



ST MICHAELS SPA

The ultimate sanctuary in which to indulge in a bespoke Cornish wellness 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.

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WORLD CLASS BRANDS

As an independent spa, St Michaels takes pride in hand-picking the finest brand 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.

iSHGA

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

MADE FOR LIFE ORGANICS

Handmade 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.



SPA EXPERIENCES
the perfect fit

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



HYDROTHERMAL EXPERIENCE

Featuring the largest spa-hydrotherapy pool in the south west, heated up to a comforting 35C, this is the perfect place to enjoy 2 hours working 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 the thermal paradise of the rainforest steam room, then step into the world's first Cornish sea salt steam room 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 / £50

Full spa access for two hours. Includes all hydrothermal facilities. Daily from 9am-9pm. Discount applies to all hotel guests and health club members.

DETOX RETOX | £60 / £70

Full spa access for two hours, plus two-course lunch. Food served from 12.30-2.30pm. Please note, drinks not included.

TWILIGHT SPA | £70 / £80

Full spa access for two hours, plus two-course dinner. An evening experience from 4pm. Please note, drinks are not included.

**ADD A HYDROTHERMAL
EXPERIENCE TO YOUR TREATMENTS
| £20 / £25**

excluding beauty treatments



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

| £30 per person

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

As part of our signature treatment range, the 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 | £100 / £120 per person

Mud, mud glorious mud

Indulgent glass of Laurent-Perrier Brut

Two-course lunch

Hydrothermal Experience

Rhassoul Experience - 40 minutes



SPA TREATMENTS
relax & revitalise

SIGNATURE • MASSAGE • BODY • FACEHANDS&FEET • WELLNESS • MEN

SIGNATURE

ISHGA MARINE DETOX & RELAX |

110 minutes | £160

Designed to eliminate toxins, reduce cellulite, boost energy and improve skin tone, enjoy the below treatment 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 POULTICE MASSAGE | 55 minutes

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 FACIAL | 85 minutes | £150

An indulgent, luxurious spa facial which incorporates a thorough skin care routine combined with three intensive masks. Also includes a deep exfoliation using a rich, vitamin packed sea kelp powder which will remove dead skin to leave the skin bright and glowing. This facial includes a warming massage of the face, scalp, shoulders and arms using heated sea-salt and seaweed poultices which will absorb congestion and detoxify the skin adding a host of vitamins and minerals into the face and upper body.

ISHGA FACIAL | 25 minutes | £85

An express facial cleanses, tones and moisturises for essential skin maintenance. Includes an exfoliating mask and scalp massage to complete the experience.

ISHGA SEAWEED WRAP | 55 minutes | £90

A powerful Hebridean Sea Salt & Oil Scrub, with a seaweed body wrap. This combines the detoxifying and nourishing effect of the purist seaweed gel with the stimulating and hydrating properties of the scrub. The treatment is designed to eliminate toxins, reduce cellulite, boost energy and improve skin tone.

ISHGA MARINE BACK, FACE & SCALP THERAPY | 80 minutes | £130

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.



MASSAGE

ST MICHAELS COUPLES MASSAGE

| 55 minutes | £180 per couple
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.

ELEMIS CUSTOM MASSAGE

| 25, 55, 85 minutes | £70, £95, £115
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.

ST MICHAELS POULTICE-POWERED MUSCLE RELEASE | 55 minutes | £95

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.

ELEMIS PEACEFUL PREGNANCY MASSAGE

| 70 minutes | £105
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 55-minute massage.

MUM TO BE MASSAGE

| 70 minutes | £105
This treatment has been specifically designed to pamper and relax pregnant clients and is suitable after the first trimester of pregnancy (week 13). This treatment focuses on the changes in the clients body during pregnancy helping to ease aches and pains and can improve the clients sense of wellbeing, comfort levels and aid relaxation (consultation included in time).



BODY

ELEMIS COUTURE TOUCH

| 55 minutes | £100

Condition your skin and muscles with this all-embracing experience. Combine any 25-minute ELEMIS Pro-Glow Facial with your personalised Freestyle Deep Tissue Massage.

ELEMIS BODY NECTAR NOURISHING FRANGIPANI WRAP

| 55 minutes | £85

A lusciously fragrant body wrap that quenches thirsty skin for velvety soft, super-hydrated results. Includes Facial Massage & Scalp Massage.

ELEMIS INTENSELY CLEANSING SALT SCRUB

| 25 minutes | £70

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. Includes a cleanse, tone & exfoliation of the face.



FACE

ELEMIS PRO-GLOW BIOTEC FACIAL

| 55 minutes | £105

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.

Enjoy a course of ten 55-minute sessions for £750.

MADE FOR LIFE CRYSTAL FACIAL

| 55 minutes | £90

A deeply calming yet uplifting facial that relieves tension and softens stress lines by using deep, therapeutic massage techniques across the face, neck and shoulders. Puffiness is dissolved and energy is infused into the complexion using cooling rose quartz Gua Sha crystals. Eyes are refreshed and contours of the face are sharpened. Beginning with a relaxing meditation and including a soothing scalp massage whilst the 100% organic products work their magic, this facial leaves you feeling renewed and aglow with health and vitality.

ELEMIS PRO-GLOW FACIAL

| 25, 55 minutes | £75, £105

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.



HANDS AND FEET

All hands and feet treatments include a Cornish Orchards soft drink of your choice.

CORNISH HAND RITUAL | 50 minutes | £65

The use of therapeutic ingredients 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 polish.

CORNISH FOOT RITUAL | 50 minutes | £65

The use of therapeutic ingredients 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 polish.

EXPRESS HAND TREAT | 25 minutes | £45

Featuring products in a condensed service that doesn't sacrifice on a premium experience. Nails are filed, cuticles tamed and polish applied.

EXPRESS FOOT TREAT | 25 minutes | £45

Featuring products in a condensed service that doesn't sacrifice on a premium experience. Nails are filed, cuticles tamed and polish applied.



WELLNESS

MADE FOR LIFE HAND ON HEART

| 85 minutes | £115

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. Made For Life Wellness Treatments use 100% organic preparations hand made in Cornwall and are suitable for everyone, including those going through cancer.

ST MICHAELS INDIAN HEAD MASSAGE

| 55 minutes | £90

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

| 55 minutes | £75

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.

Enjoy a course of six 55-minute sessions for £400.

ST MICHAELS REIKI

| 55 minutes | £50

The treatment is performed fully clothed and is based on the idea that an unseen 'life force energy' flows through us and is what causes us to be alive. The treatment feels like a warm, radiant glow is passing around and through the body.

MADE FOR LIFE CATCH THE BREATH

| 25 minutes | £55

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. Suitable for everyone, including those going through cancer.

MADE FOR LIFE SOOTHE &

NURTURE

| 25 minutes | £55

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. Suitable for everyone, including those going through cancer.



MEN

ELEMIS CUSTOM MASSAGE

| 25, 55, 85 minutes | £70, £95, £115

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 PRO-GLOW BIOTEC SUPER-CHARGER FOR MEN

| 55 minutes | £95

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

ELEMIS PRO-GLOW MENS FACIAL

| 55 minutes | £95

This hard-working facial for men targets ageing, dehydrated skin and tired eyes. Multi-dynamic facial massage sequences boost circulation, while a scalp and foot massage deeply relax.

ST MICHAELS MUSCLE REPAIR

| 55 minutes | £95

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 | £55

The use of therapeutic ingredients 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 | £55

The use of therapeutic ingredients 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.

SPA DAY

MAN KIND | £160 / £170

Relax, rejuvenate and revitalise
Glass of Laurent-Perrier Brut
Two-course lunch

Two hour Hydrothermal Experience

Plus one of the following 55-minute treatments

- ELEMIS Pro-Glow Mens Facial
- St Michaels Muscle Repair
- St Michaels Poultice Powered Muscle Release



SPA DAYS
utter indulgence

SERVED WITH LAURENT-PERRIER CHAMPAGNE
OR A CORNISH ORCHARDS SOFT DRINK

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



HOUSE REFRESHMENTS

LAURENT-PERRIER

The world-renowned champagne house develops its wines from the purest grape juice, while its style and personality are defined by a very high proportion of Chardonnay. La Cuvée is a champagne of great finesse, purity and beautiful freshness, all essential characteristics of Laurent-Perrier.

CORNISH ORCHARDS

This Cornish drinks company create award winning drinks, produced to modern, exacting standards. Enjoy their selection of sparkling soft drinks made by a team of over 25 local staff serving Cornwall, Devon and Somerset.

SPA DAYS

COASTAL WELLNESS | £140 / £150

Perfect for small groups

Indulgent glass of Laurent-Perrier Brut
Two-course lunch
Two hour Hydrothermal Experience

and a choice of one of the following 25-minute treatments

- ELEMIS Pro-Glow Facial
- ELEMIS Custom Massage

TOTAL INDULGENCE | £190 / £200

The ultimate day of truly indulgent spa and beauty treatments

Indulgent glass of Laurent-Perrier Brut
Two-course lunch
Two hour Hydrothermal Experience

55 minute Elemis treatment of your choice

followed by a choice of one of the following 25-minute treatments

- Express Hands Treat
- Express Feet Treat

MOTHER-TO-BE | £240

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

Glass of Cornish Orchards sparkling soft drink
Two-course lunch

Peaceful Pregnancy Massage or Body Nectar
Nourishing Frangipani Wrap

Followed by
Express Pedicure or 25-minute Pro-Glow facial

Please note, use of the hydrothermal facilities is not recommended during pregnancy.

MUM AND MUM | £155

Taken in the couples treatment room, this spa day includes afternoon tea for two.

Child's choice of one of the following 25-minute treatments

- Fresh faced by Made for Life
- Softening massage by Made for Life

Mum's choice of one of the following 25- minute treatments

- ELEMIS 25-minute custom massage
- ELEMIS Pro-Glow 25-minute facial

Suitable for children aged 10 to 16 and mums of all ages.
Only available on Saturdays and Sundays.

COUPLES SPA DAY | £380 / £420

Relax and unwind together with a day of shared bliss

Glass of Laurent-Perrier Brut

Two-course lunch

Two hour Hydrothermal Experience

Couples Rhassoul Mud Experience

55-minute Full Body Couples Massage

COASTAL SPA DAY | £200 / £210

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

Glass of Laurent-Perrier Brut

Two-course lunch

Two hour Hydrothermal Experience

ishga Marine Back, Face and Scalp Therapy

75-minute treatment OR 85 minute ishga Facial

ELEMIS PAMPERING TREAT | £170 / £180

For simple relaxation

Indulgent glass of Laurent-Perrier Brut

Two-course lunch

Two hour Hydrothermal Experience

One of the 55-minute ELEMIS treatments of your choice

- ELEMIS Pro-Glow Facial
- ELEMIS Couture Touch 25-minute Massage & 25-minute Pro-Glow Facial
- ELEMIS Custom Massage

HOLISTIC HUG | £145 / £155

Indulgent glass of Laurent-Perrier Brut

Two-course lunch

Two hour Hydrothermal Experience

One of the following 55-minute treatments

- St Michaels Indian Head Massage
- St Michaels Reflexology
- Reiki
- Made for Life Crystal Facial



SPA BREAKS
rejuvenate

All stays include:

- Classic King Room
- Full Cornish breakfast
- Swim and gym access to our Health Club.

CLASSIC KING ROOM • FULL CORNISH BREAKFAST • SWIM & GYM
ACCESS • MOUTH-WATERING TWO/THREE COURSE LUNCH/DINNER
IN BRASSERIE ON THE BAY • ST MICHAEL'S ROBE, TOWEL & FLIP FLOPS

MOMENTS OF REFLECTION

| from £355 per person

Adopt the essentials of self-care with our two-night Moments of Reflection spa break

Your stay will include:

- Two-course lunch and three-course dinner
- 55-minute Elemis Custom Massage or Elemis Pro-Glow Facial
- Hydrothermal Experience

ELEMIS LUXURY SPA BREAK

| from £249 per person

Spend some quality time together with our Elemis Luxury Spa Break. Perfect for couples, family, and friends

Your stay will include:

- One-night stay with three-course dinner
- Hydrothermal Experience
- 55-minute Elemis Custom Massage or Elemis Pro-Glow Facial

COPLES' SPA BREAK

| from £796 per couple

Spend that much-needed quality time together with our two-night Couple's Spa Break

Your stay will include:

- Two-course Brasserie on the Bay lunch with prosecco
- Three-course dinner
- 55-minute couples massage
- Rhassoul mud experience
- Hydrothermal Experience

BABYMOON SPA BREAK

| from £439 per person

Spend some quality time with your partner, family or friends with our two-night Babymoon Spa Break.

Your stay will include:

- Two-course lunch and three-course dinner
- Peaceful pregnancy face and body experience
- 85-minute deep tissue massage for accompanying guest

ISHGA DETOX SPA BREAK

| from £415 per person

This deeply relaxing two-night Spa Break will leave you with a renewed sense of self and wellbeing.

Your stay will include:

- Three-course dinner in the Brasserie on the Bay
- Hydrothermal Experience
- ishga Marine Detox & Relax treatment



BEAUTY
make everyday special

BODY • NAILS • BROW BAR

BODY

BODYWAX

Half leg £25 | Full leg £35 | Basic Bikini £20

Brazilian £35 | Playboy £40 | Hollywood £45

Body package (Half leg and bikini) £35

Underarm £20 | Lip or chin £15 | Lip and chin £20

NAILS

GEL REMOVAL & RE-APPLICATION

| 50 minutes | £50

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

If you do not require a further application of colour, a protective top coat will be applied to condition and care for your nails. Please note, only available for gel polish previously applied at St Michaels Spa.

For further treatments for hands and feet,
see page 20

BROW BAR

EYEBROW SHAPE | 20 minutes | £20

Maintain your brows in your preferred style.

MYLASH LASH LIFT | 40 minutes | £55

MyLash Lift is designed to create the illusion of longer, thicker lashes without the need for extensions. The results are immediate and you can expect them to last for up to six weeks, with no subsequent maintenance required. A patch test is recommended 24 hours earlier.

EYEBROW TINT | 10 minutes | £20

Enhance your brows and transform your look with minimal effort in the mornings.

EYE PACKAGE | 25 minutes | £35

Enhance your eyes with a shape and tint for the lashes and brows.



FAQ *your questions answered*

WHAT TIME CAN I VISIT?

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

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 rhassoul, 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.

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 our treatments 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 312 707 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 hydrothermal pool, a disclaimer must be signed.

WHERE CAN I PURCHASE GIFT VOUCHERS?

We have a variety of spa gift vouchers that are available to purchase online at stmichaelsresort.com, at spa reception or by calling our booking line on 01326 312 707.

WHERE CAN I DINE AT ST MICHAELS?

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

Our Garden Kitchen, with a Mediterranean influence, offers casual evening dining during the summer months. Here you will find a range of revitalising smoothies alongside an array of stone-baked pizzas, salads and light bites.



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