

BUDOCK VEAN

NATURAL HEALTH SPA



BUDOCK VEAN

— HOTEL & SPA —

Find us nestled away within the Budock Vean

Hotel within glorious sub-tropical gardens that roll down to the Helford River. Here you will be able to relax, unwind and escape. We are known for our personal approach and a personal consultation is carried out to ensure that you get the best out of your treatment.

We are proud to use GAIA natural skincare products which have been created to nourish and nurture.



Facilities

The healing power of water flowing through our spa cleanses your external self and renews your inner being.

Budock Vean Natural Health Spa Indoor Swimming Pool

The Budock Vean's wonderful leisure facilities include a 15m indoor pool with sauna and outdoor hot tub. The Swimming Pool is open to our guests, the public and members from **8am - 10pm** daily, and for our spa day package guests from **10am - 5pm**.

Outdoor Hot Tub

The doors from the swimming pool open out onto a decking platform which houses the hot tub with views over the gardens and golf course. The warm, bubbling waters melt away tension and provide a gentle and effective massage - targeting joints and muscles, combating arthritic pain and other muscle-related injuries, and promise a better night's sleep.

Robes and pool towels are provided free of charge to hotel and self-catering guests.

Sauna

Our gorgeous sauna is an ideal place to relax, located at the side of the swimming pool.

Tennis Courts

The hotel has two all weather courts with rackets and balls available on request.

These are available free of charge for hotel and self-catering guests, and for day visitors to hire at a cost of £10.00 per court per hour.

Golf Course

Our challenging 9 hole/18 tee golf course is set in mature parkland with the first tee a few paces from the hotel's golf bag room. Golf is inclusive for guests staying at the Budock Vean Hotel. Day visitors are welcome.

GAIA Journeys

The GAIA Journeys have been developed to offer three new experiences to help guests find grounding and balance, relax and find calm, or energise and awaken their mind and body. The three journeys complement the three essential oil blends by GAIA Skincare, which the guest can choose between during the sensory test at the start of their experience: Awakening, Balancing or Calming.

GAIA Awakening Journey

60 minutes | 90 minutes

An energising experience, helping to renew and radiate positivity for the mind and body. The Awakening Journey helps revitalise the skin with a salt and oil exfoliation, either on the back, neck, and shoulders (60 minutes) or full body scrub (90 minutes) removing dead skin cells to reveal refreshed soft skin. The Awakening Journey continues with a bespoke massage, tailored to suit your needs, to help awaken the body and boost circulation, leaving you feeling refreshed and uplifted.



GAIA Balancing Journey

60 minutes | 90 minutes

Find grounding and harmony with the Balancing Journey, a treatment designed to alleviate stress and bring equilibrium to the mind and body. The journey centers around a hot stone massage, using warm volcanic stones to soothe aches and pains, relieving muscle tension. The Balancing Journey continues with a nurturing Jade facial, known as the healing stone, the Jade crystal wands help to relieve tension in the muscles, encourage blood flow, and help eliminate fine lines. With a choice of 60-minute and 90-minute journeys, you'll leave feeling restored and emotionally balanced.

GAIA Calming Journey

60 minutes | 90 minutes

A truly tranquil experience, the Calming Journey has been developed to offer complete relaxation and peace within. Your journey will begin with a serene back, neck, and shoulder massage to ease muscle tension and calm the mind and body. This is followed by either a scalp massage (60 minutes) or an Indian head massage (90 minutes) which includes a facial cleanse, tone, and a beautifully relaxing facial massage, focusing on pressure points to relieve tension. Both journeys include a hand and arm massage, helping to release stress and find total relaxation.

GAIA Rituals

GAIA rituals are designed to identify three levels of an individual's wellbeing, recognising the holistic benefits of treatments across mental, physical and spiritual domains.

Rituals connect to history and tradition, designed to be meaningful bringing a person to a state of well being. This is more than the absence of illness, the state of being mentally, physically and socially well. Wellness is about awareness and relationships, about reaching into your heart, being the best you can be.

All GAIA rituals start with a welcome foot ritual and consultation followed by aftercare advice and a Gaia tea.

GAIA Crystal Therapy

120 minutes

The ultimate goal of crystal healing is to bring the whole body back to a state of pure unconditional love. This treatment is personalised using crystals to discover which chakras are blocked and includes meditation, full body massage and a nurturing scalp massage. Aftercare, product advice and a crystal prescription will be recommended by your therapist.

GAIA Total Holistic Ritual

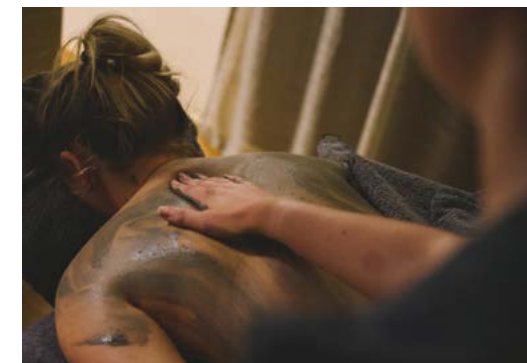
120 minutes

A deeply therapeutic ritual to release tension and stress bringing the mind and body into harmonious balance. Using advanced Balinese and Lomi Lomi techniques, the body is exfoliated followed by an application of our nourishing GAIA mud. Once showered, a GAIA blend of your choice is poured warmly onto the body for a muscle easing massage.

GAIA Raindrop Therapy

60 minutes | 120 minutes

Raindrop therapy is a healing technique using pure essential oils. It combines aromatherapy oils and moist heat to bring total balance, harmony and body wellness mentally, physically and emotionally. Techniques are used through the massage to release toxins and lymph, boosting the immune system and bringing the body back to natural alignment. Ritual includes full body massage using the purest essential oils used as droplets to the back, spine and feet and a nurturing scalp massage.



GAIA Body

Our treatments have been created to meet the varied needs of modern individuals, using effective, natural ingredients and highly skilled therapeutic techniques, using our own GAIA range.

Our collection of body treatments will relax your mind and body, bringing you in to the present moment. The power of touch combined with the use of essential oils have therapeutic benefits on a physical and emotional level.



GAIA Everglowing Face & Body Treatment

60 minutes | 90 minutes

A refreshing face and body treatment designed to uplift and revitalise. Beginning with GAIA's signature foot ritual, before a relaxing back cleanse and exfoliation. The treatment continues with a radiance facial, including a gentle exfoliation, finished with a nurturing leg and foot massage. For 90-minute treatment, an additional face mask and back, neck & shoulder massage is included.

GAIA Restorative Treatment

60 minutes

Experience a therapeutic back cleanse followed by exfoliation with GAIA's own unique body scrub, before GAIA's mud mask is applied in sweeping motions to detoxify and cleanse. Following the removal of the mud with a hot towel, the back is massaged with hot stones using one of the GAIA oils; Awakening, Balancing or Calming.

GAIA Poultice Massage

60 minutes

This massage uses herbal compresses that have healing and soothing properties. Powerful herbs and spices are blended in bound in the poultice to stimulate circulation and decongest the body. Herbal massage has been used for centuries for various ailments and treatments as they help to increase the flow of chi (energy).

GAIA Hot Stone Massage

- Back, Neck and Shoulder 45 minutes

- Full Body 60 minutes

- Full Body and Scalp 90 minutes

A therapeutic back, neck and shoulder, full body or full body and scalp massage using our specially blended GAIA oils and warm volcanic stones to relieve deep muscle tension. The warmth of the stones penetrates your muscles to soothe aches and pains, thus helping you to unwind and feel rejuvenated. Choose from the GAIA oils, Awakening, Balancing and Calming.

GAIA Bespoke Massage

60 minutes | 90 minutes

A completely bespoke treatment catered to your needs and concerns. This treatment uses effective and natural ingredients combined with highly therapeutic techniques such as Swedish, Deep tissue and Aromatherapy massage to relax body and mind bringing you in to the present moment.

GAIA Mud Cocoon

90 minutes

Enjoy this protective cocooning treatment and emerge awakened. You will experience whole body, face and scalp therapy in this indulgent treatment, including a sea salt exfoliation and natural mud and clay mask. Completing this nurturing treatment is our Awakening Body Cream, with nourishing coconut oil and shea butter.

Mother GAIA*

60 minutes | 90 minutes

A beautifully gentle, relaxing treatment perfect during and after pregnancy. This nurturing treatment exfoliates the back and is followed by a specifically designed massage focusing on alleviating muscular aches on stressed areas, helping you to feel relaxed and restored.

GAIA Salt & Oil Scrub

45 minutes

Liberate your skin with our nourishing salt and oil scrub treatment. Your body is awakened with natural sea salt, peppermint and lemongrass, to gently buff the skin, boosting circulation and leaving a natural glow. This refreshing treatment will leave a natural feeling of well being, whilst the skin is left smooth and replenished.

GAIA Indian Head Massage

45 minutes

A treatment combining massage on the face, including relaxing eye cleanse, shoulders and scalp. A series of techniques are performed to manipulate the muscles releasing tension and stress throughout the mind and body to leave you feeling totally harmonised and grounded.

GAIA Express Back Massage

30 minutes

A back massage catered to your needs and concerns. This treatment uses effective and natural ingredients combined with highly therapeutic techniques.

*Treatment available after 12 weeks. Please call us to discuss further additional pregnancy treatments.

GAIA Facials

What we put on our skin is just as important as what we put in our body; both of which affect our overall wellbeing.

Facials can be a truly relaxing treatment or can be results-driven. Our therapists can advise which facial treatment will most suit your skin's needs.

GAIA Jade Facial

60 minutes

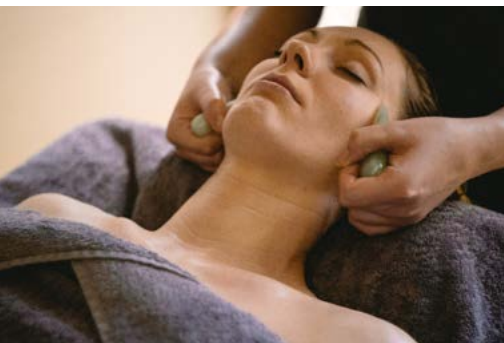
This healing massaging facial will leave your skin feeling rejuvenated and glowing...

GAIA's natural skincare products are softly massaged deep into the skin, using healing Jade crystal wands to stimulate both lymph drainage and blood flow, leaving your skin feeling firmer and deeply hydrated.

Naturally GAIA Facial

45 minutes

A healing facial massage that'll leave the skin feeling rejuvenated and glowing as GAIA's natural skincare products are softly massaged deep into the skin, using healing Jade crystal wands to stimulate both lymph drainage and blood flow.



Gaiyoga Lifting Facial

90 minutes

As much as we know exercising our body is good for us well it is the same for the face. Using a stimulating workout for the face with a combination of advanced lifting massage technique, lymphatic drainage and the power of nature this facial increases muscle tone and volume so the skin becomes tauter with more definition and exceptional results.

Equilibrium Crystal Facial

60 minutes

There is a link between our skin, our identity and our sense of self worth.

Using a powerful combination of anti-inflammatory plant ingredients along with balancing chakra crystals woven throughout the treatment which lend their energetic and healing benefits, bringing the mind and body back to a state of equilibrium. This holistic treatment begins with some lymph-boosting stretches, followed by a soothing facial and relaxing neck and shoulder massage. During the crystal placement, you will experience a grounding foot massage to aid spiritual balance. The result is a renewed complexion and a sense of calm.

Beauty Treatments

Explore a diverse array of beauty treatments, from hair removal to eyebrow shaping. Uncover the essentials in beauty care

Manicures

Express Nails *30 minutes*

- A quick and efficient manicure focusing on shaping, a fresh coat of varnish, and nourishing hand lotion.

Essential Nails *45 minutes*

- A complete manicure with a soak, cuticle work, shaping, hand massage, and finishing varnish.

Luxury Nails *90 minutes*

- An indulgent treatment featuring a soak, cuticle work, shaping, scrub, mask & heated mitts, plus a hand and arm massage, finished with varnish.

Pedicures

Express Nails *30 minutes*

- A fast and refreshing treatment with shaping, varnish, and a nourishing foot lotion.

Essential Nails *45 minutes*

- Includes a soak, cuticle work, shaping, exfoliation, nourishing foot lotion, and a varnish finish.

Luxury Nails *75 minutes*

- A luxurious experience with a soak, cuticle work, shaping, exfoliation, mask & heated mitts, foot & leg massage, and varnish.

Waxing

Waxing is a temporary removal of unwanted hair as well as dead skin cells, resulting in smooth looking & feeling skin. Waxing pulls hairs from the root which causes the follicle to get weaker over time, resulting in finer and sparser hair growth. It can also help to prevent ingrown hairs, reduce the skin's exposure to damage and get rid of that unwelcome prickliness from shaving.

Upper Lip *15 minutes*

Chin *15 minutes*

Lip and Chin *30 minutes*

Side of Face *30 minutes*

All Facial Waxing (Excluding Brows) *45 minutes*

Body Waxing

Under Arm *30 minutes*

Half Leg *45 minutes*

Back *45 minutes*

Day Packages

We have created a special place that will give our guests the time and the space they need to enhance their natural wellness. All day packages include...

- Use of the swimming pool, sauna and hot tub
- A two-course lunch with a glass of Prosecco
- 45, 60, 90 or 120-minute treatment

Relax

Relax, refresh and immerse yourself in a day dedicated solely to your well-being. Designed with carefully selected treatments, this package will leave you feeling rejuvenated.

Choose from one of the below 60-minute treatments:

- Restorative treatment
- Poultice Massage
- Mother GAIA
- GAIA Jade Facial
- GAIA Awakening Journey
- GAIA Balancing Journey
- GAIA Calming Journey
- Bespoke massage (£20pp supplement)
- Full body massage with hot stones (£20pp supplement)
- GAIA Everglowing Face & Body Treatment

Revive

Enveloped in an ambiance of calm, this bespoke experience blends indulgent treatments with serene relaxation to renew your spirit.

Choose from one of the below 90-minute treatments:

- GAIA Bespoke Massage (£30pp supplement)
- Mother GAIA
- Gaiyoga Lifting Facial
- GAIA Mud Cocoon
- GAIA Awakening Journey
- GAIA Balancing Journey
- GAIA Calming Journey
- GAIA Everglowing Face & Body Treatment
- Full body and scalp massage with hot stones (£30pp supplement)

Simply Escape

Immerse yourself in a day of relaxation to refresh and rejuvenate.

Choose from one of the below 45-minute treatments:

- GAIA Salt and Oil Scrub
- GAIA Indian Head Massage
- GAIA Hot Stone Massage (Back, Neck & Shoulder)
- Naturally GAIA Facial
- Classic Manicure or Classic Pedicure

Restore

Experience the essence of pure relaxation to bring balance and renewal to both body and mind.

Choose from one of the below 120-minute treatments:

- Total Holidatic Ritual
- GAIA crystal therapy
- GAIA raindrop therapy

Refresh and Reset

Immerse in tranquil haven and emerge feeling deeply refreshed and restored. This half day spa experience includes a two-course lunch and a glass of Prosecco.

Twilight and Dine

Elevate your evening with our Twilight and Dine half day spa experience, a perfect pairing of relaxation and culinary delight. Includes swim and two-course dinner.







Memberships

We provide a range of membership options to suit different interests, ensuring there's something for everyone to enjoy.

We offer various levels of membership so, depending on your interests, we hope, there's something for everyone to enjoy. All memberships come with the option of unlocking discounts on food, drink, spa, accommodation and more. As a member we'll send special discounts from time to time for you to join us for events like our supper club, meals, drinks, social events and much more.

Our full *Full Country Club Membership* includes access to the golf course plus swimming, outdoor hot tub and tennis.

Only interested in golf, then our *Country Club Golf Membership* is for you and, if you're not keen on golf, the *Country Club Active Membership* is for access to our leisure facilities excluding golf.

Please visit budockvean.co.uk for more information.

How to Spa

Opening hours

We are delighted to welcome you to the Natural Health Spa daily from 9am-6pm. If you have booked a Spa Package you will have access to the facilities from 10am-5pm.

Spa preparation

It is recommended that no alcohol is consumed immediately prior to your arrival and that you consume plenty of water following any treatments.

What we provide

Spa Day guests will receive a bundle that includes a robe, towel, and slippers for use during your visit.

Spa scheduling

Please arrive at the spa reception at least 15 minutes before your scheduled treatment.

Parking

There is a large car park at Budock Vean for spa guests to use free of charge.

Arrival at the spa

Please make your way to the spa reception. You will be greeted by a spa host who will explain the procedures for your visit and guide you around the spa.

Spa attire

Prior to your spa treatment we would advise changing into a bath robe and footwear that are provided to allow for maximum relaxation. It is advisable to wear underwear or swimwear underneath although we can provide disposable briefs if you prefer. Please be assured that all of our therapists are highly trained and your modesty will be protected at all times.

Spa etiquette

Our spa environment is one of relaxation and tranquillity, allowing time to calm the mind, refocus the body and soothe the soul. Please respect all spa guests' right to privacy and quietness as we kindly ask that mobile phone usage is kept at a minimum and at a respectful level of sound, to ensure a complete experience of wellbeing.

Children

Our minimum age requirement for treatments is 16 and over; however, our swimming pool is open to all ages.

Health conditions

Please notify our staff if you are pregnant or have any special medical considerations so that appropriate treatment can be recommended. Budock Vean Health Spa cannot be held responsible for any changes to treatments or cancellations that occur due to non disclosure of medical conditions at the time of booking. However it is our ethos to help all people be well. We have experienced and highly trained therapists who will be happy to discuss any concerns you may have. Kindly advise us of any health conditions, allergies or injuries, which could affect your treatment when making your spa reservations.

Pregnancy

If you are pregnant, please contact prior to arrival to discuss your treatments. During the first trimester we are not able to offer any spa or beauty treatments. During the second and third trimester we have a range of pre-natal treatments that are not only safe for mum and baby but also ensure that you feel supported and nurtured at this special time. Pregnant ladies are strongly advised against the use of any heat and or hydrotherapy facilities.

Gift vouchers

Gift vouchers are available for any treatment, day spa programme or product and are an ideal present for someone special. Gift vouchers are non refundable and must be presented to reception upon arrival.

Cancellations

As a courtesy to other guests we ask that you provide 24 hours notice if you need to cancel or reschedule your appointment. If you cancel with less than 24 hours notice you'll be charged the full treatment cost.

Booking amendments

If you wish to amend your booking in anyway, please contact us before you arrive. We cannot guarantee we will be able to accommodate any amendments to your booking.

Your feedback

We always appreciate customer feedback as we look to continually improve our offering. Should you wish to discuss any aspect of your treatment or experience, we ask that you request to speak to our spa manager or head therapist prior to departure. In some cases we will follow your visit with a phone call.

Departure

Please make sure you have all your belongings when leaving the spa.

Retail

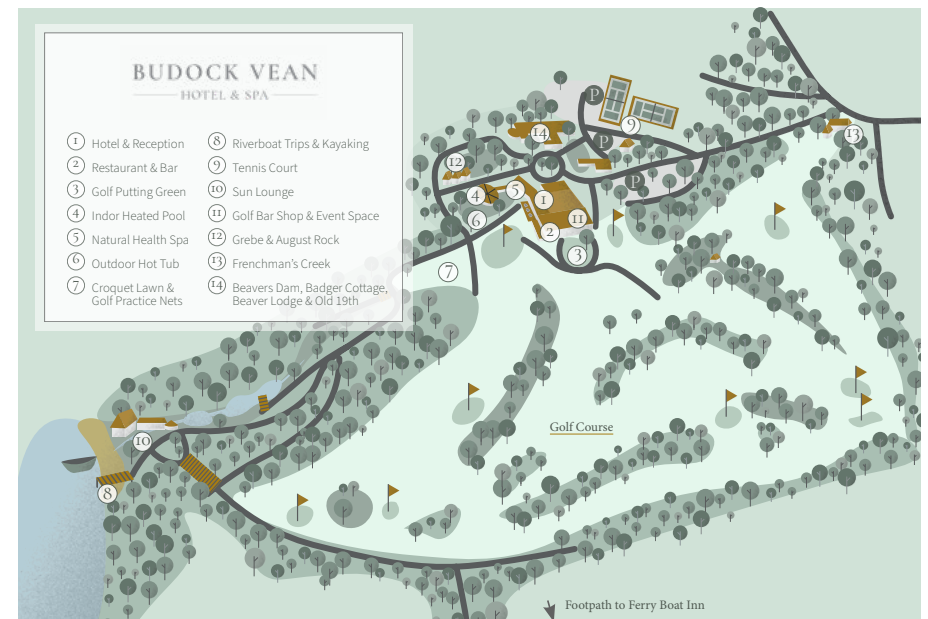
We have a large range of retail products available to continue your experience at home. Please ask any of our trained team if you need any advice.

Photography, press and media

Budock Vean Health Spa reserves the right to maintain copyright of any photographs taken within our property. All photography or filming must be pre-authorised by a Manager of Budock Vean. Budock Vean do not permit press or blog reviews by members of the press, guests or members of the public without prior consent.

Deposit

Full prepayment is required for all spa treatments. Hotel guests can use the spa between 1pm on day of check in until 1pm on day of check out – unless a late check out has been booked or you have a treatment booked for the day.





BUDOCK VEAN

NATURAL HEALTH SPA

We would like to help you find the perfect treatment.
We are open from 6am to 10pm Tuesday - Sunday,
for any questions, enquiries or to book please don't
hesitate to get in contact with us.

01326 250288

Spa - spa@budockvean.co.uk

Reservations - reservations@budockvean.co.uk

Spa Opening Times

9am-6pm

Budock Vean Hotel,
Helford River, Mawnan Smith,
Falmouth, Cornwall, TR11 5LG

budockvean.co.uk

@BudockVeanHotel

