

membership...

Standard Membership

Includes full use of the Swimming Pool, Spa & Gym
Monthly - £40 | Quarterly - £99 | Annually - £380

Over 60's Membership

Monthly - £30 | Quarterly - £90 | Annually - £360

Children's Membership

Includes swimming pool use only
Monthly - £20 | Quarterly - £60 | Annually - £240

spa day packages...

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

All our Spa Days Include: Full Use of Facilities
Robes and Towels (subject to current availability)
A Healthy 2 Course Lunch In The Raffles Bar & Terrace

Natural Escape Spa Day | £65 Per Person

A 30 Minute Treatment Per Person, choose from:

Full Body Scrub | Soothe & Nurture
Total Harmony Back Massage
Express Jessica Manicure or Pedicure
(file, cuticles, massage and paint)
[upgrade to Shellac for an extra £5]

Natural Indulgence Spa Day | £85 Per Person

A 60 Minute Treatment Per Person, choose from:

Soothe & Nurture Facial
Total Harmony Full Body Massage
Hot Stone Therapy Full Body Massage
Jessica Deluxe Manicure or Pedicure
(file, cuticles, scrub, massage, polish)
[upgrade to Shellac for an extra £5]

Escape to the Ocean Spa Day | £110 Per Person

Our Signature 90 minute Treatment

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!

leisure facilities...

Indoor Heated Swimming Pool

Our Pool is approximately 17ft-35ft.

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!

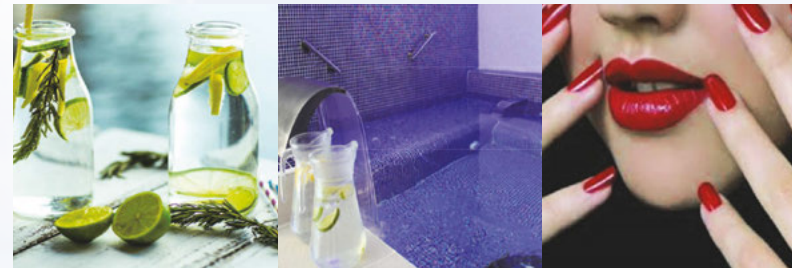
about us...

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

We are proud to boast the 100% Made For Life Organics skin and wellbeing care range, Jessica Nails and CND Shellac collection.

Waves Spa is open to all general public, package users and holiday guests who have full access to the spa facilities and 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.



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J
JESSICA

CND
Hands. Feet. Beauty.

waves
Spa & Beauty Sanctuary

Hannafore Point Hotel and Spa

Hannafore | West Looe | Cornwall

stay@hannaforepointhotel.com | 01503 263273



waves
Spa & Beauty Sanctuary



The Hannafore Point Hotel
Looe | Cornwall

massage therapies...

Choose between 3 'mindful moments' essential oils to tailor your treatment to your specific needs

[Please arrive a few minutes before your treatment time to fill out our consultation form]

Back, Neck, Face & Scalp Massage

A relaxing massage that focuses on the different pressure points of the upper body leaving you feeling totally rebalanced.

Approx 60 minutes **£60**

Total Harmony Massage

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

Back Approx 30 minutes **£40**

Full Body Approx 60 minutes **£60**

Deep Tissue Massage

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

Back Approx 30 minutes **£45**

Full Body Approx 60 minutes **£65**

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 **£38**

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 **£45**

Full Body Approx 60 minutes **£65**

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.

Sienna X Spray Tanning

This spray tan gives you a natural, healthy looking tan in minutes. Approx 30 minutes **£20**



body treatments...

Escape to the Ocean Our Signature Treatment

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!

Approx 85 minutes **£90**

Made For Life Ritual

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!

Approx 105 minutes **£110**

Full Body Scrub

A stimulating full body brushing followed by a invigorating dead sea salt body scrub brimming with essential oils and Vitamin E. This luxurious scrub will leave your skin feeling refreshed and soft to the touch!

Approx 30 minutes **£38**

beauty essentials...

Full Leg Wax	Approx 40 minutes £25
Half Leg Wax	Approx 30 minutes £19
Underarm Wax	Approx 15 minutes £12
Bikini Wax	Approx 20 minutes £14
Lip/Chin Wax	Approx 10 minutes each £7 both £12
Eyebrow Wax/Tidy	Approx 15 minutes £10
Eyebrow Tint	Approx 15 minutes £9
Eyelash Tint	Approx 15 minutes £12

Eyebrow Package Approx 20 minutes **£16**
Receive an eyebrow shape/tidy and tint for our special package price, the perfect combination to define your brows.

Eye Package Approx 30 minutes **£26**
A treatment to define and darken your lashes and brows. This treatment begins with an eyelash tint followed by an eyebrow tint and tidy.

for hands & feet...



CND Shellac Express Manicure/Pedicure

Nails are perfectly shaped and cuticles tidied followed by a CND Shellac colour of your choice and a relaxing hand/foot massage to finish.

Approx 25 minutes **£25**

CND Shellac Deluxe Manicure/Pedicure

A relaxing foot soak followed by a luxurious scrub to exfoliate the skin. The nails are perfectly shaped, cuticles are tidied and 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 50 minutes **£35**

Shellac Removal Hands/Feet

Approx 15 minutes **£8** each

[Free shellac removal if you are having a re-application]



Jessica Nails Express Manicure/Pedicure

Nails are perfectly shaped; cuticles are tidied, a relaxing hand/foot massage, finished with a colour of your choice.

Approx 25 minutes **£20**

Jessica Nails Deluxe Manicure/Pedicure

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.

Approx 45 minutes **£30**

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made for life...

Made for Life treatments have also been approved for those currently living with or recovering from cancer. These treatments were developed, taking advice from trained oncology massage teachers, advisors within the oncology team at The Royal Cornwall Hospitals Trust and also Macmillan.

Hand on Heart

Relaxing Back Massage & Deluxe Facial

This deeply relaxing and nurturing spa ritual is suitable for all and created to help you reach a sense of deep peace and calm. Smooth, slow and rhythmic Tui Na and gentle touch is applied to the scalp, face, back and shoulders. The slow Tui Na Chinese movements rebalance and calm the upper body. The facial eases any tension held within the face and also replenishes, nourishes and revives the skin, using luxurious 100% organic oils and balms.

Approx 60 minutes **£58** | Approx 90 minutes **£78**

Catch The Breath

Soothing Back & Scalp Massage

For those with less time, who simply want some time out to 'catch the breath'; this nurturing back, head and shoulder ritual will help you gently drift away and relax. Your therapist uses slow, soothing and nurturing touch therapy with 100% organic oils and balms to bring you a deep sense of calm and relaxation.

Approx 30 minutes **£42**

Soothe & Nurture Organic Facial 100% Organic Facial

A beautiful way to restore natural luminosity to the skin, leaving you looking and feeling radiant. 100% organic balms and oils will nourish and cleanse, eliminating congestion and returning natural balance to the skin, whilst deeply relaxing face and scalp massage calms the mind and soothes the soul.

Approx 30 minutes **£40** | Approx 60 minutes **£68**

[Includes soft touch therapy to the arms, hands and décolleté]

Soft Touch Therapy ... Deeply Relaxing Touch

An exceptionally relaxing sequence of slow, soothing movements tailored to your needs. Soothing and nurturing touch to full body or part body induces a deep sense of relaxation enabling you to find peace and enjoy the present moment.

Approx 30 minutes **£40** *[Arms, hands & décolleté or lower leg and feet]*

Approx 60 minutes **£68** *[Both upper and lower body]*