



CASTLE  BEAUTY

UNWIND

WITH TREGENNA CASTLE BEAUTY



THALGO FACIALS

DISCOVERY | 30min/£40

This mini facial includes, cleanse, tone, exfoliation, mask application and finishes with moisturise. Our therapists will choose suitable products within our Thalgo range to benefit your skin to give you a healthy glow.

TAILORED | 55min/£65

Let our therapists take care of adapting our facials to suit the specific needs of your skin. Our luxurious Thalgo facial products will leave you feeling relaxed, rejuvenated and pampered!

ANTI-AGEING | 55min/£75

Concerned with fine lines and wrinkles? Whether it be first signs or more advanced, our therapists will use our Thalgo anti-ageing range to suit your needs, leaving you feeling, relaxed, hydrated and youthful.

THALGO BODY

AROMATIC MASSAGE | 55min/£70

This wellbeing massage incorporates the techniques of shiatsu and Swedish massage. With its aroma of essential oils it is designed to relax and relieve tensions, enabling you to truly let go.

HOT STONES BODY MASSAGE | 1hr 15min/£95

This treatment promotes deeper muscle relaxation through the placement of smooth, water-heated stones at key points on the body. Your therapist will massage with the stones as well as their hands. It will melt away tension, ease muscle stiffness and increase blood circulation.



HOLISTIC TREATMENTS

FULL BODY MASSAGE (SWEDISH) | 55min/£65

This massage involves the use of hands, forearms and elbows to manipulate the superficial layers of the muscles to improve mental and physical health. Pressure can be adapted to suit your preference.

BACK, NECK & SHOULDER MASSAGE | 30min/£40

Same protocol as the full body massage but just focusing on the back, neck and shoulder areas.

BAMBOO MASSAGE | 55min/£75 - 1hr 15min/£90

By appointment only.

This is a deeper massage using heated bamboo to roll and knead the tissue to create an extreme sensation, break down tension and stretch tight muscles.

REFLEXOLOGY | 50min/£60

By appointment only.

Reflexology is a focused pressure technique on the feet where there are reflex points which correspond to different organs of the body. Reflexology aids relaxation with the removal of stress. This treatment starts with a warm aromatic foot cleanse.

OPI MANICURE

EXPRESS | £20

Cut/file and choice of polish.

REPLENISHING | £30

Cut/file, cuticle work, hand and arm massage and choice of polish.

LUXURY | £38

Cut/file, hand scrub, cuticle work, paraffin wax, hand and arm massage and choice of polish.

OPI GEL COLOUR | £35

Cut/file, cuticle work, application of gel colour.

GEL COLOUR REMOVAL & RE-APPLY | £38

OPI PEDICURE

POWER | £24

Cut/file, foot & leg massage, choice of polish.

ESSENTIAL | £32

Cut/file, cuticle work, foot scrub, foot and leg massage and choice of polish.

LUXURY | £36

Cut/file, cuticle work, foot scrub, hydrating foot mask, foot and leg massage, choice of polish.

GEL COLOUR REMOVAL & TIDY | £15

Application of nail envy.

FRENCH POLISH | £7

On any of the above (extra).



EYE TREATMENTS

EYELASH TINT £20

EYEBROW TINT £12

LASH & BROW TINT £30

LASH & BROW TINT + BROW TIDY £35

24 - 48hr skin test required.

EYE BAR

These treatments are designed to reduce the appearance of fine lines, dark circles and puffiness around the eyes.

EYE EXPERT | 30mins/£45



WAXING

FULL LEG	£32
$\frac{3}{4}$ LEG	£28
$\frac{1}{2}$ LEG	£24
FULL LEG & BIKINI LINE	£48
$\frac{1}{2}$ LEG & BIKINI LINE	£40
BIKINI LINE	£22
UNDERARM	£15
LIP OR CHIN	£10
LIP & CHIN	£15
CHEST OR BACK	£35
CHEST & BACK	£50
EYEBROW WAX	£15



EVERYONE'S TIME IS VALUABLE, INCLUDING OURS...

CASTLE BEAUTY CANCELLATION POLICY

Cancellations made less than 24 hours prior to appointment will be charged at 50%. No-shows will be charged at 100%. Come in and relax to soothing music as our therapists provide the perfect treatment. Our friendly and professional therapists warmly welcome local clients and residents of the hotel. You can make an appointment with the team by calling them direct: 01736 795254 and dial extension 3027.

Tregenna Castle Hotel, St Ives, Cornwall TR26 2DE
castle.beauty@tregenna-castle.co.uk | www.tregenna-castle.co.uk

