



Relax@

Choose from our list of signature treatments below and call us to make an appointment either before or during your stay

Radiance Facial

A natural blend of herbs, flowers and essential oils help to decongest the sinuses, smooth, soothe, nourish and moisturise the skin.
45 mins ~ £45

Body & Soul

This full body aroma and lymphatic drainage massage gently balances the mind through the sense of smell whilst easing away the stresses of the day.
75 mins ~ £60

Hand on Heart

An essential treat for the hands and feet.
Re-energise tired hands and feet with this soothing rhythmical massage to ease stiff joints and nourish these overworked areas.
75 mins ~ £60

Holistic Body Massage

Massage can help to relieve the symptoms of stiff, tired joints, speeds up digestion and encourages circulation, promotes relaxation and improves sleep. It can also be deeply relaxing and beneficial in reducing the symptoms of stress.
45 mins ~ £40
90 mins ~ £75

Bespoke fusion treatments can be tailored to the individual client.

60 mins ~ £75
Pamper Parties, Wedding Packages, Health Retreats & Beauty can also be arranged subject to availability. Please enquire.

Please call Vicky or Rachel direct for bookings & leave a message if we are busy

Rachel 07866557028
Vicky 07804768527



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Rachel 07866557028
Vicky 07804768527
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We kindly ask for 24hrs cancellation or reschedule of your appointment. Less than 24hrs will incur a charge of 50% or full payment for under 12hrs.

If you are staying at one of Relax@ locations, please be in your room or accommodation for the therapist's arrival, a minimum of 5 mins before scheduled time, wearing underwear and a robe.

If you are a visitor to one of our treatment rooms, please wait at reception 5 mins before scheduled time and your therapist will collect you.

All treatments include 5 mins consultation & relaxation time. 'Set up & down' are in therapists time.

Bank Transfers, cash or chq payment, direct to Relax@.

Our aim is to offer a professional & nurturing organic spa treatment & we hope you have a wonderful experience with our Relax@ team.

Ladies and Gents welcome.

Thank you.

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Pamper and relax yourself with our indulgent treatments created by Cornish company Spiezia. Our professional service has been created to offer a luxury 'spa experience' with 100% organic 'made for life' treatments to Rebalance the mind, body & soul..

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