

Carne Bay Spa



Carne Bay Spa is The Nare's charming Spa facility. Located in a quiet corner of the hotel, the spa has two calming rooms and a small team of caring therapists who offer relaxing treatments for guests and non residents.

To make a booking or if you have an enquiry please call 01872 501111 or email Spa@narehotel.co.uk

Essential Oil Massage

Back, Neck & Shoulder 30 mins £65

Full Body 1 Hour £95

Full Body 75 mins £110

Using a blend of soothing essential oils, ease muscular aches and pains and improve your circulation whilst eliminating toxins from the body.

The Stress Buster 1 Hour £85

This treatment combines a back, neck, shoulder and foot massage.

Look & Feel Good 1 Hour £95

Enjoy a relaxing back, neck and shoulder massage. Then rejuvenate your skin with a mini facial using dermalogica products.

Hot Stone Massage 75 mins £120

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.

Reflexology 1 Hour £85

Restore the body's natural equilibrium. A relaxing, healing treatment that works on the principle that the body is mirror imaged in the feet.

Facial 1 Hour £95

This treatment is tailored to the individual needs of your skin. An extremely relaxing experience that leaves the face glowing and rejuvenated using dermalogica products.

Manicure/Pedicure 40 mins £55

Nails filed into shape and cuticles neatened. Hands or feet are exfoliated then massaged followed by the application of nail polish.

Telephone: 01872 501111

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