

St MICHAELS  
SPA  
FALMOUTH

EXPERIENCES • SPA DAYS • TREATMENTS • BEAUTY



## OUR TREATMENT PARTNERS

As an independent spa, St Michaels takes pride in hand-picking the finest brands with which to develop the most rewarding treatments.

### ELEMIS

The number one, luxury British spa brand, Elemis' ground-breaking formulas are an innovative blend of science and the chemistry of nature, carefully crafted by a dedicated team of explorers, scientists and skincare experts.

### NATURA BISSÉ

By working strictly with master aestheticians, adapting, evolving and listening to the voice of each and every skin, Natura Bissé's products and rituals have developed to target treatments for specific skin needs and concerns.

### ISHGA

Born on the Isle of Lewis by a team of people with a passion for harnessing the natural anti-oxidant, healing and anti-aging properties provided by the purest organic seaweed, Ishga creates the highest quality cosmetics.

### OPI

The No.1 global salon brand, OPI offers core and seasonal collections, gel care and infinite shine.

### LIVING SEA THERAPY

Sustainably hand-harvesting sea salt flakes coated in beneficial minerals from around the Lizard peninsula, moments from St Michaels, Living Sea Therapy then undertakes exclusive processes to combine vital elements from three seaweed species that harness the sea's restorative powers especially for you and your skin.

### MADE FOR LIFE ORGANICS

Hand-made in Cornwall using herbs, flowers and oils to combine dermatological science with the strength and purity of botanicals, Made For Life Organics products support those diagnosed with and recovering from cancer and those who are supporting them on that difficult journey.

### THE NATURAL SPA FACTORY

A British brand specialising in seasonal and bespoke treatments, The Natural Spa Factory's products are made either here in the UK or in the home of scent – France.

## ST MICHAELS SPA

The ultimate Cornish sanctuary in which to indulge in a bespoke pampering experience.

St Michaels Spa offers the opportunity to escape, restore and immerse yourself in holistic healing. An exquisite space where coastal and Arabic influences meet, it is a refuge of well-being. Its focus lies in the hydrothermal experience, a healing concept that has endured for millennia, beloved by the ancient Greeks and Romans.

Encounter benefits that expand beyond the physical with treatments from the world's leading spa brands and experiences unlike anywhere else on earth.

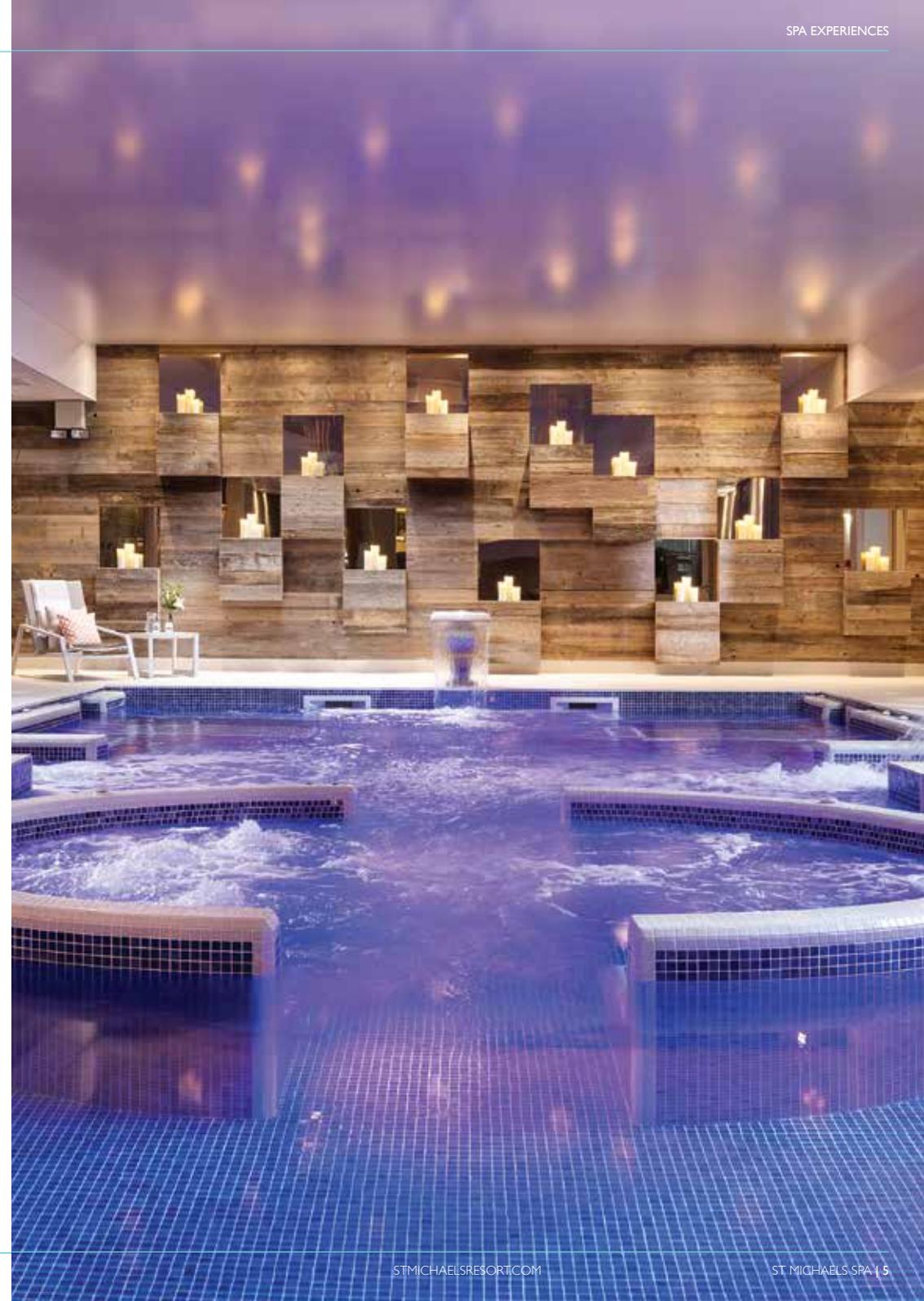
<b>SPA EXPERIENCES</b>	<b>4</b>	<b>Body</b>	<b>18</b>
Hydrothermal Experience	6	Face	19
Rhassoul Experience	7	Wellness	20
<b>SPA DAYS</b>	<b>8</b>	<b>Hands &amp; Feet</b>	<b>21</b>
<b>SPA TREATMENTS</b>	<b>14</b>	<b>Men</b>	<b>22</b>
Signature	16	<b>BEAUTY</b>	<b>24</b>
Massage	17	<b>FAQs</b>	<b>28</b>



# SPA EXPERIENCES

*the perfect fit*

HYDROTHERAPY POOL • HERBAL SAUNA • OUTDOOR BARREL SAUNA  
RAINFOREST STEAM ROOM • CORNISH SEA SALT STEAM ROOM EXPERIENCE  
SHOWERS • HOT TUB • DAY BEDS • HEATED LOUNGERS • RHASSOUL CHAMBER



## HYDROTHERMAL

Featuring the largest spa-hydrotherapy pool in the south west, heated up to a comforting 37C, this is the perfect place to work away stress and tension.

After a soak, stretch out on the poolside day beds and heated loungers, then cleanse your skin in the herbal Finnish sauna and outdoor barrel sauna with views out across Falmouth Bay.

Bask in thermal paradise of the rainforest steam room, then step into the world's only Cornish sea salt steam rooms and breathe in to relax your respiratory system.

Finally, sink into restorative bliss in the outdoor hot tub with views that stretch across the spa gardens to the ocean beyond.

### PURE & SIMPLE | £40

Full spa access for three hours. Includes all hydrothermal facilities.

*Daily from 9am to 8pm*

**A £5 discount applies to all hotel guests and health club members.**

### PERFECT START | £45

Full spa access for three hours, plus brunch in the Garden Kitchen.

*Daily from 8am to 1pm*

### HYDROTHERMAL EXPERIENCE WITH TREATMENTS | £15

Include spa access with any treatment for only £15 Monday to Sunday.

### AFTERNOON TEATOX | £50

Full spa access for three hours, plus afternoon tea in Brasserie on the Bay.

*Daily from 2pm to 6pm*

### TWILIGHT SPA | £50

Full spa access for three hours, plus two-course dinner.

*Daily from 5pm to 9pm*

### SPA SUNDAZE | £45

Full spa access for three hours, plus 2-course Sunday lunch in Brasserie on the Bay.

*Sundays from 12.30pm to 2.30pm*

### SPA DAYS

Complimentary use of all hydrothermal facilities is included in all spa days, excluding Mother to Be.

## RHASSOUL

Step back in time and experience the benefits of a miracle material used by ancient Egyptian royalty and Roman aristocracy. Immerse your skin in restorative bliss as you uncover the power of one of our planet's natural substances.

Excavated from the depths of the Austrian Alps and brought to you by the Natural Spa Factory, pure rhassoul revitalises and beautifies, leaving your skin feeling and looking nourished.

The natural miracle embodies an abundance of healing minerals that work together in natural synergy to detoxify, cleanse and catalyse skin-cell renewal. Its calming, moisturising properties make this natural product beneficial for those suffering from irritable skin complaints, such as psoriasis and eczema.

### RHASSOUL EXPERIENCE | £40 per person

**An experience to be shared that allows for up to four guests to participate**

As part of our signature treatment range, our expertly designed rhassoul experience encompasses use of the bespoke, private spa chamber; a steam infusion and exfoliating shower experience, and a soothing rhassoul application.

To begin, exfoliate and purify your skin with a seasonally scented scrub, then cocoon your body in the restorative heated clay and bask in the tropical steam room as the natural material draws out impurities. Our signature treatment is completed with a warm shower that removes the applied mud, cold shower jets to close the pores and a body lotion to leave your skin feeling refreshed and rejuvenated.

### RHASSOUL SPA DAY | £89 per person

**Mud, mud glorious mud**

An indulgent glass of fizz or Garden Kitchen smoothie,

Mouth-watering 2-course lunch

Hydrothermal Experience.

A Rhassoul Experience - 40 minutes.

### TAILORED TOGETHERNESS | £20 per person

When you book two spa days as a couple or friends, add a rhassoul mud experience for the perfect shared experience to round off your day for only £20 per person Monday to Sunday.

# SPA DAYS

*utter indulgence*

HYDROTHERAPY EXPERIENCE • SOUTH-FACING SPA GARDENS  
DEEP RELAX ROOM • MOUTH-WATERING TWO-COURSE LUNCH  
ST MICHAELS ROBE, TOWEL & FLIP FLOPS • LUXURY CHANGING ROOMS  
WITH SHOWERS, SPA PRODUCTS, HAIR DRYERS & STRAIGHTENERS





### COMPLETELY CORNISH | £199

An extraordinary Cornish treat using only our finest Cornish spa partners, this deeply relaxing and healthy day will leave you with a renewed sense of self and wellbeing

Delicious Garden Kitchen smoothie  
Mouth-watering two-course lunch in the Garden Kitchen  
Hydrothermal Experience  
Made For Life Organic Hand on Heart 90-minute treatment

and a choice of one of the following 50-minute treatments

Cornish Hands Ritual  
Cornish Foot Ritual

All Made For Life treatments use Made for Life 100% organic preparations and a range of specialised relaxation techniques. They are suitable for all, as well as those living with and recovering from cancer.

### DIAMONDS ARE FOREVER | £145

Lustre, sparkle and anti-aging qualities come together in this gem of a spa day.

Diamonds really are a girl's best friend

Indulgent glass of fizz or Garden Kitchen smoothie  
Mouth-watering two-course lunch in the Garden Kitchen  
Hydrothermal Experience

and a choice of one of the following 60-minute treatments

Natura Bissé Diamond Energy Facial  
Natura Bissé Diamond Experience Rose Massage

### TOTAL INDULGENCE | £135

The ultimate day of truly indulgent spa and beauty treatments

Indulgent glass of fizz or Garden Kitchen smoothie  
Mouth-watering two-course lunch in the Garden Kitchen  
Hydrothermal Experience

and a choice one of the following 60-minute treatments

ELEMIS Skin Specific Facial  
ELEMIS Couture Touch 30-minute Massage and 30-minute Touch Facial  
ELEMIS Body Nectar Nourishing Frangipani Wrap  
ELEMIS Poultice-Powered Muscle Release

followed by a choice of one of the following 30-minute treatments

Express Hands Treat  
Express Feet Treat

Upgrade to a Gel Finish for an extra £10

### MOTHER-TO-BE | £135

A combination of nourishing face and body treatments that tend to the unique requirements of mothers-to-be

Delicious Garden Kitchen smoothie  
Mouth-watering two-course lunch in the Garden Kitchen  
ELEMIS Peaceful Pregnancy Face and Body 120-minute Experience  
Express Feet Treat – 30 minutes

Please note, hydrothermal facilities use is not recommended during pregnancy



### COUPLE'S SPA DAY | £260 per couple

Relax and unwind together with a day of shared bliss

Indulgent glass of fizz or Garden Kitchen smoothie  
Mouth-watering two-course lunch in the Garden Kitchen  
Hydrothermal Experience  
Couple's Rhassoul Mud Experience – 40 min  
60-min Full Body Couple's Massage

### MAN KIND | £115

Relax, rejuvenate and revitalise

Indulgent glass of fizz or Garden Kitchen smoothie  
Mouth-watering two-course lunch in the Garden Kitchen  
Hydrothermal Experience

and a choice one of the following 60-min treatments

ELEMIS High Performance Skin Energiser Facial  
St Michaels Muscle Repair

### COASTAL SPA DAY | £135

Experience the joys of the sea with this rejuvenating back and face therapy, the ultimate back facial is followed by a relaxing massage on the back and legs, and concludes with a facial and scalp massage using beautiful, organic products

Indulgent glass of fizz or Garden Kitchen smoothie  
Mouth-watering two-course lunch in the Garden Kitchen  
Hydrothermal Experience  
ISHGA Marine Back, Face and Scalp Therapy  
80-minute treatment

### ELEMIS PAMPERING TREAT | £109

For simple relaxation

Indulgent glass of fizz or Garden Kitchen smoothie  
Mouth-watering two-course lunch in the Garden Kitchen  
Hydrothermal Experience

and a choice one of the following 60-min treatments

ELEMIS Skin Specific Facial  
ELEMIS Couture Touch 30-minute Massage & 30-minute Touch Facial

### RHASSOUL MUD SPA DAY | £89 per person

Mud, mud glorious mud

Indulgent glass of fizz or Garden Kitchen smoothie  
Mouth-watering two-course lunch in the Garden Kitchen  
Hydrothermal Experience  
A Rhassoul Mud Experience - 40 minutes.

### TAILORED TOGETHERNESS | £20 per person

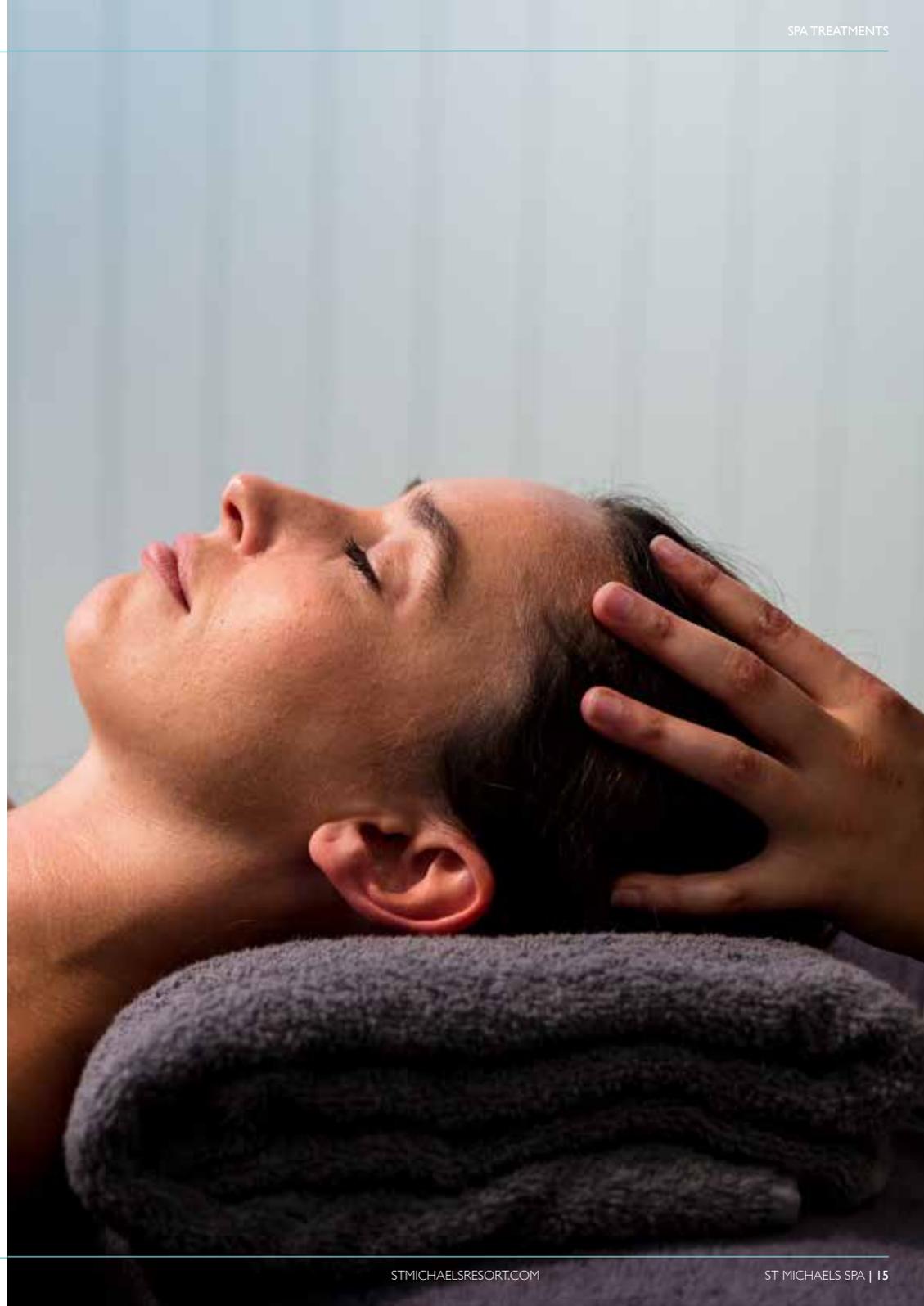
When you book two spa days as a couple or friends, add a rhassoul experience for the perfect shared experience to round off your day  
For only £20 per person Monday to Sunday

# SPA TREATMENTS

---

*relax & revitalise*

SIGNATURE • MASSAGE • BODY • FACE  
WELLNESS • HANDS & FEET • MEN



## SIGNATURE

### ISHGA MARINE DETOX & RELAX | 110 minutes | £119

A treatment designed to eliminate toxins, reduce cellulite, boost energy and improve skin tone, combined with a relaxing massage of your choice

#### Sea salt and oil scrub with body wrap | 55 minutes

Combining the detoxifying and nourishing effects of the purest seaweed gel with the stimulating and hydrating properties of the scrub

Then select one of the following massage treatments

#### Hot Stone Massage | 55 minutes

Full body massage incorporating heated basalt stones that instantly relax the muscles, allowing the treatment to work at a deeper level. Hot stones are useful for easing out tension, reducing aches and pains and are placed along the chakras to open up energy pathways. A seaweed-based oil with lemongrass, lavender and juniper will detoxify and regenerate the skin.

#### Invigorating Full Body Massage | 55 minutes

Invigorating treatment that works by combining marma massage, lymphatic drainage and traditional Swedish massage techniques. It is designed to detoxify and balance the body, while removing any areas of tension and stress. The seaweed-based body oil nourishes and protects the skin. Your therapist will adapt the pressure to suit your needs.

#### Hot Poultrice Massage | 55 minutes

Combining traditional massage and innovative techniques, this massage soothes sore muscles using heated sea salt and seaweed granule-filled poultices. At the end of your treatment, you will be given a poultice to take away and use as a detoxifying seaweed bath experience at home.

### ISHGA MARINE BACK, FACE & SCALP THERAPY | 80 minutes | £99

This rejuvenating back and face therapy begins with the ultimate back facial designed to cleanse and exfoliate, while treating any congestion, and revealing brighter, smoother skin

Starting with a cleanse, tone and exfoliation, a powerful heated seaweed clay mask is then applied to clarify and soften the skin while providing a deep moisturising treatment. Ideal for skin concerns such as acne on the back, dryness and for muscular aches and pains.

A massage of the back and legs sends you to a place of peace and relaxation.

Your experience is completed with a facial using our organic product range that combines a cleanse, tone and moisturise for essential skin maintenance. This includes an exfoliating mask and scalp massage.

## MESSAGE

### ST MICHAELS COUPLES MASSAGE | 60 minutes | £145

Ideal for both couples and friends. Choose from a relaxing or deep pressure massage. The calm, tranquil atmosphere will leave you feeling refreshed and renewed.

### NATURA BISSÉ DIAMOND ROSE MASSAGE | 90 minutes | £120

Take a journey through an unprecedented sensory experience. Enjoy a smoothing and nourishing exfoliation followed by a regenerating massage with the exquisite absolute damask rose oil that will transport you to a complete state of relaxation and well-being.

### ELEMIS CUSTOM MASSAGE | 30, 60, 90 minutes | £50, £79, £99

Your therapist will select aromatic oils and balms according to your desires. The treatment is tailored to your needs whether you would like an up-lifting muscle release or relaxation.

### ELEMIS PEACEFUL PREGNANCY MASSAGE | 75 minutes | £85

Mothers-to-be are lulled and restored to optimum wellness. An intuitive, sensitive and relaxing massage hydrates and moisturises skin that is expanding to accommodate a growing baby. Only nurturing aromatics are imparted. A mini-facial eases the mind and lifts the spirits.

**This treatment is suitable from day one of pregnancy and includes a 15-minute consultation with a 60-minute massage.**

### NATURA BISSÉ LOMI JUMA MASSAGE | 60 minutes | £80

Restore your inner balance with a fusion of massages inspired by different techniques. This treatment improves microcirculation, unblocks your joints and relaxes your muscles, while restoring your physical and mental well-being.

### ELEMIS POULTICE-POWERED MUSCLE RELEASE | 60 minutes | £79

Aching and sore muscles are worked away during this invigorating and deeply releasing treatment. Each area of tension is specifically targeted with the unique amber and quartz poultice to dissolve knots and ease tensions. The treatment is completed with a restorative facial massage.

## BODY

### ELEMIS TARGETED TONING TIGHTENER | 90 minutes | £99

A powerful blend of massage with a detoxifying clay for targeted toning and improved circulation.

### ELEMIS COUTURE TECHNOLOGY | 60 minutes | £89

Combine any 30-minute ELEMIS Technology Biotec Facial with your personalised Freestyle Deep Tissue Massage.

### ELEMIS COUTURE TOUCH | 60 minutes | £79

Condition your skin and muscles with this all-embracing experience.

Combine any 30-minute ELEMIS Touch Facial with your personalised Freestyle Deep Tissue Massage.

### ELEMIS BODY NECTAR NOURISHING FRANGIPANI WRAP | 60 minutes | £69

A lusciously fragrant body wrap that quenches thirsty skin for velvety soft, super-hydrated results.

### ELEMIS INTENSELY CLEANSING SALT SCRUB | 30 minutes | £55

A deeply cleansing salt scrub that encourages cell regeneration for the softest, smoothest, most nourished skin. Choose from energising lime and ginger or fragrant frangipani.

## FACE

### NATURA BISSÉ DIAMOND LIFE INFUSION | 90 minutes | £130

Preserves the youth of skin and slows the ageing process. Visibly diminishes fine lines and wrinkles, and restores a youthful energy to every level of the skin. Dramatically reverses premature ageing while increasing firmness and elasticity.

### NATURA BISSÉ DIAMOND COCOON | 60 minutes | £90

**NEW: Launched at the Oscars!**

Based on the same principles as Diamond Cocoon – fortify, shield, liberate – this facial incorporates a prebiotic deep cleansing ritual, an intense purifying treatment to detoxify your skin, as well as a cutting-edge oxygenating facial massage. White jade massage tools are introduced to encourage microcirculation and drainage, and to help smooth skin texture and define facial contours, boosting the lymphatic system's natural detoxification process and making your skin look brighter, tighter, and glowing with new life.

### ELEMIS COUTURE TOUCH | 60 minutes | £79

An antioxidant treatment that restores vitality to sun damaged skin and helps minimise the signs of premature aging. 100% pure vitamin C will stimulate collagen production and renew skin firmness.

### ELEMIS BIOTEC CUSTOM FACIAL | 60 minutes | £85

Discover how the ELEMIS professional High Potency Actives, unique Skin Lift Touch and Science of 5 in 1 Advanced Bio-Electric Technology work in perfect synergy with the skin's natural bio-electric field. Our therapists can personally prescribe you targeted skincare to address your concerns.

### NATURA BISSÉ THE YOGA FACIAL | 60 minutes | £80

A calming facial for even the most inflamed skin using a combination of botanicals and a unique relaxing massage. Fruit enzymes exfoliate the skin while an algae mask helps replenish lost vitamins, minerals and hydration to the skin.

### ELEMIS SKIN SPECIFIC | 30, 60 minutes | £50, £75

Target your specific skin concerns with a deeply relaxing facial treatment, whether to rehydrate, nourish, restore balance or tackle signs of aging. Our therapists can personally prescribe you targeted skincare to address your concerns.

## WELLNESS

### MADE FOR LIFE HAND ON HEART | 90 minutes | £99

This nurturing and calming treatment for the head, face, back and shoulders was created to allow you to drift away into a meditative state of relaxation. Slow Tui Na Chinese movements rebalance and calm the upper body while the facial will replenish, nourish and revive the skin and ease tension.

### ST MICHAELS INDIAN HEAD MASSAGE | 60 minutes | £79

This treatment is not just about the head, but includes massages to the arms, back, shoulders, neck, and head using an eastern blend of aromatic oils.

**This is a powerful massage and is not recommended during pregnancy or for people undergoing serious medical treatment.**

### ST MICHAELS REFLEXOLOGY | 60 minutes | £65

This holistic treatment stimulates the reflex points and brings about balance within the body. By applying pressure to areas of the feet, blockages and imbalances within the body can be corrected, restoring the flow of the body's natural healing energies.

**Book a course of six 60-minute sessions for only £273.**

### MADE FOR LIFE CATCH THE BREATH | 30 minutes | £50

This nurturing gentle treatment for the head, back and shoulders was created to allow you to drift away into a meditative state of relaxation. Slow Tui Na Chinese massage techniques rebalance and calm the upper body.

### MADE FOR LIFE SOOTHE & NURTURE | 30 minutes | £50

A beautiful way to restore natural luminosity to the skin, leaving you looking and feeling radiant. 100% organic balms and oils will nourish and cleanse, eliminating congestion and returning natural balance to the skin, while a deeply relaxing face and scalp massage calms the mind and soothes the soul.

## HANDS & FEET

### CORNISH HAND RITUAL | 50 minutes | £50

The use of therapeutic Living Sea Complex® in the products provides nourishment and cleansing to the skin and the mind while your nails are filed and cuticles tamed.

**This treatment contains a scrub, mask, massage and OPI Infinite Shine.**

### CORNISH FOOT RITUAL | 50 minutes | £50

The use of therapeutic Living Sea Complex® in the products provides nourishment and cleansing to the skin and the mind while your nails are filed and cuticles tamed.

**This treatment contains a scrub, mask, massage, foot rasping and OPI Infinite Shine.**

### EXPRESS HANDS TREAT | 30 minutes | £30

Featuring Living Sea Therapy products in a condensed service that doesn't sacrifice on a premium experience. Nails are filed, cuticles tamed and OPI Infinite Shine applied.

### EXPRESS FEET TREAT | 30 minutes | £30

Featuring Living Sea Therapy products in a condensed service that doesn't sacrifice on a premium experience. Nails are filed, cuticles tamed and OPI Infinite Shine applied.

---



---

### FREE GIFT

All hands and feet treatments include a bottle of your chosen OPI Infinite Shine colour to take home with you

---



---

## MEN

### ELEMIS FREESTYLE DEEP TISSUE MASSAGE | 60, 90 minutes | £79, £99

Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation

The 90-minute treatment includes a facial and scalp massage.

### BIOTEC SUPER-CHARGER FOR MEN | 60 minutes | £85

A triple hit of ultrasonic peeling, steam and galvanic current to reactivate tired skin's dynamism

### SPORTS | 30, 60 minutes | £50, £75

Qualified sports therapists have a sound knowledge of the muscular and skeletal systems, tailoring each treatment to you

Book a course of four 60-minute sessions for only £249

### ELEMIS HIGH PERFORMANCE SKIN ENERGISER | 60 minutes | £75

This hard-working facial for men targets ageing, dehydrated skin and tired eyes. It maximises cell regeneration as steam and extraction de-congests. Multi-dynamic facial massage sequences boost circulation, while a scalp and foot massage deeply relax.

### ST MICHAELS MUSCLE REPAIR | 60 minutes | £69

Aimed at relieving pains and aching muscles, this treatment effectively soothes away sore and aching muscles. Heated parafango mud, which is formulated with paraffin to create a mini-sauna, is applied to the targeted area of the body. The treatment finishes with a body massage using a self-heating balm to soothe muscles.

### CORNISH HAND RITUAL | 40 minutes | £40

The use of therapeutic Living Sea Complex® in the products provides nourishment and cleansing to the skin and the mind while your nails are filed and cuticles tamed.

This treatment contains a scrub, mask and massage.

### CORNISH FOOT RITUAL | 40 minutes | £40

The use of therapeutic Living Sea Complex® in the products provides nourishment and cleansing to the skin and the mind while your nails are filed and cuticles tamed.

This treatment contains a scrub, mask, massage and foot rasping.

### MAN KIND SPA DAY | £115

Relax, rejuvenate and revitalise

Indulgent glass of fizz or Garden Kitchen smoothie  
Mouth-watering two-course lunch in the Garden Kitchen  
Hydrothermal Experience

and a choice one of the following 60-minute treatments

ELEMIS High Performance Skin Energiser Facial  
St Michaels Muscle Repair

### MEN'S CHEST OR BACK WAX | 20 minutes | £20

Tailored treatment following a personal consultation

### MEN'S CHEST & BACK WAX | 30 minutes | £30

Tailored treatment following a personal consultation

# BEAUTY

---

*make everyday special*

FACE & BODY • EYES • NAILS



## FACE & BODY

### THERMAVISAGE RF8 | 30, 60 minutes | £40, £80

A complete treatment for both face and body. Results-driven, it provides anti-ageing for the face and a cellulite treatment for the body.

A radio frequency treatment uses sound waves to excite the molecular structure within the skin tissue, generating heat. This thermal energy stimulates collagen production in the face, tightening and lifting the skin.

When used on the body, it helps break down fat cells, which reduces the appearance of cellulite.

Combined with vacuum suction, the area is detoxed by draining away lymphatic fluid. This plumps out fine lines and improves the texture of the skin.

Chromatherapy is added to the treatment to further facilitate the anti-ageing effects and enhance the results.

One off treatment gives great results; however, we would recommend a course of eight treatments, for results that can last up to two years.

Book a course of eight body or face lift 60-minute treatments for £480

### MOROCCANTAN | 20 minutes | £25

Enriched with argan oil and vitamin E, MoroccanTan provides a flawless, streak-free and long-lasting tan that helps soften and hydrate the skin, producing a deep bronze and skin that is both soft and silky.

### BODY WAX

Half leg £18 | Full leg £27 | Bikini £15 | Brazilian £25

Playboy £30 | Hollywood £35 | Body package (Half leg and bikini) £25

Underarm £12 | Lip or chin £8.50 | Lip and chin £15

Men's chest or back £20 | Men's chest and back £30

## EYES

### MYLASH LIFT | 40 minutes | £40

Mylash Lift is designed to create the illusion of longer, thicker lashes without the need for extensions. The results are immediate and last for up to six weeks with no subsequent maintenance required.

### MYBROW | 30 minutes | £35

To contour, define and enhance the eyebrows giving balance to the facial features. The perfect solution if you're wishing to transform your overall look with minimal effort.

### LASHES & BROWS

Eyebrow shape and tidy £9.50 | Eyebrow tint £10 | Eyelash tint £12

Tint package (Eyebrow and eyelash tint) £18

## NAILS

### OPI NAIL ENHANCEMENTS | 90-120 minutes | £40

OPI Axxium gel system is used to create beautifully sculpted nail enhancements. With the choice of our OPI Gel Colors.

### OPI NAIL OVERLAYS | 60-80 minutes | £30

Create an overlay to the natural nail with the OPI Axxium gel system. With the choice of our OPI Gel Colors.

### OPI INFILLS | 60-80 minutes | £25

Keep your nail enhancements or overlays looking new with the OPI Axxium gel system.

### OPI GEL POLISH | 30 minutes | £27

Choose from your favourite OPI shade. Enjoy long-lasting colour and glossy wear

### OPI GEL REMOVAL & RE-APPLICATION | 50 minutes | £35

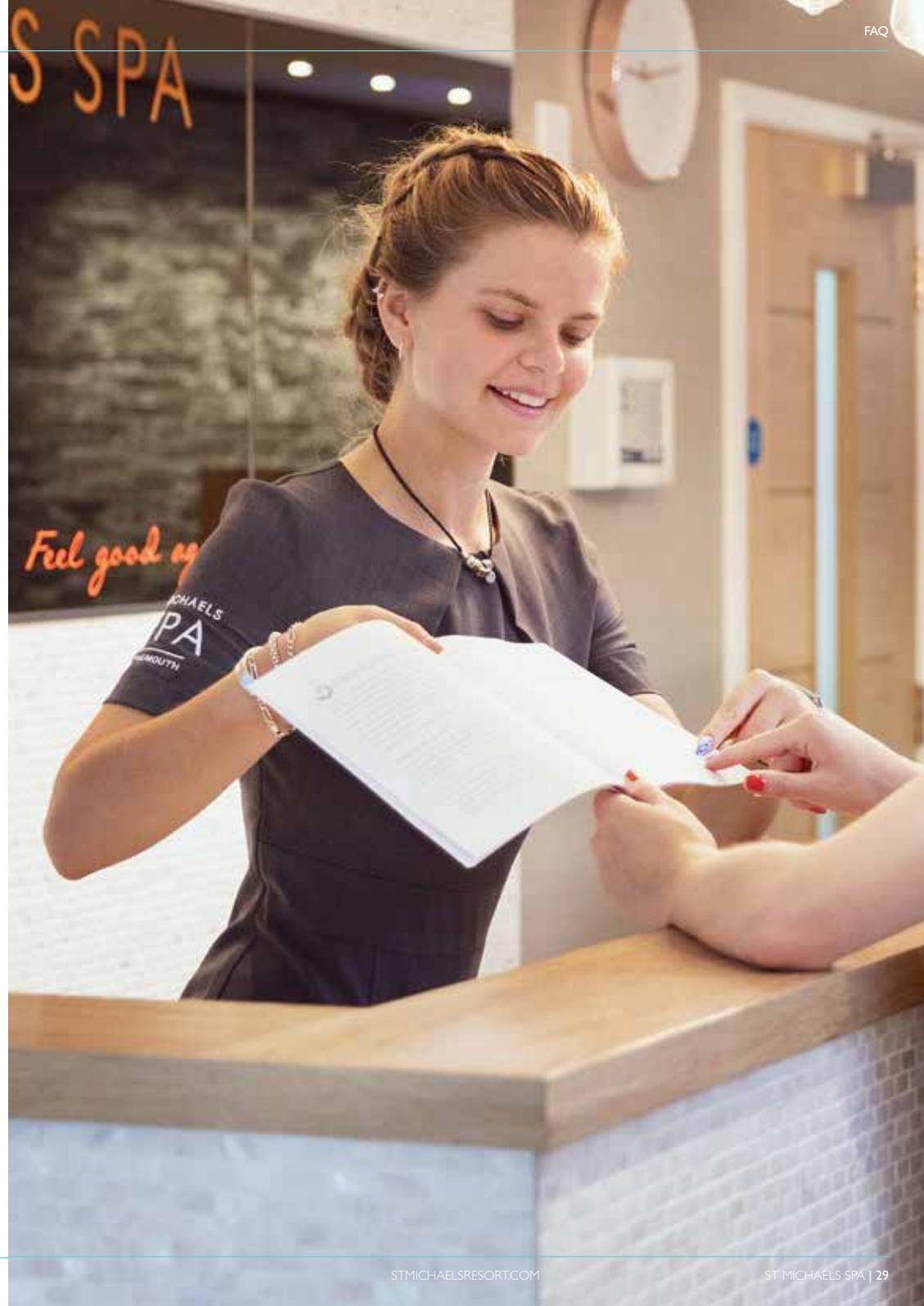
Soak off your GelColor and pamper your nails before a new set of GelColor is applied.

If you do not require a further application of colour, OPI Gel Break will be applied to condition and care for your nails.

# FAQ

---

*your questions answered*



## FAQ

### What time can I visit?

Our spa reception is open from 9am to 9pm. Spa treatments run from 9am to 7pm and our hydrothermal facilities can be accessed from 9am until 8pm.

### What time should I arrive?

We ask that you arrive 15 minutes prior to the start of your treatment.

### What should I wear?

Come in something comfortable. You will probably spend most of your day in a robe.

### Is there anywhere to store my possessions?

A locker will be allocated to you for storing your personal belongings safely on arrival.

### What do I need to bring for a spa day or hydrothermal use?

Bring your own swimwear. Towels are provided free of charge upon arrival, with robes and flip flops.

### What facilities are available at St Michaels Spa?

Our hydrothermal facilities include the largest hydrotherapy pool in the south west with 21 massage stations, a herbal Finnish sauna, experience showers, and steam rooms.

Our south-facing spa garden features a red cedar hot tub on the sun terrace and Finnish barrel sauna with sea views.

A rhasoul, deep relax room and ELEMIS Skin Lab complete the picture.

### What treatments do you offer?

Our range of treatments includes spa days, signature treatments, massages, body treatments, wellness treatments, facials, hand and foot treatments and beauty treatments.

### Who will deliver my treatment?

Both female and male therapists deliver our spa treatments. If a female therapist is preferred (subject to availability) please do request at time of booking.

### Can I book extra treatments on the day?

If we have availability on the day we will happily book your extra treatments in, however we do get very busy and would suggest booking extra treatments before your visit to avoid disappointment on the day.

### How can I continue my spa benefits at home?

As part of your complete experience, our trained therapists will gladly recommend a skincare routine to enable you to continue the benefits of your treatment at home. Our products are available for purchase directly from the spa.

### What is the cancellation policy?

If you wish to change or cancel an appointment, we ask for 24 hours' notice, otherwise 100% of the treatment will be chargeable. Late arrival will shorten your treatment time. Groups of three or more and spa day bookings must be cancelled within 72 hours to avoid charges.

### How accessible is your spa?

Level access to the spa is possible through the garden entrance, however as the spa is situated in an older building access throughout is limited. Each treatment room is fitted with a call button linked to spa reception should you require any assistance.

Please call our booking line on **01326 369 767** to find out more.

### Can I use the spa if I'm pregnant?

The hydrotherapy pool and hydrothermal facilities are not available to pregnant guests, however we offer a selection of relaxing spa treatments for mums-to-be.

### Can children use the spa or have treatments?

Access to the spa, including use of the changing facilities, hydrotherapy pool, sauna, steam rooms, experience showers, outdoor barrel sauna and hot tub is restricted to over 16s. Those aged between 16 and 17 are permitted to have treatments if accompanied by an adult in the treatment room and a disclaimer is signed. All under-18s will be treated by a 'same-sex' therapist.

---

### Where can I purchase gift vouchers?

We have a variety of spa gift vouchers that are available to purchase online at [stmichaelsresort.com](http://stmichaelsresort.com), at spa reception or by calling our booking line on **01326 369 767**.

---

### Where can I dine at St Michaels?

Our Garden Kitchen, with a Mediterranean influence, offers all-day casual dining. Here you will find a range of revitalising smoothies and cold-pressed juices alongside a large array of salads, quiches, and stone-baked pizzas.

The relaxed Brasserie on the Bay, overlooking our sub-tropical gardens and with views to the dazzling sea, showcases the best in Cornish ingredients.

---

---

### SHARE THE EXPERIENCE

Give the gift of wellbeing with a St Michaels Spa gift voucher.  
A variety of gift vouchers are available at spa reception,  
via 01326 369 767 and online.

### BRING THE EXPERIENCE HOME

Remember to speak to your therapist about which products  
are suitable for you to take home and continue  
the spa experience.

---

---



St Michaels Resort  
Gyllyngvase Beach, Falmouth  
Cornwall TR11 4NB

[info@stmichaelsresort.com](mailto:info@stmichaelsresort.com)  
01326 369 767

[STMICHAELSRRESORT.COM](http://STMICHAELSRRESORT.COM)