# BUDOCK VEAN NATURAL HEALTH SPA 'The spa for all seasons'





The Natural Health Spa is nestled away within the Budock Vean Hotel. Surrounded by 65 acres of peaceful grounds, this is a place to relax, unwind and escape the hustle and bustle of your day to day life.

Great customer service is at the heart of everything we do. We believe each person is unique and has different needs, so before your treatment a personal consultation is carried out to ensure that you get the best out of your treatment.

Our innovative 'Healing with the Seasons' concept has led us to create a series of seasonal spa days and treatments to ensure your body gets the nourishment it needs to cope with the changes in the weather. Our treatment menu changes every four months and uses elements of the best seasonal gifts from nature's larder.

Our Spa has 4 treatment rooms, including a dual treatment room for friends or couples, plus a nail bar, swimming pool, sauna and outdoor hot tub.





### Spa Days

These days are perfect for anyone who needs to escape from the busy world. They're an ideal way to spend quality time with people you care about. Specialising in seasonal spa days and celebration days for groups, we'll help you select a customised package so your experience from booking to pampering is personal and stress free.

**Each package includes:** use of a robe, a towel and slippers, swimming pool, sauna and outdoor hot tub overlooking the gardens, plus a light lunch with a soft drink.

<b>'Healing with the Seasons' Spa Day</b> Choose one of our innovative seasonal treatments which will include a 45 minute treatment comprising massage, body wrap or facial. The ingredients will change with the seasons; please check our website for the latest options.	Fri - Sun Mon - Thurs	£63 £61
<b>'Elemental Herbology' Five Element Pre-Natal Wellbeing Spa Day</b> Includes a massage developed specifically to address the body's needs during pregnancy, this treatment is the perfect remedy to ease an aching back, shift fluid retention, alleviate stretch marks and promote a state of calm and optimum wellbeing.	60 mins	£78
<b>'ELEMIS' Indulgence Spa Day</b> Includes a relaxing and detoxifying back, neck and shoulder massage plus an ELEMIS Superfood Pro-Radiance Facial.	90 mins	£119



# elemental herbology

Natural and bio-nutritious, Elemental Herbology skincare is made in England and uses no synthetic fragrances, artificial colours, mineral oils, sulphates, paraben preservatives and no animal testing. We will ask our spa customers to answer a Five Element consultation prior to their treatment to help identify your element for the day so we can include it in your treatment.

### Elemental Herbology Treatment Menu

<b>Five Element Aroma Massage</b> This aromatherapy massage blends customised essential oil infusions with warm herbal steam towels, heated stones and skillful therapeutic techniques to deliver the ultimate massage experience. We prescribe Wood for rejuvenation, Fire for zest, Earth for balance, Metal for detoxifying or Water to soothe. This treatment draws from both Eastern and Western massage and thermotherapy techniques to help balance both body and mind.	60 mins 90 mins	£72 £92
<b>Pre-Natal Wellbeing Massage</b> A massage developed specifically to address the body's needs during pregnancy, this treatment is the perfect remedy to ease an aching back, shift fluid retention, alleviate stretch marks and promote a state of calm and optimum wellbeing. Using an infusion of Mandarin, Rose and Lavender	60 mins	£68

Flower, our pre-natal massage is a must for any mother-to-be





### Massage and Holistic Therapy

<b>CBD Infused Body Massage</b> Customised body therapy using organic CBD massage oil. This massage is dedicated to targeting pain, inflammation, fatigue and speeding up the process of healing and recovery. Great for people wanting to de-stress and eliminate pain.	60 mins 30 mins	£71 £42	
<b>Couples Massage</b> With our essential couples or friends relaxation experience, you will receive a traditional massage in the same treatment room with your own individual therapists (price for 2 people – and as Covid guidelines allow)	60 mins	£133	
<b>Reflexology</b> Reflexology is a holistic treatment to stimulate the reflex points and bring balance back to the body. By applying pressure to the reflex areas of the feet, the reflexologist can locate blockages and imbalances within the body and help to clear them.	60 mins	£68	
<b>Hot Stones</b> This full body massage uses smooth hot basalt stones to relax and warm up tight muscles. It will ease away tension and leave you very relaxed.	60 mins	£75	
Men's Spa Journey This bespoke treatment will target any areas of pain and aid recovery and is particularly effective at easing an aching back and releasing tension. Hot stones and oil are applied which warms deeply, easing muscle spasms and stressed joints caused by sport, physical work and general over exertion. The journey will finish with a face and scalp massage.	<b>60 mins</b>	£82	







### **ELEMIS Results Driven Facials**

Each of these facials will target your areas of concern and after one treatment you will see visible results.

<b>ELEMIS Pro-Collagen Age Defy</b> Tackle fine lines and wrinkles with clinically proven age-defining benefits of marine-charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.	60 mins	£73
<b>ELEMIS Superfood Pro-Radiance</b> A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven to leave skin plumper and more radiant.	60 mins	£65
<b>ELEMIS Definition Facial</b> Targeting sagging jowls, cheeks and jawline, this facial helps restore the architecture of the skin. Potent plant stem cells help support the skin's surface structure, and deep muscle-toning massage from the scalp to the décolleté.	60 mins	£73
<b>ELEMIS Taster Facial</b> The perfect introduction to an Elemis facial. A quick and instant pick-me-up for dull, lifeless skin.	30 mins	£42

### **ELEMIS Body**

ELEMIS Couture Touch	1 hr	£71
Condition your skin and muscles with this all-embracing experience.	2 hrs	£113
Includes a 60 minute facial plus a 60 minute personalised massage.		
The one hour option has a 30 minute facial and a 30 minute massage.		



# J JESSICA

### Jessica Hands and Feet

<b>Jessica Manicure or Pedicure</b> Includes nail shaping, cuticle work, hard skin removal with scrub, application of oils and creams and finishing with the application of a Jessica polish of your choice. Includes free nail polish to take home.		£38	
File and Polish	20 mins	£20	

Nails are filed, tidied and polished. Excludes free nail polish.



#### **Gift Vouchers**

If you're stuck for that special present idea, why not buy a spa voucher? Treat friends and family to a memorable gift experience either for a specific treatment or a designated amount. Perfect for all occasions.

#### See our website

**www.budockvean.co.uk/gift-vouchers** for details, call us direct on 01326 252101 or pop into the hotel and pick one up.





### Waxing and Tinting

Eyebrows - full re-shape	25 mins	£17
Eyebrows - tidy up	10 mins	£10
Eyebrow Tinting	15 mins	£15
<b>Eyelash Tinting</b> Includes relaxing hand or scalp massage	20 mins	£22
<b>Eyelash and Eyebrow Tint</b> Excludes hand or scalp massage (a 24 hour patch test is required for all tinting)	30 mins	£30

### Waxing

Hair removal using hygienic application with clean and easy roll on wax application system for a long lasting smooth finish.

Upper lip or chin	10 mins	£15
Upper lip and chin	15 mins	£18
Underarm	15 mins	£17
Bikini	15 mins	£17
Back wax	45 mins	£36
Halfleg	30 mins	£26
Full leg	45 mins	£36
Full leg & bikini	60 mins	£48





### Things to know about us

#### **Preparation for your treatment**

If you are having a massage treatment, please allow an hour gap after consuming food or alcohol before your treatment time. All guests are required to wear appropriate underwear during all treatments. Hotel guests may use the robes provided in the bedroom when visiting the spa. We kindly ask our clients not to wear wet swimwear in the spa and in the hotel lounges. Please shower before your treatment and we recommend that you arrive at least 5 minutes before your treatment to relax in our spa reception.

#### Aftercare

We recommend that you drink plenty of water after treatments. To enhance effectiveness, any oils or lotions 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.

#### Spa Days

For spa day visitors, a robe, a towel and slippers are provided for your use during the day. Our spa days start from 9am.

#### Confidentiality

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

#### **Respecting other spa users**

Please respect other clients and keep noise in the spa to a minimum. Please refrain from using a mobile phone in the spa area.

#### Age requirement

We don't have an age requirement at the spa, but if a child under the age of 16 would like spa treatments we will require parental consent and signature.

#### Cancellations

We require 48 hours' notice or a 50% charge will be incurred. Cancellations on group bookings over 4 people need to give 48 hours notice or we regret that a 50% charge will be incurred.

#### Reservations

We recommend making bookings in advance, particularly if you choose to enjoy multiple treatments during your stay. We invite you to advise us of any special requirements when making your reservation.

**Opening Times - open 7 days a week** Leisure facilities - 8am until 10pm

Children's swimming times - 10am – 5pm. Please note only hotel residents and members children may swim after 12 noon Friday – Sunday.

Subject to availability, towels and robes are available to hire at the hotel Reception.

Products are available to purchase and take home.

### BUDOCK VEAN

### NATURAL HEALTH SPA

### 01326 252101

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