

## Leisure Spa Treatments

### Facials

#### Mini Facial

30 minutes **£40**

A gentle treatment, perfect for young well-being or express skin refreshment leaving a healthy glow.

#### ilā Ananda Facial

60 minutes **£75**

Ananda means bliss. The techniques used in this facial open up the energy centres of the face, working with the blissful higher energy in the body. This is a healing and reviving treatment that brings deep feelings of bliss and peace as well as beautiful skin and glow.

#### ilā Rainforest Rejuvenation Facial

60 minutes **£80**

This relaxing facial has two parts: deep lymphatic drainage and warm herbal compress massage, marma massage and energy techniques to facilitate the serum's penetration and its ability to rejuvenate and regenerate skin cells. An Amazonian mud mask with rosewood completes this very special facial.

#### ilā Men's Purifying Facial

60 minutes **£75**

A healing and purifying facial created for men to restore vitality and radiance. It begins with a Blackcurrant and Honey scrub and is followed by a deeply relaxing marma massage with Vetivert and Rose oil. The facial completes with a purifying Seaweed and Bio Plasma mask.

#### ilā Marine Algae Facial

75 minutes **£85**

A garnet scrub prepares the skin for the active sea plasma, combined with deep lymphatic drainage and nerve point therapy. This facial stimulates the lymph to release toxins and then hydrate and regenerate the skin cells. The action is both purifying and regenerating. It is deeply hydrating, reducing puffiness and evens the skin tone as well as brightening the skin.

#### ilā Crystal Healing Facial

75 minutes **£85**

Using the healing vibration of crystals, this experience has a calming yet uplifting effect. A Garnet Scrub Rose Cream, Jade Face Mask, and divine facial massage with warmed Rose Quartz crystals relax the muscles and dissolve stress lines. It is a deeply nourishing and sensuous experience that combines meridian tapping and Tibetan techniques with crystals to bring a subtle release of tension from the face.



### Massage

#### Back, Neck & Shoulder Massage

30 minutes **£45**

Releasing muscle tension and stress leaving you feeling revived and refreshed.

#### Aromatherapy Full Body Massage

60 minutes **£80**

Using aromatherapy essential oils to suit the individual, massage relaxes muscle tension, soothes away aches, pains and stress.

#### Holistic Full Body Massage

60 minutes **£70**

A medium pressure massage incorporating acupressure and traditional 'Swedish' techniques, which soothe tired, strained muscles and stimulates both blood and lymphatic circulation. It is ideal for pre or post sporting activities, but also has excellent results as a blissfully relaxing massage.

#### ilā Kundalini Back Massage

60 minutes **£65**

A deeply restorative and revitalizing massage to the nervous system. An exquisite blend of orange blossom, cardamom and jasmine soothes and strengthens the nerves, stimulating the Kundalini life force. It includes cupping the hands and focusing awareness, encouraging harmonious flow of energy in the spine. Clients with stress, insomnia and exhaustion, as well as muscular back tension will greatly benefit.

#### ilā Manipura Full Body Massage

60 minutes **£90**

Manipura means beautiful, shining jewel in Sanskrit. It refers to the naval chakra, our centre of fire energy that ignites our health and vitality. This is a unique body massage combining various techniques to harness and restore the body's energy.

#### ilā Ku Nye Full Body Massage

75 minutes **£90**

Our very special Tibetan treatments have been blessed by a Tibetan Rinpoche who said 'All who receive these treatments will remember Tibet...'

Carefully selected organic and wild grown essential oils, many of which are inherent to the Himalayas, have been chosen. Traditional Tibetan techniques are used to purify the five elements of the body, stimulate the lymphatic system and then, with more vigorous massage, to energise the subtle body and meridian system, awakening positive energy.

#### Indian Head Massage

45 minutes **£60**

Massage to the upper back, neck, scalp, arms and face, releasing tension leaving you feeling relaxed and rejuvenated.



### Body Treatments

#### ilā Body Scrubs

##### For a Blissful Experience

60 minutes **£80**

##### For Energizing and Detoxing

60 minutes **£80**

On a physical level the scrub stimulates the lymphatic system, aids circulation and the elimination of toxins. The scrub is a whole experience, in which the client enjoys lymphatic drainage, marma massage and effleurage techniques.

#### ilā Body Wrap for Bio-Energizing

90 minutes **£110**

The body wrap begins with a body scrub exactly the same as above. The wrap that follows works in the same way as the scrub but is a yet more powerful treatment as it draws deeper toxins from the cells and enteric body. It deeply revitalizes the skin, lymphatic system and bio-energy field and can promote profound healing in the energy body.

#### ilā Marine Algae Body Wrap

90 minutes **£110**

This treatment is excellent for reducing cellulite and at the same time improving the texture and hydration of the skin. Marine algae and salt scrub help to cleanse and re-energise the bio-magnetic field and lymphatic system. The Seaweed Wrap pulls toxins out of the lymphatic system at the same time hydrating the skin, leaving it looking silky smooth. The experience completes with a lymphatic massage with the five elements oil.

### Pregnancy Treatments

(Ladies must be 12 weeks pregnant or more)

#### ilā Pregnancy Full Body Massage

60 minutes **£80**

A nurturing full body massage focussed on mum's tummy and using herbal poultices to bring peace and joy to mum and baby.

#### ilā Pregnancy Full Body Scrub

60 minutes **£80**

A nourishing scrub to exfoliate the skin and stimulate the lymphatic system.

The oil blend and scrub has been created to nourish and nurture safely. Herbal extracts (no essential oils) have been added to the argan and rosehip base oil such as lavender, rose and geranium known for their gentle healing energy.



## Relax and Indulge at the Tresco Leisure Spa

### Tresco Island

Tresco Estate, Isles of Scilly TR24 0QQ

#### For booking and enquiries

**House Rental** 01720 422849

**Club House** 01720 424068

**Leisure Spa** 01720 424075

**Email** [flyingboatclubspa@tresco.co.uk](mailto:flyingboatclubspa@tresco.co.uk)

**www.tresco.co.uk**



## Leisure Spa Treatments

### Hand and Foot Therapy

#### Mini Manicure

30 minutes **£20**  
Perfect treat for young hands or an express file and polish.

#### Manicure

45 minutes **£35**  
Perfect for treating the nails and cuticles, relax with an arm and hand massage, file and polish, finishing with a nail colour of your choice.

#### Luxury Manicure

60 minutes **£45**  
A luxurious and soothing treatment for the hands and arms incorporating a scrub, mask then heated mittens to provide a deep intensive moisturizing treatment, finishing with a nail colour of your choice.

#### Gent's Manicure

40 minutes **£30**  
A deep cleansing treatment for the hands includes cuticles and nails trimmed, buffed and finish with a relaxing hand massage.

#### Mini Pedicure

35 minutes **£25**  
Perfect treat for young feet, or as an express file and polish.

#### Pedicure

50 minutes **£40**  
A beautiful treatment for the feet, cuticles and nails. Relax with a foot soak and scrub, foot massage, file and polish, finishing with a nail colour of your choice.

#### Luxury Pedicure

70 minutes **£50**  
A luxurious treatment for the feet and legs incorporating a scrub, mask then heated booties to soothe away tired feet providing ultimate hydration, finishing with a nail colour of your choice.

#### Gent's Pedicure

45 minutes **£37**  
A deep cleansing treatment for the feet includes cuticles and nails trimmed, buffed and finish with a relaxing foot massage.

### Waxing and Finishing Touches

|                              |            |
|------------------------------|------------|
| <b>Full leg</b>              | <b>£30</b> |
| <b>Three-quarter leg</b>     | <b>£25</b> |
| <b>Half leg</b>              | <b>£20</b> |
| <b>Bikini</b>                | <b>£15</b> |
| <b>Under arm</b>             | <b>£10</b> |
| <b>Lip or chin</b>           | <b>£10</b> |
| <b>Eyebrow shape/wax</b>     | <b>£10</b> |
| <b>Back</b>                  | <b>£30</b> |
| <b>Chest</b>                 | <b>£30</b> |
| <b>Eyebrow tint</b>          | <b>£12</b> |
| <b>Eyebrow tint</b>          | <b>£10</b> |
| <b>Eyebrow and lash tint</b> | <b>£18</b> |



## Leisure Spa General information

### Opening Times

January, February, November and December  
Daily 9.00am to 7.00pm, Last entry 6.15pm  
March to October  
Daily 8.00am to 8.00pm, Last entry 7.15pm

### Treatments are available daily by reservation only

Monday to Saturday 9.00am to 6.00pm  
Sunday 10.00am to 3.00pm

### How to make a booking

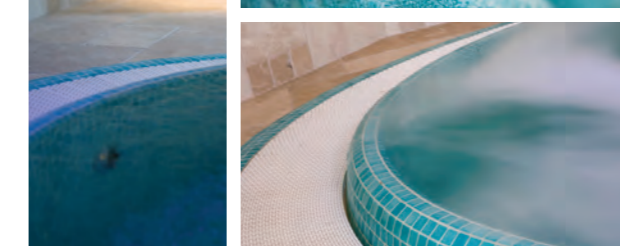
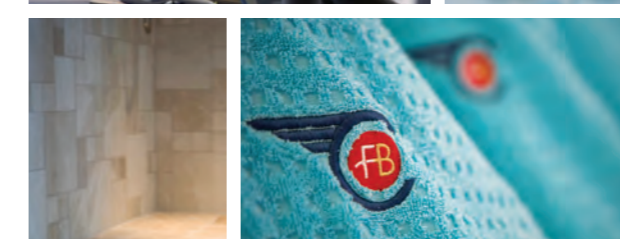
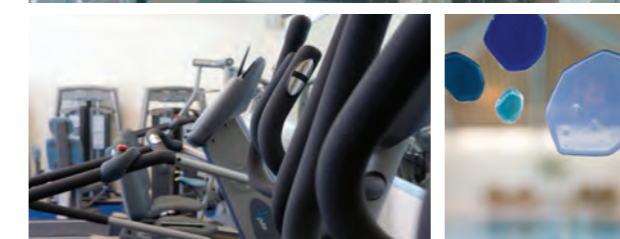
Simply book a therapist's time by calling the Leisure Spa on 424075 or email flyingboatclubspa@tresco.co.uk  
If you would like to know more about a particular treatment, we will be delighted to advise you on what is best suited to your needs. Please book all treatments in advance.

### Cancellation Policy

24 hour notice is required if you need to cancel an appointment. Failure to do so will mean we will charge the full cost of your treatment. Ensure you arrive in plenty of time; a late arrival may result in your treatment time being reduced or even cancelled with the full cost being charged.

### Health Concerns

Treatments are available on completion of our health questionnaire. All treatments include a full consultation with the therapist. Please inform us at the time of booking if you have a heart condition, suffer from high/low blood pressure, are pregnant or have any physical ailments or allergies.



## Spa Etiquette Your questions answered

### When should I arrive?

If you have booked a treatment we suggest you arrive at least half an hour in advance so you can relax and unwind.

### What should I wear?

Robes are provided on arrival. Slip your robe over your bathing costume or underwear and make your way to the Treatment Lounge. When enjoying your treatment we will protect your modesty and keep you wrapped up warm.

### Treatments

Relax in the expert hands of our therapists who will be able to advise you on your treatment depending on your individual needs. All appointment times include a full consultation and aftercare advice. Please book all treatments in advance.

Please avoid alcohol prior to any treatment. Certain treatments are available for persons under 16, BUT they must be accompanied by a parent or guardian throughout the treatment.

All information is correct at the time of going to press but is subject to variation without notice.

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**TRESCO**  
ISLAND