



fistralspa



Body . Mind . Spirit

a new standard of spa  
excellence set on the  
evocative coastline of  
North Cornwall



## taking time out

There are few places in the UK more evocative than Cornwall's North coast. The warm Gulf Stream nourishing the coastline as it flows into our waters is the inspiration behind Fistral Spa and we have developed a beautiful purpose-built facility that will nurture and nourish both body and soul.

Through a selection of carefully chosen ESPA therapies, Fistral Spa achieves an integration of body, mind and spirit transporting our clients to a place of peace and well being. Nine luxurious treatment rooms have been designed with your every comfort in mind, add to that an unequalled architect designed complex, supported by a state-of-the-art fitness suite, heated vitality pool, jacuzzi, steam room and sauna and you have one of the most advanced spas in the South West.

The ESPA range has been carefully selected and formulated to combine the therapeutic benefits of spa treatments, aromatherapy, thalassotherapy and professional skin care. ESPA is a collection of individual products rich in essential oils, plant extracts and marine elements. Deeply relaxing and de-stressing oils, revitalising seaweeds and natural ingredients help to achieve outstanding results on the face, body and mind. ESPA is formulated using the highest quality organically grown plants known for their purity, potency and therapeutic quality.

Nine Treatment Rooms / Spacious Relaxation Room  
State-of-the-art Gymnasium / Jacuzzi / Sauna  
Steam Room / Indoor Swimming Pool (11m)



## fistralspa facials

# ...and refreshing your features

Designed to naturally improve the skin condition and enhance its appearance. All ESPA facials include specialised double cleansing techniques, gentle exfoliation, acupressure facial massage and oriental head massage.

### Regenerating and firming eye treatment

25mins £30

This treatment is designed to combat the effects of premature ageing and stress to the eye area and is also of benefit to those who suffer from irritable, puffy or sensitive eyes.

### Luxury ESPA facial

55mins £50

Following a consultation your therapist will help you choose between a 'Skin Brightening' facial for lifeless, dull and sallow skin, 'Rebalancing' for oily, congested or problematic skin, 'Regenerating' for mature and stressed skin or 'Rehydrating' for dry, dehydrated and tired complexions.

### Luxury ESPA facial with firming eye treatment

1hr 10mins £70

Combined with a luxury ESPA facial, this treatment is designed to combat the effects of premature ageing and stress to the eye area and is also of benefit to those who suffer from irritable, puffy or sensitive eyes.

### Age defying facial

1hr 25mins £70

A totally luxurious regenerating facial treatment especially created to help combat the signs of ageing, and sun damaged skin. Special facial massage techniques for those delicate areas around the eyes, neck, lips and jaw line are combined with the ESPA moisturising products, rich in anti-oxidants, and scientifically advanced natural ingredients to hydrate and protect. The anti-ageing, rejuvenating benefits of this treatment visibly improve the appearance of the skin, helping to minimise lines and wrinkles, leaving the skin fresh, revitalized and nourished.

### Super Active facials

Using the most advanced facial techniques, these treatments are performed by hand selected, highly qualified therapists to deliver a deeply relaxing yet intensive experience, the benefits of which can be seen immediately.

### Super active toning, lifting and firming facial

1hr 25mins £75

A highly effective treatment developed to help improve tonicity, firmness and combat the early signs of ageing. The powerful concentrate of super active ingredients produces instant, visible results, renewing collagen production and enhancing cellular communication.

### Super active calming and soothing facial

1hr 25mins £75

This technically advanced super active facial cools and comforts irritated skin that is prone to redness. Using super active products, and specially selected quartz crystals, this facial is particularly effective in providing soothing relief - the beneficial effects are enhanced by the specific therapeutic techniques used. Redness is visibly reduced and the skin is left calmed, soothed and hydrated.

### Super active repairing and restoring facial

1hr 25mins £75

Designed to help counter the effects of harsh products and aggressive treatments, this super active facial helps sensitised skin that requires restoring and rebalancing. The super active products, rich in plant oils and phyto-active extracts, together with scientifically advanced techniques help create evenness of skin tone, to visibly alleviate the effects of a specific skin condition, and restore vibrance and lustre to the skin.

# Revitalising...



## fistralspa body therapy

ESPA therapies combine modern and ancient knowledge and draw on therapeutic treatments from the Ayurvedic and Oriental traditions to create an unrivalled expertise that is blended with passion and performed by ESPA trained professionals.

### **Aromatherapy back, neck and shoulder massage**

25mins £30

A wonderfully relaxing massage using pure essential oils, to ease tension and leave you with a sense of wellbeing.

### **Aromatherapy body massage**

55mins £50

One of the finest anti stress treatments, this experience incorporates massage to the body to help strengthen the nervous system and restore lost energy. Designed to ease away tension and relieve stress using blended essential oils.

### **Holistic aromatherapy luxury back, face and scalp treatment**

1hr 25mins £65

This luxurious experience incorporates an aromatherapy facial, suitable for all skin types to purify, hydrate and refine the skin, with a deeply relaxing back, neck, shoulder and scalp massage.

### **Total holistic body care**

1hr 25mins £70

This luxurious treatment commences with full body brushing and exfoliation to stimulate and brighten the skin, leaving it feeling soft and smooth. This is then followed by a powerful de-stressing face, scalp and body massage to relax and calm thus bringing harmony to the mind and body. This beautiful treatment is the ultimate in pure luxury leaving your skin feeling soft, revitalised and pampered.

# ...and unwinding your body

### **Exfoliating salt and oil scrub**

25mins £30

Carefully blended sea salts and essential oils have been combined to help remove dry, dead skin cells, enhancing the condition of the skin. The result is exceptionally soft, moisturised and clean skin.

### **Aromatherapy body and scalp massage**

1hr 25mins £70

Combining a full body and scalp massage, this treatment combines ESPA body oils to ease away tension and relieve stress.

### **The essential fistral treatment**

50mins £50

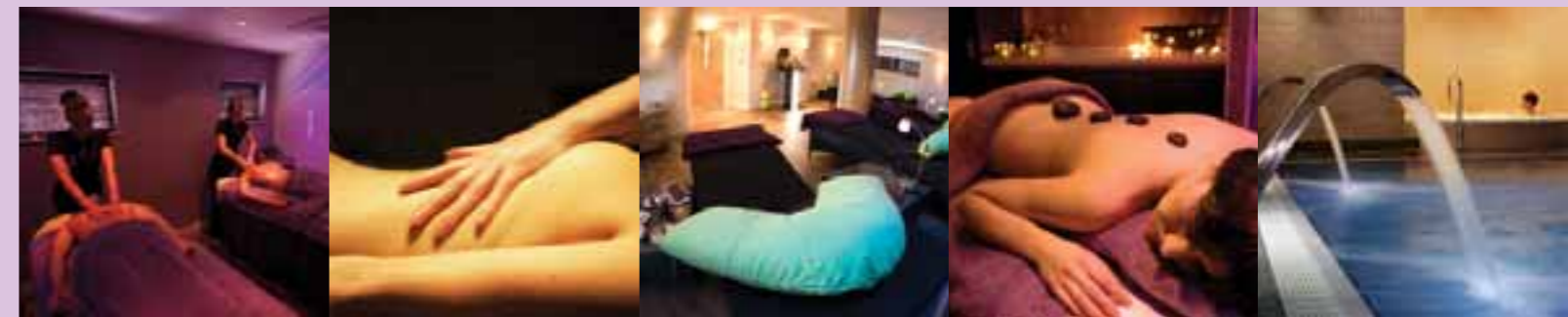
Specially designed to pamper and relax, this therapeutic treatment begins with a back, neck and shoulder massage with blended essential oils followed by a regenerating and firming eye treatment to deeply nourish and regenerate the fragile eye area.

### **The fistral spa signature treatment**

1hr 50mins £90

A truly luxurious and stress relieving experience, this treatment includes a full body massage to ease away tension and relieve stress followed by a luxurious ESPA facial designed to noticeably improve the condition and enhance the appearance of your skin.

# Rejuvenating....



## fistralspa body wraps

Choose from our sophisticated menu of individual wraps blended to meet your specific needs or just book a wrap and let our therapists decide the right one for you. All wraps include lymphatic skin brushing and smoothing body exfoliation.

### Skin hydrating wrap

55mins £55

This total body wrap is specifically designed for dry or dehydrated skins, leaving your skin hydrated and soft. Whilst cocooned in the rich body mask an Oriental head massage is given to ease tension.

### Detoxifying algae wrap

55mins £55

Helps to improve circulation, boost the metabolism and speed up the elimination of toxins. This treatment is superb for poor circulation to stimulate, cleanse and purify the body. While cocooned in the algae, an Oriental head massage is given to help ease tension.

### Restorative mud envelopment

55mins £55

This warming and healing treatment is ideal for those suffering aches and pains and superficial skin problems and conditions such as eczema and psoriasis. While cocooned in the marine mud an Oriental head massage is given to help ease tension.

### Oshadi envelopment

55mins £55

This comforting wrap is ideal to boost poor circulation, condition dry skin and balance the mind. Continue to relax with a mind calming Oriental head massage.

## fistralspa advanced body treatments

These treatments focus on you and your individual needs, enhancing healthy appearance as well as giving a sense of inner wellbeing.

### Stimulating hip and thigh

55mins £55

This is a specialised treatment to stimulate the circulatory and lymphatic systems, concentrating on areas prone to cellulite, fluid retention and uneven skin tone.

\*Best effects achieved by undertaking a course; so book four treatments and get one free\*

\*Also, add a regenerating and firming eye treatment for only £20\*

### Pre/post natal treatment

1hr 25mins £65

This total body treatment has been carefully designed for pregnant and nursing mums to aid relaxation and encourage tonicity of the skin during this very special time.

### Lifesaving back treatment

40mins £45

An ideal treatment for problematic skin, but also a lovely treat for this much neglected and hard-to-reach area. Incorporates deep cleansing, massage and a soothing mask of marine mud.

### Indian head massage

25mins £30

This treatment is a deeply relaxing and rejuvenating pressure point massage to the back, neck, shoulders and scalp. This is excellent for the person wanting a quick "pick me up".

### Reflexology

55mins £45

A totally holistic treatment using specific reflex points on the feet to encourage a beneficial effect on other parts of the body.

### Roxy treatment

50mins £50

Specially designed to combat those post-surf aches and pains this therapeutic treatment begins with a back, neck and shoulder massage with blended essential oils followed by a regenerating eye treatment to deeply nourish and revitalize the fragile eye area leaving you with a fresh Roxy glow.

treat your body to  
some pampering





Dive in...

...the waters lovely

Add to any Fistril Spa treatment:

Champagne and chocolate - £10pp

Use of pool, sauna, steam room, Jacuzzi and gym - £5pp

Two course lunch in The Bay Bar - £10pp

# fistralspa especially for men

All of our treatments and packages are designed for both men and women but here are some treatments created solely for the male complexion and body.

## Lifesaving back treatment

40mins £45

An ideal treatment for muscular aches, pains, hard to reach areas and problematic skin. It will leave your back feeling relieved, conditioned and relaxed.

## Mens purifying facial with scalp and shoulder massage

55mins £50

This relaxing facial works at a deep molecular level to purify, balance and hydrate the skin leaving you feeling de-stressed and renewed. The triple cleanse procedure, which includes a steaming hot towel compress to soothe and soften bristles, promotes drainage and aids in preventing blocked pores. Following a relaxing acupressure face massage and purifying mask, a deep shoulder and scalp massage is performed to release tight muscles and tension.

## Aromatherapy body massage

55mins £50

One of the finest anti stress treatments, this experience incorporates massage to the body to help strengthen the nervous system and restore lost energy. Designed to ease away tension and relieve stress using blended essential oils.

## Aromatherapy body and scalp massage

1hr 25mins £65

Combining a full body and scalp massage, this treatment combines ESPA body oils to ease away tension and relieve stress brought about by business pressure and lack of sleep.

## Quiksilver surfers massage

55mins £50

The perfect treatment for those suffering aches, pains and tension brought on by the sea. A deeply relaxing back massage to ease muscle tension in the shoulders, neck and upper arms followed by an ESPA Foot Treatment this includes exfoliation and deep massage using essential oils to warm and soothe tired legs followed by an application of pink hair and scalp mud to smooth and nourish the feet.

# fistralspa concept treatments

ESPA brings you these advanced and specialised treatments using hot and cold stones along with the concept range of ESPA products. The ESPA concept range is formulated to provide a natural boost to maturing, dry or hormonal skins.

## ESPA Concept Treatments

Marine actives, plant actives and essential oils give exceptional levels of performance to cleanse, nourish, protect, strengthen and rejuvenate.

The stones are used to massage the face and body and are also placed on the "chakras" of the body using the same techniques derived from Native American Indians. These smooth basalt stones originate from volcanic rock enabling them to retain their heat and mineral content.

By using these stones within our treatments, we can help re-balance, re-energise and aid the natural healing of the mind, body and spirit.

## Aromatherapy back, neck and shoulder massage with hot stones

40mins £40

This treatment is a deeply relaxing and rejuvenating pressure point massage to the back, neck, shoulders and scalp. This is excellent for the person wanting a quick "pick me up".

## Holistic hand & nail treatment with hot stones

1hr 10mins £45

A holistic arm, hand and nail treatment including a gentle skin refiner and a therapeutic massage incorporating hot stone therapy, with the appropriate aromatherapy massage oil chosen for your individual needs. Includes nail paint.

## Holistic foot & nail treatment with hot stones

55mins £45

A holistic foot and nail treatment including gentle skin softening exfoliation and a relaxing acupressure point massage, with the appropriate aromatherapy massage oil prescribed for your individual needs. Includes nail paint.

## Aromatherapy back, face and scalp with hot and cold stones

1hr 50mins £75

A luxurious treatment commencing with a deep cleansing back exfoliation, followed by a hot stone aromatherapy massage to the back, neck and shoulders. Continue to relax with an Aromatherapy Facial incorporating Hot and cold stones, bringing powerful de-stressing benefits to mind and body.

## Total holistic body care with hot stones

1hr 50mins £75

This all-encompassing treatment commences with body brushing and body smoothing exfoliation to prepare the skin. Continue to unwind with a full body, face and scalp massage using hot stones and aromatic pure essential oils. This truly holistic experience will bring harmony to mind, body and spirit.

## fistralspa finishing touches

**Leighton Denny Expert Nail Treatments** for the hands and feet. Leighton Denny is the leading nail technician in the UK with many awards to his name, including Nail Technician of the Year Award for the last four years.

Leighton Denny products have been hailed as the ultimate accessory in top beauty publications such as Marie Claire, Vogue and Harpers Bazaar. The products are effective and deliciously fragranced to help you look good and feel even better.



### **On The Move Manicure** 20mins £15

Specifically designed to fit into your busy lifestyle, the On The Move Manicure file and polish keeps hands and nails well groomed and fashionable when time is of the essence.

### **Custom Manicure** 40mins £26

Ultimate speedy treatment for beautifully dressed hands and nails, when time is an issue and pampering is needed.

### **Immaculate Manicure** 55mins £35

An award winning manicure that combines glamour with relaxation. Reflect on the experience for days with beautiful, long lasting results.

### **Express Nails** 40mins £35

Combines our popular On The Move Manicure and Pedicure plus choose a nail polish from our selected range to take home with you. This treatment will leave your nails well groomed and stylish in your chosen colour.

### **On the Move Pedicure** 20mins £15

Specifically created for the client with a busy lifestyle, this express pedicure keeps feet and nails well groomed with a fresh application of your chosen colour.

### **Custom Pedicure** 40mins £26

The ultimate treatment for beautifully dressed feet and nails, when time is an issue and pampering is needed.

### **Pristine Pedicure** 55mins £35

The ultimate pedicure that combines glamour with relaxation. Walk away from this treatment feeling uplifted and reflect on the experience for days with beautiful long lasting results.

French manicure supplement £3

### **Fistral Special Treat** 2hrs £65

Designed to give your hands and feet the ultimate treat. Includes a welcome consultation, Immaculate Manicure, Pristine Pedicure and a glass of wine in the Bay Bar. (available 2pm until 5pm)

French manicure supplement for all treatments £3

## fistralspa waxing

### **ESPA luxury full leg wax** 1hour £30

ESPA luxury full leg wax. Includes exfoliation to prepare the skin & discourage ingrown hairs, followed by cooling moisturising balm.

### **ESPA luxury half leg wax** 45mins £23

ESPA luxury half leg wax. Includes exfoliation to prepare The skin & discourage ingrown hairs, followed by cooling moisturising balm.

<b>Half leg wax</b>	30mins £18
<b>Half leg &amp; bikini</b>	45mins £23
<b>Bikini</b>	15mins £12
<b>Underarm</b>	15mins £10
<b>Lip</b>	15mins £10
<b>Lip &amp; chin</b>	15mins £12
<b>Eyebrow wax and shape</b>	15mins £10
<b>Back</b>	30mins £25
<b>Chest</b>	30mins £25
<b>Eyelash tint</b>	30mins £15
<b>Eyebrow tint</b>	15mins £10
<b>Eyelash &amp; brow tint</b>	30mins £20

A sensitivity test is required for tints 24hr prior to treatment.





## fistralspa packages

Fistral Spa has been created to provide an environment where guests can escape from everyday stresses and reconnect with their senses.

Whether you are after an afternoon of bliss or a full day of pampering, we look forward to welcoming you into our tranquil haven where you will achieve an integration of mind, body and spirit.

experience a  
sense of relaxation  
like never before

body . mind . spirit

# fistralspa full day programmes

## All full day programmes include the following:

- Welcome drinks
- Unlimited use of the pool, fitness and spa facilities
- Use of steam room, sauna and our luxurious relaxation room
- Use of robe and slippers during your day
- Jog or walk on a specially designed trail around Fistral Bay
- A two course lunch from our spa menu and complimentary glass of wine or mineral water, served in the unique and ambient Bay Bar.

## Fistral Spa Signature day packages

### Detox day £95

Perfect to tone the skin, eliminate toxins, speed up the metabolism and boost your energy levels.

- Welcome foot ritual and consultation
- ESPA Body Brush and Exfoliation
- ESPA Detoxifying Algae Wrap with Oriental Scalp Massage
- ESPA Detoxifying Aromatherapy Body Massage

### Relax day £95

Calms and relaxes the body to eliminate the stresses and strains of everyday life.

- Welcome foot ritual and consultation
- ESPA Body Brush and Exfoliation
- ESPA Marine Mud Body Wrap with Oriental Scalp Massage
- ESPA Soothing Aromatherapy Body Massage

### Energise day £95

Clears and focuses the mind to leave you feeling refreshed and oozing energy.

- Welcome foot ritual and consultation
- ESPA Body Brush and Exfoliation
- ESPA Algae Body Wrap with Oriental Scalp Massage
- ESPA Energising Aromatherapy Body Massage

### Uplift day £95

A comforting hug for times of emotional stress and upset.

- Welcome foot ritual and consultation
- ESPA Body Brush and Exfoliation
- ESPA Oshadi Envelopment with Oriental Scalp Massage
- ESPA Restorative Aromatherapy Body Massage

Arrive from 10am, departing by 6pm

# fistralspa full day programmes

## Fistral spa tranquility £150

Submerge yourself in tranquility with this truly delicious combination of top to toe treatments;

- Welcome foot ritual and consultation
- ESPA total holistic body care - this beautiful treatment is the ultimate in pure luxury with full body brushing and exfoliation and powerful de-stressing face, scalp and body massage to leave your skin feeling soft, revitalised and pampered.
- ESPA Aromatherapy Facial
- Immaculate Manicure and Pristine Pedicure

## The natural escape £75

(available Monday to Thursday)

This rebalancing day will leave your skin silky, smooth and hydrated and your spirit uplifted.

- Welcome foot ritual and consultation
- ESPA Back, Neck and Shoulder Massage
- ESPA Luxury Facial

## Fistral ocean dreams £80

This is a unique programme to combine the exhilaration of the ocean with the pure relaxation of the spa.

- A professional surfing lesson at Fistral Beach
- Quiksilver Surfer's Massage or Roxy Treatment

## Bride to be £120

Pamper yourself before the big day with this indulgent and effective top to toe package which will leave you feeling relaxed, pampered and glowing.

- Welcome foot ritual and consultation
- Total Holistic Body Care
- Eyebrow Wax and Shape
- On The Move Manicure
- On The Move Pedicure

## Ladies champagne and chocolate treat £80 pp

This indulgent day is the perfect way to celebrate your hen party in style and luxury.

- Welcome foot ritual and consultation
- ESPA Back, Neck and Shoulder Massage
- Immaculate Manicure
- Glass of champagne and chocolates to enjoy in the bar

## Pre/post-natal pampering £110

This is a specifically designed programme to help relax mum and baby and to promote a sense of well being at this special time.

- Welcome foot ritual and consultation
- ESPA Pre/Post Natal Treatment
- Pristine Pedicure
- On departure you will receive a beautiful ESPA gift to remember your stay

## fistralspa half day programmes

### All half day programmes include the following:

- Use of pool, fitness and spa facilities
- Use of robe and slippers throughout the day

#### **Fistral sunrise £55**

(Available 10am until 12 noon)

This is a perfectly designed programme to energise your body and mind.

- Welcome consultation
- ESPA Grapefruit and Lime Body Salt and Oil Scrub
- ESPA Mini Aromatherapy Facial
- Refreshing glass of juice in the bar

#### **Twilight package £95**

(available Tuesdays and Fridays after 5pm)

Relax and unwind at the end of a long, hard day with this uplifting package.

- Welcome Consultation
- Oshadi Envelopment with Oriental Scalp Massage
- ESPA Luxury Facial

#### **Girls night in £55 pp**

(available any evening after 5pm)

You and your friends can be pampered to the max with our Girl's Night In package consisting of:

- 25 minute spa treatment - choose from an Aromatherapy Back, Neck and Shoulder Massage, Exfoliating Salt and Oil Scrub or Indian Head Massage
- On the Move Manicure or Pedicure
- A glass of champagne and nibbles
- Exclusive use of our relaxation room for your group if six people or more

#### **Ready for the beach £75**

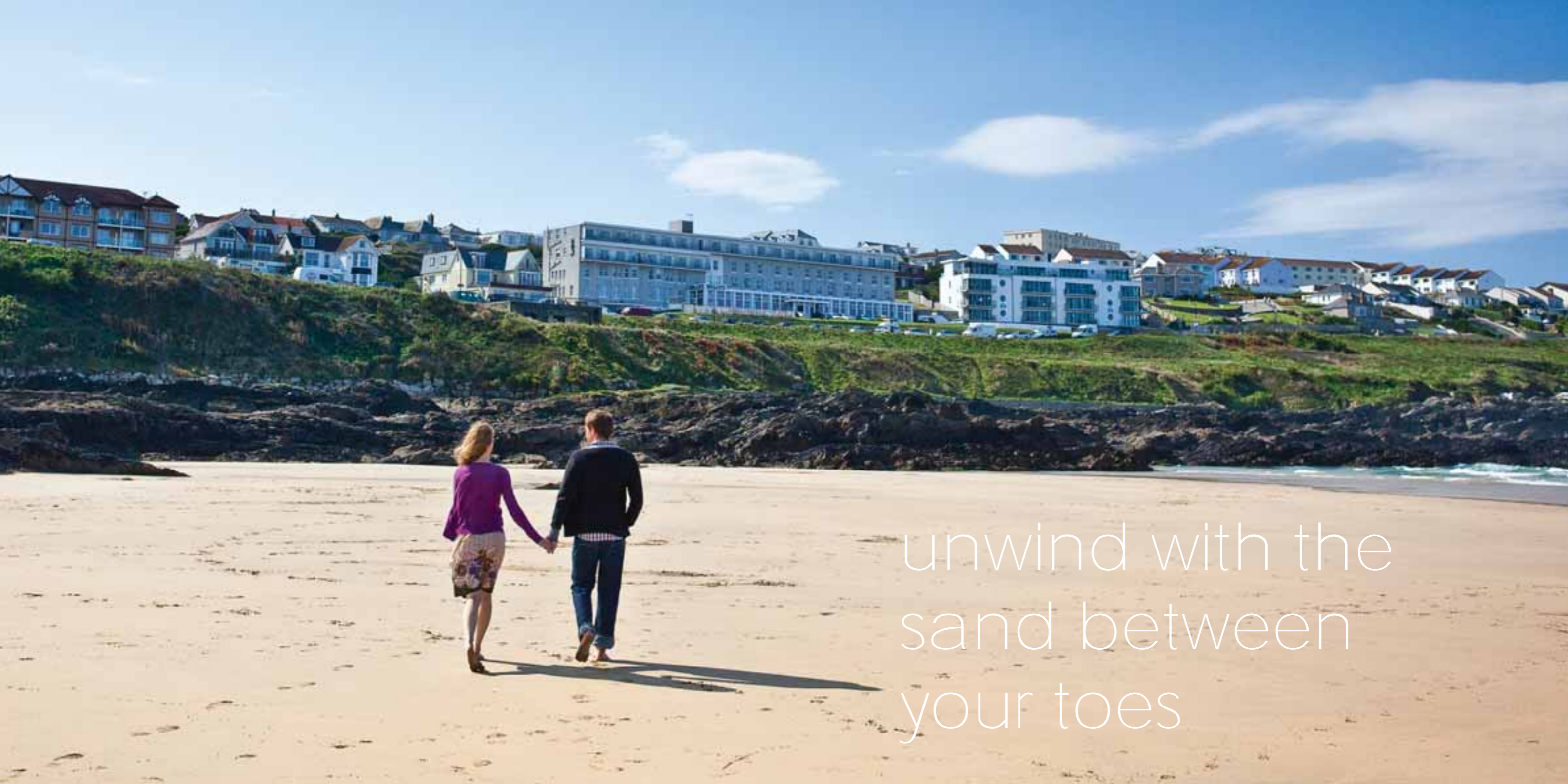
A complimentary range of treatments for the whole body, to ensure you are primed to hit the beach.

- Eyelash Tint
- Eyebrow Shape
- Full Body Brush and Exfoliation
- On the Move Pedicure
- Half Leg Wax

...your spirit

relaxing and  
re-energising....





unwind with the  
sand between  
your toes

# fistralspa breaks

## All hotel and spa breaks include:

- Use of the pool, fitness and spa facilities
- Use of steam room, sauna and our luxurious relaxation room

### Fistral Couples Escape

From £260 per couple

On arrival, a chilled bottle of champagne and chocolates will be delivered to your room where you can relax in this romantic and intimate retreat.

- Welcome foot ritual and consultation x 2
- ESPA Aromatherapy Back, Face and Scalp Treatment (1hr 25mins) x 2 carried out simultaneously in the beautiful candle lit Fistral Couples Suite
- Romantic Dinner for two in the Bay View Restaurant
- One night's accommodation in a sea view balcony bedroom with breakfast

### Check In Chill Out

From £140 per couple

- ESPA Aromatherapy Body Massage x 2
- Dinner for two in the Bay View Restaurant
- One night's accommodation in a seaview bedroom with breakfast

Enjoy a special discount on our spa breaks by staying with us on a Sunday night. Contact us for pricing.

### Rejuvenating yoga and spa breaks

From £230 per person

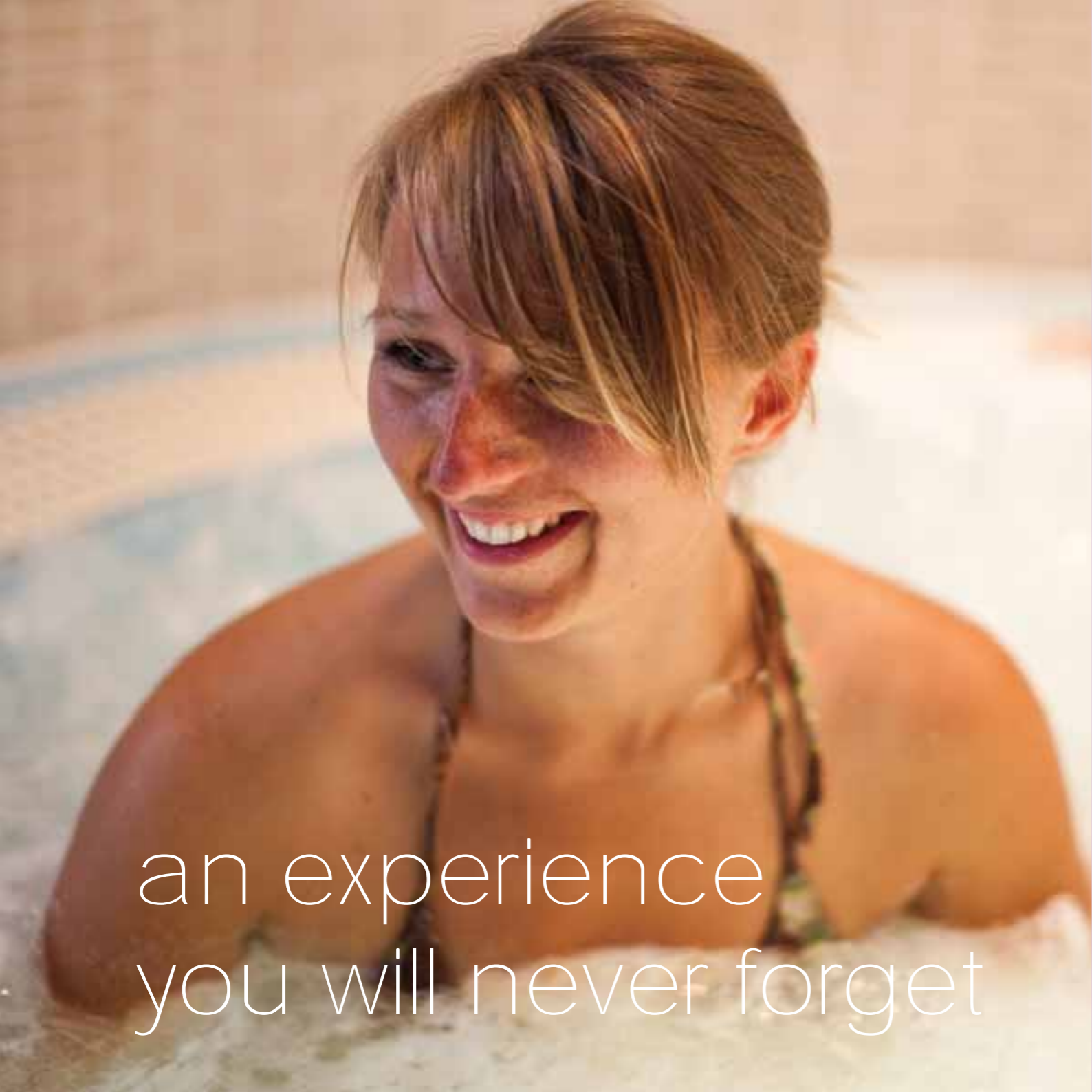
Situated on the evocative north coast of Cornwall, our yoga weekends combine yoga, relaxation and good food to leave you feeling fully revitalised. Yoga packages include:

- Champagne reception in the Bay Bar
- Two night's accommodation in a Sea View Room
- Full English breakfast, with healthy options available
- Dinner both nights in the Bay Restaurant
- 10% off luxurious ESPA treatments at Fistral Spa
- Detailed yoga programme totalling six hours of sessions

### Seasonal spa breaks

Cornwall offers a vast array of delights at all times of the year which is why we offer a range of seasonal Spa breaks. Due to the nature of the breaks they can change regularly, for up-to-date information please visit our website [www.fistral-spa.co.uk](http://www.fistral-spa.co.uk)

time out has  
never felt so  
good



an experience  
you will never forget

## fistralspa signature packages

Our signature hotel and spa packages have been individually designed to focus on your specific requirements, leaving you feeling either relaxed, detoxified, energised or uplifted. The breaks can be taken as either a two or three night package as below:

### **Fistral Spa Signature Package – “Detox”**

2 or 3 nights accommodation, with breakfast, in a seaview balcony room.

- Welcome foot ritual
- ESPA Detoxifying Salt and Oil Scrub (25 mins)
- ESPA Detoxifying Body Wrap (55 mins)
- ESPA Stimulating Hip and Thigh Treatment (55 mins)
- ESPA Regenerating and Firming Eye Treatment (25 mins)

### **Fistral Spa Signature Package – “Relax”**

2 or 3 nights accommodation, with breakfast, in a seaview balcony room.

- Welcome foot ritual
- ESPA Marine Mud Body Wrap (55 mins)
- ESPA Luxurious Facial (55 mins)
- ESPA Relaxing Salt and Oil Scrub (25 mins)
- ESPA Aromatherapy Back, Neck and Shoulder Massage (25 mins)

Please note, all breaks are subject to availability and exclude bank holidays.

### **Fistral Spa Signature Package – “Energise”**

2 or 3 nights accommodation, with breakfast, in a seaview balcony room.

- Welcome foot ritual
- ESPA Algae Body Wrap (55 mins)
- ESPA Lifesaving Back Treatment (40 mins)
- ESPA invigorating Salt and Oil Scrub (25 mins)
- ESPA Regenerating and Firming Eye Treatment (25 mins)

### **Fistral Spa Signature Package – “Uplift”**

2 or 3 nights accommodation, with breakfast, in a seaview balcony room.

- Welcome foot ritual
- ESPA Oshadi Envelopment Body Wrap (55 mins)
- ESPA Aromatherapy Back, Face and Scalp Treatment (1hr 25mins)
- ESPA Regenerating and Firming Eye Treatment (25 mins)

### **Prices**

from £240 per person

# fistralspa guidelines

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## Opening Hours

Fistral Spa is open 7 days a week, 363 days a year. The swimming pool, sauna, steam room, Jacuzzi and gym are open between 7.00am and 9.00pm. Treatments can be booked between 10.00am and 6.00pm. Late night bookings available on Tuesdays and Fridays. Hours may vary.

## Make a day of it

You can book any treatment and upgrade your visit with use of the facilities for £5, a two-course lunch in the Bay Bar for £10 or Champagne and Chocolates for £10.

## Spa Preparation

It is recommended that no alcohol is consumed immediately prior to your arrival and that you consume plenty of water following any treatments.

## What to bring

Robes, Slippers and towels are provided on each visit.

## Spa Scheduling

in order to make the most of your treatment we would recommend that you arrive 20 minutes prior to your first appointment. This will allow you time to familiarise yourself with your surroundings and to enjoy our relaxation area prior to being collected by your therapist. Guests can use the pool area for an unlimited time before or after their treatment for

£5pp. On busy days, we may have to shorten the treatment time for late arrivals.

## Arrival at the spa

You will be greeted by a member of spa staff who will explain the procedures for your visit as well as the facilities available.

## Spa attire

Prior to your spa treatment we would advise changing into a bath robe and slippers that are provided to allow for maximum relaxation. It is advisable to wear underwear or swimwear underneath although we can provide disposable briefs if you prefer. Please be assured that all of our therapists are highly trained and your modesty will be protected at all times.

## Fitness Suite attire

Guests should dress for comfort in a t-shirt or vest with stretch trousers or shorts. Trainers must be worn in the gym for all fitness classes.

## Sauna/Steam room/Jacuzzi

Suitable swimwear must be worn at all times.

## Bay Bar

Robes may be worn in the Bay Bar however we request that guests do not wear swimwear in the Bay Bar.

# fistralspa guidelines

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## Spa Etiquette

Our Spa environment is one of relaxation and tranquillity. Please respect all Spa guests' right to privacy and serenity. We ask that you turn off your mobile phone whilst in the Spa.

## Children

in order to maintain a haven of tranquility children under 16 are not allowed to use the facilities at Fistral Spa. The indoor pool is available at The Esplanade Hotel for their enjoyment.

## Special considerations

Please notify our staff if you are pregnant or have any special medical considerations so that appropriate treatments can be recommended.

## Health Conditions

Kindly advise us of any health conditions, allergies or injuries, which could affect your treatment when making your spa reservation.

## Gift certificates

Gift vouchers are available for any treatment, Day Spa programme or product and are an ideal present for someone special. Gift vouchers are non refundable and must be presented to spa reception upon arrival.

## Cancellations

As a courtesy to other guests we ask that you provide 24 hours notice if you need to cancel or reschedule your appointment. If you cancel with less than 24 hours notice you will be subject to 50% of the treatment cost. If you give less than 12 hours notice you will be charged the full treatment cost.

## Your Feedback

We always appreciate customer feedback as we look to continually improve our offering. Should you wish to discuss any aspect of your treatment or experience, we ask that you request to speak to our spa manager or head therapist prior to departure.

Please note, card details will be asked for at time of booking.

ensuring you enjoy your stay...

# fistralspa health & fitness

The state-of-the-art gym at Fistral Spa is fully equipped with the latest Life Fitness cardiovascular and resistance equipment. The treadmills, upright and recumbent lifecycles and cross-trainers come with personal TV screens to entertain whilst training.

## Personal Training £25 per session

Fistral Spa offers Hotel guests and members professional one to one health and wellness programmes. Programmes are created specifically for the individual and designed to ensure success in exercise, healthy eating and relaxation.

## Classes

For further enjoyment and fitness there are Spa Studio classes to suit every taste. Classes are available to residents and Fistral Spa members. Please enquire at Spa Reception for the latest class timetable.

work hard . play hard



# fistralspa location

We are devoted to ensuring you achieve the spa experience of your dreams...  
[www.fistral-spa.co.uk](http://www.fistral-spa.co.uk)



fistralspa

The Bay Hotel

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### The Bay Hotel

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