



Be whisked away on a journey of rejuvenation.....

Indian Head Massage

A treatment which will both relax and invigorate, by working the neck, shoulders, arms and head, helpful in relieving headaches, tension and stress.

1 hour - £65.00

Aromatic Massage

Working the neck, back and shoulders, this luxurious massage encourages deep relaxation for tension relief, using aromatics to suit your needs.

1 hour - £65.00

Deep Tissue Massage

An excellent massage for the relief of knotted muscles and general muscular tension. Highly recommended to aid in the removal of stress related conditions, leaving you feeling a lot freer.

1 hour - £65.00

90 minutes - £80.00

Full Body Aromatic Massage

The ultimate in relaxation, leaving you with a feeling of well being.

90 minutes - £85.00



Reiki

Using the healing, universal energies, to help the body self heal and energize

50 minutes - £50.00

Reflexology

A treatment which works with the energy lines running through the body. Encouraging the body's inborn ability to self heal. A lovely treatment which helps to tone the body systems and leave you feeling relaxed.

£70.00

Luxury Foot Massage

Your feet will be exfoliated with honey and oat scrub then massaged and pampered leaving you feeling as though you are walking on air!

1 hour - £65.00

European Facial

Relax and enjoy this luxurious facial cleanse, tone and exfoliation before a moisturizing massage, followed by a deeply nourishing, restorative masque, leaving the skin feeling revitalized with a healthy glow

1 hour - £65.00



It's A Man Thing!

Gentlemen do it too! Go on, pamper yourself with this all male facial exfoliation, cleanse and tone, then relax under a nourishing vitamin enriched masque, leaving your skin glowing.

1 hour - £65.00



Beauty Treatments

Come and have a waxing or eye treatment, then relax with a luxurious mini facial.

Select any one treatment from the waxing range, or any two from the eye treatment range, then allow yourself to be pampered with a 30 minute Dermalogica facial. This includes cleanse, tone and moisturise, followed by a revitalizing massage and a relaxing vitamin enriched masque.

Tinting

Eyebrow reshape

Eyebrow tidy

Eyebrow tint

Eyelash tint

Waxing

Eyebrows

Facial waxing

Underarm

Half leg

Full leg bikini

1 hour - £55.00





Manicure

Indulge your hands with this deluxe experience.

Hands are soaked and cleansed, then a traditional Cornish sea salt scrub will remove any trace of rough skin then a moisturizing enriched masque and a therapeutic massage will encourage a state of relaxation.

Work will be done on the cuticles and the nails will be filled, buffed and painted with a polish of your choice, leaving your nails not only looking fabulous but leaving you feeling relaxed and refreshed.

1 hour - £65.00

Pedicure

Luxury for your feet, complete foot heaven!

An intensive, soothing and moisturizing treatment that will leave your feet feeling supple conditioned and relaxed. This treatment will free your feet from any dry skin with an exfoliation using a traditional Cornish sea salt scrub, followed by a cooling masque and relaxing massage to ensure your feet are left revitalized, soft and truly pampered.

The treatment will conclude with cuticle work and the nails filled, buffed and painted with a polish of your choice.

1 hour - £65.00

Our Therapist, Jill Trudgeon, is based in the village of Portloe, however works freelance, so to avoid disappointment, we advise guests to book any treatments prior to their visit by calling Jill on

01872 501 802.

Payments by cash or cheque only and paid to the therapist on the day.
Please note that no treatment will be offered during pregnancy until the first trimester at 12 weeks.

Allow the Lugger Hotel and Spa to temper the mind and pamper the soul....

