



LEWTRENCHARD MANOR

Relaxation Therapies

Not only is Lewtrenchard Manor an oasis of tranquility in today's hectic world, it's also a therapeutic hideaway. You can enhance the effect with one of these fabulous treatments in the luxury and privacy of your own room. Each treatment has been carefully selected to improve your wellbeing.

We can arrange a number of treatments which are not listed such as sports massage, Lymphatic Drainage Massage, Kinesiology Taping and Hopi Ear Candling and many more speciality treatments. Please contact the hotel where we are happy to discuss your requirements and make a booking.

Aromatherapy

This a totally relaxing massage with exclusive essential oils and works on the balancing and beneficial effects of the body. Uplifts the mind and spirit, relieves stress and anxiety, insomnia, aids digestion, circulatory problems, arthritic pain/muscle tension, balances hormones and so much more.

Full Body Treatment - 60 minute - £80.00

Full Body and Facial Treatments - 90 minute combination treatment - £110.00

Intensive Muscle Release – Deep Tissue

Swedish and cross muscle fibre massage, combined with essential oils known for their beneficial effects on the circulation. This treatment warms the muscles and helps disperse the build up of lactic acid that can cause stiffness and pain.

Aromatherapy - 60 minute - £85.00

Hot Stone Therapy

Basalt stones are heated and placed in key points. It enables physical stimulation of the circulation and metabolism as well as reducing both physical and mental stresses. Toxins are eliminated and can help joint pain. Will provide deep mental relaxation in minutes. ****Not for pregnant women****

Full Body Treatment - 60 minute, £85.00

Ultimate Full Body – 90 minute - £110.00

Indian Head Massage

A stress relieving massage of the upper back, shoulders, arms, neck, head and face. It originates from the Ayurvedic healing system dating back 4000 years. This beautiful tradition uses techniques to stimulate and relax where tensions are held. Benefits: promotes healthy hair growth; relieves tension headaches; migraine and sinus conditions; improves circulation and relieves chronic neck and shoulder stiffness and tense knotted muscles.

60 minute - £75.00

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Manicures

We only list the basic manicures and pedicures but are able to book you bespoke treatments such as Geleration, Hot Wax Paraffin and Hot Stone Manicures. Please enquire at reception.

Standard Manicure - 60 minute - **£55.00**

French Manicure – 60 minute - **£60.00**

Standard Pedicure – 60 minute - **£55.00**

Luxury Pedicure – 90 minute - **£70.00**

Monu Facials

Monu Aromromatic – This signature facial includes a soothing massage to the face, neck and shoulders. Monu products are individually selected to suite the clients skin. Mask therapy and exfoliation are combined to promote skin radiance.

Aromatic Facial – 60 minute - **£85.00**

Monu Active Collagen Bio-Facial – The focus for this intensive repairing treatment is the application of a 99% collagen veil which delivers a burst of moisture whilst plumping fine lines and wrinkles. This facial hydrates and replenishes vital levels to rediscover that youthful look.

Monu Active Collagen Bio-Facial – 90 minute - **£120.00**

Pregnancy Treatments(available after first trimester)

Ultimate Rose Pregnancy Massage

Feel nurtured and supported in a time of constant change. This full body massage using rose oil is designed to answer the developing needs of mother and baby and to give you the nurturing treatment you both deserve.

Ultimate Rose Pregnancy Massage – 60 minute £85.00

Lewtrenchard Yummy Mummy

Give yourself a moment to appreciate the joy of pregnancy and leave the stresses of life behind you. Suitable from 3 months onwards: Ultimate Rose Pregnancy Massage; Zen Spa Pedicure; Free Eyebrow Shape OR Eyelash Tint. Includes fresh juice and a fruit platter. 2 Hour Treatment - **£160.00**

Lewtrenchard Post Yummy Mummy

Time out just for you, to make you feel completely rejuvenated and fabulous! Ultimate Rose Post Pregnancy Skin Nourisher; Aromatherapy Facial; Mini Manicure OR Mini Pedicure; Free Eyebrow Shape OR Eyelash Tint.

Includes Champagne & Chocolates 2 ½ Hour Treatment - **£185.00**

Packages can be tailor made to suit individual needs. Please call to discuss.