glowing youthful skin.

Revitalising Eye Treatment

30 minutes £30

20 minutes added to a facial £20

Refresh and brighten your eyes. Our specialised massage techniques are ideal for improving micro-circulation and drainage, helping reduce puffiness and tiredness.

Black tea, cranberry and strawberry delicately firm the skin and work on dark circles and fine lines. Rich in powerful antioxidants that protect against free radicals and environmental damage. Puts the sparkle back into your eyes!

Body Treatments

Sea Breeze

90 minutes £80

Need to feel fresh and alive again? This sea breeze awakening body ritual uses sweet zesty pink grapefruit, fresh green rosemary and rich, woody juniper berry for a strengthening, detoxifying effect. First take a deep breath with our invigorating inhalation, then lie back and relax with a full body brush, followed by a deep yet stimulating massage to mobilise tissue and encourage effective circulation, improving lymphatic drainage and the appearance of cellulite. Experience an uplifting and balancing deep Ayurvedic scalp massage followed by a facial massage to release sinus pressure and optimise regular breathing. A truly unique treatment to awaken the senses and refresh the body.

Enrich

90 minutes £80

Rejuvenate dry, out-of-condition skin with sensual fragrances of tuberose, seductive ylang ylang and rich vanilla. Calming and enriching, an intensive salt and coffee body exfoliation stimulates the circulation and revives dull tired-looking skin. A refreshing shower reveals perfectly smooth, revitalized skin and refreshes the body and mind. Hands and feet are hydrated and mineralized with fresh water mud followed by massage and finished with enriching, luxurious body butter.

Rose Renewal

60 minutes £55

Damask Rose and Geranium lifts the spirits and rejuvenates the skin. Gentle olive grain exfoliation is followed by a soothing, moisturizing and softening mix of body oil and cream containing Evening Primrose Oil and Shea butter. Warm mitts are used to reveal a truly renewed you. Then you are cocooned in a moisturizing wrap whilst you indulge in a deeply relaxing Ayurvedic scalp massage, while a frankincense inhalation completes the experience.

Hands & Feet

Coffee & Frankincense Hand or Foot Ritual

60 minutes £40

A carefully selected combination of restorative oils deeply nourishes rough, dry hands or feet leaving them thoroughly soft, smooth, comfortable and deeply moisturised. A refining olive grain scrub prepares the hands or feet and cuticles and heels are given special attention with rich vitamin E oil and deeply nourished with natural plant oils. Lower arms or legs are layered in hydrating gel, deeply nourishing indulgent oils and Shea butter, and then wrapped to allow the regenerative natural active ingredients to work. Feet and lower legs are soaked and refreshed with hot towels. A luxurious manicure or pedicure completes your treatment with nail paint if desired.

Zoya Mini Manicure

30 minutes £25

A file and cuticle tidy followed by a choice of Zoya nail paint for perfectly groomed nails with long lasting results.

Zoya Mini Pedicure

30 minutes £25

Feet are polished to perfection and toes are left sparkling with a choice of award winning Zoya nail paint.

The Refinery - Treatments for Men

The Journey for Men

120 minutes £110

A powerful body treatment to help you switch-off your mind and induce a serious state of relaxation. This deeply sedating full body massage harnesses rich earthy essential oils of Sandalwood, Vetivert and Camomile, renowned for their intense calming and grounding effects.

Using specialized massage techniques your body and mind feel a deep sense of peace and tranquility. Followed by a revitalizing yet relaxing facial. Special attention is given to your face, neck, shoulders and scalp leaving you feeling totally refreshed from top to toe.

Refinery Deep Cleansing Facial

60 minutes £55

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

Refinery Upper Body Detox

60 minutes £55

Improves the appearance of the chest and or back, relieving congestion and excess oil and promotes healthy cell renewal. Your skin is deeply cleansed and exfoliated, then masked and massaged. Lavender, Ylang Ylang and Petitgrain are used to encourage a clear, smoother texture to the skin.

De-Stress Muscle Massage

60 minutes £55

This deeply restorative treatment is specifically designed for tight, stressed and aching muscles. Intense blends of black pepper, rosemary and ginger warm the muscles and help disperse the build-up of lactic acid that causes stiffness and pain.

Essential Relaxation Massage

60 minutes £55

30 minutes £30

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.

Mothers To Be - Renew and Blossom

The Real Nurturing Experience

60 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

60 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.

Essential Rose Indulgence

90 minutes £80

For the glowing mother-to-be. A crushed olive grain and rose body exfoliation is followed by layers of hydrating body gels, nourishing oils and Shea butter cream infused with uplifting Damask Rose and Geranium.

While your body is cocooned, your face is gently cleansed and exfoliated then massaged to rejuvenate and rehydrate your skin. A soothing rosewater mask completes this vitalising treatment to leave skin looking healthy, dewy and radiant.

Facials

Please choose from any of our facials as they are all suitable for pregnant clients.

Beauty Treatments

Waxing

Eyebrow Shape	15 min	£9.50
Lip	15 min	£8.50
Chin	15 min	£8.50
Lip & Chin	15 min	£15.00
Chest	45 min	£25.00
Underarms	15 min	£12.50
Back	45 min	£25.00
Brazilian	30 min	£18.00
Bikini	15 min	£12.50
Half Leg	30 min	£20.00
Full Leg	45 min	£28.00
Half Leg & Bikini	45 min	£25.00
Full Leg & Bikini	60 min	£33.00

Tinting

Eyebrow	15 min	£10.00
Eyelash	15 min	£12.00
Eyebrow & Eyelash	30 min	£18.00

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

The Clearing Spa 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 35.00

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

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

Nurture & Nourish 65.00

- Bespoke facial, massage* or rose renewal
- Juice bar beverage
- Full use of the Spa facilities
- Use of Robe & Slippers

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

Enrich & Revive 95.00

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

Signature Spa Ritual 145.00

- Signature treatment*
- Luxury Coffee & Frankincense hand or foot ritual
- Light Lunch & glass of Champagne
- Full use of the Spa facilities
- Use of robe & slippers

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

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