



Hotel Tresanton

TREATMENT LIST

Body

Back, Neck and Shoulder massage - 1 hr | £85

This hour-long treatment focuses on the areas of the body where you often hold your stress. The perfect way to relax into your stay and ease tension brought on from your travels.

Swedish/Holistic massage - 1 hr | £85 or 1 hr 30 | £115

Traditional massage techniques used to treat stress and tension in the muscles and joints of the body. Back, neck shoulders, legs, tummy, arms and face can be worked with these techniques but we can also dedicate more time on areas where more attention is required. Two time periods are available dependent on your needs and number of areas that need a more focused treatment

Aromatherapy massage - 1 hr | £95

A massage using essential oils extracted from plants that possess distinctive therapeutic properties that can help improve both physical and emotional wellbeing. The blend chosen for you after a detailed consultation can either be used in a holistic treatment or a more focused massage dependent upon your needs.

Inlight Body Embrace - 1 hr 30 | £120

Inspired by Inlight's silky Body Oil with Arnica, this total body experience using sweeping spiral movements to relax and soothe to unblock and release your body's energy. Your therapist will tailor the treatment to your own particular needs, working on individual acupressure points and incorporating crystals to enhance the effect. You will leave feeling relaxed and refreshed from head to heels

The Essential Experience - 2 hrs | £145

A one-off indulgent Aromatherapy treatment with time spent experiencing a variety of essential oils in order to find your favourite three. The mind is very intuitive and will help chose oils that will benefit you either physically and emotionally. Your own personal blend will be used in an aromatherapy massage and an extra bottle will be given as a keepsake to take home to help transport your back to your massage experience.



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Hot Stones Massage - 2hrs | £150 or 1hr 30 | £135

Indulge and be swept away with total luxury in mind. This is medicine for your body, mind and soul, culminating in a sense of deep relaxation. Combined with Swedish massage, allow your body to absorb the soothing heat from the stones as they are used to massage the body, enhancing circulation and relaxing tight muscles. The smooth basalt stones are gently heated in a water tank to the precise temperature range. This treatment can include a mini facial within the allocated time, please specify at time of booking

Inlight uplift treatment - 1 hr | £95

This treatment focuses on the legs with its exfoliating and Inlight organic balms they help reduce signs of ageing, stimulate circulation and trigger the natural detoxifying process of the skin.

Deep tissue massage - 1 hr | £95 or 1 hr 30 | £135

A deeper massage with precision work on major muscle groups to relax overworked fibres by using forearm work to ease muscle and joint pain, complemented by long strokes and stretches to release tightness.

Top 2 Toe - 2hrs | £135

This treatment will leave you feeling pampered from 'Top 2 Toe', the treatment comprises a rejuvenating facial, a 45min back, neck and shoulder massage, and the choice of either a manicure or pedicure.

Face & Head

Inlight organic facial - 1 hr 15 | £95

This facial will cleanse and revitalise inside and out. Comprising of a complete double cleansing routine with Inlight organic products, its special effectiveness lies in the Ayurvedic style massage and stimulation of selected acupressure points and lymphatic drainage that have been developed. These work to activate deep centres within the brain, releasing tensions, rebalancing your body's energy and re-connecting you with yourself.



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Feet and Hands

Reflexology - 1 hr | £90

Reflexology is a therapy that highlights imbalances in different parts of the body. Techniques used on the feet in Reflexology can break down these blockages and help cleanse the body by flushing out toxins. Reflexology is a powerful antidote to stress, neutralising and even preventing its effects. A holistic treatment to relieve a variety of symptoms experienced from many conditions and boosts internal systems of the body to help maintain health.

Luxury Manicure or Pedicure - 1hr | from £60

Bring your hands and feet to life with our relaxing and rejuvenating luxury manicures and pedicures. These include a soak in a mineral salts bath, exfoliation to remove dry skin, a deeply nourishing mask is then applied followed by a soothing massage before finishing with a file and polish. Upgrade to a shellac polish for an additional £10

Payment Details

The payment card provided will be charged on the day of your treatment and a receipt provided by email. If you are resident at the hotel this charge will be added to your room account for settlement on departure.

Cancellation Policy

Please note that our therapists are freelance contractors and they have secured this time exclusively for the purpose of providing your treatment at Hotel Tresanton. With this in mind we would like to highlight that all treatments must be cancelled a minimum of 48 hours prior to the reserved time to avoid being charged the cost in full.