



CARLYON BAY

HOTEL | SPA | GOLF

spa treatments



our luxury spa

Experience sheer luxury and blissful pampering at its ultimate here at the Carlyon Bay Hotel. Our team of expert therapists take a holistic approach and each treatment will be individually tailored to enhance your sense of wellbeing.

Every treatment is specifically designed to offer a unique experience using powerful massage sequences and the most potent actives available in the world today.

our luxury spa

Spa facilities

- Indoor pool (Length 12.1m by 6.3m)
- Outdoor Heated Pool (Length 23m by 8m) with views across St Austell Bay, open seasonally
- Hydrotherapy spa bath
- Heated stone loungers
- Sauna
- Steam room
- Experience shower
- Poolside loungers
- Treatment rooms
- Fitness suite
- Nail studio
- Spa Bar

Opening Times

8am-7pm Daily. Changing facilities, pool towels and lockers are provided.

Nail Studio

Using the latest techniques and OPI products we have everything your delicate hands and feet could desire. Our highly qualified and fully trained team are experienced in all aspects of nail care from quick fix nail paint and gel colour to indulgent manicures and pedicures.

Spa users must be aged 18 or over unless residing in the Hotel.

Spa Bar

Take time out to continue the spa's tranquil ambience and indulgent treatments in our Spa Bar, overlooking the view of St Austell Bay. We welcome our spa guests to wear their dressing robes whilst enjoying the Spa Bar experience.

Terms & Conditions

Late arrivals will affect the length of your treatments as all services will end at the scheduled time, but full charges will be made.

Residential guests may charge treatments to room accounts.

Cancellations with less than 24 hours notice will result in a 50% charge.



only the best for you

We are passionate about making sure you have an outstanding experience, so we have selected the product ranges we believe are the very best for you.

A collection of treatments from ELEMIS performed by our highly trained Spa Therapists ensures your journey into total luxurious relaxation will be second to none. ELEMIS Spa Therapies are designed to respect the body's complex physiology, working in synergy with the skin, body and mind.

At OPI, professional nail care is both an art and a science. Our manicure and pedicure treatments use only the finest OPI products from start to finish so you can be assured of a pampering yet targeted treatment whatever you choose.

Lava Shells are the world's first self-heating massage tool. These eco-friendly massage tools require no electricity to heat up, just a sachet containing a blend of food grade mineral and a simple salt activator causing a chemical reaction which will continue to generate heat for over 1 hour.

O·P·I ELEMIS LAVA SHELLS.



pre treatment

Before Treatments

An in-depth confidential consultation is inclusive in all treatments for your health and safety. Please ensure the therapist is aware of any ongoing medical tests, treatments, serious health problems or allergies.

For example:

- Allergic reactions to nuts or shellfish
- Any recent or ongoing heart conditions, cancer or cancer treatments
- Epilepsy, kidney, liver or thyroid conditions
- Some medications - conventional or homoeopathic
- Pregnancy
- Operations
- Recent surgery

Whilst wherever possible we try to adapt or recommend other treatments for clients with any of these conditions, or other conditions raised during your consultation, there are times when the treatment of your choice cannot be performed and would be detrimental to your health. Clients are respectfully asked to accept our highly trained therapists' advice on these occasions.

Whilst we understand circumstances can occur which would involve cancelling treatments, our hotel policy is a 50% charge if the treatment is cancelled with less than 24 hours notice. A deposit will also be taken for spa days or large treatments.

Attire

For body treatments spa guests are advised to wear loose clothing or a robe. As a foot and leg massage is included in many foot and nail treatments, it is advisable to wear loose trousers or a skirt/dress. Robes are provided in every bedroom for hotel residents. Please bring flip flops for toenail treatments.

After Treatments

Should you wish to use the swimming pool or spa following any body treatment, please shower beforehand to avoid any irritation or skin sensitivity. It is also advisable not to sunbathe after some body treatments - your therapist will advise you at the time of your treatment. Please be aware that with any treatment that is inclusive of the scalp, your hair will be slightly oily post treatment.

As a courtesy to all of our clients, we encourage a prompt appointment schedule. Any late arrival for an appointment may not be honoured, but where possible treatments will be adapted accordingly.



pure indulgence treatment

Pure Bliss

Inclusive of full use of spa facilities, robes & slippers

Your journey into bliss begins with an Aromatherapy Full Body Massage to relieve stress and tensions - allowing the aromas to envelop you, creating a wonderful sense of wellbeing. Follow this with an ELEMIS facial of your choice with individually chosen oils and products - guaranteed to nourish and soothe, leaving your skin with a healthy glow. Finally for that total pure bliss feeling enjoy either an OPI Express Manicure or an OPI Express Pedicure inclusive of polish.

Allow 2 hours 30 mins | with manicure

£190

Allow 2 hours 45 mins | with pedicure

200



for the body

Aromatherapy Full Body Massage

Experience the benefits of massage with the addition of individually chosen essential oils to suit your needs in one of the finest anti-stress treatments available.

Allow 1 hour £85

Aromatherapy Neck, Back & Shoulder Massage

An area of much held tension. Alleviate stress, ease aching muscles and revive the senses with this powerful, customised massage. Dynamic blends of Essential Oils are prescribed to target individual needs and reduce specific stress and muscle tension.

Allow 30 mins £50

ELEMIS Freestyle Deep Tissue Back Massage

Minimum time, maximum tension-relieving results. Specifically targeting the back, shoulders and neck areas, where you need it most.

Allow 30 mins £55

ELEMIS Freestyle Deep Tissue Full Body Massage

Deep rhythmic pressure massage

Relax and ease away aches, pains and stress with carefully chosen essential oils, deep massage and pressure points.

Allow 1 hour £95

Face, Neck & Scalp Massage

Ease tension and soothe away stress with this massage, using sweeping, slow movements and targeting specific pressure points

Allow 30 mins £40



ELEMIS therapy

Intensely Cleansing Salt Glow

Lime & Ginger or Frangipani

Invigorated, cleansed and polished to perfection

Fragrant salt will gently slough away dead skin cells, encouraging the regeneration of new cells, it leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil, allowing your skin to look vibrant, glowing and excitingly replenished.

Allow 45 mins

£60

Frangipani Body Nectar Nourishing Wrap

For immediate softness and suppleness

The velvety texture of the monoi oil offers super hydration quenching a thirsty skin. You are kept cocooned and warm while the mood balancing aromatics drench the skin in moisture, this nourishing therapy provides ultimate radiance, vitality and an all over body glow.

Allow 1 hour

£85



lava shells

The revolutionary Lava Shells are the world's first portable self-heating massage tool. These marine-polished Tiger Clam shells have been harvested for food in the Philippines for hundreds of years. The shells used to be thrown away but their natural minerals and oils make them perfect for eco-friendly spa treatments.

Lava Shell Relax Treatments

For the ultimate, calming massage the Lava Shell Relax Treatment is the soothing solution. As the therapist glides the polished marine sea shells smoothly over the body, you will fall into a state of utter relaxation and calm. Bring balance to body and mind.

Lava Shells Relax Back Massage

This massage uses heated Lava Shells to achieve a firm pressure and warmth to relax tense muscles.

Allow 30 minutes

£55

Lava Shells Full Body Relax Massage

Allow this full body thermal massage to melt tension and ease the discomfort of stiff, sore muscles and painful joints, while offering you a chance to drift away in a blanket of warmth.

Allow 60 mins

£95

special treatments

Golfers' Treat

An ideal treatment before or after a round of golf or any exercise. A deep tissue neck, back, shoulder and leg massage using a specifically chosen oil and gel - guaranteed to relax and refresh.

Allow 40 mins

£60

Couture Touch

Condition your skin and muscles with this all embracing experience. Combine any 30 minute or 1 hour ELEMIS facial with your personalised massage.

Allow 1 hour

£95

Allow 1 hour 50 mins

£160

Pregnancy Massage

Specially tailored to make you ultra comfortable while you relax into our pregnancy neck, back and shoulder massage using ELEMIS Japanese camellia oils to help reduce the appearance of stretch marks.

Allow 30 mins

£45

Mum To Be Treatment

Perfect for pregnant ladies. Pamper yourself with a gentle ELEMIS Taster Facial and follow with an OPI Pedicure Treatment - to nourish and soothe. Inclusive of OPI polish application if required.

Allow 1 hour 30 mins

£105



ELEMIS facials

Pro-Glow Renewal Facial

For gorgeous glowing skin

ELEMIS signature deep cleansing skin wellness facial, showcasing Prebiotics and antioxidant-rich goodness to deliver a healthy looking lit from within glow. In one treatment, skin looks visibly refreshed and rebalanced.

30 mins £55 | 60 mins £85

Pro-Glow Smooth

The HIT workout for your skin

Powerful resurfacing technology lifts away dead skin cells to smooth, renew and refine, whilst improving the appearance of skin tone and luminosity. Skin is prepped for an infusion of hydration that will double its moisture content, leaving it feeling hydrated whilst delivering an immediate and viably tightened effect. After just one treatment, the complexion looks firmer, supremely smooth and rejuvenated.

30 mins £55 | 60 mins £85

Pro-Glow Resurface

Resurfacing for stunningly smooth skin

Purify and brighten as skin's texture is transformed, with a spotlight on enlarged pores, blemishes, and blackheads, this unique facial powered by patented Tri-Enzyme technology minimizes the look of uneven tone, texture, fine lines, and pigmentation. Dull uneven tired-looking skin will appear instantly brighter, smoother and renewed.

30 mins £55 | 60 mins £85

Pro-Glow Brilliance

Your recipe for radiance

Turn up the brightness for our triple cleanse, melting away make-up, daily pollutants, and grime. Gentle resurfacing dissolves away dead skin cells to reveal healthy and cleaner looking skin.

A fusion of Superfoods and antioxidant-rich facial oils plump the skin with moisture whilst helping to nourish and protect. Immediately revealing an outdoor-fresh glow, skin is left feeling fresh, radiant and healthy.

30 mins £55 | 60 mins £85

Pro-Glow Genius Facial

Your line-fighting superhero facial

Clinically proven intelligent skincare and our triple level approach to skin hydration results in transformative results for younger-looking skin.

Powered by our ULTRA-SMART technology, with a spotlight on deep-set wrinkles for maximum, multi-faceted facial rejuvenation and skin hydration, skin will be visibly smoother, resilient and firmer-looking.

An unsurpassed, line-fighting facial experience, skin will appear immediately firmer and more radiant after just one treatment.

75 mins £95



especially for men

Gents' OPI Pedicure

A skin softening and nourishing foot treatment for gentlemen, inclusive of nail trimming, cuticle exfoliation and removal of dead skin.

Allow 30 mins

£35

Gents' OPI Manicure

With today's busy lifestyle an OPI manicure for gentlemen will ensure those hands are kept in tip top condition. Inclusive of nail cutting, shaping and cuticle removal.

Allow 30 mins

£20

Gents' Grooming

Gents' Back Wax

Allow 45 mins

£20

Gents' Chest Wax

Allow 30 mins

£20

Gents' Eyebrow Shape (Tweezer)

Allow 15 mins

£10

Gents' Eyebrow Wax

Allow 15 mins

£10



especially for teens

Available to teens aged 13-16 years old.
No massage for under 18.

ELEMIS Express Facial

An introduction to ELEMIS Facials inclusive of a full lifestyle consultation. Encourages teens to begin their journey of taking care of their skin - suits all skin types.

Allow 30 mins

£40

Teen Manicure or Teen Pedicure

Nail and cuticle tidying followed by a nail colour of your choice if desired.

Allow 30 mins

£25

Please note: Parental/Guardian permission, signature and presence is required throughout all consultations and treatments.

Finishing Touches For Teens

Eyebrow Shape (Tweezer)

Allow 15 mins

£5

Eyebrow Wax

Allow 15 mins

£5

Half Leg Wax

Allow 30 mins

£10

Half Leg & Eye Brow Wax

Allow 30 mins

£13.50



nail studio

OPI ProSpa Express Manicure

A neatened and tidy inclusive of OPI nail prep, 2 minute OPI ProSpa massage, choice of infinite shine lacquer & finished with moisture lock.

Allow 30 mins

£25

Add gels for an additional £10

OPI ProSpa Pamper Manicure

A luxurious hand and nail treatment inclusive of OPI nail prep, micro exfoliation, soothing mask, 5 minute OPI ProSpa massage, choice of infinite shine lacquer protective serum & finished with moisture lock.

Allow 1 hour

£50

Add gels for an additional £10

OPI ProSpa Express Pedicure

A neatened and tidy inclusive of OPI nail prep, callus removal, 2 minute OPI ProSpa massage, choice of infinite shine lacquer & finished with moisture lock.

Allow 45 mins

£40

Add gels for an additional £10

OPI ProSpa Pamper Pedicure

Pure luxury pampering for your feet. Inclusive of OPI nail prep, callus removal, sugar scrub, soothing mask, 5 minute OPI ProSpa massage, choice of infinite shine lacquer, smoothing balm & finished with moisture lock.

Allow 1 hour

£55

Add gels for an additional £10

File & Paint

Freshen up your nails.

Allow 15 mins

£15

OPI Gel Colour Removal

Soak off your Gel Colour for fresh natural nails.

Allow 15 mins

£10

OPI Gel Colour Application

(Complimentary OPI gel removal with any OPI gel application - please ask at time of booking)

If you choose to add an OPI Gel Colour to your treatment a polish will be applied and cured under LED lamp giving you a chip resistant, shiny finish for up to 14 days.



finishing touches

Emphasise Your Eyes

Eyebrow Shape (Tweezer)	15 mins	£10
Eyelash Tint	15 mins	£15
Eyebrow Tint	15 mins	£10
Eyelash and Brow Tint	30 mins	£20
Eyebrow Shape / Tint and Eyelash Tint	30 mins	£25

Please note: Tinting will only be carried out with a completed patch test 24 hours prior to treatment

Waxing

Full Leg (including bikini line)	1 hour 15 mins	£30
Half Leg and Bikini Line	1 hour	£25
Full Leg	45 mins	£25
Half Leg	30 mins	£20
Bikini Line	30 mins	£15
Under Arm	15 mins	£10
Forearm and Hand	30 mins	£15
Eyebrows	15 mins	£10
Lip	15 mins	£10
Chin	15 mins	£10
Lip and Chin	15 mins	£15

(All waxing times are approximate and up to maximum time stated)





Spa Gift Vouchers

Gift vouchers are available for everything we offer at The Carlyon Bay - an overnight stay, a luxury weekend break, lunch or dinner in The Bay View Restaurant. Whatever the occasion and whatever your budget, we'll help to make it the perfect gift.

We also offer Carlyon Bay Spa gift vouchers, so you can make a gift of a fabulous Spa Day or beauty.

Buy online at: www.carlyonbay.com



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#CarlyonCaptured

