



AT ST. MELLION INTERNATIONAL



...time for
YOU

Escape to St Mellion International Resort for a truly memorable Spa experience. Relax and unwind in our Elemis Spa, where our professional therapists offer a first class service complemented by professional Elemis Spa products to ensure you feel thoroughly spoilt.

We offer a menu of carefully selected treatments to rejuvenate you from your head to your toes. Our Spa Days are specifically designed to offer a combination of therapies allowing you to enjoy a little luxury or complete indulgence.

ELEMIS

ELEMIS INTRODUCTORY FACIALS

Taster Facial

This facial provides a quick and instant pick-me-up for any occasion.

25mins £33.00

Skin Specific Facial

Treat your skin to a moisture boost. Following a specialist facial massage, the skin is fed with thirst quenching actives that will bring back that healthy, dewy look to the skin.

45 mins £52.00

ELEMIS SKIN SOLUTIONS FACIALS

Sensitive Skin Soother

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.

1 hour £68.00

Anti-Blemish Mattify and Calm

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.

1 hour £68.00

White Brightening Pigment Perfector

Restores even skin tone, targeting unwanted areas of pigmentation. Encapsulated Vitamin C acts as a potent brightener, inhibiting future pigmentation. The result is a more even, colour-corrected and illuminated complexion.

1 hour £68.00

Pro-Definition Lift and Contour

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.

1 hour £78.00

ELEMIS ADVANCE ANTI-AGEING FACIALS

These superior face treatments are further enhanced by luxurious hand, arm and scalp massage sequences for the ultimate in scientific skin-therapy.

Dynamic Resurfacing Precision Peel

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.

1 hour £93.00

*Independent Clinical Trials

Superfood Pro-Radiance

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.

1 hour £78.00

*Independent Clinical Trials.

Pro-Collagen Age Defy

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.

1 hour £78.00

*Independent Clinical Trials.

ELEMIS FACE AND BODY THERAPY

Couture Touch

Condition your skin and muscles with this all-embracing experience. Combine any 25-minute ELEMIS hands-on TOUCH facial with your personalised 25-minute Freestyle Deep Tissue Massage or Hot Stone Massage.

55 mins £68.00

ELEMIS EXOTIC THERAPY**Intensely Cleansing Salt Scrub – Lime and Ginger or Frangipani**

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

30 mins £38.00

Body Nectar Nourishing Wrap - Sweet Orchid or Frangipani Wrap

The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work

1 hour £63.00

Best Foot Forward

Take a load off with this foot-focused tension releaser. Lower legs and feet are thoroughly exfoliated, bathed and massaged. Feet are left nourished, soft and smooth. A total sensory experience for your feet. Includes a soothing scalp massage finishing with toe nail polish.

1 hour £45.00

Garden of England Rose Restore Hand Treatment

This is the last word in conditioning, restorative, anti-ageing hand treatments. Targets age spots and dryness. This luxurious treatment is then completed with nail re-shaping and polish of your choice.

1 hour £45.00

ELEMIS DETOX THERAPY**Cellutox Aroma Spa Ocean Wrap**

A deeply detoxifying blend to decongest and stimulate the system. Let thoughts drift away whilst you are cocooned in a comforting foil wrap and treated to a pressure point facial massage and de-stress scalp treatment. Combining the richness of sea plants and algae, this therapy helps refine the appearance of cellulite and relieve the discomfort of fluid retention. The body is re-energised and skin is left silky soft and smooth.

1 hour 15 mins £63.00

Musclese Aroma Spa Ocean Wrap

Powerful seaweed wrap for complete muscle relaxation. Drift away whilst you are cocooned in a comforting foil wrap and treated to a pressure point facial massage and de-stress scalp treatment. Using a warm blend of Essential Oils, this specialised treatment helps ease aching and tense muscles.

1 hour 15 mins £63.00



All of our Spa days have been carefully designed for you to enjoy the complete spa experience. Carefully hand picked combining a programme of specialist treatments with complimentary use of our leisure facilities, robe and slippers. You will be greeted on arrival by your personal therapist for the day taking you out of your daily routine into pure relaxation.

St Mellion Signature Spa Day

The ultimate spa day indulgence

- Exotic Coconut & Milk Ritual Wrap
- Spa Manicure
- Spa Pedicure
- Deep Tissue Back Massage
- Elemis Gift
- 2 Course Lunch & Sparkling Wine

2 hours 45 mins £180.00

Add any Elemis Facial into this package and receive 15% off your chosen facial

Simply Perfect

This top to toe experience is perfect for a bride to be or a special occasion

- Elemis Visible Brilliance Facial
- Spa Manicure
- File & Paint on Toes
- Eyebrow Tidy
- 2 Course Lunch & Drink

2 hours 30 mins £145.00

Add a Deep Tissue Back Massage for £25.50

Spa Ritual

Combining two of our most sought after treatments, this package offers the ideal total face & body treat.

- Elemis Deep Tissue Massage
- Elemis Advanced Facial
- 2 Course Lunch & Drink

2 hours £139.00

Just for Him

The ultimate skin and body therapy for men

- Elemis Deep Tissue Massage
- High Performance Skin Energiser for Men
- 2 Course Lunch & Drink

2 hours £139.00

Detox & Re-Energise

Everything about this package is designed for those seeking a complete head to toe detoxification experience.

- Cellutox Aromaspa Ocean Wrap
- Elemis Deep Tissue Massage
- 2 Course Lunch & Drink

2 hours £128.00

Mum To Be

An ideal and well deserved luxury for all mothers to be.

- Elemis Skin Specific Facial
- Spa Manicure
- Spa Pedicure
- 2 Course Lunch & Drink

2 hours £122.00

Spa Escape

Enjoy an Elemis Taster Facial and select 1 from the following taster treatments

- Sole Reviver
- Lime & Ginger Salt Glow
- Make Up Application
- Deep Tissue Back Massage
- File & Polish
- 2 Course Lunch & Drink

40 mins £83.00

HALF DAY PACKAGES

Finishing Touches

- Elemis Sole Delight Grooming For Feet
- Exotic Hand Ritual
- Drink

2 hours £92.00

St Mellion Spa Experience

- Elemis Taster Facial
- Elemis Deep Tissue Back Massage
- Mini Manicure or Mini Pedicure
- Drink

1 hour 20 mins £91.00

Champagne & Strawberries

- Mini Manicure
- Deep Tissue Back Massage
- Glass of Bubbly with Strawberries

50 mins £73.00

Indian Head Massage

A relaxing holistic treatment that uses acupressure massage on the head, face, shoulders and neck. Excellent for the relief of stress, headaches, eye strain, neck and shoulder stiffness. **45 minutes £35.00**

OPI Gel Lacquer

This pure gel formula is painted onto the nail like normal polish but is dried under an LED light in 30 seconds to give you weeks of your favourite OPI colour. **25 minutes £25.00**
Soak off 15 minutes £12.00

Hopi Ear Candle

Using natural ingredients of beeswax, honey and essential oils. The treatment is incredibly relaxing and soothing whilst balancing pressure in the ears. Ear candling offers benefits for those suffering from stress, sinusitis, blocked ears, headaches and migraines. **45 minutes £35.00**

Hands & Feet

Mini Manicure	£23.00
Mini Pedicure	£23.00
Best Foot Forward	£45.00
Garden of England Rose Restore Hand Treatment	£45.00

Make Up

new <id>
c o s m e t i c s

St Mellion Spa would like to introduce the innovative New <id> cosmetic range, designed and recommended by professional make up artists. Their aim is to take the confusion out of make up & provide you with a range that is simple and easy to use.

Make Up application	£30.00
Make Up lesson	1 hour £38.00
Bridal Make Up	2x1 hour £75.00

Nouveau Lashes

Nouveau Lashes is a state of the art semi permanent eyelash extension treatment. It has been carefully developed by experts to produce longer, thicker and natural looking lashes that last up to six weeks.

Wearers of these beautiful, well defined lashes can shower, exercise and even swim without worrying about them falling out.

Full Set	£65.00
Infill's (maintenance)	£30.00

Eyes

A patch test for these treatments will be required 24hours prior to appointment if it is your first time having tints at this spa.

Eyelash Tint	£9.50
Eyebrow Tint	£7.00
Eyelash and Brow Tint	£15.00

Waxing

Full Leg	£27.00
Half Leg	£17.50
Bikini Line	£11.50
Underarm	£11.00
Lip and Chin Wax	£13.00
Lip or Chin	£8.50
Eyebrow Wax	£10.50
Forearm Wax	£12.50
Back or Chest Wax	£26.00

Tanning

Fake Bake is an organic self tanning treatment giving the most natural looking tan. You will need to exfoliate 24hours prior to this treatment and wear loose dark clothing.

Full Bake - full body	£35.00
Full Bake - half body	£20.00





ADVANCE ANTI-AGEING FACIAL FOR MEN

ELEMIS High Performance Skin Energiser

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

1 hour £68.00

Express Facial

A tailored mini facial to cleanse and refresh for those with time restrictions or as a taster to prepare you for a full facial experience.

25 mins £33.00

Golfers Tonic Massage

Enjoy a well deserved massage whether before, after or in-between rounds. This massage focuses on the backs of the legs, back, neck and shoulders finishing with a relaxing scalp massage to clear the mind - as well as leaving your body relaxed but refreshed for the first tee.

45 mins £47.00

Just for Him

The ultimate skin and body therapy for men

- Elemis Deep Tissue Massage
- High Performance Skin Energiser for Men
- 2 Course Lunch & Drink

2 hours £139.00

ELEMIS Freestyle Deep Tissue Back Massage

Tailored entirely to your needs to leave you feeling grounded and focused.

25 mins £33.00

ELEMIS Freestyle Deep Tissue Massage

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.

50 mins £53.00

ELEMIS Hot Stone Massage

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 added bonus of intensely hydrated skin.

1 hour 15 mins £73.00

Herbal Thai Poultice Massage

This soothing full body massage uses a traditional Thai Poultice to relieve tired and aching muscles. By gently rolling and kneading a steamed muslin ball filled with a variety of Thai herbs, your muscles are gradually warmed until they are ready to receive Thai stretching and hands on oil massage.

75 mins £73.00

Golfers Tonic Massage

Enjoy a well deserved massage whether before, after or in-between rounds. This massage focuses on the backs of the legs, back, neck and shoulders finishing with a relaxing scalp massage to clear the mind - as well as leaving your body relaxed but refreshed for the first tee.

45 mins £47.00

All treatment times include preparation and consultation time.

Regretfully late arrival for your appointment will constitute a reduced treatment time.

All prices include VAT and are subject to change without prior notice.

Treatments are not suitable for under 16 years of age.

Alcohol should not be consumed before or during treatments.

All treatments of a value greater than £10 will require payment on booking. Cancellations must be made at least 48 hours prior to your appointment. Cancellations with less than 48 hours notice will incur a 50% charge. Failure to cancel will incur the full charge of the appointment made.

St Mellion Members receive a 10% discount on all Spa Treatments (please note this is rounded to the nearest 50p).

Please do not wear jewellery whilst having treatments.

We would recommend that you bring open toed shoes or flip flops after having a pedicure.

Please wear loose dark clothing before and after any tanning treatment.

You will be required to wear underwear when having any body treatments or massage.

For hygiene reasons please have a shower especially after exercising before you have a massage or body treatment.

We recommend that you do not have any heat treatments before or after waxing, this includes sun beds, sauna, steam room, swimming or sunbathing.

Some of our treatments are not suitable for guests with certain medical conditions and ailments.

Please indicate at the time of booking if any of the follow contra indications apply:

Pregnant/Trying, Recent Operations, Heart Conditions, High/Low Blood Pressure, Epilepsy Diabetes, Cancer, Allergies, Varicose Veins, Thyroid Problems, Scar Tissue, Any Other Medical Condition.



BOOK YOUR TREATMENT 01579 352 026
EMAIL: stmellion-spa@crown-golf.co.uk

ST MELLION INTERNATIONAL RESORT
St Mellion | Saltash | Cornwall | PL12 6SD
www.st-mellion.co.uk