



ocean breeze spa

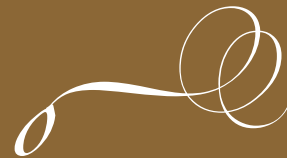
relax . unwind . refresh



Sands
RESORT HOTEL

Sands Resort Hotel, Porth, Cornwall, TR7 3LX
spa@sandsresort.co.uk 01637 872864 or 877920

2012



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relax . unwind . refresh

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DARPHIN CUSTOMISED FACIALS

MEADOWSWEET & CUCUMBER EYE REFINER

25 mins £30.00

EYE TREATMENT

Exquisite bliss, complete rejuvenation for the fragile eye area. Eyes look fresh, bright, younger, sparkling and well-rested!

SENSORIAL REVIVER FACIAL

30 mins £30.00

PICK ME UP TREATMENT

A detoxifying and relaxing facial that recharges the skin from environmental elements and helps lift the spirit. Ideal as a quick pick-me-up!

KIWI & POMEGRANATE HYDRATING FACIAL

60 mins £46.00

INTENSIVE HYDRATING TREATMENT

A deep drench and soothing quench for moisture-depleted skin. This intensive hydrating facial provides a dewy-fresh, radiant complexion.

CHAMOMILE & HONEY SOOTHING FACIAL

60 mins £46.00

CALMING SOOTHING TREATMENT

A calming cocoon for sensitive complexions. This pillowy-soft flower blend reduces redness to reveal a smooth, even-toned complexion.

LEMON & LAVENDER PURIFYING FACIAL

60 mins £46.00

DEEP CLEANSING TREATMENT

A deep purifying and detoxifying treatment for all skin types that refines pores and leaves the complexion refreshed, sparkling clean, clear and bright.

VITAMIN & TANGERINE REVITALISING FACIAL

60 mins £46.00

FIRST SIGNS OF AGEING TREATMENT

Delivers a high-powered boost to rev-up skin's natural vitality and anti-ageing resources for a smooth, toned, energised and radiant complexion.

IRIS & JASMINE WRINKLE REPAIRING FACIAL

60 mins £46.00

YOUTHFUL FIRMING TREATMENT

Rediscover the days of smoother skin. Darphin's unique line erasing massage works wonders to relax lines and firm muscles for a beautifully smoother, younger-looking skin.

STIMULSKIN LIFTING FACIAL

60 mins £46.00

TOTAL ANTI-AGEING TREATMENT

This deeply nourishing anti-ageing treatment will lift, firm and tone your skin as well as help to reduce redness, age spots and the appearance of wrinkles for a rejuvenated complexion.

HIGH POWER REVITALISING FACIAL

60 mins £43.00

MADE FOR MEN

A revitalising treatment personalised to suit specific skin concerns, from deep cleansing and age prevention to hydration and ultimate relaxation.

DARPHIN'S SIGNATURE FACIAL

DIVINE 8-FLOWER LIFTING FACIAL

1 hour 45 mins £80.00

ULTIMATE INDULGENT ANTI-AGEING TREATMENT

Darphin's signature indulgence and most effective treatment for ageing skin. Unique massage tones, tightens and lifts facial contours and lusciously fragrant active formulas infuse the skin with age-defying, radiance boosting ingredients. The ultimate luxurious and uplifting treatment for you and your skin.



DARPHIN BODY TREATMENTS

DEEP HARMONY BACK MASSAGE

30 mins £30.00

DEEP HARMONY FULL BODY MASSAGE

55 mins £45.00

DEEP HARMONY COMPLETE FACE & BODY MASSAGE

1 hour 25 mins £65.00

A delightful signature massage using rhythmical techniques to relax the deepest tension in the gentlest way. Using a blend of essential oils this massage improves circulation to help oxygenate the skin and reveal a revitalised and healthy glow. The mind and body are left energised and in a state of harmonious relaxation.

ORANGE ENERGISING EXFOLIATING POLISH

55 mins £46.00

ENERGISING EXFOLIATING MASSAGE

A deep exfoliation and stimulating massage using a trio of Orange, Lemon and Bergamot essential oils leaves skin feeling silky smooth and full of vitality!

LAVENDER RELAXING EXFOLIATING POLISH

55 mins £46.00

RELAXING EXFOLIATING MASSAGE

Exfoliation and aromatic calming oil massage with Lavender and Chamomile essential oils nourishes the skin and banishes muscle tension for a delicious sense of serenity.

BLACK PEPPER SLIM & DETOX

1 hour 25 mins £60.00

SLIMMING AND DETOXIFYING TREATMENT

This purifying treatment helps remove body toxins. Energising oil massage followed by a warm seaweed wrap helps tone the skin to leave you feeling as light as air!



PALMAROSA & JOJOBA FIRMING LIFT**1 hour 25 mins** £60.00**FIRMING AND TONING TREATMENT**

This smoothing, firming treatment wakes up muscle tone with an energising massage whilst a luscious lifting mask helps reveal a more toned, smoother, firmer-looking silhouette.

SANDALWOOD & SUNFLOWER REVITALIZER**1 hour 25 mins** £60.00**ENERGY & VITALITY BODY TREATMENT**

A stimulating massage recharges the body and helps firm muscles by saturating the skin with vitamins and revitalising essential oils, leaving you reinvigorated to face the day.

BERGAMOT & LEMONGRASS**STRESS RELEASE****1 hour 25 mins** £60.00**DE-STRESS BODY TREATMENT**

Melt away tension with gentle exfoliation, nourishment and aromatic essences applied through rhythmic movements that soothe and smooth the body and mind.



DARPHIN
PARIS

HOLISTIC FACE & BODY THERAPIES

BODY MASSAGE

DEEP TISSUE BACK MASSAGE

Back: 25 mins £27.00

A deep massage that loosens tense muscles, breaks up knots of tension and relieves stress.

AROMATHERAPY BACK, NECK & SHOULDER MASSAGE

Back: 25 mins £28.00

Using essential oils, selected to suit your needs combined with massage, promotes well-being and melts away tension and stress.

FULL BODY MASSAGE

Body: 55 mins £38.00

A therapeutic full body massage using a variety of expert massage techniques for stress reduction, relaxation and detoxification.

AROMATHERAPY FULL BODY MASSAGE

Body: 55 mins £39.50

The art and science of using plant essential oils and massage to encourage the body to heal itself, promoting well being, easing tension and relieving stress.

Throughout the treatment oils are being absorbed as well as being inhaled, resulting in pure bliss and helping heal physiological and psychological conditions.

HYDROTHERM PREGNANCY BODY MASSAGE

Back: 25 mins £28.50

Body: 55 mins £39.50

Using warm water filled units to give a relaxing massage to anyone who cannot comfortably lie on their front.



HEAD MASSAGE

INDIAN HEAD MASSAGE

Back: 25 mins **£27.00**

A traditional Indian therapy practiced for over 1,000 years. It is guaranteed to lift you out of the stresses of daily life. Targeting the back, neck, shoulders, face and head, which are the energy centres of the body, where the bodies stress accumulates causing muscle pain, tension and headaches.

HEALING THERAPIES

REFLEXOLOGY

Feet: 50 mins **£35.00**

A therapy practiced as far back as 4000 BC. A powerful, yet relaxing natural therapy involving the stimulation of reflex points on the feet, helping to unblock energy flow, bringing the body into a state of balance, encouraging it to heal itself. A very relaxing treatment.

PHYSIOTHERAPY

Initial consultation <60 mins **£40.00**
Follow up appointment <45 mins **£30.00**

Physiotherapy aims to promote an effective and speedy recovery after injury or surgery and provide relief from ongoing degenerative conditions such as arthritis. Our experienced physiotherapist incorporates a wide range of treatments within his practice including acupuncture, Sports massage, spinal manipulations, soft tissue techniques, electrotherapy plus much more.... He believes that a 'hands on' approach to treatment is the most effective way to achieve the best results.

Sean Clement BSc(Hons) MCSP

Chartered and State Registered Physiotherapist

DIRECT ENQUIRIES: 07969 837 997

REIKI CONSULTATION AND HEALING

Body: 50 mins **£35.00**

Reiki is described as hands on healing; it can help with health problems, emotional issues and all areas of life. The effects of treatment can often be felt immediately.

REI – universal energy, KI – the life force is said to have been re-discovered in the late 19th century by Dr Mikao Usui whilst studying ancient Sanskrit scriptures in a Buddhist Monastery.

Medical insurance welcomed.

BUPA and AXA/PPP recognised.



SCULPTING LIFTING & DETOXING BODY & FACE THERAPIES

DERMA LIFE SPA THERAPIES

'Taking the waters' or the SPA experience, has been taken to a new level by the Derma Life Spa Couch.

Using aromatic mist, steam, and hydro massage with its 360 degree Vichy shower system, the Aqua Spa moves hydrotherapy into the 21st century. Add a vibrating couch, colour mood lighting, infrared heat and calm music and you have a multi sensory experience that both soothes and stimulates.

Using seaweeds, gels, and essential oils with the spa, we create a range of stimulating, cleansing and uplifting treatments that are guaranteed to please.

SPA AQUATICA

30 mins **£25.00**

Experience the benefits of water with this 30 minute spa experience.

OCEAN CLEAR DETOX SPA

Body: 1 hour 25 mins **£50.00**

This treatment is the ultimate cleanse, designed to combat the build up of natural toxins by extracting impurities that cause cellulite, imbalanced oil secretion and poor circulation. A full body exfoliation followed by a 30 minute spa experience to invigorate and open your pores. Finally a soothing massage with aromatic oils and sea weed essence.

IONTHERMIE INSTANT YOUTH FACE LIFT

Face: 55 mins **£40.00**

A boosting and uplifting treatment using an elastin and collagen mask which is absorbed into the skin aided by minute electrical forces. The skin is firmed and tightened and wrinkles fade away bringing back a youthful look without surgery.

IONTHERMIE FIRMING BODY LIFT

Body: 55 mins **£40.00**

The Ultimate Gold Star Detox Treatment. Amazing inch loss from the first treatment and not just by reducing water retention. Recognized as the most effective way to create smoother, tighter skin with up to an 85% reduction in cellulite.

MANICURES

POLISH

Nails: 15 mins **£8.00**

File and paint.

MANICURE & PAINT

Nails: 40 mins **£22.50**

File, cuticle treatment, massage and paint.

LUXURY SPA MANICURE

Nails: 55 mins **£29.00**

File, cuticle treatment and a hand and arm massage, followed by a nourishing mask to leave hands softer and younger.

Choose from a nail paint or paraffin wax mask.

PEDICURES

PEDICURE

Nails: 40 mins **£24.50**

File, cuticle treatment, massage and paint.

LUXURY PEDICURE

Nails: 55 mins **£29.00**

The ultimate pampering experience for tired feet.

With foot spa soak, hard skin removal, mask, foot and leg massage and paint.

NAIL EXTENSIONS

Bio Sculpture Gel - Natural, glossy and healthy nail extensions that reduce the risk of nail damage.

EXTENSIONS

NATURAL	1 hour 45 mins	£36.00
FRENCH	1 hour 45 mins	£36.00
OVERLAYS	1 hour 30 mins	£26.00
INFILLS	1 hour	£20.00
REPAIRS	15 mins	£4.00 each
REMOVAL	1 hour	£20.00

BEAUTY

EYES

MEADOWSWEET & CUCUMBER EYE REFINER

25 mins £30.00

Ideal for: tired eyes, dark circles, puffiness, fine lines and creases.

Exquisite bliss, complete rejuvenation for the fragile eye area. Darphin combines its most effective age-defying products and delicate massages in this unique protocol designed to smooth, firm and clarify the eye contour.

Eyes look fresh, sparkling and well-rested!

EYE LASH TINT

Eyes: 20 mins £12.50

EYE BROW TINT

Eyes: 20 mins £10.00

EYE LASH PERMING & TINT

Eyes: 55 mins £29.00

EYE BROW WAX

Eyes: 15 mins £9.50

TANNING

ST TROPEZ TANNING

Body: 1 hour £35.00

A St Tropez Full Body scrub followed by a full body application of St Tropez tanning cream with a buffing finish.



HAIR

REMOVAL

EYE BROW WAX	Eyes: 15 mins	£9.50
LIP / CHIN WAX	Face: 15 mins	£7.00
UNDER ARM WAX	Arms: 15 mins	£10.50
BIKINI LINE	Body: 15 mins	£10.50
BRAZILIAN	Body: 25 mins	£17.00
HOLLYWOOD	Body: 30 mins	£17.00
HALF LEG WAX	Leg: 25 mins	£17.00
FULL LEG WAX	Leg: 40 mins	£25.00

HAIRDRESSER

Jodie Young, our experienced hairdresser uses L'Oréal professional hair colour products and invites you to pop by for a FREE consultation.

Direct Enquiries 07968 861874

Cut & Blow Dry	£25.00
Restyle Cut & Blow Dry	£30.00
Shampoo & Cut	£20.00
Shampoo & Blow Dry	£12.50
Gents Cut	£10.00
Kids Cut (Under 14)	£10.00
Kids Cut (Under 5)	£5.00

COLOURING

Blow Dries and toners included in the cost of colour services.

T Section Foils	£30.00
Half Head Foils	£35.00
Full Head Foils	£45.00
Re-Growth Tint	£25.00
Full Head Tint	£35.00
Full Head Tint & Foils	£50.00

Any Colour being applied to the scalp will require a skin test 48 hours prior to service.

Please be aware an extra charge may be added for any extra time or product required.



PACKAGES

SPA TASTER EXPERIENCE

For first timers or as a top to toe gift for a partner experience a range of relaxing beauty therapies.

Face, body & hands:

1 hour £35.00 (worth £45.00)

Skin Analysis

So that we can use the right products for your skin.

Facial

Using Darphin products to cleanse, tone and moisturize.

Massage

A scalp massage and an express back massage.

File & Paint

Either a finger or toenail file and paint.

CALMING COCOON

A half day package that will leave you relaxed, re-vitalised and looking your best.

Face, body & hands:

4 hours £98.00 (worth £122.00)

- RELAXING BACK MASSAGE
- PEDICURE
- LIGHT LUNCH SNACK AND A GLASS OF WINE
- MANICURE
- DARPIN CUSTOMISED FACIAL



"FRIENDS" CALMING COCOON

Book with a friend and have your treatments in our friends room.

DE-STRESS PACKAGE

Unload the stresses of daily life with this relaxing package.

Face, body & hands:

4½ hours £125.00 (worth £155.00)

- RELAXING BACK MASSAGE
- SCALP MASSAGE WITH CONDITIONING TREATMENT
- LUXURY PEDICURE
- LIGHT LUNCH SNACK AND A GLASS OF WINE
- LUXURY MANICURE
- DARPIN CUSTOMISED FACIAL

PACKAGES

CRÈME DE LA CRÈME

It doesn't get better than this...luxury pampering!

Face, body & hands:

6 ¾ hours **£175.00 (worth £214.00)**

- DARPHIN STRESS RELEASE SPA BODY THERAPY
- DARPHIN 8-FLOWER DIVINE LIFTING FACIAL
- INDIAN HEAD MASSAGE
- LIGHT LUNCH SNACK AND A GLASS OF WINE
- LUXURY PEDICURE
- LUXURY MANICURE

MUMS TO BE

All mums to be, deserve a little "you time".

Face, body & hands:

3 ¾ hours **£98.00 (worth £123.00)**

- HYDROTHERM BODY MASSAGE
- DARPHIN SPA FACIAL
- LIGHT LUNCH SNACK AND A GLASS OF JUICE
- LUXURY PEDICURE

FOR HIM

A re-vitalising and relaxing package for men.

Face, body & hands:

2 hours **£67.00 (worth £80.00)**

- FULL BODY MASSAGE
- DARPHIN LEMON & LAVENDER PURIFYING FACIAL

DARPHIN TOTAL HARMONY

An indulgence package to induce pure harmony.

2 hours **£72.00 (worth £88.00)**

- DARPHIN KIWI & POMEGRANATE HYDRATING FACIAL
- DARPHIN DEEP HARMONY FULL BODY MASSAGE

TERMS

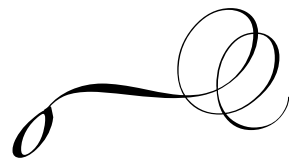
Clients are kindly asked to give at least 24 hours notice of a cancellation. If not, a £10.00 per 30 min treatment time booked, charge will be made. Please ensure you arrive 10 minutes before your appointment time, as late arrivals will not be able to have their time extended.

All treatments must be paid for in the salon and cannot be charged to hotel accounts. All prices include VAT at the current rate.

* GIFT VOUCHERS ARE AVAILABLE *

* SPA & HEN PARTIES AVAILABLE *

* LOCAL DISCOUNTS AVAILABLE *



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