



FISTRAL SPA

NEWQUAY . CORNWALL

There are few places in the UK more evocative than Cornwall's North coast. The warm Gulf Stream nourishing the coastline as it flows into our waters is the inspiration behind Fistral Spa and we have developed a journey of true relaxation that will nurture and nourish body, mind and spirit.



## OUR SPA

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Fistral Spa is widely reputed as the best spa's in Cornwall. Using a selection of carefully chosen Gaia therapies, Fistral Spa achieves an integration of body, mind and spirit transporting guests to a place of peace and well-being. Boasting nine treatment rooms designed with total relaxation in mind, heated vitality pool, hot tub, relaxation room, steam room, sauna and state-of- the-art fitness suite, Fistral Spa will help you forget the pressures of the outside world and return you to a state of inner-calm and outer-beauty.

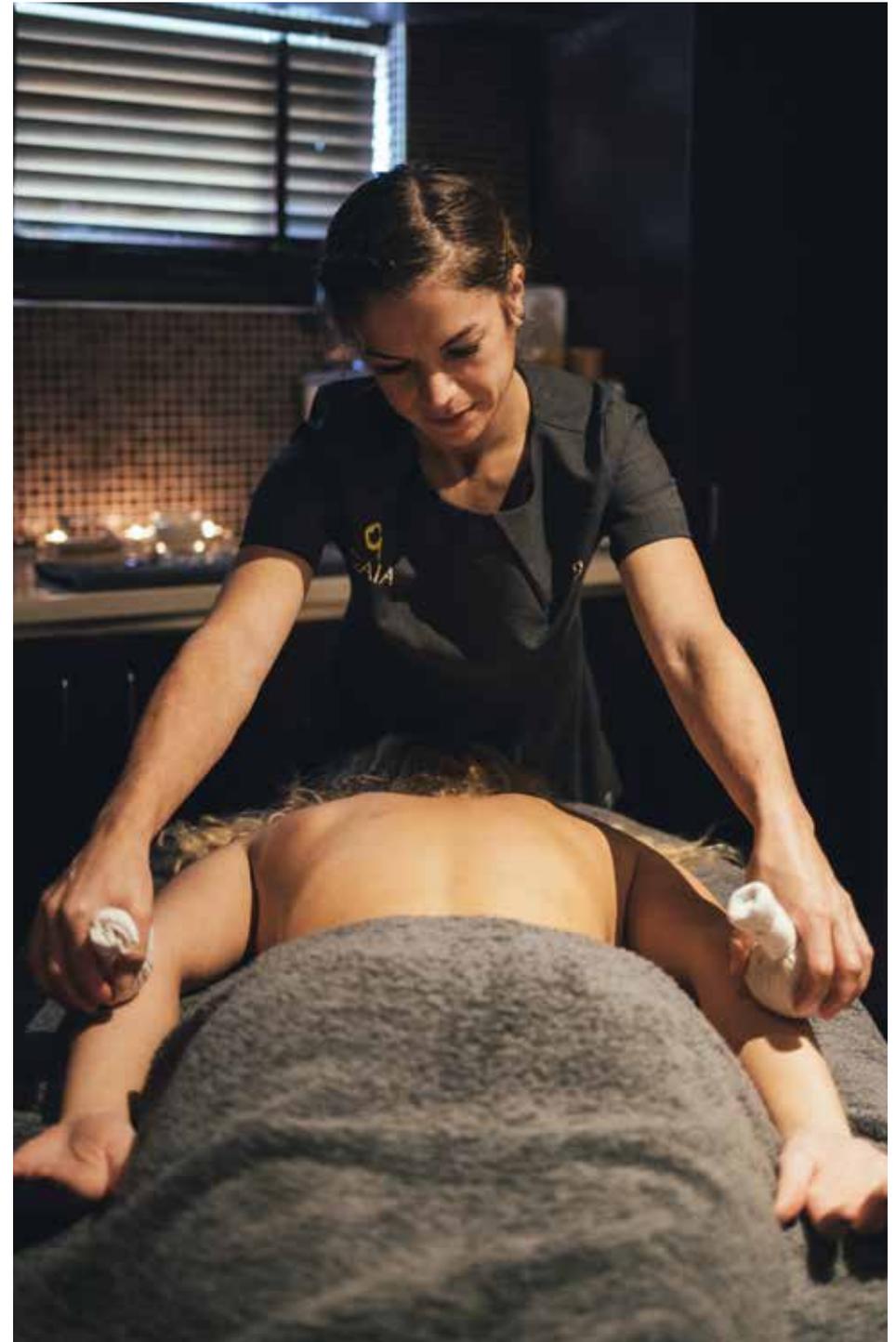
## OUR PRODUCT RANGE

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### GAIA

Inspired by the ancient Greek goddess known as mother nature, GAIA natural skincare products have been created to nourish and nurture.

Handmade in Britain using traditional artisan methods, blending together the finest ingredients, plant actives and essential oils, GAIA products are full of intention and integrity. Free from parabens, sulphates, synthetic colours and fragrances the GAIA skincare range features three collections; Awakening, Balancing and Calming blends to ensure your wellness, naturally.



## FACIALS

Nourish, illuminate and detoxify with a selection of speciality facial treatments hand-picked by the experts to ensure total relaxation. Choose from GAIA'S naturally bespoke facials to leave you feeling unforgettably replenished and revitalised.

### **Naturally GAIA Facial**

*45 minutes*

A healing facial massage that'll leave the skin feeling rejuvenated and glowing as GAIA'S natural skincare products are softly massaged deep into the skin, using healing Jade crystal wands to stimulate both lymph drainage and blood flow.

### **Equilibrium Crystal Facial**

*60 minutes*

There is a link between our skin, our identity and our sense of self worth.

Using a powerful combination of anti-inflammatory plant ingredients along with balancing chakra crystals woven throughout the treatment which lend their energetic and healing benefits, bringing the mind and body back to a state of equilibrium. This holistic treatment begins with some lymph-boosting stretches, followed by a soothing facial and relaxing neck and shoulder massage. During the crystal placement, you will experience a grounding foot massage to aid spiritual balance. The result is a renewed complexion and a sense of calm.

### **GAIA Jade Facial**

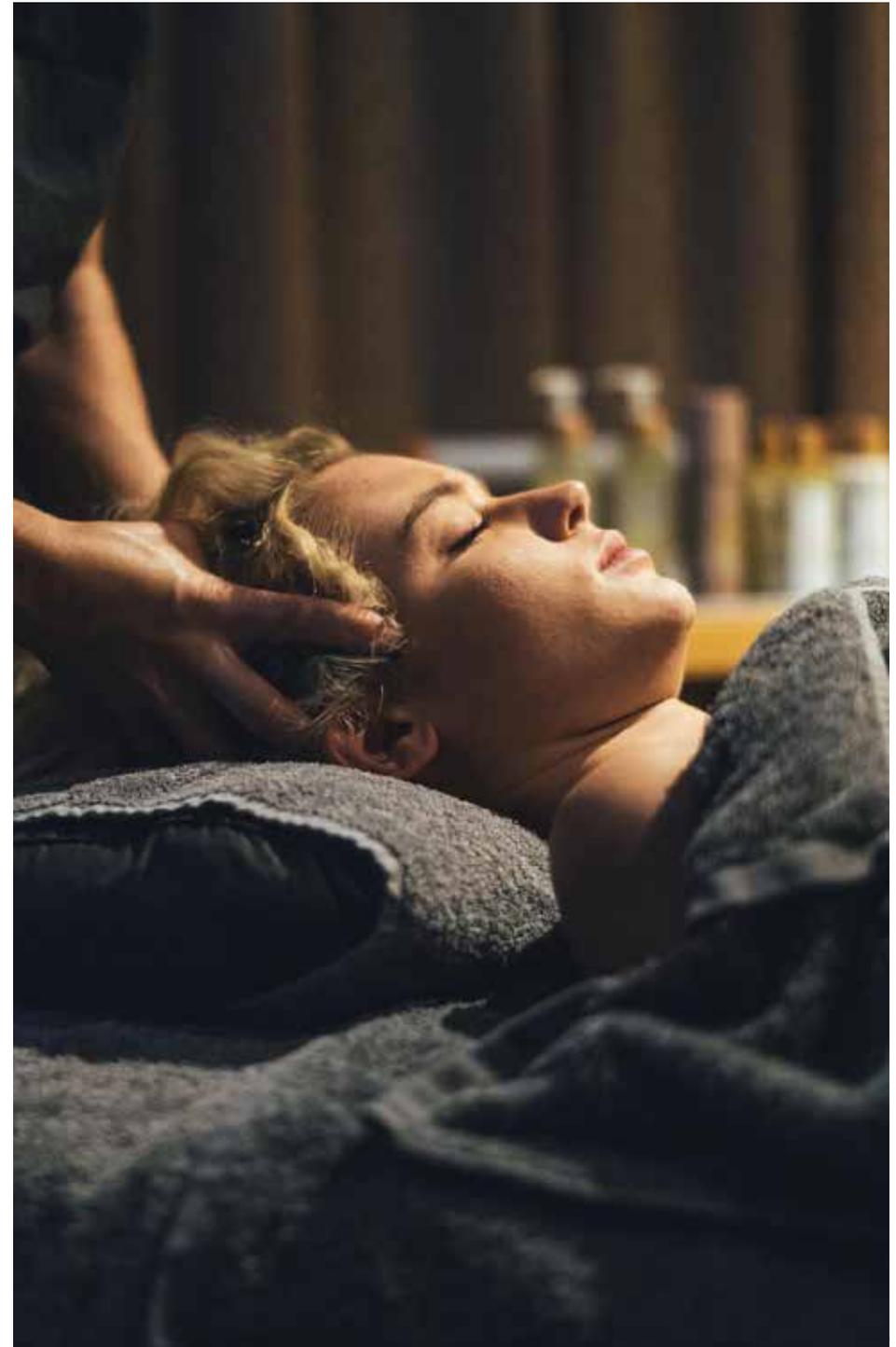
*60 minutes*

A healing facial massage that'll leave the skin feeling rejuvenated and glowing as GAIA'S natural skincare products are softly massaged deep into the skin, using healing Jade crystal wands to stimulate both lymph drainage and blood flow. A warming mask with honey extracts is applied during the treatment to help close the pores whilst an invigorating scalp massage ends this detoxifying treatment.

### **Gaiyoga Lifting Facial**

*90 minutes*

As much as we know exercising our body is good for us well it is the same for the face. Using a stimulating workout for the face with a combination of advanced lifting massage technique, lymphatic drainage and the power of nature this facial increases muscle tone and volume so the skin becomes tauter with more definition and exceptional results.



# BODY THERAPY

A complete sensation of inner wellbeing. Achieving an integration of body, mind and spirit discover a treatment menu aimed to focus on you and your individual needs.

## GAIA Hot Stone Massage

- **Back, neck and shoulder** 45 minutes
- **Full body** 60 minutes
- **Full body and scalp** 90 minutes

A therapeutic back, neck and shoulder, full body or full body and scalp massage using specially blended GAIA oils and warm volcanic stones to relieve deep muscle tension.

The warmth of the stones penetrates muscles to soothe aches and pains, thus helping you to unwind and feel rejuvenated. Choose from the GAIA oils, Awakening, Balancing or Calming.

## GAIA Bespoke Massage

60 minutes / 90 minutes

A unique treatment that's all about you. Our trained therapist will adapt this massage to your specific needs and target your main concerns using GAIA'S natural oils.

## GAIA Restorative Treatment

60 minutes

Experience a therapeutic back cleanse using a Clarisonic brush followed by exfoliation with GAIA'S own unique body scrub, before Gaia's mud mask is applied in sweeping motions to detoxify and cleanse. Following the removal of the mud with a hot towel, the back is massaged with hot stones.

## Mother GAIA

60 minutes / 90 minutes

A beautifully gentle, relaxing treatment perfect during and after pregnancy. This nurturing treatment exfoliates the back and is followed by a specifically designed massage focusing on alleviating muscular aches on stressed areas, helping you to feel relaxed and restored. Treatment only available after 12 weeks.

## Quiksilver Surfer Massage

60 minutes

The perfect treatment for those suffering aches, pains and tension brought on by the sea. Experience a deeply relaxing back massage to ease muscle tension in the shoulders, neck and upper arms followed by an exfoliating foot treatment with deep massage and warming essential oils. The treatment finishes with an application of Gaia's body butter to smooth and nourish the feet.

## Gaia Poultice Massage

60 minutes

A heat treatment to soothe muscle tension through a herbal compress filled with naturally grown herbs that are part of the GAIA blend, allowing the stresses and strains of your daily routine to be massaged away.

## Indian Head Massage

45 minutes

A treatment combining massage on the face, including relaxing eye cleanse, shoulders and scalp. A series of techniques are performed to manipulate the muscles releasing tension and stress throughout the mind and body to leave you feeling totally harmonised and grounded.

## Salt & Oil Scrub

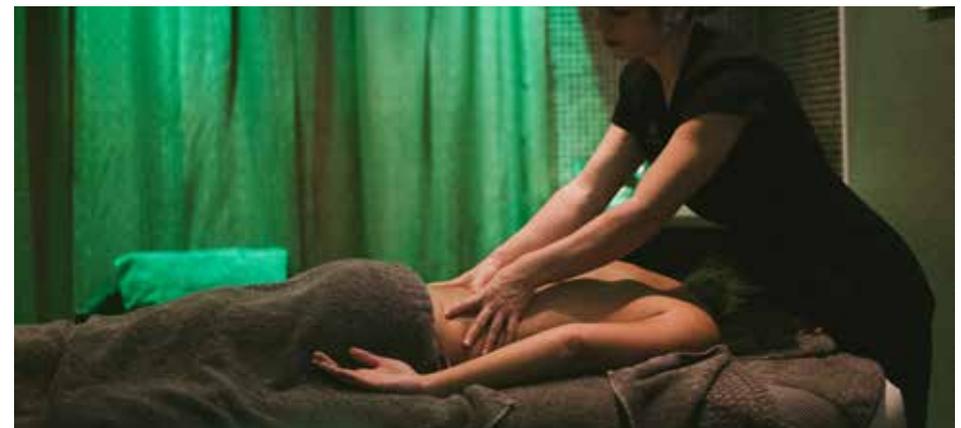
45 minutes

Liberate your skin with our nourishing salt and oil scrub treatment. Your body is awakened with natural sea salt, peppermint and lemongrass, to gently buff the skin, boosting circulation and leaving a natural glow. This refreshing treatment will leave a natural feeling of well being, whilst skin is left smooth and replenished.

## GAIA Affinity Cancer Treatment

45 minutes / 60 minutes / 90 minutes

A safe, relaxing experience developed for those undergoing medical treatment, including cancer, in need of a little nurturing or spiritual healing. The spa experience is suitable for those being treated for medical conditions, or those who suffer from a condition that would normally prevent them from having a spa treatment. The GAIA Affinity Cancer Experience is completely bespoke, tailored to individual needs, considering circumstances, and ensuring a personalised journey. This experience will include a nurturing foot ritual and a personalised wellness routine, allowing guests to be naturally comforted and protected by GAIA.



## JOURNEYS

The GAIA Journeys have been developed to offer three new experiences to help guests find grounding and balance, relax and find calm, or energise and awaken their mind and body. The three journeys complement the three essential oil blends by GAIA Skincare, which the guest can choose between during the sensory test at the start of their experience: Awakening, Balancing or Calming.

### GAIA Awakening Journey

*60 minutes | 90 minutes*

An energising experience, helping to renew and radiate positivity for the mind and body. The Awakening Journey helps revitalise the skin with a salt and oil exfoliation, either on the back, neck, and shoulders (60 minutes) or full body scrub (90 minutes) removing dead skin cells to reveal refreshed soft skin. The Awakening Journey continues with a bespoke massage, tailored to suit your needs, to help awaken the body and boost circulation, leaving you feeling refreshed and uplifted.

### GAIA Balancing Journey

*60 minutes | 90 minutes*

Find grounding and harmony with the Balancing Journey, a treatment designed to alleviate stress and bring equilibrium to the mind and body. The journey centers around a hot stone massage, using warm volcanic stones to soothe aches and pains, relieving muscle tension. The Balancing Journey continues with a nurturing Jade facial, known as the healing stone, the Jade crystal wands help to relieve tension in the muscles, encourage blood flow, and help eliminate fine lines. With a choice of 60-minute and 90-minute journeys, you'll leave feeling restored and emotionally balanced.

### GAIA Calming Journey

*60 minutes | 90 minutes*

A truly tranquil experience, the Calming Journey has been developed to offer complete relaxation and peace within. Your journey will begin with a serene back, neck, and shoulder massage to ease muscle tension and calm the mind and body. This is followed by either a scalp massage (60 minutes) or an Indian head massage (90 minutes) which includes a facial cleanse, tone, and a beautifully relaxing facial massage, focusing on pressure points to relieve tension. Both journeys include a hand and arm massage, helping to release stress and find total relaxation.





## RITUALS

Created to meet the varied needs of modern individuals using effective natural ingredients and highly skilled therapeutic techniques, a GAIA ritual truly is an unforgettable experience. Starting with a foot ritual and consultation, and ending with a Gaia tea, slip into a state of harmony with a bespoke ritual taking you to a state of total wellness.

### **Ocean GAIA Ritual**

*120 minutes*

A deeply therapeutic ritual to release tension and stress bringing the mind and body into harmonious balance. Using advanced Balinese and Lomi Lomi techniques, originating from Hawaii, the body is exfoliated followed by an application of our nourishing GAIA mud. Once showered, a GAIA blend of your choice is poured warmly onto the body for a muscle easing massage.

### **GAIA Crystal Therapy**

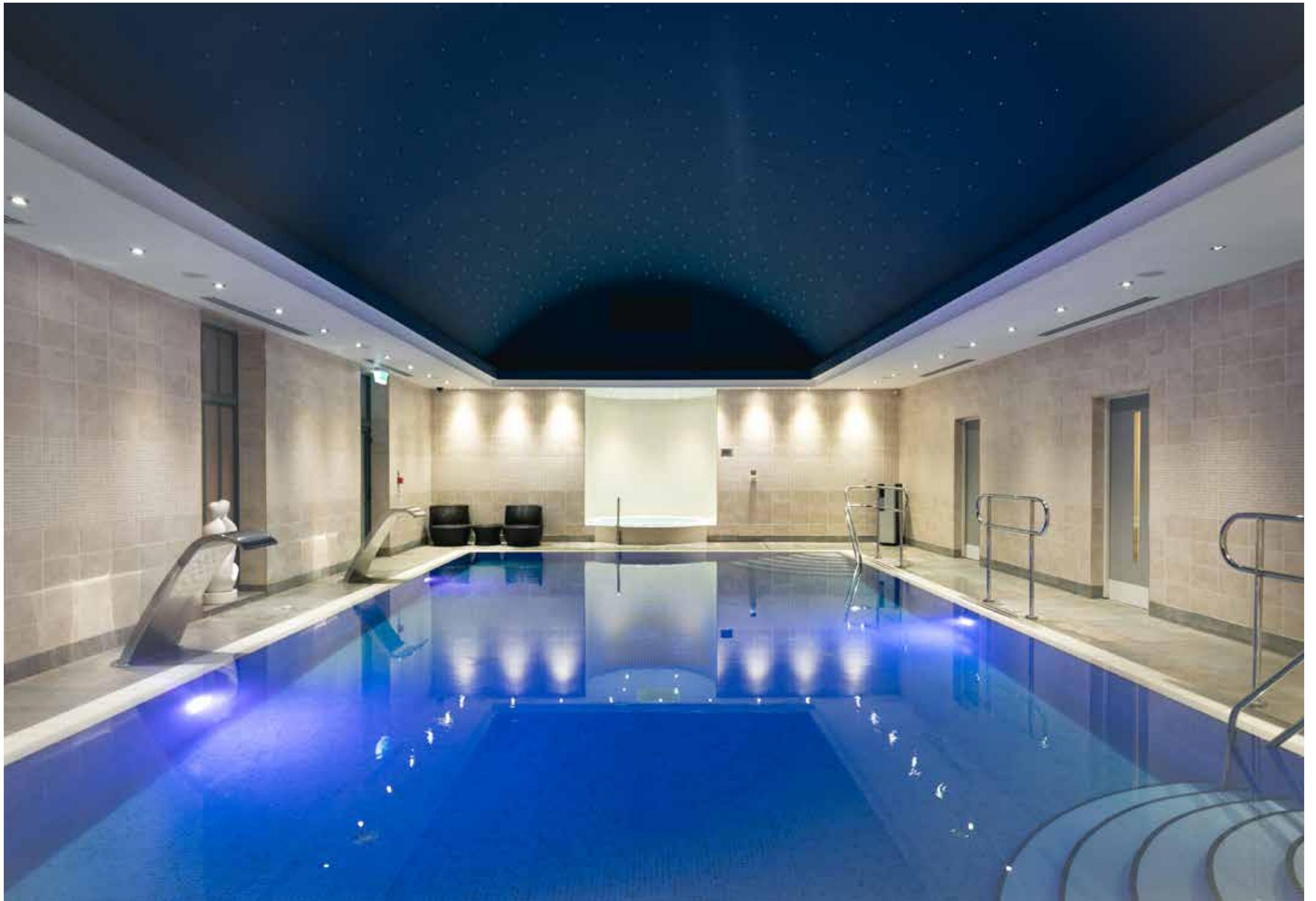
*120 minutes*

The ultimate goal of crystal healing is to bring the whole body back to a state of pure unconditional love. This treatment is personalised using crystals to discover which chakras are blocked and includes meditation, full body massage and a nurturing scalp massage. Aftercare, product advice and a crystal prescription will be recommended by your therapist.

### **GAIA Raindrop Therapy**

*120 minutes*

Raindrop therapy is a healing technique using pure essential oils. It combines aromatherapy oils and moist heat to bring total balance, harmony and body wellness mentally, physically and emotionally. Techniques are used through the massage to release toxins and lymph, boosting the immune system and bringing the body back to natural alignment. Ritual includes full body massage using the purest essential oils used as droplets to the back, spine and feet and a nurturing scalp massage.





## FISTRAL SPA PACKAGES

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Fistral Spa has been created to provide an environment where guests can escape from everyday stresses and reconnect with their senses. Whether you're after an afternoon of bliss or a full day of calm, our tranquil haven is a sanctuary to achieve a full integration of mind, body and spirit.

## FULL DAY PACKAGES

Designed to ensure complete rejuvenation combining relaxing treatments, nourishing food and full use of the soothing spa facilities, escape the routine and discover a unique spa experience with a full day at Fistral Spa.

### All day packages include...

- Use of the Vitality Suite including pool, steam room, sauna and hot tub
- Use of fitness suite
- Use of the calming relaxation room before and after treatment
- Refreshments in the relaxation room
- Use of robe and slippers during your day
- An Afternoon Tea with a glass of Prosecco
- 60, 90 or 120-minute treatment

### Rejuvenate Spa Day

Recharge your body, mind and spirit. Experience a day of calming therapies and warming facilities, the perfect choice for those in need of total rejuvenation.

#### Choose from the below 60-minute treatments:

- Restorative Treatment
- Poultice
- Mother GAIA
- GAIA Jade Facial
- Quiksilver Surfer Massage
- Bespoke Massage\*
- Full Body Massage with hot stones\*\*
- GAIA Awakening Journey
- GAIA Balancing Journey
- GAIA Calming Journey

\* £20 Supplement for this treatment

\*\* £30 supplement for this treatment

### Invalidate Spa Day

Restore wellbeing and relax with a moment of invigoration. Designed with those in need of complete revival in mind, through carefully selected treatments, this package will leave you feeling entirely invigorated and uplifted.

#### Choose from the below 90-minute treatments:

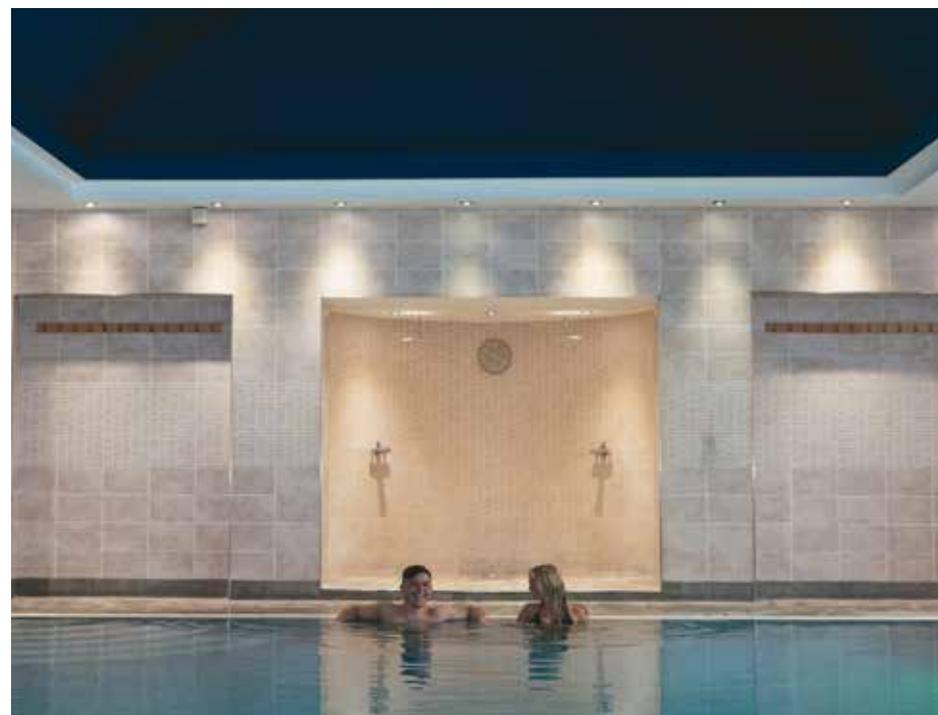
- GAIA Full Body and Scalp Massage with hot stones
- Mother GAIA
- GAIA Awakening Journey
- GAIA Balancing Journey
- GAIA Calming Journey

### Revitalise Spa Day

A popular choice for those in need of some time to reconnect and reflect. This revitalising and de-stressing spa day ensures total harmonisation to clear the mind, relax the body and soothe the soul.

#### Choose from the below 120-minute treatments:

- Ocean GAIA Ritual
- GAIA Crystal Therapy
- GAIA Raindrop Therapy



## HOTEL BREAKS

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Check-in, chill-out and celebrate life with a Cornish escape by the beach.

Combining a selection of soothing spa treatments and four-star hotel accommodation, The Fistral Beach Hotel and Spa is exclusively for adults and offers an escape like no other.

Stylish contemporary accommodation infused with a chilled-out coastal vibe. Our ocean facing rooms with sweeping balconies provide the perfect

vantage point to watch the surfers in action. At the heart of the hotel,

Fistral Spa is the ultimate destination for uninterrupted relaxation for those in need of some rejuvenation and replenishment. In the soft glow of one of the nine exquisitely designed treatment rooms, guests can take advantage of a range of his and her therapies alongside a cosy couple's treatment room. With carefully-styled architecture and an interior that balances urban tones with beach-infused touches of inspiration, the Fistral Beach Hotel and Spa is blissfully laid back to ensure you leave feeling relaxed and de-stressed.

**For information on our up-to-the-minute hotel and spa breaks, please visit;** [www.fistralbeachhotel.co.uk](http://www.fistralbeachhotel.co.uk) or call us on 01637 852221.





# FISTRAL FIT

Ensure total wellness inside and out with relaxing spa and swim spaces to soothe the mind and soul, with modern fitness facilities to empower body and spirit.

## Facilities

Work up a sweat at Fistral Spa's state-of-the-art fitness suite, fully equipped with the latest cardiovascular and resistance equipment. Head for the treadmills, upright and recumbent lifecycles or cross-trainers all of which come with personal TV screens and internet access to entertain and motivate whilst training.

## Memberships

We firmly believe in a work hard, play hard approach to staying fit and healthy, which is why our memberships also include full access to our vitality suite. Our fitness suite and pool offer the ultimate tone up and workout combo open from 6.00am to 9.00pm. Tired muscles can be soothed away in the vitality pool or with a spell in the steam room, or better still, with an advanced massage.

We have two core membership packages to choose from, both of which offer a couple's membership. We ensure the complete integration of mind, body and spirit through weekly classes, monthly personal training sessions and the use of soothing facilities.

## Personal training

Fistral Spa offers hotel guests and members professional one-to-one health and wellness programmes. Programmes are created specifically for the individual and designed to ensure success in exercise, healthy eating and relaxation.

## Corporate

For those who work hard and play harder, discover a gym membership in Newquay that has it all. Conveniently open from 6am daily, start your morning routine with a session at Fistral Fit, or simply chill out in the warming Vitality Suite after a hard day at the office. With 10% off food and drink as a member, a mid-week meal or cooling weekend cocktail whilst soaking up the sea views from the Bay Bar are in reach...

## Emergency service discount

We offer 10% discount on gym memberships to all emergency services and NHS personnel to include:

- Paramedic and NHS Staff
- Police
- Fire and Rescue
- RNLI and Beach Lifeguards

## Standard Membership

*For those who work hard and play harder*

- Free access to all classes
- Members events throughout the year
- Full use of Vitality Suite and Fitness Suite
- Nutritional advice session and fitness test
- Provision of towel each visit
- One guest pass per month and £10 per session after first visit
- 10% discount on food and drink in Dune Restaurant and the Bay Bar
- 10% discount on accommodation at Fistral Beach Hotel and Spa
- 10% discount on selected treatments (Monday-Thursday, 10am-3pm) excluding packages
- Half price admission to The Esplanade Hotel's family leisure facilities

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## Fitness Class Membership

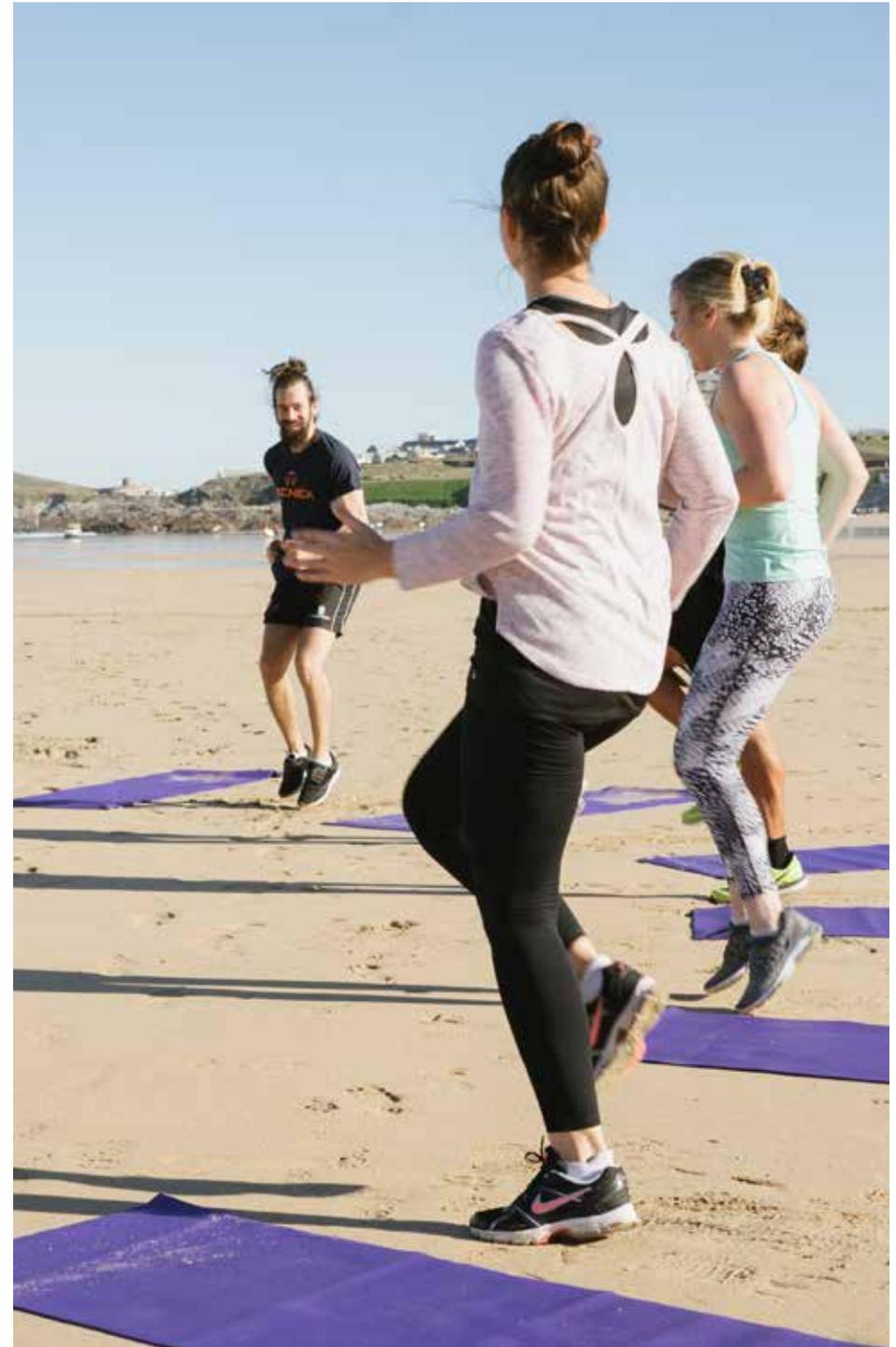
*Focus on fitness*

- Free access to all classes
- Monthly members events throughout the year
- Nutritional advice session and fitness test
- Provision of towel each visit
- 10% discount on food and drink in Dune Restaurant and the Bay Bar
- 10% discount on accommodation at Fistral Beach Hotel and Spa
- 10% discount on selected spa treatments (Monday - Thursday, 10am - 3pm) excluding packages
- Half price admission to The Esplanade Hotel's family leisure facilities

## Wellness Membership

### *The complete wellness package*

- One personal training session per month
- One 60-minute treatment per month (off peak times only)
- Free access to all classes
- Members events throughout the year
- Full use of Vitality Suite and Fitness Suite
- Nutritional advice session and fitness test
- Provision of towel each visit
- One guest pass per month and £10 per session after first visit
- 10% discount on food and drink in Dune Restaurant and the Bay Bar
- 10% discount on accommodation at Fistral Beach Hotel and Spa
- 10% discount on selected treatments (Monday - Thursday, 10am - 3pm) excluding packages
- Half price admission to The Esplanade Hotel's family leisure facilities



# FISTRAL SPA GUIDELINES

All you need to know about Fistral Spa including opening times and booking amendments. If you have any questions that aren't covered below, please contact us on 01637 852221.

## Opening hours

Fistral Spa is open 7 days a week. The swimming pool, sauna, steam room, hot tub and gym are open between 6.00am and 9.00pm. Treatments are available from 10am until 6pm, however earlier treatments are available on Monday and Thursdays with late night treatments available on Monday, Thursday Friday and Saturday evenings. Hours may vary.

## Make a day of it

You can book any treatment and upgrade your visit with use of the facilities for £5 (*treatments over £49 include facility usage*). Add an Afternoon Tea for £18 per person or Prosecco and chocolates for £10. Please note the spa facilities can only be used by hotel guests, members and people who have treatments booked that day.

## Spa preparation

It is recommended that no alcohol is consumed immediately prior to your arrival and that you consume plenty of water following any treatments.

## What's provided

Robes, slippers and towels are provided on each visit.

## Spa scheduling

In order to make the most of your treatment we would recommend that you arrive 20 minutes prior to your first appointment. This will allow you time to familiarise yourself with your surroundings and to enjoy our relaxation area prior to being collected by your therapist. On busy days, we may have to shorten the treatment time for late arrivals.

## Arrival at the spa

You will be greeted by a member of spa staff who will explain the procedures for your visit as well as the facilities available.

## Spa attire

Prior to your spa treatment we would advise changing into a bath robe and slippers that are provided to allow for maximum relaxation. It is advisable to wear underwear or swimwear underneath although we can provide disposable briefs if you prefer. Please be assured that all of our therapists are highly trained and your modesty will be protected at all times.

## Fitness suite attire

Guests should dress for comfort in a t-shirt or vest with stretch trousers or shorts. Trainers must be worn in the gym.

## Sauna/steam room/hot tub

Suitable swimwear must be worn at all times.

## Dining

Robes may be worn in the restaurant however we request that guests do not wear swimwear within the restaurant or the Bay Bar.

## Spa etiquette

Our spa environment is one of relaxation and tranquillity, allowing time to calm the mind, refocus the body and soothe the soul. Please respect all spa guests' right to privacy and quietness as we kindly ask that mobile phone usage is kept at a minimum and at a respectful level of sound, to ensure a complete experience of wellbeing.

## Children

In order to maintain a haven of tranquillity any person under the age of 18 are not allowed to use the facilities at Fistral Spa.

## Special considerations

Please notify our staff prior to arrival if you are pregnant or have any special medical considerations so that appropriate treatments can be recommended.

## Gift vouchers

Gift vouchers are available for any treatment, day spa package or product and are an ideal present for someone special. Gift vouchers are non-refundable and must be presented to spa reception upon arrival.

## Health conditions

Kindly advise us of any health conditions, including pregnancy, allergies and injuries, which could affect your treatment when making your spa reservation. The spa experience could affect your treatment and a doctor's note may be required.

## Pregnancy

Please advise us prior to arrival if you are or think you could be pregnant as due to the technique's used and strength of the products adaptations may need to be made. Please note that only manicures and pedicures are safe to have within the first trimester, for all other suitable treatments you must be a minimum 12 weeks pregnant.

## Cancellations

As a courtesy to other guests we ask that you provide 24 hours notice if you need to cancel or reschedule your appointment. If you cancel with less than 24 hours notice you will be subject to 50% of the treatment cost. If you give less than 12 hours notice you will be charged the full treatment cost.

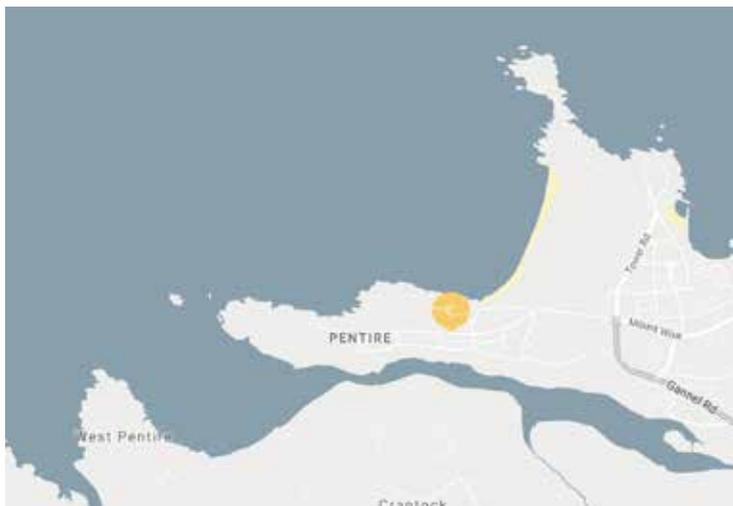
## Your feedback

We always appreciate customer feedback as we look to continually improve our offering. Should you wish to discuss any aspect of your treatment or experience, we ask that you request to speak to our spa manager or head therapist prior to departure.

## Lost property

Fistral Spa accepts no responsibility for private property whilst on the premises. We recommend that personal items are left at home and that jewellery is not worn in the spa. We provide lockers to keep belongings safe during their visit, it is the responsibility of the guest to ensure that all belongings are removed from the lockers and gown pockets at the end of their visit.

## Card details will be taken at the time of booking.



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### **Fistril Beach Hotel and Spa**

Fistril Beach, Newquay, Cornwall, TR7 1PT

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@fistrilbeachhotel

*All details correct at time of printing.*

