

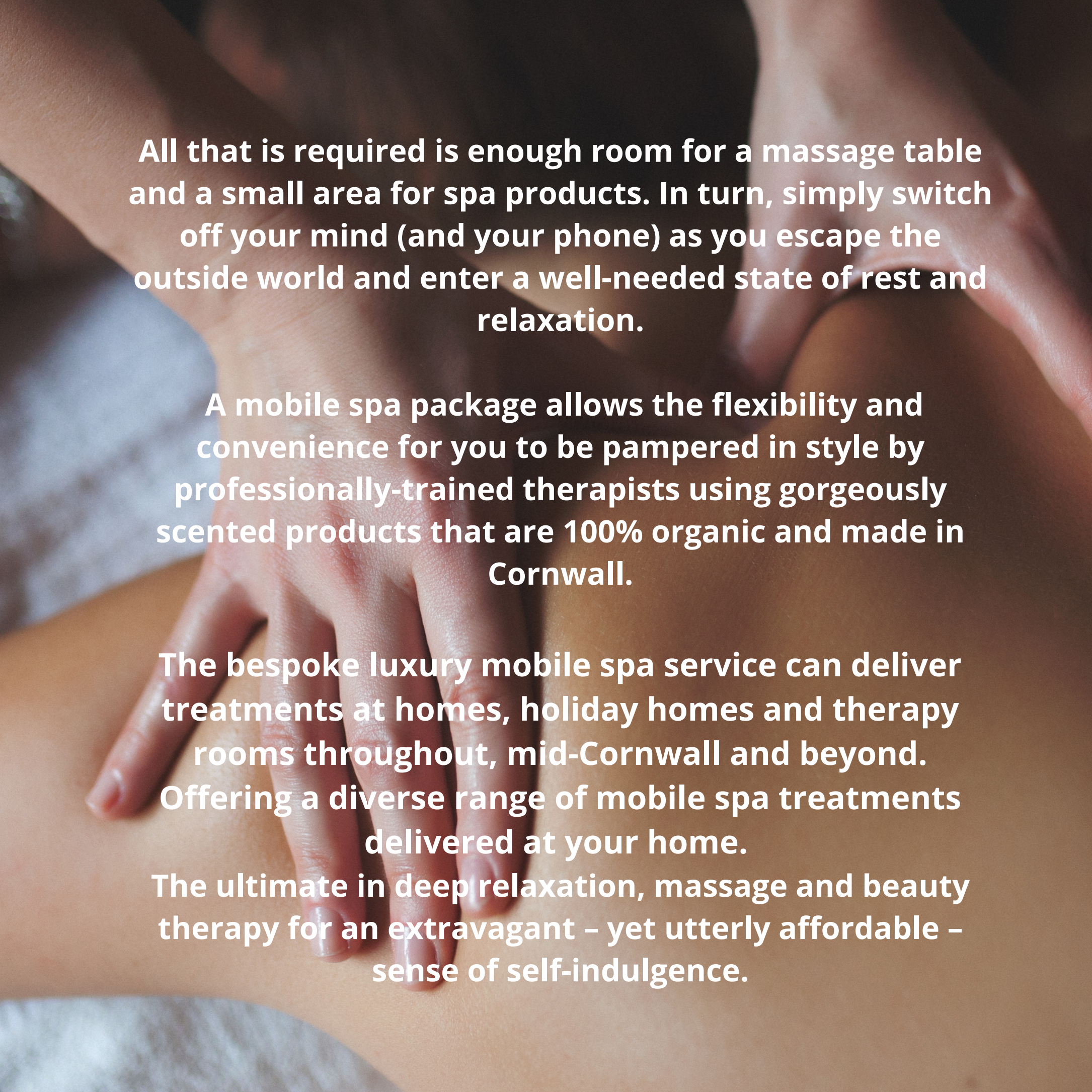
THE SECRET SPA CORNWALL



Delivering Professional Mobile Massage, Facials & Wellness treatments throughout Mid-Cornwall

Whether you're looking to escape with family and friends, or simply fancy some much-needed 'you' time, Secret Spa Cornwall professional massage therapist caters to your every whim.

Enjoy instant relaxation without having to venture outside your front door – an ideal way to include some downtime into the busyness of your day. We can create a spa atmosphere and treat you to some luxury spa pampering without fuss, which means no traffic or parking problems, no need to dress up, and no extra time wasted or inconvenience caused. Relish spa treatments in the comfort and security of your own home (or holiday home) and retire instantly to bed for a deeply nurturing sleep.



All that is required is enough room for a massage table and a small area for spa products. In turn, simply switch off your mind (and your phone) as you escape the outside world and enter a well-needed state of rest and relaxation.

A mobile spa package allows the flexibility and convenience for you to be pampered in style by professionally-trained therapists using gorgeously scented products that are 100% organic and made in Cornwall.

The bespoke luxury mobile spa service can deliver treatments at homes, holiday homes and therapy rooms throughout, mid-Cornwall and beyond. Offering a diverse range of mobile spa treatments delivered at your home.

The ultimate in deep relaxation, massage and beauty therapy for an extravagant – yet utterly affordable – sense of self-indulgence.

Massage & body treatments

Relax Massage 55/75/85 mins £60/£75/£80

This treatment is catered to your needs, whether you would like to induce complete relaxation and relieve stress or loosen those tight muscles and areas of tension. This massage is perfect if you are looking for complete relaxation and like your pressure light to medium.

Deep Tissue/sports Massage 40/50 mins £45/£60

Deep tissue massage uses firm pressure and slow strokes to reach deeper layers of muscle and fascia (the connective tissue surrounding muscles). It's used for chronic aches and pain and contracted areas such as a stiff neck and upper back, lower back pain, leg muscle tightness, and sore shoulders.

Pregnancy Massage 55/75 mins £60/£75

This wonderfully nurturing whole body massage will allow mum-to-be some incredibly special relaxation time. Slow, smooth massage techniques are used to calm and alleviate aches and pains, while a blend of organic oils help to prevent stretch marks. A fantastic treatment for any expectant mother in their second or third trimester.

Aromatherapy Journeys

Aromatherapy treatments tailored to your needs

Aromatherapy is a technique which combines the natural therapeutic properties of essential oils with the healing power of massage therapy to unwind the body, relax the mind and transform stress into balance.

You will also receive a complementary 10ml rollerball of your chosen blend to take home with you.

Back, Neck & Shoulders 25/40/55 mins £30/£40/£60

This relaxing massage attends to the head, neck, shoulders and back – teasing out tensions, easing pain and encouraging both mind and body to unwind.

Head Massage 15/25/40 mins £20/30/40

An amazingly revitalising and stimulating treatment that acts as a perfect pick-me-up – or a longer experience designed to tackle a range of tensions and aid complete relaxation.

Back to Life 45 mins £45

A treat for the back, neck and shoulders. Starting with a back cleanse and exfoliation followed by a melting muscle massage to release aches and tension to those most affected areas.

Reflexology

Reflexology is a helpful complementary treatment and is extremely effective therapy for stress, anxiety, tension and tiredness, it can also be used as a preventive measure against ill health.

Each Reflexology session is £55



Soothing Hot Stone Full Body Massage 70 mins £75

This deep massage combines smooth hot stones with organic oils to instantly ease muscular tension. Hot stone massage encourages the body to detox and heal with a mix of relaxing warmth and refreshing coolness, ensuring a deeply relaxing experience designed to eliminate tension, soothe tired muscles and rejuvenate the body and mind.

Lava Shell Massage 55 mins £65

The indulgent and truly pampering Lava Shell Relax Massage offers an idyllic treatment combining the warmth of shells with deeply relaxing massage techniques, creating a sense of balance to the entire body and mind. The shells are worked over the entire body or just your back to ease away all tension, knots and stress.

Pure Salt Scrub 40 mins £50

An all over salt scrub to leave your skin silky smooth and glowing, Your skin is scrubbed with Himalayan Salt which works to invigorate, cleanse and purify. the skin. Helps to regain your skins natural moisture balance and silky smoothness.

Coastal Wake-up 80 mins £85

Inspired by the Cornish Sea, let your skin come alive with a full body polish using wild Peppermint, and Eucalyptus salt scrub, your body is then further nourished with a body massage, using wild Peppermint, Eucalyptus, Geranium and Lavender to invigorate mind and body.

Facials

Radiance Facial 25/55 mins £30/£60

This fantastic facial treatment is designed to eliminate congestion while restoring moisture to the skin. Revealing a bright, smooth and radiant complexion. This treatment is suitable for all ages and skin types so if you're looking for a luxurious treat, we recommend it to anybody who is looking for brighter, more radiant skin.

Full Body Massage & Facial 80 mins £80

This treatment combines a full body massage and facial making it the ultimate personalised therapy. Using essential oils blended from flower and fruit extracts –this treatment will release tension, emotional stress, soothe, hydrate and balance the senses.

Uplift & Rejuvenate Age Defying Facial 70 mins £75

Using a special combination of massage techniques from India (Ayurveda) and Japan (Anma), this amazing treatment is like an acupunctural facelift. The nine-stage, age defying deep cleansing and uplifting facial aims to prevent and reduce tension, facial wrinkles and age spots while improving the complexion by stimulating circulation and releasing toxins from the facial area. Using handmade French Green clay, which has exceptionally high levels of antioxidants and anti-inflammatories to restore and rejuvenate your skin. You will receive a 10ml Organic Hydrating Facial Oil worth £11.95.

Book any 55 minute organic facial & 55 minute full body massage for £100
usually £120



Massage & wellness brought to you

Secret Spa Organics

All of the products used in all of my treatments are 100% natural & organics, free from parabens, sulphates petrochemicals, SLS, or any other ingredient that is toxic for your skin. Each product is lovingly handcrafted in small batches using certified organic ingredients in my workshop in Cornwall.

Mobile Spa based in St.Austell area and beyond.

The Secret Spa can design a bespoke spa package to suit your exact requirements.

There is a minimum spend of £60 per home visit, outside of the St.Austell area. Appointments are available 7 days a week 10am – 9pm and by special arrangement at other times in which case an out of working hours surcharge fee applies.

Prices quoted are within a 10 mile zone of PL26 7AX St.Austell Cornwall, I can travel free-of-charge within this zone anything beyond this radius a surcharge will be added on to distance and time.

Card and Cash payment accepted.

**Call: Sharon on 07411344779 for more information or email:
info@thesecretspacornwall.co.uk**