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BUDOCK VEAN

THE HOTEL ON THE RIVER

★ ★ ★ ★

2010



Salon Etiquette - For all massage and reflexology treatments, please allow at least one hour prior to treatments following food, alcohol or vigorous exercise. Please shower prior to treatment.

A consultation is carried out before every treatment. All information is strictly confidential. The treatment time stated allows for the compulsory consultation. Please note that treatment times are the maximum duration of the treatment. Please be advised that late showing for treatment will deprive you of treatment time. Your appointment will end as originally scheduled as a courtesy to the next client.

To enhance effectiveness, any oils used during treatment should not be showered off for as long as possible. Should you wish to swim in the pool following an oil-based treatment, please shower beforehand. It is advisable to drink plenty of water after any treatment.

Therapists reserve the right to terminate treatments at any time.

What to Wear and Do - Ladies and gentlemen will be most comfortable wearing short underwear during treatments. Please note that wet swimwear is not acceptable in the Spa. If preferred, hotel guests may use the robes provided in the bedroom when visiting the Spa. Please follow the signs from the bedroom to the Spa via the first floor.

For day visitors, robes and towels are provided in the Spa for your use during the day.

We recommend that Hotel guests and day visitors arrive at least 5 minutes prior to treatment to relax in our Spa reception.

Please respect clients relaxation & keep noise in the spa to a minimum. Please refrain from using mobile phones in the spa area.

Reservations - Non-Residents are required to pay in full at the time of booking. We recommend making reservations in advance, particularly if you choose to enjoy multiple bookings during your visit. We invite you to advise us of any special requirements when making your reservation.

Cancellations - We require at least 24 hours notice of cancellations; otherwise we regret that a 50% charge will be incurred. Cancellation terms for groups will depend upon the nature of the booking and will be confirmed at time of reservation.

Gift Vouchers - For a memorable gift we offer vouchers tailored to your requirements, either for a specific treatment or a designated amount. Perfect for special occasions.

Welcome

Drawing inspiration from the tranquil waters of the Helford River, we have created the Budock Vean Natural Health Spa. Here you will be graciously received and cared for in our ritual of excellence, featuring Spiezia Organics, a hand-made Cornish brand who have created Made for Life™ treatments.

Please ask our therapists for personalised advice on treatments, products and homecare.

Elemis Facials

Elemis advanced anti-ageing facials

Tri-Enzyme Resurfacing Facial £62 55 mins
Using revolutionary enzyme techniques to resurface the skin. Reduces fine lines and wrinkles and improves any uneven pigmentation. Includes hand massage.

Pro-Collagen Quartz Lift Facial £62 70 mins
Clinically proven to reduce wrinkles by up to 94% and improve skin firmness by up to 57% after just one treatment. Optimised cellular regeneration gives the skin a more youthful appearance.

Visible Brilliance Facial £62 70 mins
This anti-ageing facial instantly firms, rejuvenates and plumps up the skin, reducing dark circles around the eye contour.

Male Skin I.Q. Facial £62 70 mins
To protect against the harsh, ageing effects of shaving and environmental damage, this is the ultimate skin overhaul.

Elemis skin specific facials

Fruit Active Glow £54 55 mins
A powerful skin recharge that will bring back the glow to tired, dull and lifeless complexions.

Exotic Moisture Dew £54 55 mins
For skin in need of a super saturating moisture boost that will bring back that healthy, dewy look.

Herbal Lavender Repair £54 55 mins
For restoration of skin balance. This will heal, repair and reduce excess shine whilst treating the pores.

Elemis Taster Facial £40 40 mins
This facial will give you a quick and instant pick-me up.

Made for Life Organic Day Retreats

MADE FOR LIFE RADIANCE £69 60 mins
Includes an Organic Facial incorporating Hydrotherm back massage using Spiezia 100% Organic Oil.

MADE FOR LIFE DETOX £89 90 mins
Includes a relaxing and detoxifying back, neck and shoulder massage and an Organic Anti-ageing Uplifting Facial.

MADE FOR LIFE OPULENCE £112 125 mins
Includes Relax into Radiance™ body scrub and Head in Heaven™ back, facial and head massage.

Day Retreats

DECADENT DELIGHT £84 85 mins
Choose from either Exotic Frangipani Body Nourish Oil or Full Body Massage. Both are complemented with a BV Head Massage.

BEAUTY BLISS £89 90 mins
Includes Exotic Lime & Ginger Salt Glow, File and Finish, Eyelash Tint and Eyebrow Tidy.

ESSENTIALS EXTRAVAGANCE £107 120 mins
Includes Elemis Skin Specific Facial, Jessica Prescriptive Manicure and Back Massage.

MALE MOMENT £119 125 mins
Includes Male IQ Facial and Stone Ritual.

TOTAL TEMPTATION £160 160 mins
Includes Full Body Massage, Pedicure, File and Finish and Skin Specific Facial incorporating a Head Massage.

Runaway Ritual Pamper Days

These days are perfect for anyone who needs to escape from the busy world and are ideal to spend some quality time with people you care about.

Specialising in Hen Party and Celebration days, our team are dedicated to ensuring you select a package customised for you so your experience from booking to pampering is personal and stress free. Select your day from any of the Day Retreats featured opposite.

Each package includes:

Use of robe, towel and slippers

Swimming pool and sauna

Unique outdoor hot tub overlooking the gardens

Morning refreshment

Light lunch with refreshment

**Additional treatments can be purchased at a 10% discount
when booked in advance.**

Elemis Body Therapy

Absolute Spa Ritual £97 115 mins

The ultimate skin and body therapy for maximum results. An Elemis advanced anti-ageing facial combined with the powerful effects of the Elemis Deep Tissue Massage.

Cooling Hot Stone Body-Facial £65 55 mins

Pure body indulgence with exceptional anti-ageing facial results! Experience the luxurious hot and cold sensations of this massage to target your specific problem areas completed with an anti-ageing facial.

Aroma Spa Ocean Wrap £72 85 mins

This warm seaweed wrap cleanses and detoxifies the body.

Choose from either: **Musclease** - To ease muscle spasm and fatigue *or* **Cellutox** - Reduces the appearance of cellulite.

Body Sculpt Cellulite and Colon Therapy £62 70 mins

Redefine stubborn cellulite and sagging skin with visible results. Fennel deeply cleanses the body systems, stimulates circulation and reduces fluid retention.

Exotic Coconut and Milk Ritual £60 60 mins

A Balinese traditional recipe is used to polish the skin. Warmed Nourishing Milk Bath is then poured over your entire body before being cocooned in a foil wrap. Excellent for skin smoothing and softening.

Exotic Frangipani Nourish Wrap £60 60 mins

Aromatic Tahitian Coconut and Frangipani flowers are soaked together to produce the Monoi used in this wrap. Traditionally used to protect the skin, it provides the ultimate radiance, vitality and all over body glow.

Exotic Lime and Ginger Salt Glow £42 40 mins

An exfoliation of lime, ginger and warm oil, completed with an application of Island Flower Body Lotion to leave your skin deeply cleansed, polished and softened to perfection.

Total Glow Tanning £52 60 mins

The safe way to a golden glow; a self tanning cream which mimics your own natural colour within 5 hours.

Legs only: £32 40 mins

Massage & Holistic Therapy

Elemis Deep Tissue Massage (*firm pressure*) 70 mins £60 • 40 mins £40 • 25 mins £30

Focusing to relieve specific stress and muscle tension, this deep rhythmic pressure massage gives the whole body a vigorous workout.

Lava Shell Massage 70 mins £64 • 40 mins £40 • 25 mins £30

Naturally self warming Tiger Clam Shells are expertly glided over the body with varying pressures, techniques and precision enabling the therapist to reach the deepest aches and pains.

Lava Shell Tummy Treatment £16 15 mins

The digestive system is improved and regulated with encouraging massage strokes around the abdominal area effectively eliminating toxins and reducing bloating.

Hydrotherm Essentials Massage £60 60 mins

Based on Ayurvedic principles, this massage is performed with you lying on your back whilst a heated water pillow allows you to feel a floating sensation.

Indian Head Massage £30 25 mins

A seated head, neck and shoulder massage leaving you feeling energised and revitalised.

Reiki £52 55 mins

This deeply relaxing treatment is based on ancient Japanese healing techniques.

Hopi Ear Treatment £40 40 mins

Candles produce warmth and balance in the ear, clearing the forehead and sinuses. Very calming and relaxing.



Spiezia Organics - Made for Life is a well established and internationally recognised Cornish Company producing a range of award winning skincare products using 100% Organic ingredients certified by the Soil Association for women, babies, men and home.



Elemis is the leading professional range made in England and is only available in exclusive salons and spas worldwide. Made with the finest quality medicinal plants, organic herbs and revitalising seaweed extracts, blended with the most active natural bases possible.



The Jessica system sets the standard for nail care with a signature quality that's so distinctive it earned the name 'The Upscale Nail'.



The Jane Iredale makeup is not just a refinement of normal makeup; it is a new technology. So effective it is recommended by plastic surgeons, dermatologists and skin care professionals world wide. At last, a makeup that's good for the skin!

Perfecting Treatments

Cleanse & Makeup

Using Jane Iredale makeup which is a true extension of skin care to create a new look.

40 mins £39

Pampered Hands & Feet

These treatments ensure that your feet and hands are softened, moisturised with cuticles cared for and nail shapes perfected.

Jessica Prescriptive Manicure

Includes free sample of chosen nail polish.

40 mins £32

Jessica Thermal Mitten Deluxe

Includes free sample of chosen nail polish.

55 mins £42

Executive Manicure

Excludes nail painting.

40 mins £30

Jessica Pedicure

Includes free sample of chosen nail polish.

40 mins £32

Jessica Thermal Feet Treat

Includes free sample of chosen nail polish.

55 mins £42

Executive Pedicure

Excludes nail painting.

40 mins £30

Essential Eye Care

Eyebrow Shaping

15 mins £11

Eyebrow Tinting

15 mins £11

Eyelash Tinting

Includes relaxing hand massage.
20 mins £16

Eyelash and Eyebrow Tint

25 mins £20

Eyelash Perming

To create beautiful curly lashes.
55 mins £40

Waxing

Hair removal using hygienic application for a long lasting smooth effect.

Half Leg 25 mins £22

Full Leg 40 mins £30

Full Leg & Bikini 55 mins £40

Bikini 15 mins £13

Underarm 10 mins £13

Upper Lip or Chin 10 mins £10

Upper Lip and Chin 15 mins £13

Cornish Spiezia Organic Made for Life Massage Therapy

Made for Life Stone Ritual

Deeply relaxing massage using hot and cold stones to enhance your massage experience. Tensions are simply melted away.

55 mins £60 • 80 mins £76

Made for Life Body Purifying MOT

Enjoy the benefits of a full body exfoliation followed by a muscle soothing massage.

£75 85 mins

Made for Life Therapeutic Massage

Medium Pressure
Using traditional massage the circulation is stimulated and helps to alleviate muscular tension to bring about a sense of well being.

70 mins £60 • 40 mins £40 • 25 mins £30

Made for Life Drainage Massage^{pending™}

Light Pressure
The aromatic effects of the oil balance the mind through your senses while the gentle massage techniques ease away stresses leading to a deeper relaxation.

70 mins £60 • 40 mins £40 • 25 mins £30

Made for Life Head Massage

Focusing on the neck, scalp and head this massage helps to clear the mind.

£30 25 mins

Made for Life Feet Treat

Feet are softened and polished ready for a deep relaxing foot and lower leg massage.

£40 40 mins

Made for Life Feet or Hands Reflexology

An ancient therapy using pressure points on the feet or hands to help the functioning of the body's key systems.

£54 55 mins

CORNISH SPIEZIA ORGANIC MADE FOR LIFE TREATMENTS

Organic Luxury Treatments

Made for Life Head in Heaven™

Upper back, head and facial experience clears the mind and releases tension using Chinese massage techniques with pressure points.

£74 85 mins

Made for Life Hand on Heart™

Re-energise tired hands and feet with this soothing rhythmical massage to ease stiff joints and nourish these overworked areas.

£74 85 mins

Ultimate Made for Life

A softening body polish and body drainage massage ease away stress and toxins while the lymphatic facial gives back your natural healthy glow.

£95 115 mins

Made for Life Pregnancy Pamper

Designed for pre and post pregnancy this nurturing massage focuses on the lower back, shoulders, upper neck, head including the legs.

£74 85 mins

Spiezia Organic Facial Treatments

Made for Life Anti-Ageing Uplifting Facial

£62 70 mins

Non-surgical facial lifts and tones using stimulating specialised movements. Lines and wrinkles are smoothed and diminished giving you a bright and hydrated skin.

Made for Life Facial Massage

£52 55 mins

Restore the natural luminosity to your complexion and revitalise tired dull skin. Specialised drainage techniques unblock pores and decongest skin.

Made for Life Radiance Facial

£30 25 mins

An application of pure nature this facial refreshes and rejuvenates the skin leaving you looking and feeling radiant.

Spiezia Organic Body Treatments

Made for Life Rose Wrap^{pending™} - from Spring 2010

£60 60 mins

This luxurious rose petal wrap hydrates and nourishes the body, completed with a head massage and body moisture mist.

Made for Life Cornish Algae Wrap^{pending™} - from Summer 2010

£60 60 mins

The toxin releasing natural sea algae cleanses and purifies the body and skin leaving you feeling detoxified and revitalised.

Made for Life Back Booster

£40 40 mins

A thorough cleansing back scrub is followed by soothing back massage to ease tension, hydrate and soften.

Made for Life Relax into Radiance™

£40 40 mins

Your relaxed body from the Hydrotherm cushion is deeply exfoliated with lemongrass & marigold sugar scrub before the gentle facial scrub and massage.