

Spa Packages

Look and Feel Good 1 hour £60

Enjoy a wonderful relaxing back, neck and shoulder massage with aromatic essential oils, then rejuvenate your skin with a dermalogica mini facial.

'Me Time' 2 hour £100

Begin this 'Me Time' by revitalising your hands with a warm wax treatment, then relax with a facial that will leave your skin glowing and rejuvenated and finally unwind with a reflexology treatment.

Anne O'Grady, Spa Manager.

The Carne Bay Spa is managed by Anne O'Grady who has nurtured an interest in complementary and beauty therapy over the past ten years, studying a range of different approaches to massage in Thailand, Australia and England. She has a natural caring approach, ensuring that every guest within her care feels relaxed and pampered.

Carne Bay Spa



Escape Days One Day £150

For a complete break from the stresses of everyday life escape for the day to The Nare. Enjoy two treatments of your choice in Carne Bay Spa and make the most of the hotel's facilities – sit in the hot tub overlooking the beach, swim in either of the pools and enjoy the sauna, steam room and the gym. Complete the day with a light lunch on the Quarterdeck and go home feeling relaxed, refreshed and ready to face the world again.

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.

Carne Bay Spa

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

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Enjoy a treatment at The Carne Bay Spa situated in the beautiful Nare Hotel. Located in a quiet corner of the hotel the salon has a calming treatment room and a full menu of therapies designed to relax, de-stress and help you shake off the cares of the world. Make a day of it with a delicious lunch at The Quarterdeck with its stunning views across Carne Beach and a leisurely stroll along the glorious Roseland coastal path.

The **Carne Bay Spa** offers an extensive range of treatments which include relaxing therapies, massages, reflexology, facials and conventional beauty treatments. The fantastic skin care range from dermalogica forms the basis of most treatments.

Facials and Body Therapy

The extensive range of dermalogica products caters for all skin types, super sensitive, ageing, acne prone or anything in between, for men and women of all ages, including teenagers.

Prescriptive Facial	1 hour	£60
Mini Facial	30 mins	£35

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

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

A personalised skin prescription is provided after your treatment to ensure you continue to get the maximum results.

Exfoliating Body Scrub	30 mins	£35
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Smooth away dulling debris, relax stressed muscles and soothe the senses while restoring vital nutrients to tired skin using aromatherapy essential oils selected to match your specific requirements. This treatment includes body brushing and body exfoliation, hydrating moisturiser. The perfect complement to our Luxury Body Wraps.

Luxury Body Wraps	1 hour	£65
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Detoxify, hydrate, or relieve stress. An appropriate body treatment is selected with you and applied after an exfoliating body scrub. Your body is then cocooned in a thermal blanket while you receive a deeply relaxing face and scalp massage.

Purifying Back Treatment	30 mins	£35
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This super smoothing back treatment designed to rid your muscles of stress and your skin of impurities. A deep cleansing scrub is followed by an aromatherapy massage designed for your back's most stressed out parts.

Massage Therapies

Essential Oil Massage –		
Full Body	1 hour	£60
Back, Neck and Shoulder	30 mins	£35
Ease muscular aches and pains and improve your circulation to eliminate toxins from the body. The aromatic essential oils are individually selected for you; soothing to relax and de-stress tired muscles or stimulating to relax muscles and boost energy.		

The Stress Buster	1 hour	£60
Complete Tension Release. This treatment combines a back massage, neck and shoulder massage and reflexology.		

LaStone Therapy	1 hour	£70
Deep Relaxation. A blissful treatment for deeper relaxation, using the therapeutic power of hot and cold stones applied to the body, as an extension of the therapist's hands. Stimulates circulation and metabolism to create harmony and balance.		

Reflexology	1 hour	£50
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 and has proven effective in the treatment of back, neck pain and insomnia.		

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	£30
Full Leg and bikini	1 hour	£35
1/2 Leg	30 mins	£20
Bikini	15 mins	£12
Underarm	15 mins	£12
Lip	15 mins	£10
Chin	15 mins	£10
Lip and Chin	25 mins	£15

Eye Treatments

Eye Brow Shaping	15 mins	£10
Eye Brow Tinting	15 mins	£10
Eyelash Tinting	20 mins	£10
Eyelash & Brow Tint	25 mins	£15

Patch Test required for Tinting 24 hours prior to treatment.

Manicures and Pedicures

Manicure	1 hour	£35
Nails filed into shape and cuticles neatened. Hands are exfoliated then massaged followed by the application of nail polish.		

Luxury Manicure	1 hour	£45
Give your hands a treat. Enjoy the standard manicure with the addition of a warm wax treatment.		

Pedicure	1 hour	£35
Nails filed and cuticles neatened. Feet are exfoliated. Feet and lower leg are massaged followed by the application of nail polish.		

Luxury Pedicure	1 hour	£45
Give your feet a treat. Enjoy the standard pedicure with the addition of a warm wax treatment.		

Warm Wax	30 mins	£20
Relaxes stiff joints and helps to relieve arthritic discomfort. Perfect for dry or tired skin. A warm wax is applied and left to set on the hands, feet or joint. The ultimate nourishing treatment which leaves skin feeling soft and revitalised. The therapeutic value of this treatment has been recognised and utilised by the medical profession for many years.		

Hands & Feet	1 hour	£60
A revitalising multivitamin power exfoliation, deeply relaxing massage and warm wax treatment to help relieve dry, tired skin and joint discomfort. Hands and feet will feel soft, nourished and well and truly spoilt.		