

# 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. For the time being the spa has a more concise list of treatments including massage, facials, reflexology, manicures and pedicures. The team are following the guidance provided by industry governing bodies and have completed the necessary training to ensure a safe environment is provided.

Those who wish to have a treatment will be asked to complete a consultation form before their appointment and wear a face mask during their treatment (available from the hotel reception if required). We kindly ask that guests arrive at their specific appointment time (not earlier) and refrain from entering the spa at any other time.

To make a booking or if you have an enquiry please send an email to [spa@narehotel.co.uk](mailto:spa@narehotel.co.uk) or speak to the hotel reception.

**The Stress Buster Massage ..... 45 mins £70.00**  
Complete tension release. This treatment combines a back, neck and shoulder massage and reflexology.

**Back of Body Massage ..... 45 mins £70.00**  
Ease muscular aches and pains and improve your circulation whilst eliminating toxins from the body.

**Seated Relaxing Scalp, Neck and Shoulder Massage ..... 45 mins £70.00**  
To help de-stress, relieve tension and clear the mind.

**Prescriptive Facial ..... 45 mins £70.00**  
This treatment is tailored to your individual needs using dermalogica products. An extremely relaxing experience, which leaves the skin glowing and rejuvenated.

**Reflexology ..... 45 mins £70.00**  
Restore the body's natural equilibrium. A 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.

**Mini Manicure ..... 30 mins £30.00**  
Nails filed into shape and cuticles neatened, moisturised and nail polish applied.

**Mini Pedicure ..... 30 mins £30.00**  
Nails filed into shape and cuticles neatened, moisturised and nail polish applied.

Telephone: 01872 500002  
Email: [spa@narehotel.co.uk](mailto:spa@narehotel.co.uk)