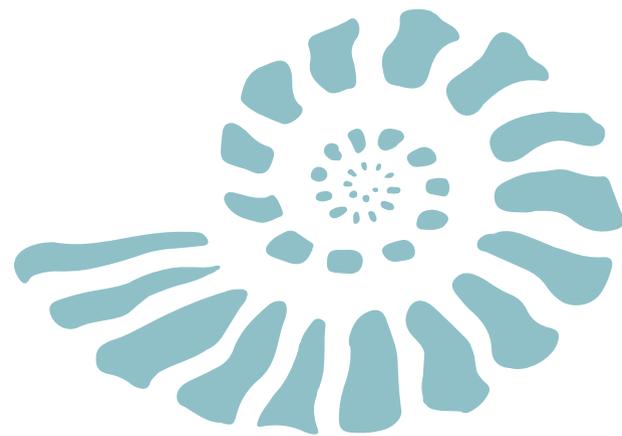




TREATMENTS



WELCOME TO ST MICHAELS SPA

A visit to the all new St Michaels Spa is an opportunity to leave the stresses and strains of the outside world behind and make some precious time for you. A chance to focus on relaxation and rejuvenation. Time to escape and restore; to come away looking good and feeling even better.

We hope you will make time to enjoy a whole day of treatments and relaxation. The new spa has taken four years to plan, over £6 million to create and we hope you will agree that it is rather special.

Water treatments feed the soul, and we have an extensive range of hydrotherapy and thermal experiences – inside and out – to ease your tensions away and promote well-being.

Our hydrotherapy pool is one of the largest, spa-based hydrotherapy pools in the UK – we have the world's first Cornish sea salt steam room; a Moroccan mud rhassoul; rainforest steam room, thermal loungers, a cedar hot tub, different types of sauna and much more.

A whole range of experiences, with plenty of relaxation areas, ensures you have a very special spa experience – unique in the South West.

The healing powers of touch therapy have been expounded on since ancient times. The nurturing touch of a skilled therapist's hands on one's body has benefits that go beyond the realm of the physical, and our therapists are the very best.

By working with the world's leading spa brands, combined with local expertise, we aim to provide the best in holistic care.

We look forward to welcoming you.

OUR PRODUCT PARTNERS

ELEMIS The No. 1 luxury British brand. Every GROUND-BREAKING formula is an innovative blend of science with the chemistry of nature, carefully crafted by a dedicated team of explorers, scientists and skincare experts. Encompassing the most POWERFUL biological actives available from both 'above and below' the earth's surface, ELEMIS' meticulous attention to detail, pioneering formulas and remarkably transformative RESULTS are what truly sets their skincare apart.

OPI The No.1 global salon brand reinvents hand and foot treatments with the unique facial skincare quality ingredients in the ProSpa nail care range, with core and seasonal collections, gel care and infinite shine.

MADE FOR LIFE ORGANICS Made for Life Organics is hand-made in Cornwall and full of natural botanicals, created to nurture you with the purest organics packed with active ingredients from the wild world. Originally developed from an orthodox medical background, the products have been developed by combining dermatological science with the strength and purity of botanicals.

NO SLS | NO parabens | NO GM ingredients | NO artificial colours or fragrance

THE NATURAL SPA FACTORY A natural British brand. Specialising in seasonal and bespoke treatments with products made either here in the UK or in the home of scent – France.

ISHGA Ishga has been developed on the Isle of Lewis by a team of people with passion for creating the highest quality cosmetics harnessing the natural anti-oxidant, healing and anti-aging properties provided by the purest organic Seaweed. Our coastal location made Ishga a natural choice.

NATURA BISSÉ Founded in 1979 by Ricardo Fisas Mulleras, Natura Bissé takes beauty and aesthetics to places you'd never expect. The Diamond collection is the most luxurious exclusive jewel for your skin. Natura Bissé gives you the purest symbol of its commitment and loyalty to beauty. Its results surpass every expectation.



Developed by our Spa team, these are treatments exclusive to St Michaels Spa.

SPA INFORMATION

DAILY OPENING TIMES

Spa Reception: 8:00 - 19:30 Spa Treatment Times: 9:00 - 20:00

PRICES

All prices are quoted in GBP and are subject to change at any time. Gratuities are not included and are welcomed at your discretion. Card details and payment are taken at the time of booking. Additional purchases during your time with us can be settled at the end of your visit. Guests staying at St Michaels are able to transfer charges onto their master account. If you are booking with a St Michaels Gift Voucher, please let us know at the time of booking, along with the voucher number. You will also need to bring an original copy of the voucher with you, failure to do so may result in treatment cancellation.

CANCELLATIONS

A 100% charge will be incurred for any treatment not cancelled at least 24 hours prior to the start of your booking. We ask that you arrive 15 minutes prior to the start of your treatment. Late arrival will shorten your treatment time. Groups of 3 or more or Spa Day bookings must be cancelled within 72 hours to avoid charges.

PARKING

The St Michaels Hotel car park is reserved for Hotel residents. Street parking and a public car park are available opposite the Hotel.

ARRIVALS AND SPA ETIQUETTE

On arrival you will be greeted by your Spa host, who will guide you through your St Michaels Spa journey. You will be asked to complete a consultation form. It is important that you highlight any medical conditions, which could affect your visit. If you are unsure, we recommend that you call us prior to your treatment, or consult a medical professional.

A locker will be allocated to store your personal belongings. You will also receive a bathrobe and St Michaels flip flops to use during your time with us. Once you have changed, you can relax in our Spa lounge, where your therapist will collect you for your treatment. After your treatment, you are welcome to relax for up to an hour in the relaxation lounge.

APRÈS SPA

To continue your Spa experience, most products used in our treatments are available to purchase and take home.

CHILDREN

Access to the Spa including use of the changing facilities, hydrotherapy pool, sauna, steam rooms, experience showers, outdoor barrel sauna and hot tub are restricted to over 16s. Those aged between 16 and 17 are permitted to have treatments if accompanied by an adult and disclaimer signed.

ALLERGIES

If you suffer from any allergies, it is important to highlight these to your therapist, prior to the start of your treatment. We are happy to share product ingredient lists (some products may include traces of nuts). Reactions to non-disclosure of any medical conditions, or allergies will be the sole responsibility of the guest.

HYDROTHERAPY AND THERMAL PRICES

£35 Mon – Fri £45 Sat – Sun

£5 discount for all hotel guests, Health Club Members and customers booking a treatment of less than £80 value.

Complementary use of all the hydrotherapy and thermal areas are provided to customers on Spa Days or those who have booked treatments over £80.

HYDROTHERAPY AND THERMAL EXPERIENCES

Enjoy your journey of different water based and thermal experiences to soothe, relax and detoxify your body.

Hydrotherapy is the use of water to relieve discomfort and promote physical well-being. It is a therapeutic whole-body treatment that involves being massaged by air and water as well as moving and exercising in water; essentially physiotherapy in a pool.

Our hydrotherapy pool is one of the largest, spa-based hydrotherapy pools in the UK and is heated to a constant 35 degrees centigrade. Our pool contains 21 hydrotherapy massage stations featuring 7 different treatment experiences – all targeting different muscle groups.

A combination of the warm temperature, the water buoyancy and the range of different massage jets will leave you feeling wonderfully relaxed and rejuvenated.

We have different steam experiences, including the world's first Cornish sea salt room and a rainforest steam, capturing the essence of the tropics. Our glass fronted bio sauna scents the room with selected herbs and botanicals, whilst our outside Finnish barrel sauna offers views of the sea.

Relax on our heated thermal loungers and unwind on the deck in our Japanese red cedar hot tub. Our journey includes experience showers with mists, rainfalls and torrents which wash away your cares.

Enjoy our world of well-being.

OUR RHASSOUL

Our rhassoul is a special experience in a private treatment room for up to four people featuring a traditional Moroccan steam chamber with water and steam therapies which help ensure lava clay and mineral-rich muds permeate and cleanse your skin. It re-generates the skin by removing dead cells, and rebalances the skin by tightening the pores.

This is a fun and enjoyable treatment for up to four people. Our rhassoul treatments detoxify the skin from built up waste and bacteria. This is important because the skin is not only the largest organ in the body, but also the first line of defence against environmental toxins. Your therapist will explain the therapy, and give you your exfoliants/ scrubs, muds and body oil. Then you have your whole Rhassoul experience in privacy with a loved one or friends

You'll use our beautifully scented scrubs to carry out a full body exfoliation and shower before going into the rhassoul, where you will apply the muds and clays to your body and then relax as your private steam room fills with steam infusing the mud and cleansing your pores. The steam will intersperse with rainforest showers.

You will then wash off the clay and apply an oil to penetrate your skin and ensure the benefits are long lasting leaving your skin soft, smooth and cleansed.

Our Rhassoul Mud Experience is £30pp* for a maximum of 4 people.

Our Rhassoul Mud Spa Day is the perfect mud experience for friends or couples. Costing £79pp* and also includes an indulgent glass of fizz, a mouth-watering two course lunch and , as with all Spa Days, full use of the hydrotherapy facilities and thermal experiences.

*£10 supplement at weekends.

SPA DAYS

To make the most of your time, we have created a collection of treatments, that when taken together on our Spa Days, offer real benefits and a fuller Spa experience. All of our Spa Days aside from our Mother To Be Package also include complimentary access to our hydrotherapy pool, sauna, steam rooms, experience showers, outdoor barrel sauna and hot tub.

COUPLES SPA DAY

£219 Per Couple*

Relax and unwind together.

Enjoy an indulgent glass of fizz with a mouth-watering 2 course lunch. Enjoy a **Couple's Rhassoul** leaving you feeling relaxed and revived before your therapists invite you to enjoy time together with your partner in your luxury couples room. Here your 60-minute **Full Body Massage** will be tailored to your needs.

DIAMONDS ARE FOREVER BY NATURA BISSÉ

£135*

Diamonds really are forever in the Spa.

Enjoy an indulgent glass of fizz with a mouth-watering 2 course lunch and a gift from Natura Bissé to enjoy at home. Choose one of the following 60-minute treatments:

Natura Bissé Diamond Energy Facial

Natura Bissé Diamond Experience Rose Massage

COASTAL SPA DAY

£125*

Experience the joys of the sea.

A delicious smoothie will greet you on arrival. Relish over a mouth-watering super-food salad and fresh fruit juice. Complete your experience with a **Marine Back, Face and Scalp Therapy**.

MOTHER TO BE

£125*

Designed to relax both mother and baby.

Enjoy a delicious smoothie and mouth-watering 2 course lunch. Relax with our **Peaceful Pregnancy Face** and **Body Experience** which uses a combination of nourishing face and body treatments that tends to the unique requirements of mothers to be. You will be pampered by one of our highly trained therapists for 2 hours in our dedicated pregnancy rooms. After your experience enjoy an **Opi Express Pedicure**.

ELEMIS TOTAL INDULGENCE

£125*

Indulge with the ultimate day of Spa and Beauty Treatments.

Enjoy an indulgent glass of fizz with a mouth-watering 2 course lunch. Choose one of the following 60-minute treatments:

- Elemis Freestyle Deep Tissue Massage
- Elemis Touch Facial – upgrade to a Biotec Facial for an extra £10
- Elemis Couture Touch (30 minute Massage and 30 minute Touch Facial)
- Elemis Thousand Flower Detox Wrap
- Elemis Body Nectar Nourishing Frangipani Wrap
- Elemis Poultice Powered Muscle Release

Then choose one of the following treatments: **Opi Express Manicure**, **Opi Express Pedicure**.

Upgrade to a gel finish for an extra £10.

RELAX AND DINE

£99*

Available from 4-7pm (food is served from 5-8pm)

Be pampered in the twilight zone.

Following 2 hours of relaxation time using our facilities enjoy a cocktail of your choice from our extensive cocktail menu and light supper. Choose one of the following 60-minute treatments:

- Elemis Deeper than Deep Hot Stone Massage
- Elemis Hot Mineral Body Boost
- Indian Head Massage
- The Yoga Facial by Natura Bissé

ELEMIS PAMPERING TREAT

£99*

The truly relaxing treat.

Enjoy an indulgent glass of fizz with a mouth-watering 2 course lunch. Choose one of the following 60-minute treatments:

- Elemis Freestyle Deep Tissue Massage
- Elemis Touch Facial
- Elemis Couture Touch (30 minute Massage and 30 minute Touch Facial)

SIESTA SPA DAY BY NATURA BISSÉ

£109*

Available from 2-7pm (food is served from 2-5pm)

Rest and rejuvenate.

Sit back and relax with a glass of our red or white wine and a delicious pizza from our Italian oven.

Choose one of the following 60-minute treatments:

Natura Bissé Recharge

Recharge your skin with the antioxidant benefits of pure vitamin C. An infusion of anti-oxidant benefits and a true sensory therapy for face and back.

Natura Bissé Recovery

Soothe irritated skin and reduce inflammation on face and back with this exceptional recovery treatment for damaged or hypersensitized skin.

Natura Bissé Dry Oil Full Body Massage

Using our nut free, hypoallergenic blends for a personalised massage: Leaving you feeling energised, detoxed, and de-stressed.

RHASSOUL MUD SPA DAY

£79pp*

A perfect mud experience for friends or couples

Enjoy an indulgent glass of fizz with a mouth-watering 2 course lunch. In your own private experience room indulgent and cleansing rhassoul muds and clays await. Exfoliate in your own private shower before applying the clays to your face and body. Relax as your private steam room fills with steam, infusing the mud and cleansing your pores. Your skin will be left feeling soft, smooth and nourished. You will feel relaxed and revived.

AFTERNOON DELIGHT

£79*

Available from 2.30pm-5.30pm

An afternoon to pamper and relax.

Enjoy home-made scones with Cornish clotted cream and strawberry jam, a selection of individual miniature desserts and finger sandwiches, with Cornish tea or locally roasted coffee.

Choose one of the following 30-minute treatments:

Elemis Freestyle Deep Tissue Massage

Elemis Touch Facial – Upgrade to a Biotec Facial for Extra £10

Elemis Intensely Cleansing Salt Scrub

BRUNCH & SPA

£79*

Available from 9-12pm (food is served from 10am-12pm)

A morning of pamper and relaxation.

Enjoy a delicious light brunch washed down with fresh fruit juice and choice of tea or coffee.

Choose one of the following 30-minute treatments:

Elemis Freestyle Deep Tissue Massage

Elemis Touch Facial – Upgrade to a Biotec facial for extra £10

Elemis Intensely Cleansing Salt Scrub

*+ £10 at weekends



COASTAL EXPERIENCES

The team at St Michaels Hotel and Spa have worked with leading organic seaweed-based skincare range, Ishga, to create two luxurious bespoke packages that draw upon the very best Mother Nature has to offer. Seaweed has been used for centuries for its natural healing and therapeutic properties. It contains a high content of vitamins, minerals and powerful natural antioxidants that are considered essential for maintaining glowing skin. More recent scientific research shows the seaweed extract used by Ishga preserves the skins natural collagen. The mineral rich seaweed extract is carefully blended with cucumber extract, macadamia, jojoba, aloe vera and lemon rind so that your St Michaels Spa experiences will detoxify, nourish, firm and hydrate the skin delivering exceptional results with an environmental conscience.

All signature experiences will begin with a foot ritual and finish with an offer of organic seaweed supplements.

MARINE DETOX & RELAX

110mins £119

Begin with a powerful sea salt, oil scrub and body wrap. This combines the detoxifying and nourishing effect of the purest 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. This is followed by your choice of one of the following massage treatments:

HOT STONE MASSAGE

55mins

A full body massage incorporating heated Basalt stones which instantly relax the muscles, allowing the treatment to work to 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 base oil with lemongrass, lavender and juniper will detoxify and regenerate the skin.

INVIGORATING FULL BODY MASSAGE

55mins

This invigorating treatment works by combining marma massage, lymphatic drainage and traditional Swedish massage techniques. It is designed to detox and balance the body whilst removing any areas of tension and stress. The seaweed-based body oil nourishes and protects the skin.

HOT POULTICE MASSAGE

55mins

A combination of traditional massage and innovative techniques, using heated sea salt and seaweed granule filled poultices.

MARINE BACK AND FACE THERAPY

80mins £89

110mins £119

The rejuvenating back and face therapy begins with the ultimate back treatment designed to cleanse and exfoliate, while treating any congestion and reveal brighter and smoother skin. Beginning with a cleanse, tone and exfoliation, a powerful heated seaweed clay mask is applied to clarify and soften the skin while providing a deep moisturising treatment. Ideal for skin concerns such as acne on the back, dryness or skin conditions and for muscular aches and pains. A back and leg massage is also included to send you to a place of total relaxation.

Your experience is completed with a facial using our organic product range to cleanse, tone and moisturise. This includes an exfoliating mask and scalp massage.

Our longer option includes a powerful organic peel off mask prepared using the purest seaweed extract. The high content of seaweed extract in the products used is scientifically proven to preserve the skins natural collagen with powerful anti-ageing properties. During the mask there will be a choice of a hand and arm massage, or a décolleté and shoulder massage. (Suitable for all skin types.)

MASSAGE TREATMENTS

Massages for relaxation, peace, release from tension and the enhancement of energetic balance, with beautiful aromatic oils.

ELEMIS FREESTYLE DEEP TISSUE MASSAGE 60mins £69 90mins £89

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

ELEMIS DEEPER THAN DEEP HOT STONE MASSAGE 60mins £69 90mins £89

Balinese stones bathed in the Frangipani Monoi Body Oil are worked deep into the muscles, getting into areas of tension. The result is sparkling vitality with the bonus of intensely hydrated skin.

ELEMIS GARDEN OF ENGLAND ROSE RESTORE 60mins £69

Take a walk in an English rose garden with this lavishly hydrating body treatment. The unique trio of rose, camelina and poppy seed oils leaves skin exquisitely moisturised, intensely supple and delicately scented.

ELEMIS HOT MINERAL BODY BOOST 60mins £69

This powerful treatment stimulates every cell in the body, helping alleviate muscular pain and remove toxins. This is a revolutionary, mineral-charged experience of skin conditioning, metabolic balancing and energising wellness.

ELEMIS PEACEFUL PREGNANCY MASSAGE 70mins £79

A gently nurturing, specifically formulated massage for mothers-to-be that deeply relaxes. Treatment includes a 60-minute massage and 10-minute consultation.

ELEMIS POULTICE POWERED MUSCLE RELEASE 60mins £69

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. Poultice is not recommended during pregnancy.

ST MICHAELS COUPLE'S MASSAGE 60mins £130

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

SPORTS MASSAGE 60mins £69 90mins £89

Our qualified sports therapists have a sound knowledge of the muscular and skeletal systems, tailoring each treatment to you. **Book a course of 6 60-minute sessions for only £282, saving £132.**

MUSCLE REPAIR MASSAGE & MUD 60mins £65

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. This treatment has been exclusively developed for St Michaels Spa.

BODY SCRUBS AND WRAPS

Cleansing mineral salts, oil blends rich in actives and transportative aromatics are combined with an unparalleled level of expertise in massage and conditioning. For healthy, revitalised skin and deeply eased muscles.

ELEMIS INTENSELY CLEANSING SALT SCRUB 50mins £59

A deeply cleansing salt scrub that encourages cell regeneration for the softest, smoothest, most nourished skin. Choose from an energising *Lime and Ginger* or fragrant *Frangipani*.

ELEMIS BODY NECTAR NOURISHING FRANGIPANI WRAP 60mins £69

A lusciously fragrant body wrap that quenches thirsty skin for velvety soft, super-hydrated results. Also enjoy a facial and scalp massage.

BODY DETOX AND CELLULITE

A blend of naturally detoxing products incorporated with stimulating massage techniques to tone and firm the skin as well as deeply nourishing to leave your body feeling smoother and revitalised.

ELEMIS THOUSAND FLOWER DETOX WRAP 60mins £69

A nutrient-rich detox wrap using the deeply nourishing Green Tea balm for a system that fires on all cylinders.

ELEMIS TARGETED TONING TIGHTENER 90mins £89

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

COMPLEMENTARY THERAPIES

Our Complimentary Therapies can be used to boost both physical and or emotional health.

REFLEXOLOGY 60mins £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, saving £117.***

INDIAN HEAD MASSAGE 60mins £65

This treatment is not just about the head, this includes massage to the arms, back, shoulders, neck, head and hair, using an eastern blend of aromatic oils. This is a powerful massage and is not recommended for pregnant ladies or people undergoing serious medical treatment.



MADE FOR LIFE WELLNESS TREATMENTS

Made for Life Wellness treatments provide a window of time where guests can disconnect from their daily stress and reconnect with nature and stillness. Wellness treatments are suitable for everyone, including those going through cancer. The treatments are akin to a period of meditation, allowing the body to access the parasympathetic state where the mind and body are prompted into a 'state of allowing'. This period allows rejuvenation on all levels- mind, body and spirit, including a natural boost to immunity.

All Made for Life treatments use 100% organic preparations hand made in Cornwall and a range of specialised relaxation techniques.

HAND ON HEART BACK, FACE & SCALP TREATMENT **60mins £69** **90mins £90**

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.

CATCH THE BREATH BACK AND HEAD TREATMENT **30mins £45**

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.

SOOTHE AND NURTURE ORGANIC FACIAL **30mins £45**

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, whilst deeply relaxing face and scalp massage calms the mind and soothes the soul.

TOUCH FACIALS

Hands-on Facial treatments use touch as a powerful diagnostic tool, softening and prepping the skin to receive actives. Each active product is applied using a combination of ancient and modern massage techniques from around the world.

ANTI-AGEING FACIALS

ELEMIS PRO-COLLAGEN AGE DEFY **60mins £65**

Tackle fine lines and wrinkles with the clinically proven age-defying benefits of marine charged padina pavonica and red coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

ELEMIS PRO-DEFINITION LIFT AND CONTOUR **60mins £65**

Powered by breakthrough technology, this facial helps restore the architecture of the face using the potent nutrients in plant actives found to help support the extra-cellular matrix. Creates a profoundly sculpted, youthful effect.

ELEMIS DYNAMIC RESURFACING PRECISION PEEL **60mins £65**

Clinically proven to target the signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin.

ELEMIS WHITE BRIGHTENING PIGMENT PERFECTER **60mins £65**

Targets areas of pigmentation and redness to colour correct and deliver an illuminated complexion, a fantastic treatment for Brides before their big day.

MEN'S TOUCH FACIALS

ELEMIS HIGH PERFORMANCE SKIN ENERGISER **60mins £65**

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

SKIN SOLUTION FACIALS

ELEMIS SUPERFOOD PRO-RADIANCE **60mins £65**

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, radiant and lit up with good health.

ELEMIS ANTI-BLEMISH MATTIFY AND CALM **60mins £65**

A revelation for oily, congested or hormonal skin. This mattifying facial helps combat oil and shine, while intuitive massage helps restore micro-circulation. A deeply detoxifying treatment for clear, bright skin.

ELEMIS SENSITIVE SKIN SOOTHER **60mins £65**

Fragile skin needs special attention. A soothing massage technique helps reduce the appearance of redness and protect against daily stresses. Texture and moisture levels are dramatically restored. Skin is left supremely soothed, comfortable and calm.

BIOTEC FACIALS

ELEMIS' BIOTEC Facial treatments are where ground-breaking technology meets active ingredients and transformative touch. The pioneering innovation of the BIOTEC machine, works to switch the skin back on, increasing its natural cellular energy. Thriving, visibly healthy and energised skin. ***For more effective and longer lasting results we recommend a course of 10 Biotec Facials for £525.***

ANTI-AGEING FACIALS

ELEMIS BIOTEC LINE ERASER **60mins £75**

Target wrinkles and energise the skin towards optimum performance with microcurrent pulses and red and blue light therapy. A powerfully rejuvenating clinically proven facial treatment that effectively irons out wrinkles and fills out lines.

ELEMIS BIOTEC FIRM-A-LIFT **60mins £75**

Rediscover the architecture of your face with this ground-breaking blend of massage and sculpting galvanic technology. Skin is visibly strengthened for a contoured complexion that is remarkably lifted.

ELEMIS BIOTEC SKIN RESURFACER **60mins £75**

This revolutionary clinically proven facial addresses skin tone, blemishes and fine lines to transform the texture of the skin. The ultrasonic peel, massage and light therapy deliver a complexion that has never been smoother.

ELEMIS BIOTEC ANTI-PIGMENT BRIGHTENER **60mins £75**

A targeted skin-brightening treatment that reduces pigmentation and dullness for refined and translucent skin.

SKIN SOLUTIONS FACIALS

ELEMIS BIOTEC BLEMISH CONTROL

60mins £75

A deep cleansing facial that detoxifies and repairs damaged tissue. Ultrasonic vibration, massage, steam, and galvanic currents thoroughly decongest and exfoliate. Powerful anti-oxidants soothe, while light therapy helps clear the complexion.

ELEMIS BIOTEC RADIANCE RENEW

60mins £75

This cellular-boosting treatment targets sluggish complexions. The ultrasonic peel stimulates the removal of impurities and dead skin cells, while the galvanic rejuvenating current restores moisture for instantly clearer and visibly brighter skin.

ADD TO YOUR BIOTEC FACIAL

ELEMIS BIOTEC EYE TREATMENT

30mins £45

BIOTEC technology is refined enough to gently stimulate and tighten the delicate eye area, without disturbing fragile skin, perfect to have the day before a special occasion.

ELEMIS BIOTEC NECK TREATMENT

30mins £45

Microcurrent reminds the muscle to firm up, while the Arjuna-infused jowl and chin mask lifts and tightens for super-sleek contouring.

FACE AND BODY COMBO TREATMENTS

Our Face and Body Combination treatments provide the perfect introduction to spa treatments. Choose your own combination of facials and body massages.

ELEMIS COUTURE TOUCH

60mins £69

Condition your skin and muscles with this all-embracing experience. Combine any 30-minute *Elemis Touch Facial* with your personalised *Freestyle Deep Tissue Massage* or *Deeper Than Deep Hot Stone Massage*.

ELEMIS COUTURE TECHNOLOGY

60mins £79

Time to switch your skin on. Combine any 30-minute *Elemis Technology Biotec Facial* with your personalised *Freestyle Deep Tissue Massage* or *Deeper than Deep Hot Stone Massage*.

NATURE BISSÉ FACIALS

Facials that include the maximum concentrations of highly efficient ingredients within new textures. Focused treatments are provided through varying formulas and results are proven.

DIAMOND LIFE INFUSION 90mins £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.

THE CITRUS ESSENCE 60mins £85

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



THE YOGA FACIAL 60mins £80

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. This treatment has been exclusively developed for St Michaels Spa.

NATURE BISSÉ BODY

Natura Bissé Body Treatments are the solution to the different needs that skin has, with pioneering innovative concepts and revolutionary ingredients to provide an exquisite experience with astounding results.

DIAMOND EXPERIENCE ROSE MASSAGE 90mins £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.

CITRUS DRENCH 60mins £80

Highly concentrated vitamin C emulsions will protect the skin from dryness and premature ageing. Ideal for pre and post sun exposure.

LOMI JUMA MASSAGE 60mins £80

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

QUIRO GOLF 60mins £80

Sports massage that is ideal for relaxing the body through techniques and products that target tension and sore muscles.

DRY OIL FULL BODY MASSAGE 60mins £75

Using nut free, hypoallergenic blends for a personalised massage: *Choose from energising, detoxing, fitness or de-stressed.*

HANDS & FEET

OPI, the No.1 global salon brand reinvents hand and foot treatments with the unique facial skincare quality ingredients in the ProSpa range. *All OPI nail treatments include an Infinite Shine Polish finish, upgrade to an OPI Gelcolor for £10.*

PAMPER MANICURE

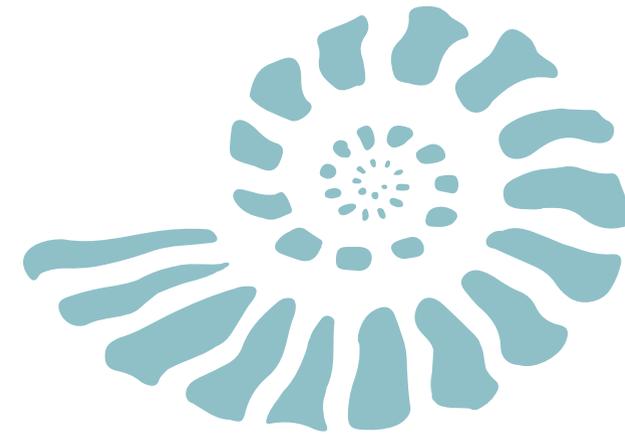
60mins £50

Soothe, relax and indulge with the ultimate OPI ProSpa Pamper Manicure. You will benefit from unparalleled exfoliation, moisture and protection, while revelling in a combination of massage techniques and acupressure designed to reduce stress and relieve tension.

PAMPER PEDICURE

60mins £50

Soothe, relax and pamper with the ultimate pedicure experience. The OPI ProSpa Pamper Pedicure includes unparalleled callus softening, exfoliation and moisture & protection. An extended massage combined with acupressure to reduce stress, relieve tension will leave you feeling relaxed and renewed.



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