

Wax Treatments

Removal of unwanted hair from the root, which gradually weakens the hair growth and lasts up to 6 weeks.

Full Leg	50 mins	£40
Full Leg and Bikini	1 Hour	£50
½ Leg	30 mins	£25
Bikini	15 mins	£15
Underarm	15 mins	£15
Lip or Chin	15 mins	£15

Anne O'Grady and Sarah Quintrell are long-standing therapists at Carne Bay Spa. They are a strong, close and caring team who are always striving to do the very best for their clients.

Carne Bay Spa



Eye Treatments

Eye Brow Shaping	15 mins	£15
Eye Brow Tinting	15 mins	£15
Eyelash Tinting	20 mins	£15
Eyelash and Brow Tint	25 mins	£25

Patch test required for tinting 24 hours prior to treatment.

Carne Bay Spa

The Nare
Carne Beach
Veryan-in-Roseland
Cornwall
TR2-5PF

Telephone: 01872 501111
Email: spa@narehotel.com
Website: www.narehotel.co.uk

To make an appointment please call the main hotel reception on 01872 501111. For clients not staying at the hotel, a credit or debit card will be necessary in order to secure your booking.

If you need to cancel or rearrange an appointment please give us at least 24 hours notice. Unfortunately, if you give us less, or fail to attend, you may be charged the full amount.

We offer an extensive range of therapies designed to help you relax and de-stress in our calming treatment rooms, located in a quiet corner of The Nare Hotel.

Make a day of it - enjoy a delicious lunch on the Quarterdeck with its stunning views across Carne Beach and a leisurely stroll along the glorious coastal path.

The skin care range from dermalogica forms the basis for skin treatments and Jessica is used for nail treatments



Facials and Body Therapy

The comprehensive range of dermalogica products caters for all skin types; Ultra Calming for sensitive skin, Age Smart for maturing skin, mediBac for acne prone skin or anything in between.

Prescriptive Facial	1 Hour	£70
Mini Facial	30 mins	£45

This treatment is tailored to your individual needs. An extremely relaxing experience, which leaves the skin glowing and rejuvenated.

Includes double cleansing, skin analysis, customised exfoliation, face, neck and shoulder massage using a blend of aromatic essential oils, tone and moisturise.

Reflexology Combining Conventional and Advanced Techniques	1 Hour	£70
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Restore the body's natural equilibrium. An extremely relaxing, healing treatment that works on the principle that the body is mirror-imaged in the feet. Pressure point massage is used to remove stress, tension and anxiety.

Exfoliating Body Scrub	45 mins	£60
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Smooth away dulling debris and relax stressed muscles, while restoring vital nutrients to tired skin. This treatment includes body brushing, exfoliation and a silky application of hydrating moisturiser.

Massage Therapies

Essential Oil Massage –

Full Body	90 mins	£95
Full Body	1 Hour	£70
Back, Neck and Shoulder	30 mins	£45

Ease muscular aches and pains and improve your circulation to eliminate toxins from the body.

Drift Away Head Massage	30 mins	£45
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A relaxing face, scalp and neck massage to help de-stress, relieve tension and clear the mind.

The Stress Buster	1 Hour	£70
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Complete tension release. This treatment combines a back massage, neck and shoulder massage and reflexology.

No Hands Massage	1 Hour	£70
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Deep releasing, rejuvenating and nourishing using the soft surfaces of forearms.

Lava Shells	75 mins	£85
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Warm lava shells are used to massage and stimulate the blood flow to ease away aches and pains for the ultimate relaxation.

LaStone Therapy	75 mins	£85
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A blissful treatment for deeper relaxation using the therapeutic power of hot and cold stones applied to the body. Stimulates circulation and metabolism to create harmony and balance.

Pregnancy Massage (available after 13 weeks)	75 mins	£85
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Helps to alleviate physical discomfort and pregnancy related aches and pains. Treatments are deeply relaxing and support the well-being of both you and your baby.

Spa Packages

Look & Feel Good	1 Hour	£75
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Enjoy a wonderful relaxing back, neck and shoulder massage with aromatic essential oils, then rejuvenate your skin with a mini facial.

'Me Time'	2 Hours	£120
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Begin this 'Me Time' with a revitalising hand treatment, then enjoy a Drift Away Head Massage and finally unwind with Reflexology.

Top to Toe	90 mins	£110
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Get yourself and your skin feeling tip top. Revitalise your skin with an exfoliating body scrub followed by a full body massage to help de-stress and unwind using a blend of stress relieving essential oils.

Escape Days	One Day	£125
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Choose either a full body massage, a facial or reflexology. Enjoy the hotel's spa facilities – sit in the hot tub overlooking the beach, work out in the gym, swim in the indoor or outdoor pool (May to October). Finally, relax in the sauna and steam room. Complete the day with a two course lunch on the Quarterdeck from the set menu.

The Carne Bay Spa is open to non-residents for all treatments. The hotel's pools, hot tub, gym, sauna and steam room are only available to guests staying at The Nare with the exception of those on Escape Days.

Manicure & Pedicures

Manicure or Pedicure	1 Hour	£50
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Nails filed into shape and cuticles neatened. Hands or feet are exfoliated then massaged followed by the application of nail polish.

Luxury Manicure or Pedicure with Warm Wax	1 Hour	£50
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Give your hands or feet a treat. Enjoy a manicure or pedicure with the addition of a warm wax treatment (no polish).

Polish	15 mins	£20
Shape & Polish	25 mins	£25

Gelation Gel Manicure or Pedicure	75 mins	£60
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Includes exfoliation, massage and cuticle care with a full set of gel nails finished with Jessica's gel polish.

Removal of Gel Nails	30 mins	£30
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