



TREATMENTS & SPA DAYS

BODY TREATMENTS

Bespoke Massage

Whether your body is craving an all over body massage to fully unwind or something a little shorter to concentrate on your key tension spots. This massage is here to help you de-stress, unwind and release those tensions. Simply choose your massage length and oil from the list below and we will do the rest. (Calming, Invigorating or Detox Oil)

30 min Back, neck & shoulder | £40

60 min Full Body | £70

90 min Full body, face & scalp | £90

Hot Stone Massage

Deep tensions will be released and aching muscles will be soothed. The heat from these hot basalt stones, quickly warms the muscles to relax and release tension within. Pure relaxation.

45 min Back, neck & shoulders | £55

75 min Full body massage| £80

Back to Life Massage

This deeply relaxing massage combination is one of our most popular treatments working the back, neck, shoulders, upper arms, face & scalp. Sheer bliss!

45 min | £50

60 min (includes mini facial) | £69

Back Pamper

This luxurious back treatment begins with a deep cleanse, followed by an invigorating sea salt scrub, a detoxifying back mask and completed with a massage.

45 min | £50

Luxury Foot Ritual

Revive those achy feet and lower legs with a refreshing exfoliating treatment, nourishing mask, heated boots, pressure points and soothing massage techniques

45 min | £50

Spa Ritual

Our signature treatment. Your therapist will start with a deeply cleansing sea salt scrub for the body, followed by a full body massage to ease away stress & tension. Leading into a tailored facial and a soothing scalp massage to let you drift away...

120 min | £120

Body Brightening

An invigorating treatment to smooth and brighten your skin. Body brushing will stimulate and detox the skin followed by a salt scrub to remove dead skin and rejuvenate, finished off with a hydrating lotion massaged into your skin.

45 min | £50

Head In Heaven

A totally relaxing massage of the scalp, face, neck, upper arms & shoulders – relieving tension and stress to leave you feeling zen.

30 min | £40

Beautiful Beginnings

A pregnancy pamper designed for anyone in their 2nd or 3rd trimester. Beginning with a luxury foot ritual to revive those achy feet and legs, followed by an express facial with a scalp and shoulder massage to leave you glowing!

75 min | £75

For the TEENS

Suitable for our younger clientele, aged 12-17 & to be accompanied by a parent or guardian.

Express Facial | 30 min | £35

Mini Manicure | 30 min | £30

Mini Pedicure | 30 min | £30

FACIALS

Illuminate and Glow

A facial to suit all skin types for ultimate relaxation, leaving the spa with fresh, bright and glowing skin. Hot and cold basalt stones stimulate your skin's radiance, used alongside our illuminating range which is infused with rice bran oils to deeply moisturise and plump tired skin.

60 min | £65

Luxurious Gold Facial

This facial is the epitome of luxury, combining the powers of gold, caviar & pearl, the perfect facial for more mature skin types to promote healthy aging, leaving the skin glowing and firm.

75 min | £75

Tailored for You

Unsure on what your skin needs? Put yourself in the hands of one of our experienced therapists, we will spend the time to help you figure this out, whether its dull, tired, enlarged pores or acne prone, we can design the perfect facial for you, guiding on the right path to your perfect skin.

60 min | £65

30 min | £40

Rejuvenating Eye Treatment

This mini facial focuses on and around the eye area by lifting, draining and toning, helping to reduce fine lines, puffiness and dark circles. Includes a scalp massage.

30 min | £40 or £15 added on to any facial (15 min)

ESSENTIALS

HANDS & FEET

Spa Manicure

Includes exfoliation, detailed cuticle work, nail shaping, hand massage and a choice of OPI polish or Glossify Gel Polish finish.

45 min | £40 Gel Polish finish | £48

Spa Pedicure

Includes a hot foot soak, exfoliation, hard skin removal, detailed cuticle work, foot and lower leg massage, nail shaping and OPI polish or Glossify Gel Polish finish.

60 min | £50 Gel Polish finish | £58

Gel Polish application

Our gel polish gives a durable shine and dries immediately. It is gentle on your nails and lasts for up to two+ weeks, chip free!

40 min | £35

Gel Polish Removal

Removal to be added prior to your chosen nail treatment.

£5

WAXING

1/2 Leg	£22
3/4 Leg	£30
Full Leg inc Bikini	£40
U/Arm	£15
Bikini	£20
Brazilian	£35
Hollywood	£40
Back	£30
Chest	£25
Lip / Chin	£12
Lip & Chin	£20
Lip Chin & Brows	£29
1/2 Leg, U/arm & Bikini	£45

EYES

Brow Shape	£12
Brow Tint*	£12
Brow Shape & Tint*	£20
Lash Tint*	£18
Brow Shape & Tint and Lash Tint*	£35



*Patch test required at least 48 hours prior to appointment.

EARTH

£65

- Reserved lounge
- Leisure Club access (with towel, robe and flip-flops)
- Choice of a 30-minute treatment
- Cake of the day and a hot drink
- 4 hour Leisure Club access (*including treatment time*)

AIR

£85

- Reserved lounge
- Leisure Club access (with towel, robe and flip-flops)
- Choice of 45-minute treatment
- Hot drink on arrival
- Choice of sandwich off the menu, with crisps and garnish

FIRE

£105

- Reserved lounge
- Leisure Club access (with towel, robe and flip-flops)
- Choice of a 60-minute treatment
- Choice of lunch off the menu
- Medium glass of wine

WATER

£140

- Reserved lounge
- Leisure Club access (with towel, robe and flip-flops)
- Choice of a 90-minute treatment
- Afternoon Tea
- Glass of house Champagne



natural Spa factory[®]

— EST. BATH ENGLAND —

We have teamed up with Natural Spa Factory and are using their rejuvenating products in all our treatments. Clean, ethical and conscientious skincare that works for both the environment and satisfying the needs of your skin.

Using botanically sourced ingredients derived by nature like herbs, plants and flowers, Natural Spa Factory products will leave your skin feeling refreshed and restored.

...for those who crave nice things...



ANIMAL FRIENDLY



Penventon Leisure Club and Treatment Rooms are open to both residents & non-residents. Our Treatment Rooms offer a wide range of beauty and holistic treatments.

Treatment Room Open Hours:

Friday - Monday: 9.00 am - 6.00 pm
Tuesday - Thursday: 9.00 am - 7.00 pm
Bank holiday timings are subject to change.



BOOKING AND CANCELLATION POLICY

Call 01209 203002 between 9.00 am – 6.00 pm, or email spa@penventon.com to book your treatment. Dial 306 from your bedroom if you're a resident with the Hotel.

Full payment for treatments will be taken upon booking.

If you cancel 48+ hours before treatment you will receive a full refund.

If you cancel 24–47 hours before your treatment you will receive 50% of your refund.

If you cancel less than 24 hours before your treatment then you will not receive a refund.

TERMS AND CONDITIONS

Please arrive 10 minutes prior to your appointment time to fill out a consultation form – late arrival may result in a reduced treatment time.

Please inform us of any medical conditions or if you are / suspect you may be pregnant prior to your treatment so that our team can recommend the most suitable treatments for you.

Please note that our treatment rooms are up a flight of stairs with no lift access.

Those in for a 'Teen Treatment' (available for 12-17 year olds accompanied by a parent or guardian) are not permitted to use the Leisure Club facilities, including the pool, jacuzzi or saunas. We have an 18+ policy on use of the Leisure Club facilities.

If you are a resident of the hotel, then any child under 18 can use the Leisure Club facilities within the children's swim hours (7.30 am – 10.30 am & 3.30 pm – 6.30 pm). All children under 18 must be accompanied by an adult at all times.

West End, Redruth, Cornwall, TR15 1TE.

01209 203002

Spa Treatment enquiries: spa@penventon.com

Spa Days and all other enquiries: pool@penventon.com

www.penventon.co.uk