

### *Dip & Dine £20.00*

Includes full use of the Spa Facilities and a light lunch in the Raffles Bar. Available Sunday–Thursday 11am - 4pm  
(This excludes the use of the Gym)

### *Standard Membership*

This includes full use of the Swimming Pool, Spa & Gym

Monthly - £40.00

Quarterly - £99.00

Annually - £380.00

### *Over 60's Membership*

Monthly - £30.00

Quarterly - £90.00

Annually - £360.00

### *Children's Membership - Includes swimming pool only*

Monthly - £20.00

Quarterly - £60.00

Annually - £240.00

### *Spa Day Packages*

Our Spa Days are a popular and wonderful way to get the most out of your day!

Each of our 3 packages include full use of our pool facilities (excluding the gym), a 2 course light lunch and a treatment of your choice!

You can find the treatment choices on our website with prices or ask our reception team!



### *Leisure Facilities*

#### *Indoor Heated Swimming Pool*

Our Pool is approximately 17ft-35ft and heated to 30 degrees

#### *Spa Pool*

Small circular pool situated next to the indoor swimming pool with water jets perfect for those wanting the benefits of water pressure without the heat of a hydro pool.

#### *Hydrotherapy Pool*

This provides a relaxing and invigorating experience with the warm temperatures and water pressure its perfect for sore muscles and aching joints

#### *Sauna*

A dry heat room used to cleanse the body of impurities and improve your immune system

#### *Steam Room*

A damp heat used to ease muscle and joint pain, clear sinuses and cleanse the body of impurities

#### *Heated Loungers*

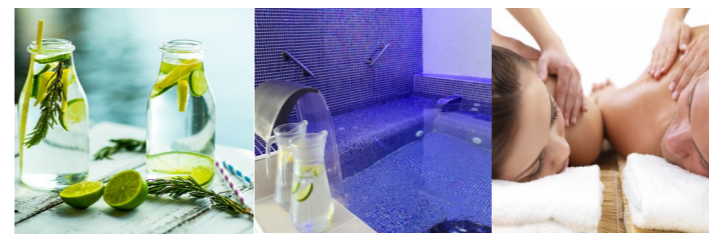
Heated Mosaic loungers situated under twinkling lights perfect for relaxation

#### *Hydrotherapy Showers*

Experience showers intended for use after heat treatments to regulate the body temperature

#### *Fully Equipped Gymnasium*

The perfect place to get back or keep in your personal best shape.



#### About us..

With our idyllic views of Looe Bay our Spa and refurbished Beauty Sanctuary is the perfect place to come and relax.

Using only the finest of skin loving ingredients in our products, we are proud to boast both the Natural Spa Factory, Jessica Nails and CND Shellac collection.

Waves Spa is open to all general public, day and holiday guests who have full access to the indoor heated pool, steam room, sauna, hydrotherapy pool, heated mosaic loungers, relaxation room and a fully equipped gymnasium. We want you to unwind in your own personal sanctuary and discover the ultimate space for your total well-being, here at Waves Spa.

natural spa factory®

— EST. BATH ENGLAND —



JESSICA

CND<sup>®</sup>

Hannafore Point Hotel and Spa

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# Waves Spa & Beauty Sanctuary

The Hannafore Point Hotel  
Looe | Cornwall



## Massage Therapies

### Back, Neck, Face and Scalp Massage

A relaxing massage that focuses on the different pressure points of the upper body leaving you feeling totally rebalanced. *Approx 1 hour\* - £55.00*

### Relaxing Face and Scalp Massage

A rejuvenating massage using our nourishing, pure coconut oil products to completely relax the muscles of the face and scalp. *Approx 40 minutes\* - £35.00*

### Total Harmony Massage

A relaxing and soothing massage using slow, gliding strokes to relieve stress and tension.

*Back (Approx 30 minutes\*) - £35.00*

*Full Body (Approx 1 hour\*) - £55.00*

### Deep Tissue Massage

A deep and powerful massage working to relieve deep set knots, tension and promote optimum circulation.

*Back (Approx 30 minutes\*) - £40.00*

*Full Body (Approx 1 hour\*) - £60.00*

### Total Body Experience

Beginning with a light body brush to aid absorption of our nourishing oils and buff away dead skin cells. Your body will then be massaged into a state of pure relaxation, finishing with a deeply relaxing scalp massage.

*Approx. 1 hour 15 minutes\* - £75.00*

### Indian Head Massage

Indian head massage is a technique of manipulating soft tissues in the shoulders and scalp. The therapist uses a range of

different massage pressures and rhythms to stimulate the head and neck area.

*Approx 30 minutes\* - £35.00*

### Hot Stone Therapy Massage

Massaging with the heated stones allows manipulation of a greater intensity than with regular massage due to the direct heat which relaxes the muscles.

*Back (Approx 30 minutes\*) - £40.00*

*Full Body (Approx 1 hour\*) - £60.00*

## Body Treatments

### Escape to the Ocean *\*Our Signature Treatment\**

*Approx 1 hour 30 minutes\* - £85.00*

Designed with our beautiful coastline in mind our signature treatment begins with a light body brush followed by a sea salt scrub to remove dead skin cells and prepare your skin to allow deeper absorption of our nourishing products. Your therapist will then guide you to your shower to remove the excess, as you return your body will be massaged into a state of pure relaxation perfect after finishing an indulgent holiday!

### Natural Spa Ritual

*Approx 1 hour 45 minutes\* - £99.00*

Only natural ingredients are used in this top to toe body ritual. Your skin will be renewed and beautifully nourished with our Sea Salt Scrub brimming with essential oils. Followed by a rhythmic full body massage and completed with an express facial!

### Full Body Scrub

*Approx 30 minutes\* £35.00*

An invigorating and cooling salt body scrub brimming with essential oils. This luxurious scrub will leave your skin feeling refreshed and soft to the touch. The natural ingredients will awaken the senses and smooth dry skin, a nourishing body lotion concludes this detoxifying treatment.

### Sienna X Spray Tanning

*This spray tan gives you a natural, healthy looking tan in minutes.*

*Approx 30 mins\* £15.00*

### Couples Massage

Why not enjoy one of our relaxing massages with someone close to you in the same room at the same time.

The perfect way to spend some quality time together.

**\*Please note arrive a few minutes before your treatment time to fill out our consultation form\***

## For Hands & Feet

### CND Shellac

**CND Shellac Express Manicure/Pedicure £23.00**

Nails are perfectly shaped and cuticles tidied followed by a CND Shellac colour of your choice & a relaxing hand/foot massage to finish. (*Approx 30 minutes\**)

**CND Shellac Deluxe Manicure/Pedicure £32.00**

A relaxing foot soak followed by a luxurious scrub to exfoliate the skin. The nails are perfectly shaped, cuticles are tidied & topped off with a CND Shellac colour of your choice.

To finish, a relaxing hand/foot massage is administered with our hydrating, body lotion and finally wrapped up in our heated mitts/booties to relax those muscles and allow deeper absorption of the products. (*Approx 60 minutes\**)

**Shellac Removal Hands/ Feet £5.00 each**

**\*Free shellac removal if you are having a re-application\***

### Jessica Nails

**Jessica Nails Express Manicure/Pedicure £18.00**

Nails are perfectly shaped; cuticles are tidied, a relaxing hand/foot massage, finished with a colour of your choice. (*Approx 30 minutes\**)

**Jessica Nails Deluxe Manicure/Pedicure £28.00**

A relaxing foot soak followed by a luxurious scrub to exfoliate the skin, a relaxing hand/foot massage is administered with our hydrating, rich lotions. The nails are shaped, cuticles are tidied then finishing with a prescriptive basecoat and colour of your choice. (45 minutes\*)

### Beauty Essentials

**Full leg wax £25.00** Approx 1 hour\*

**Half leg wax £18.00** Approx 40 minutes\*

**Underarm wax £12.00** Approx 20 minutes\*

**Bikini wax £14.00** Approx 30 minutes\*

**Eyebrow wax/tidy £9.00** Approx 15 minutes\*

**Lip/Chin £7.00 each** (both £12.00)  
Approx 10 minutes each\*

**Back/chest £20.00 each (both £35.00)**  
Approx 45 minutes each

**Eyelash tint £10.00** Approx 15 minutes\*

**Eyebrow tint £8.00** Approx 15 minutes\*

**Eyebrow package: £15.00** Approx 20 minutes\*

Receive an eyebrow shape/tidy and tint for our special package price, the perfect combination to define your brows.

**Eye package: £25.00** Approx 30 minutes\*

A treatment to define and darken your lashes and brows. This treatment begins with an eyelash tint followed by an eyebrow tint and tidy.

## Spa Experiences

Need a little longer to completely relax & indulge in our luxurious treatments? These spa experiences are the perfect way to indulge in more for a little less..

### Top to Toe Tranquillity - Approx 90 Minutes\* £90.00

Treatments from the top of your head to the tip of your toes. Includes a Rebalancing Scalp Massage, Full Body Massage, Reflexology Inspired Foot Massage followed with an Express Jessica Pedicure.

### Relax and Re-Charge - Approx 60 minutes\* - £60.00

Re-charge your energies with this simple but effective package. To include Energizing Express Facial & Total Harmony Back Massage

### Head in the Clouds - Approx 45 Minutes\* - £42.00

A mixture of stress & tension relieving treatments to clear the head & mind. Includes a Soothing & Hydrating Face Mask with a Face, Scalp, Neck & Shoulder Massage

### Sole Soother - Approx 40 Minutes\* - £38.00

The perfect treatment to soothe and smooth the hands & feet. Includes a Re-vitalising foot scrub & hydrating foot mask, Lower leg & foot massage with a Hand & arm massage to finish.

## The Natural Spa Factory Facials

### Express Facial

*Approx 30 minutes\* £35.00*

Experience luxurious products in a time saving treatment, perfect for those on the go. Every express facial is tailored to suit your individual needs, to leave your skin feeling flawless.

### Illuminate your skin

*Approx 1 hour\* £55.00*

Rich in ingredients such as nectarine, honey, rice water & hyaluronic acid this facial will help to improve your skins natural radiance, plump fine lines & wrinkles, brighten & illuminate the skin.

### Gold & Champagne Anti-ageing Facial *Approx 1 hour\* £65.00*

A luxurious facial that only uses the finest of skin loving ingredients such as pearl, caviar & champagne extract. The caviar is rich in amino acids & vitamins which intensifies the metabolism of the skin cells, the tiny pearl particles work on reducing fine lines by toning, firming & illuminating, the champagne extract targets skin cell renewal & the gold (23 carats) moisturizer helps to restore elasticity & tighten the skin. Resulting in radiant & youthful-looking skin.