



Elan Spa

At BOVEY CASTLE

Elan Spa at Bovey Castle is a sanctuary tucked away from the bustle of modern life. Echoing the tranquillity and therapeutic flow of the River Bovey, our bespoke spa experiences have been created to relax, revive and restore the body and spirit. Our dedicated team of therapists together hold a wealth of knowledge and experience encouraging a respect and understanding of the body that is both rare and valuable.

To book a spa appointment call 01647 445 021 or email elanspa@boveycastle.com

Our Spa Partners

We use a fabulous range of products from ESPA for our tantalising spa treatments, Mii for our makeovers, Truefitt and Hill for the discerning gentleman in our Gentleman's Quarter and a range of Orly nail products in our nail boutique.

ESPA

Restore and nourish in a complete sense with this inspired collection of personalised treatments from world-renowned spa experts, ESPA. Results-focused facials, high performance body treatments, immersive massages and signature rituals await to nurture your body, calm your mind and leave skin looking radiant and naturally beautiful.



Truefitt & Hill

Truefitt & Hill, the oldest barbershop in the world, has been providing discerning gentlemen with the finest grooming products and services for over 210 years. Truefitt & Hill products are used in at Elan Spa.



Mii

Working with Mii make up our aim is to give clients an elegant, flawless version of themselves, with skin loving formulas sixteen tailored brushes and a 100% mineral line, Mii helps to create a look that is both unique and unmistakably you.



Jessica

In 1969, Jessica opened the first-ever nails-only salon in Beverly Hills and revolutionised nail care with a technique that was ahead of its time. Setting the standard in natural nail care, Jessica is considered the foremost authority on cultivating beautiful natural nails, an achievement reflected in the extensive line of popular nail care products and beautiful on-trend colours that care for the nail.



M Treatments suitable for men **VE** Vegan friendly products

ESPA Facials

Reveal skin that glows each day with natural health and beauty. By assessing your skin, lifestyle and wellbeing needs, our ESPA experts create a truly personalised, results-focused facial using the latest innovative techniques with powerful Tri-Active™ blends. Results are both instant and long-lasting – skin looks clear, radiant and inner calm is blissfully restored.

	Price
<i>Spa Manager Recommends</i>	
Optimal Skin Health Facial - 55 minutes	£105
Visibly revive skin's natural beauty, balance and health. Achieving instant results with long-lasting benefits, this intelligent facial harnesses nature's most potent actives alongside high performance massage to deeply cleanse, refine and hydrate skin. You emerge with a smooth, profoundly nourished complexion, glowing with natural health. Includes: Skin analysis with SkinVision™ lamp – exfoliation – facial massage – mask – hand and arm exfoliation and massage	
Intense Regenerating Facial - 55 minutes	£105
Visibly diminish wrinkles and fine lines with this powerfully age-defying facial. Instantly effective, naturally renewing formulas combine with restorative massage to noticeably tone, plump and intensely hydrate mature skin. Youthful radiance is awakened and your skin is left feeling beautifully refined, soft and supple. Includes: Skin analysis with SkinVision™ lamp – triple cleanse – exfoliation – age-defying facial massage – mask – scalp massage	
Inner Beauty Facial - 55 minutes M	£105
Deeply cleanse, hydrate and renew with this instant results facial. Tailored to your skin's precise needs, Tri-Active™ formulas work immediately to transform your complexion while pure aromatherapeutic oils encompass your mind. Skin looks clear, quenched, naturally beautiful and inner calm is restored. Includes: Skin analysis with SkinVision™ lamp – triple cleanse – exfoliation – facial massage – personalised mask – scalp massage	
Inner Beauty Vegan Facial - 55 minutes VE	£105
For vegan conscious clients, book your Inner Beauty Facial and your therapist will tailor your treatment to your requirements.	
Teen Facial - 40 minutes	£70
Our teen ESPA facial treatment is specifically designed to help teenage skin. Incorporates cleansing, exfoliation, mask and moisturise, will leave the skin refreshed, rejuvenated and glowing. Suitable for 13-17 years.* *Children under 16 must be accompanied by an adult during their treatment.	

Body Treatments

Rediscover inner calm and physical wellbeing. Here, genuine care is taken to address your individual needs, with natural formulas and holistic techniques specially applied to provide a profoundly effective experience for both mind and body. Muscular tensions are released, your soul feels soothed and you emerge energised with renewed focus and lasting positivity.

Deep Tissue Massage M

Deep tissue massage with breathwork to strengthen and restore mind and body. A range of different massage techniques are used to release body tension to promote deep relaxation and a harmonious wellbeing.

55 minutes

90 minutes

Price

£135

£170

ESPA Body Wrap - 75 minutes M

Purify your body or deeply replenish your skin with this personalised body wrap.

Reveal instant results from naturally detoxifying algae or nourishing marine mud. Skin is left refined, toned and beautifully radiant, while a soothing scalp massage restores the inner calm.

Includes: Dry body skin brushing, body exfoliation, a choice of the algae or mud wrap and scalp massage

£115

Body Scrub - 45 minutes

Revive skins natural softness and glow with this intensely exfoliating treatment.

An ideal way to prepare the skin for other treatments, a blend of sea salt and the purest of oils polishes away dull, dry cells and infuses with rich nourishment. Skin feels smooth, supple and looks radiantly healthy.

includes: Salt and oil full body exfoliation.

£75



Massage Therapy

ESPA Back, Face & Scalp Treatment (Hero) - 85 minutes M

Unravel tension, instantly boost your complexion and restore inner calm with our most renowned treatment.

Targeted massage techniques combine with the purest aromatherapy oils and a highly-personalised facial helping you to look and feel your very best - restored, de-stressed and beautifully radiant.

Includes: Back exfoliation - back massage – personalised facial – scalp massage

Price
£140

ESPA Express Facial, Back, Neck & Shoulder Massage - 55 minutes M

This tailored massage addresses any areas of concern and uses the most appropriate massage techniques along with ESPA body oil to suit your needs, followed by a personalised express facial to leave you feeling relaxed and rejuvenated.

£105

ESPA Aromatherapy Full Body Inner Calm Massage - 55 minutes M VE

Quieten your mind with our ESPA inner calm, release tension and nourish your skin with this holistic, ultimately restorative experience.

Personalised to your physical and emotional needs, carefully chosen aromatherapy blends relax, cleanse or energise, while advanced massage alleviates muscular pressure, soothes anxiety and invokes profound relaxation. Mind and body feel balanced, energy renewed and inner calm beautifully restored.

Includes: Breathwork – full body aromatherapy massage

£105

ESPA Hot Stone Massage M VE

Discover lasting relaxation for mind and body with this aromatherapeutic treatment.

Tailored massage with hot stones unravels persistent muscular tightness and discomfort while pure, aromatic essential oils encompass the mind to relieve stress, recharge spirits and leave you feeling rejuvenated.

Includes: Hot stone aromatherapy massage to back, legs and scalp

75 minutes

Includes: Hot stone aromatherapy massage to back, legs, arms, abdomen plus a neck/shoulder massage

£135

55 minutes

Includes: Hot stone aromatherapy massage to back, legs and scalp

£115

Indian Head Massage - 40 minutes M

Indian Head Massage is a traditional Indian technique of treating the upper back, neck, shoulders, face and scalp. It works on both a physical and psychological level, creating a de-stressing programme for the whole body.

By massaging the head and shoulders, Indian Head Massage can improve blood flow to the head and neck, which increases the distribution of nutrients to encourage healing throughout the body, relieve eyestrain and headaches, relieve physical and mental fatigue, and relieve stress and muscular tension.

£90

Muscle Reviver - 40 minutes

Good for those who suffer from tension headaches and upper back and neck pain. Soothes tight muscles and relaxes and calms the mind. Helps to relieve stress and reduce tension to leave you feeling refreshed and relaxed.

Includes: Back massage, Facial massage and scalp massage

£90

Cancer Wellness Massage - (for clients in treatment, recovery and remission)

Safe effective and nurturing massage for those with cancer at any stage of treatment. Experience the healing and restorative power of massage. A totally unique and profoundly relaxing new way to receive a massage.

Tranquil Massage - 55 minutes M

£110

A safe effective and nurturing massage for those with cancer at any stage of treatment. Experience the healing and restorative power of massage. Our specialised trained therapists can deliver a safe and effective massage to bring relief from aches and pains allowing the body to assist the process of healing and restoration. Using carefully selected ESPA products to help repair and restore sensitive skin this massage can be safely received at any stage of your treatment and recovery, even post-surgery.



Pre & Post Natal Treatment - 55 minutes

£105

A deeply nourishing body massage designed to target areas prone to stress and tension during or after pregnancy. Gentle back exfoliation, if required, is followed by a soothing body massage specifically designed to suit your individual concerns, focusing on the areas needed to alleviate muscular aches, whilst helping to relax, restore and revitalize.

includes: Back exfoliation (if required) – body – this treatment is tailored to your specific needs

Pre Natal Face & Body Ritual - 55 minutes

£105

Relieves areas prone to stress and tension during pregnancy, while nourishing the skin and relaxing the mind.

Pre-natal back massage followed by a nourishing facial tailored to suit your requirements.

Pre Natal Face & Body Ritual with Express Pedicure - 85 minutes

£135

Following the express pedicure, the polish used is yours to take home as a gift from the Elan Spa.



Express Treatments

ESPA Shoulder, Neck and Scalp massage - 25 minutes M

This massage focuses on the key areas of tension using ESPA body oils chosen for your specific needs.

£74

ESPA Back, neck and Shoulder massage – 25 minutes M

Ease tension where you need it the most with this de-stressing treatment. Personalised to your own needs, targeted massage with aromatherapy relaxes tense muscles and re-energises your body.

£74

ESPA Invigorating Foot Treatment – 25 Minutes M

This revitalizing treatment is perfect to revitalise tired and aching feet and legs, helps to reduce puffiness and soothe aches and pains. Includes: A refreshing exfoliation and a deeply therapeutic foot and lower leg massage.

£74

ESPA Express Facial - 25 minutes M

Reveal a clear, refreshed, naturally beautiful complexion with this express facial. Personalised to your needs, natural active formulas cleanse, rebalance and hydrate to leave you looking and feeling relaxed and radiant.

Includes: Skin analysis, double cleanse, exfoliation, personalised mask finished off with eye creams and moisturiser.

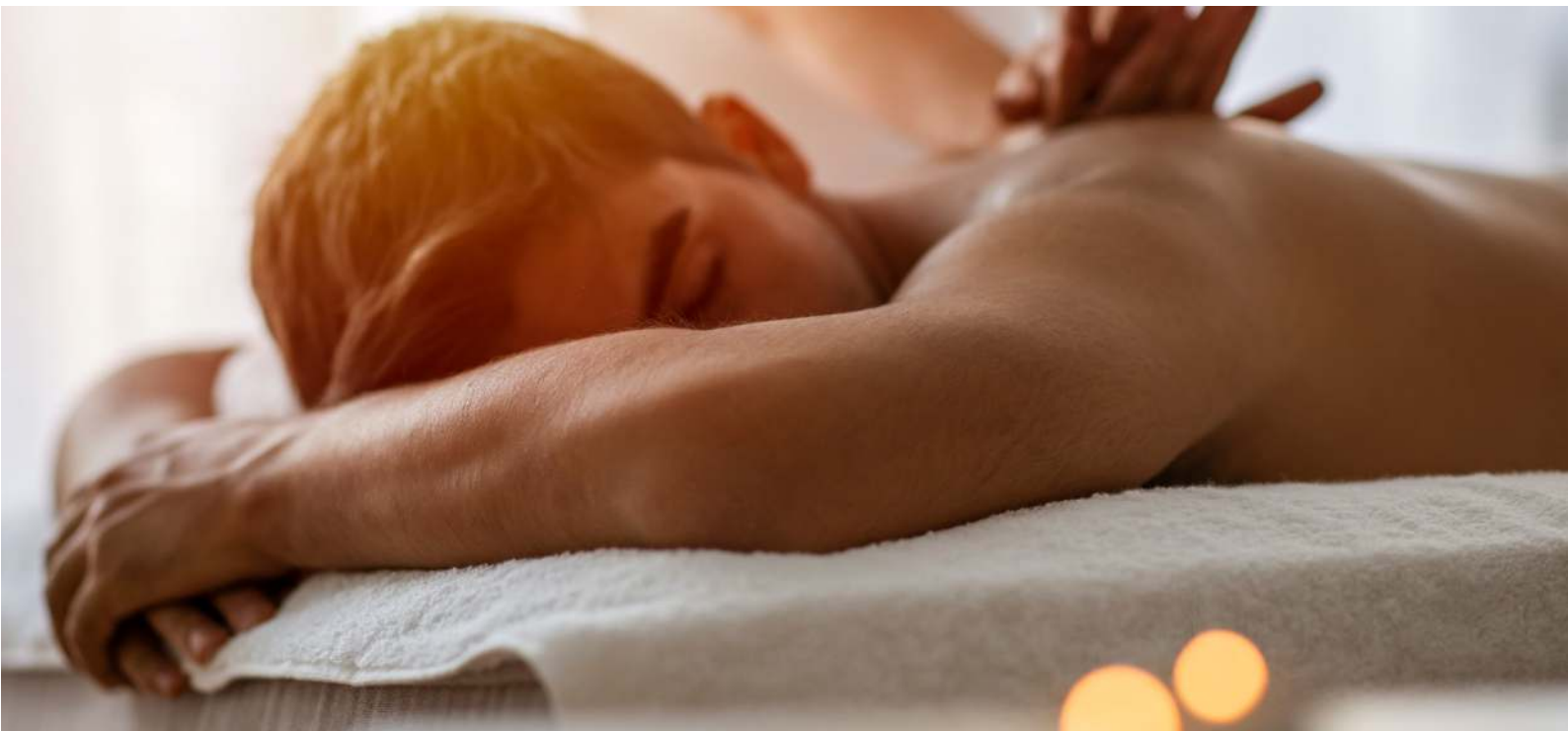
£74

ESPA Eye Lift - 25 minutes M

Smooth, firm and Hydrate with this instantly revitalising eye treatment. Targeted massage to relax the mind while smoothing fine lines and hydrate delicate skin and diminish puffiness and dark shadows under the eye.

Includes: Skin analysis, cleanse, exfoliation to face and eye contour, eye contour massage, firming eye mask. Finishing touches with eye serums and creams.

£74



Bovey Hand and Foot Collection

Jessica Prescriptive Manicure* - 55 minutes

A treatment manicure which analyses and treats each nail for its specific nail type. The cuticles are cared for with oils and creams, the hands are massaged and then the nail shape is perfected. Treatment base coats, colour and topcoats are applied for the perfect finish.

£65

Jessica Deluxe Manicure* - 1 Hour 15 minutes

As above with the addition of a hand and arm exfoliation and heated mittens to soften and nourish the skin. Also, very beneficial for aching arthritic hands.

£90

ZenSpa Prescriptive Pedicure* - 55 minutes

With the use of the Zenspa products we remove hard skin from the feet, use creams and oils to soften and nourish the feet and cuticles and shape and perfect the nail and finish with a Jessica custom colour of your choice.

£65

Jessica Deluxe Pedicure* - 1 Hour 15 minutes

As above with the addition of a leg and foot exfoliation and heated booties to soften and nourish the skin.

£90

The Nail Shape & Polish* - 30 minutes

Professionally filed to shape and perfectly polished.

£35

The Cuticle Care - 30 minutes

Oils and creams are applied to the cuticles, nails are soaked, cuticles are gently pushed back, nails are shaped and then protected with a Jessica nail treatment base coat. (No colour applied) No polish included.

£35

Princess Hands Treatment* - 20 minutes

Princess Feet Treatment* - 20 minutes

Nails are shaped and filed, and the application of a custom colour is applied.

£30

£30

** Please note all treatments include a free mini polish of your choice.*

GEleration File & Polish - 30 minutes

GEleration Prescriptive Manicure - 55 minutes

GEleration ZenSpa Pedicure - 55 minutes

£50

£70

£70

Gentleman's Hand and Foot Tidy - 55 minutes M

This treatment of the hands and feet includes a nail shape and file, rasping and removal of hard skin, a hand and foot massage cuticle work, £ nail buff. To leave the hands and feet restored and refreshed.

£85





Elan Eyes

Tinting to enhance the natural eyelashes and eyebrows

Eyelash Tint	£25
Eye brow tint	£15
Eyelash and eyebrow Tint	£30
Eye brow shaping	£20



Elan Waxing

This delicate wax treatment is ideal for sensitive skin types. Our wax products contain natural softening and protective ingredients to leave the skin soft, silky and smooth with a pleasant fragrance.

Eye brow, lip or chin M	£20
Lip & chin wax M	£30
Underarm M	£20
Half leg M	£30
Full leg M	£40
Traditional bikini line	£25
Half leg and bikini	£45
Full leg and bikini	£60



Makeup

With the use of Mii make up our aim is to achieve a flawless version of yourself. With skin loving formulas, sixteen tailored brushes and a 100% mineral line, Mii helps to create a look that is both unique and mistakenly you.

Express makeover - 25 minutes

£55

Whether you would like help in creating a flawless finish or hints to focus on framing your eyes, we will show you trusted techniques and colours to enhance your natural beauty.

Special Occasion Makeup - approx. 60 minutes

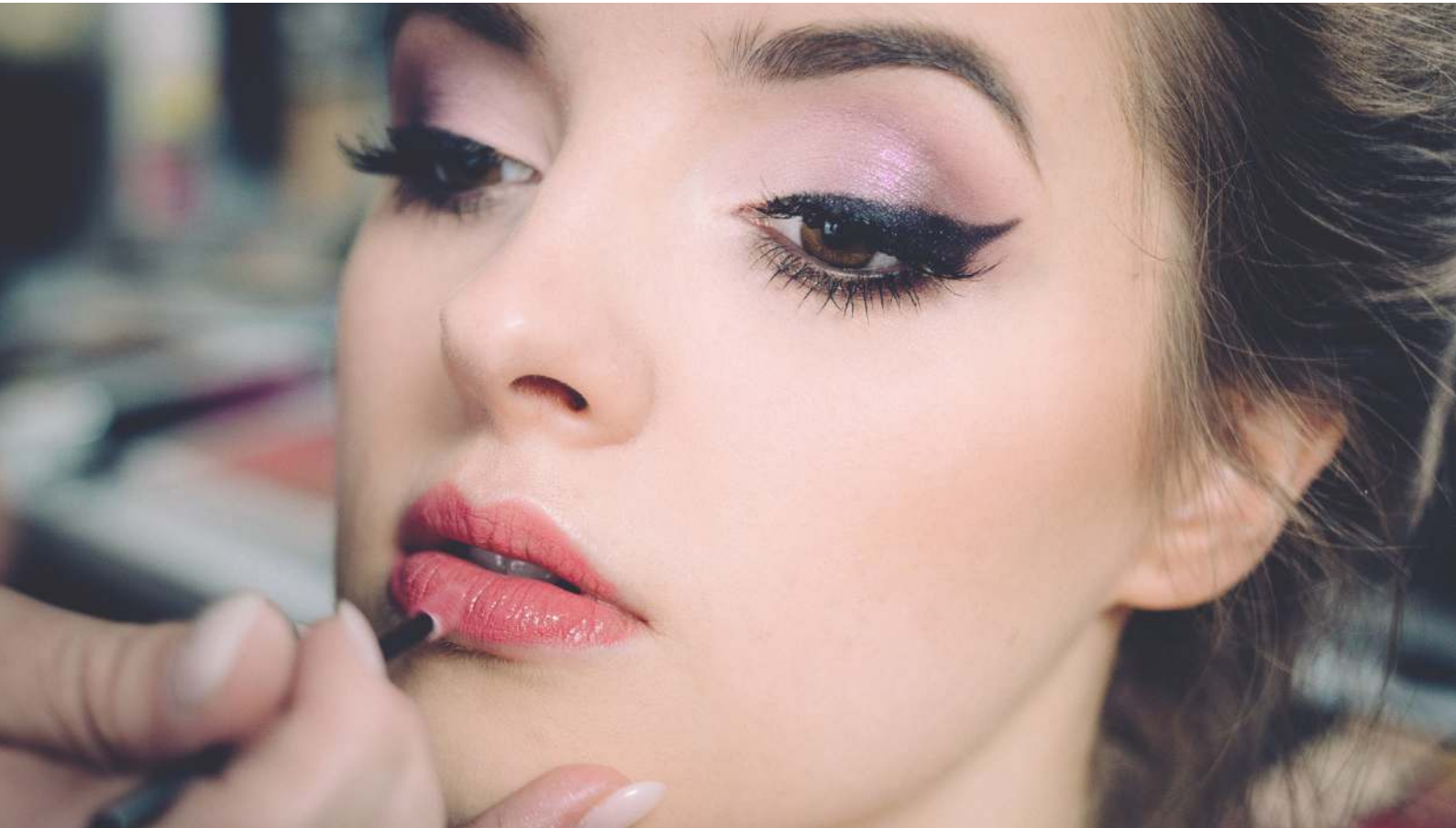
£75

Whether it's a special date, a family occasion or a glamorous ball we can create a look to leave you feeling your best.

Bridal Make up including trial - approx. 120 minutes

£155

We work directly with the bride every step of the way to create a flawless radiant, lightweight finish. To ensure that your day is stress and worry free we recommend all brides have a trial 3-4 weeks prior to your big day.



Serenity Spa Day

Build some 'you time' into your day, with a Serenity Spa Day at Bovey Castle. Relax and unwind with a treatment, destress in the spa and enjoy a lunch in Smith's Brasserie.

- Full use of the spa facilities
- One x55-minute treatment of your choice
- A choice from: A two-course lunch, two course dinner, or afternoon tea (allocation £34.00 for lunch/dinner, or afternoon tea allowance of £55.00. Subject to availability.)

£155.00 per person

Tranquil Spa Day

Relax and recharge your batteries with a Tranquil Spa Day.

- Full use of the spa facilities
- One x55-minute treatment of your choice

£120.00 per person

*This package does not include food

Elan Spa Deluxe Pamper Day

The perfect way to pamper yourself and unwind by destressing and relaxing at our luxury Elan Spa.

- Full use of the spa facilities
- Two x55-minute treatment of your choice
- A choice from: A two-course lunch, two course dinner, or afternoon tea (allocation £34.00 for lunch/dinner, or afternoon tea allowance of £55.00. Subject to availability.)

£255.00 per person

Ultimate Indulgence Package

Sit back and relax, with the Ultimate Indulgence Package.

- A glass of Prosecco or fruit juice on arrival
- ESPA 85 minute massage Or ESPA Hero treatment (back massage, express facial and scalp massage)
- Two Course lunch in our Brasserie, allocation of £34.00
- Full use of the spa facilities

£180.00 per person

Please note:

All Spa Days available 7 days a week, subject to availability, and are not available during the school holidays.

You are able to choose from any of the treatments in our brochure.





Terms and Conditions

Treatments

Cancellation Policy: Please note we operate a 48 hour cancellation policy. Cancellation with less than 48 hours notice will unfortunately result in full payment required.

Medical: Please be aware some of our treatments are not suitable for guests with certain medical conditions, please bring this to our attention prior to your arrival: pregnancy, high/low blood pressure, thyroid, allergies, diabetes, epilepsy, heart conditions, recent operations or cancer.

Age Restriction: All treatment guests must be at least 16 years of age except guests booking a teen treatment. Children under 16 must be accompanied by an adult during their teen treatment.

Treatment Times: All treatment time shown includes consultation and prescription with the therapist. Please arrive 10 minutes before your appointment, any late arrivals may result in cancellation and full payment required.

Service Charge: Please note there is a 5% service charge added on top of all treatments.

Spa Experiences

Availability: All spa experiences are from Monday - Thursday only. Excluding school holidays.

Swimming Pool

Children: Children must be accompanied by an adult in the swimming pool at all times.



You can now book spa treatments online.

Just visit boveycastle.com/spa to check availability and times for your chosen treatment.

To book a spa appointment call: [01647 445021](tel:01647445021) or email elanspa@boveycastle.com



BOVEY CASTLE
— on —
DARTMOOR NATIONAL PARK

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