

## Day Passes

Available for use between 7.30am - 10pm, 7 days a week

### Pool and Spa Facilities (1 session)

Adults - £6.00

Children 1 - 15 years - £4.00 (Under 1 years - Free of charge)

### Gym, Pool & Spa pass (1 session)

Adults age 21 & over only - £ 8.00

### Pool and Spa Day Pass—unlimited use for the day

Adults—£10.00

Children 1 - 15 years - £6.00 (Under 1 years - Free of charge)

### Dip & Dine £15.00

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

## 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 —



CND<sup>®</sup>

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

### 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 facial; oil and pure coconut oil products to completely relax the muscles of the face and scalp. Approx 40 minutes - £35.00

### Traditional Swedish Body Massage

A Traditional massage used to work away tension and rejuvenate the whole body.

Back (Approx 30 minutes) - £35.00

Full Body (Approx 1 Hour) - £55.00

### Intense Muscle Relief Massage

A deep and intense massage working to relieve deep set knots and tensions.

Back (Approx 30 minutes) - £35.00

Full Body (Approx 1 hour) - £60.00

### 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

### Total Body Experience

Beginning with a light body brush to aid penetration 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 foot and scalp massage.

Approx. 1 hour 15 minutes - £75.00

## Holistic Therapies

### Hot Stone Therapy Massage

This therapeutic massage is the ultimate hour/ 30 minutes of indulgence. 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) - £35.00

Full Body (Approx 1 hour) - £60.00

### Indian Head Massage

A seated massage using ancient traditional techniques inducing a state of calm, peace and tranquility. This treatment includes a massage of the scalp, face, neck, shoulders, back and arms

Approx 50 minutes - £45.00

## Body Treatments

### Escape to the Ocean

Approx 1 hour

30 minutes - £85.00

\*Our Signature Treatment\*

Designed with our beautiful coastline in mind our signature treatment begins with a light body brush followed by a peppermint and marine extract salt scrub to remove dead skin cells and prepare your skin to allow deeper penetration 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 with our seaweed oil followed by a deeply relaxing scalp massage, perfect for detoxifying after an indulgent holiday.

### Peppermint and Marine Extract 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.

### 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.

### Natural Spa Back Ritual

Approx 50 minutes - £55.00

This treatment begins with a full back cleanse and exfoliation, A mineralizing mask is then applied, while the minerals hydrate and nourish the skin, the backs of the legs and feet are massaged. This treatment is then finished off with a relaxing back massage and a luxurious moisturiser is applied.

### Laminaria Detoxifying and Remineralising Body Wrap

Approx 1 hour - £65.00

Your treatment will begin with a light body brush to prepare your skin for ultimate results. Our wrap boosts a combination of two types of seaweed for an intense detoxifying result. Laminaria and Lithothamnium provide mineral and marine salts to help combat cellulite and fatty deposits. As the wrap works its wonders you will enter into a deep relaxation with an express facial and scalp.

## For Hands & Feet

### CND Shellac

CND Shellac Express Manicure/Pedicure £23.00

Nails are perfectly shaped and cuticles hydrated followed by a CND Shellac colour of your choice.

(Approx 35 minutes)

CND Shellac Deluxe Manicure/Pedicure £32.00

A luxurious scrub is applied to exfoliate the skin followed by a relaxing hand/foot massage with our hydrating lotions. The nails are perfectly shaped, cuticles hydrated and tidied. Finished with a CND Shellac colour of your choice.

(Approx 60 minutes)

Shellac Removal Hands/ Feet £5.00 each

### Jessica Nails

Jessica Nails Express Manicure/Pedicure £18.00

Nails are perfectly shaped; cuticle oil is applied, followed with a varnish of your choice. (Approx 30 minutes)

Jessica Nails Deluxe Manicure/Pedicure £28.00

A luxurious scrub is applied to exfoliate the skin followed by a relaxing massage with our hydrating lotions. The nails are perfectly shaped and cuticles hydrated and tidied, finished 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 20 minutes

Lip/Chin £7.00 each (both £12.00)

Approx 10 minutes each

Back/chest £20.00 each (both £35.00)

Approx 1 hour each

Eyeshadow tint £12.00 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 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.

### **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.

\*On all massages except from Hot Stone Full Body and Intense Muscle Full Body.

## 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 Tranquility - Approx 90 Minutes £85.00

Treatments from the top of your head to the tip of your toes For the ultimate stress relief. To Include Rebalancing Scalp Massage, Full Body Massage, Re-Vitalising Foot Scrub with Reflexology Inspired Foot Massage

Absolute Radiance - Approx 75 Minutes £70.00

A combination of skin rejuvenating treatments to leave the skin looking youthful & glowing. To Include Bamboo Deep Cleansing Facial & Full Body Scrub

Sole Soother - Approx 40 Minutes - £38.00

The perfect treatment to soothe and smooth the hands & feet. To Include Re-vitalising foot treatment including a scrub & mask, Lower leg & foot massage, Hand & Lower arm massage

Head in the Clouds - Approx 45 Minutes - £42.00

A mixture of stress & tension relieving treatments to clear the head & mind. To include Soothing Vanilla Face Mask & Face, Scalp, Neck & Shoulder Massage

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

### 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.

Bamboo Deep Cleansing Facial Approx 45 minutes £45.00

Indulge in a gentle but effective deep cleansing facial using the organic silica extracted from bamboo stems. The bamboo particles will gently remove dead skin cells & stimulate new ones, reduce the appearance of fine lines & help to maintain a clear complexion.

Illuminate your skin Approx 1 hour £60.00

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 and Champagne 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 velvety, radiant & youthfully revitalized skin.