



Home Spa Cornwall at Trevornick

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Offering High end Luxury Spa treatments from the comfort of your Lodge or Cottage, our highly experienced Therapists offer a wide range of treatments from Massages, Facials and Gel Nails at a time to suit you.

Holistic Wellness Massage

30 minutes - £34

40 minutes - £42

60 minutes - £59

90 minutes - £72

Our Signature light to medium pressure Holistic Massage incorporates aromatherapy oils to deliver increased relaxation, improved flexibility and reduced muscle tension. Your expert therapist will use a rejuvenating combination of slow Swedish strokes and targeted acupressure techniques to best address your specific needs. A combination of Aromatherapy and Swedish Massage tailored to you.

Deep Tissue Massage

30 minutes - £34

40 minutes - £42

60 minutes - £59

90 minutes - £72

Home Spa Cornwall's restorative Deep Tissue Massage relaxes the body, drains it of toxins and allows for the release of deeply held patterns of tension. You don't have to be an elite athlete to benefit from a deep tissue massage. Focusing on the deeper layers of the muscle tissue allows your therapist to get to the root of your muscle aches and pains. It aims to relieve chronic patterns of tension in the body through slow strokes and very deep pressure on concentrated areas specific to your needs.

Reflexology

50 minutes - £54

Home Spa Cornwall therapists use reflexology to help induce deep relaxation.

By understanding how the body's organs respond to gentle pressure to reflex points on the feet, our experts can use reflexology to stimulate the body's natural healing processes.

This is an especially nurturing treatment after a day's travelling or walking.

Rose Indulgence Pregnancy Massage - Pre or Post Natal

30 minutes - £34

40 minutes - £42

60 minutes - £59

90 minutes - £72

Feel nurtured and supported in a time of constant change with our Pregnancy massage, using the healing benefits of rose oil to balance hormones, calm emotions and rejuvenate the skin. Using techniques designed to improve lymphatic drainage and help reduce swelling and discomfort using only all-natural ingredients.

Choose 90 minutes to include a relaxing and rejuvenating full scalp and facial massage.

Suitable from the second trimester.

Scalp Therapy

60 minutes - £59

A deeply relaxing treatment for those who hold tension in their shoulders and mind, focusing on acupuncture points, a full back Massage, working up to the neck and scalp helping to stimulate lymph. Using essential oils of Rosemary, Lavender and Jojoba to nourish the hair and scalp. This oil will help improve follicular strength and increase circulation of the scalp.

Energising Body Detox Treatment

100 minutes - £78

This 3-step whole body experience will restore your natural flow of energy and balance your body's natural biorhythms. This treatment includes a full body lymph drainage dry brushing to remove dead skin cells, enhance circulation and help with the appearance of cellulite.

A lemongrass oil scalp massage followed by a foot scrub and pressure point foot massage.

To finish, a full body lemongrass and grapefruit oil massage, using long relaxing strokes to release toxins leaving your skin cleansed, radiant and illuminating.

Signature Experience Massage

100 minutes - £78

Home Spa Cornwall's custom massage will leave you deeply relaxed and in a zone of zen, enhanced with hot stones and an aromatherapy blend.

A full body massage, incorporating the heat of stones, this massage also includes a sea salt foot scrub and warm oil scalp treatment to provide true head-to-toe relaxation.

Facials

40 minutes - £45

60 minutes - £60

Relax and indulge whilst treating your skin to a pick me up.

Whether it's anti-aging, detoxifying, balancing or simply rejuvenating your skin, we have the facial to suit you using Neal's Yard skincare range. After a consultation your therapist will choose the products to best suit your skin.

All facials include face, head, neck and shoulder massage.

Choose 60 minutes to include a second mask along with a relaxing hand and arm or foot massage.

Hand and Feet Treats

Manicure / Pedicure £36

Gel colour finish (fingers or toes) £36

For our full treatment menu, please see our website: www.homespacornwall.co.uk