

THE
VOYAGE

SPA

AT
THURLESTONE
HOTEL



A HAVEN OF TRANQUILLITY

Inspired by the heyday of ocean-going travel, its warm and fragrant atmosphere, fine spa, fitness facilities and exquisite range of beauty treatments will gently restore body, mind and soul.

VOYAGE SPA SIGNATURE TREATMENTS

The beauty rooms are an oasis of calm.

Here you will find our carefully considered treatment list from the world-renowned Made for Life and VOYA brands in tranquil, luxurious surroundings.



The Voyage Soul Soother Ritual
60 minutes
120 minutes

Relax and unwind with a back, neck and shoulder massage. Ease and work away any tension while falling into a blissful sense of well-being.

The treatment is completed with a 30 minute Express VOYA Facial.

Hot Stone Spice Mud Back Treatment
60 minutes

Includes a back, neck and shoulder VOYA seaweed exfoliation and Hot Stone massage, followed by a warm spiced mud mask on the back with a deeply relaxing head massage.

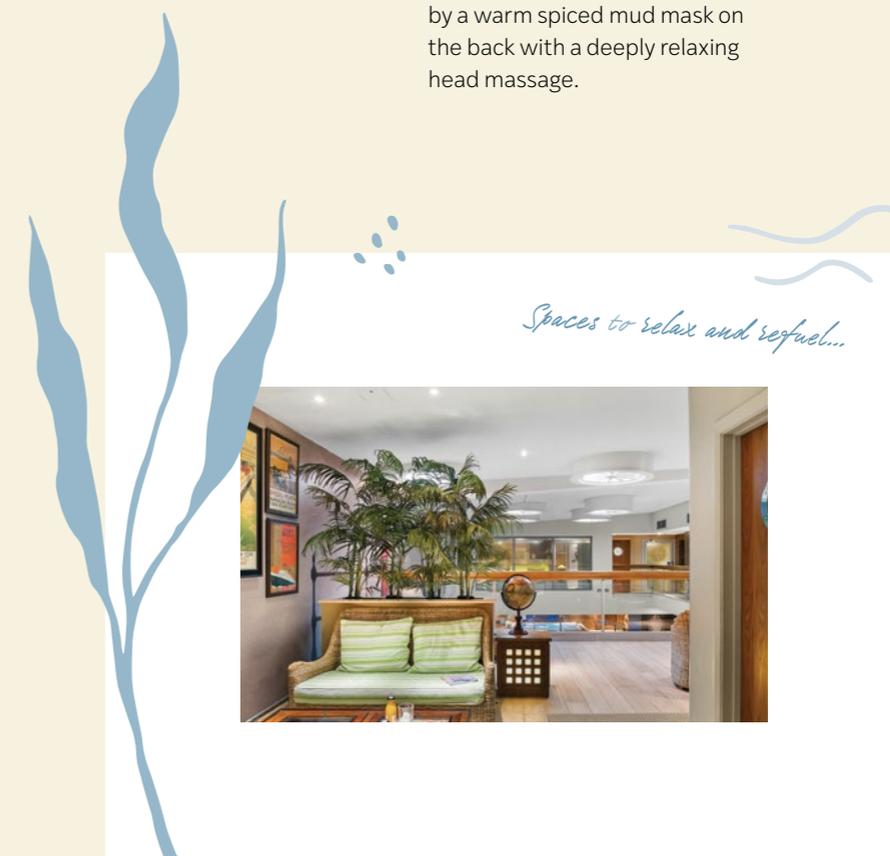
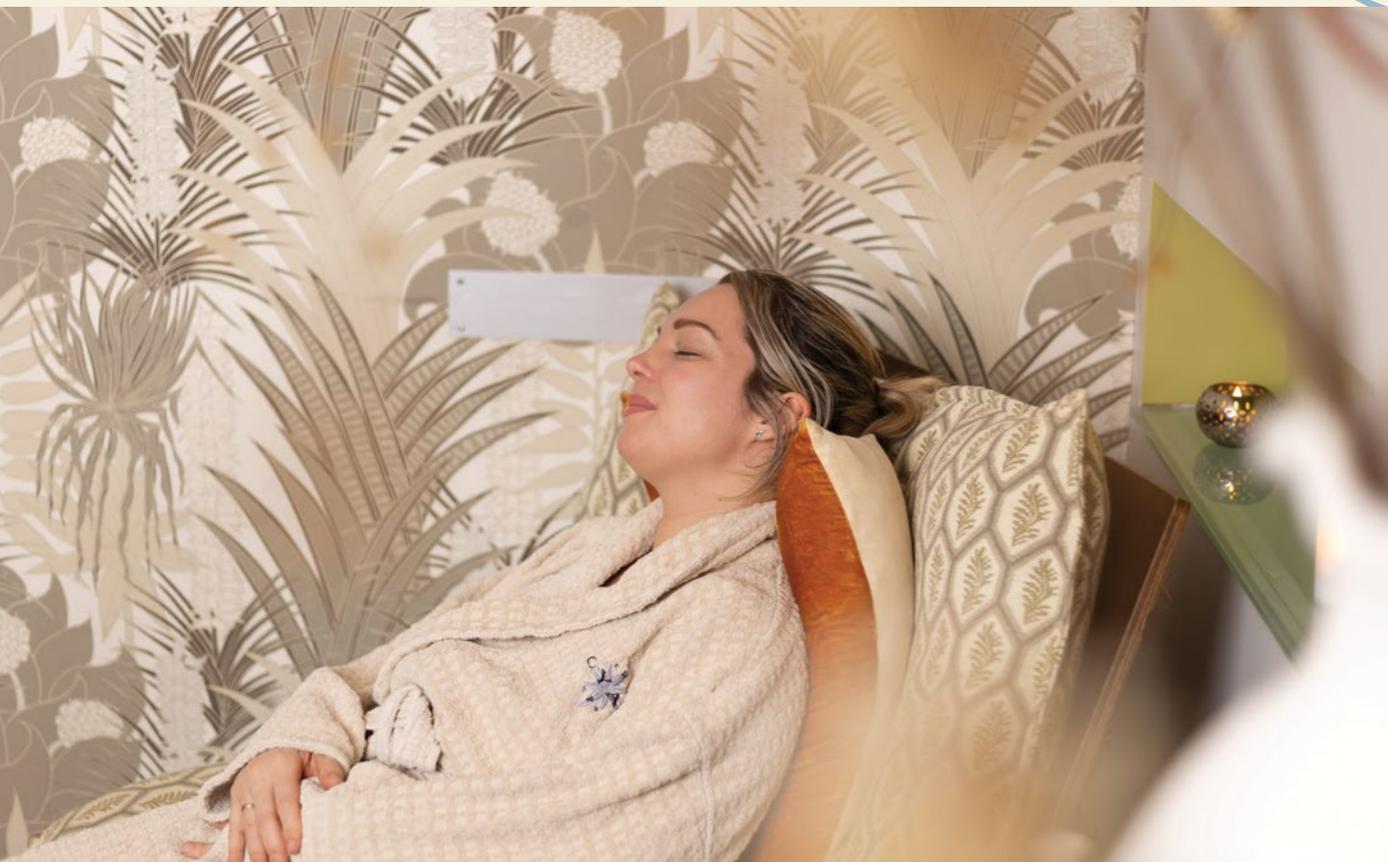
The Thurlestone Spa Experience
120 minutes

Dive into total relaxation with our bespoke signature spa treatment only available at Thurlestone.

Release, realign and re-energise with our signature treatment created by our expert therapists. Beginning with a stimulating seaweed body scrub, detoxifying and firming the skin in preparation for a freestyle, body massage tailored to your specific needs, followed by an organic boost facial leaving your skin radiant, soft and smooth. Finishing with a soothing scalp massage.

A profound treatment for those looking for deep relaxation and rejuvenation.

www.thurlestone.co.uk



Spaces to relax and refuel...



MASSAGE



Let your stresses and strains melt away...



Voyager Massage Journey

40 minutes
60 minutes
90 minutes

A complete top-to-toe relaxation journey tailored to your needs...

This ritual incorporates scalp, face and body massage alongside stretches that echo the movement of the sea. Combining both gentle and stimulating motions, this massage is the ultimate luxury treatment to relieve aches and pains.

Choose from:

Uplift

Lime and Mandarin

Relax

Lavender and Rosemary

Muscle Relief

Sweet Orange and Ginger

Mindful Dreams

90 minutes

A relaxation treatment that offers luxury and comfort in an incomparable sleep encouraging experience.

Be ready to have all stresses and strains melt away in this ultimate sensory treat to help you achieve the perfect night's sleep.

Hot Stones Massage

40 minutes
60 minutes
90 minutes

Smooth, hot stones are used to melt away tension and give a complete sense of relaxation, leaving the mind, body and soul completely balanced.

Reflexology

40 minutes
60 minutes

Treating the reflex points of the feet to clear energy channels within the body for total relaxation. Reflexology relieves health and stress condition.



FACIALS

VOYA

Sustainable hand harvested organic seaweed therapies. Ideal for sensitive, inflamed skin, rheumatic conditions and those who love the sea.



VOYA Express Facial 40 minutes

Revive the skin with a vitamin and mineral boost to leave the skin looking radiant and feeling soft and smooth. This taster facial is Ideal for sensitive skin types and those looking for a relaxing and effective way to bring vitality back to the skin.

Deluxe Facial Experience 90 minutes

The ultimate facial experience. Your treatment begins with a relaxing back, neck and shoulder massage to gently melt away muscular pain, followed by a results driven hydrating and purifying facial using organic seaweed leaves to rejuvenate and deeply nourish the skin.

Anti-Aging Restorative Facial 75 minutes

This treatment is suitable for all skin types, but in particular those in search of anti-aging results. This restorative facial uses VOYA's finest organic ingredients combined with antioxidant algae complexes and a restorative blend of aroma therapy oils. It is this mix of seaweed and botanical ingredients that helps to stimulate collagen production and reduce the appearance of fine lines and wrinkles resulting in instantly firmed and tightened skin with a natural and more radiant glow.

Intense Defence Male Facial 75 minutes

Exclusively created for men's specific skincare needs, this powerfully effective treatment exfoliates the skin with bamboo spines, enabling a deeper cleanse.

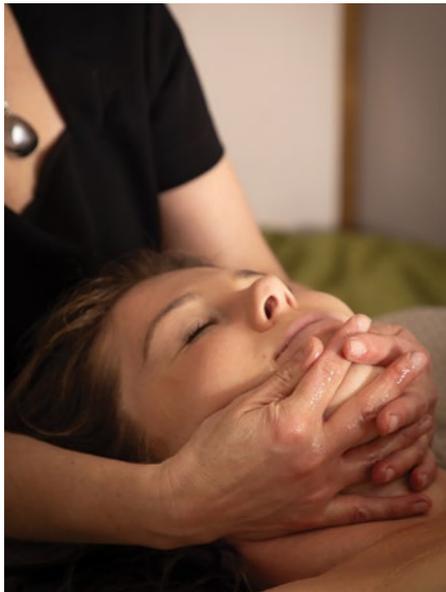
Relax with our soothing face and scalp massage, whilst the magic of VOYA's seaweed leaves and Mermaid's Purse mask are used to soothe even the most sensitive skin. Fantastic for those affected with shaving rash, razor burn or ingrown hairs; the skin is left hydrated, refreshed and mattified.

Skin Renewal Facial 60 minutes

This is a specialised facial, using VOYA's first Biotech Organic Advanced Facial Serums. Combined with sonic pulses from the Haumea Facial Brush, this deep-cleansing facial targets various skin concerns. Using AHA* peel to reduce congestion and to brighten the skin, then continuing with an age-defying facial massage. This treatment is perfectly tailored for optimum skin health.

*This requires a patch test 24-48 hours prior to treatment.

For gorgeous glowing skin...



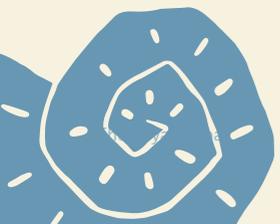


SPA DAYS

Voyage Spa Days include full use of the facilities, indoor pool, sauna, steam room, laconium, and the speciality showers.



Please visit our website for a full list of packages on offer.
www.thurlestone.co.uk



BODY TREATMENTS

VOYA

Sustainable hand harvested organic seaweed therapies. Ideal for sensitive, inflamed skin, rheumatic conditions and those who love the sea.



SCRUBS

All 60 minutes

Organic Lavender and Seaweed Sugar Glow

A wonderful fragrant mix of lavender oil, seaweed and sugar. This treatment has a double action of gently removing dead skin cells with sugar and healing seaweed extracts, and lavender essential oil.

Full Body Exfoliation

A special treat of full body exfoliation with your choice of detoxifying seaweed, refreshing peppermint. Followed by an application of softly does it body moisturiser to hydrate the skin

Organic Stimulating Seaweed Body Buff

Letting us scrub your body head to toe with certified organic bladder wrack body buff is the ultimate treat for tired and dull skin. The anti-oxidants from our mineral rich bladder wrack seaweed combine with VOYA's signature seaweed massage oils to offer a powerful organic way to better skin.

WRAPS

Organic Seaweed Leaf Wrap

90 minutes

Beginning with a bladder-wrack body buff, this treatment detoxifies firms and softens the skin. The whole body is then covered in Laminaria Seaweed leaves for instant results. Completed with an application massage of "Softly Does it" to nourish and soften.

Organic Ocean Essence Total Body Wrap

90 minutes

Combining the detoxifying power and cellulite reducing abilities of Fucus Serratus this treatment

stimulates the blood and lymph flow. Detoxifies and hydrates the skin and encourages the renewal of skin cells. It is an excellent skin rejuvenator, combatting cellulite, fatigue and producing a moisturizing effect.

Organic Tangle Me Up Wrap

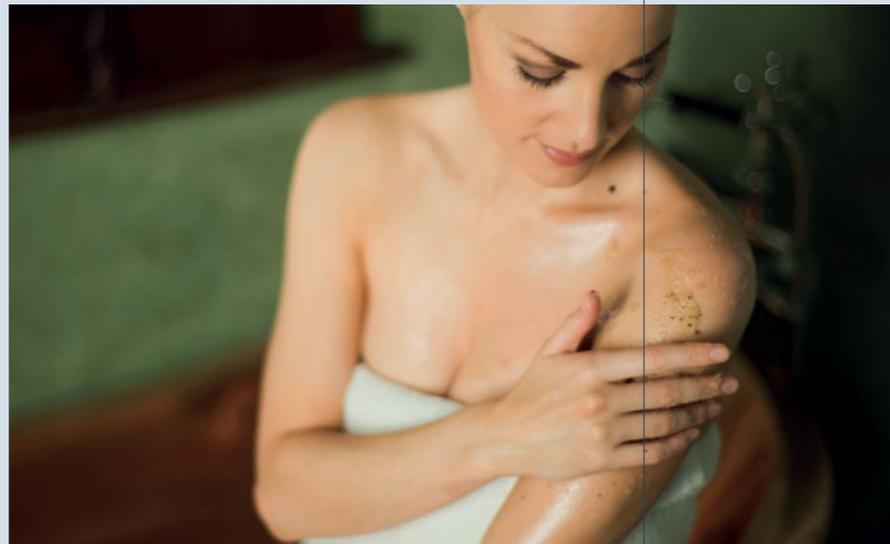
75 minutes

The VOYA Organic Tangle Me Up Wrap hydrates and relaxes tired and lethargic muscles, relieving stress and fatigue. This treatment includes fully-body brushing to increase circulation and to aid penetration of the mineral rich seaweed gel, while the wrap's antioxidant compounds help to protect against environmental cell damage. Skin will be toned and firmed and signs of aging will be visibly reduced.

Herbal Cocoon Sleep Ritual

60 minutes

This warming sleep wrap begins with a deep body brush exfoliation to remove dry skin cells and to encourage cell renewal. A soothing application of VOYA's new Buoyancy Body Butter, with its beautiful blend of lavender and rosemary essential oils will leave the skin feeling silky smooth and nourished. Cocooned in soft muslin, a soothing scalp massage will leave you feeling deeply relaxed.



Only basic manicures and pedicures are advised during the first trimester (1–12 weeks) of pregnancy and a variety of safe treatments for the second and third trimester (13–36 weeks).

MUM-TO-BE TREATMENTS

Peaceful Pregnancy Massage

40 minutes
60 minutes

This intuitive, restorative and relaxing massage for mothers-to-be deeply hydrates skin that is expanding to accommodate a growing baby. Aromatics are specially selected for optimum wellness and deep calm.

Wellness and deep calm for Mums-to-be...



Organic Precious Moments

60 minutes

Tailored specifically for mum and her growing bump. Your bump is enveloped in a specialised mask to help support connective tissue and prevent stretch marks. Your feet are wrapped in Laminaria Digitata Seaweed leaves to help boost circulation, improve lymphatic drainage, and reduce fluid retention.

Hydrating organic masks work their magic while mum enjoys a relaxing face, hand, and arm massage. The perfect rejuvenating treatment to support the wonderful journey to motherhood.



THE
PERFECT
GIFT

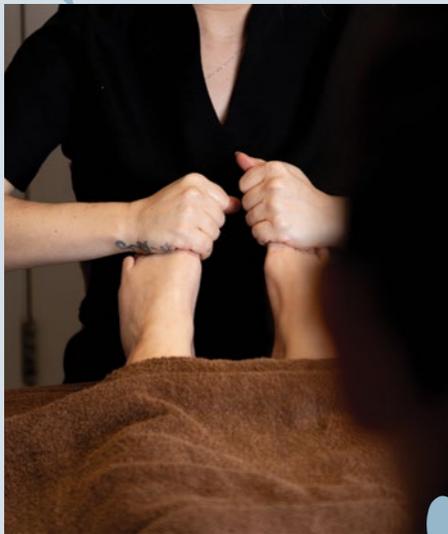
We have a selection of
online Gift Vouchers and
Stay Offers which can
be purchased via our
website.

For more information please visit...
www.thurlestone.co.uk

MANICURES & PEDICURES



Blissful treats for hands and feet...



Organic Hand Ritual 45 minutes

To nourish, recondition and refine your hands, you will first enjoy a 'Time To Shine' exfoliation from the hand to elbow. This is followed by a deeply relaxing massage to the hands and arms, after which your hands are wrapped in warmed Atlantic seaweed leaves to hydrate, increase circulation and condition dry hands, sealing in all the goodness with VOYA's Handy to Have hand cream.

Organic Foot & Leg Ritual 45 minutes

Recharge the circulation of your lower limbs and refine the skin. Experience a Sea Salt Scrub exfoliation from the knees down. Followed by a deeply relaxing massage to the lower legs, which are then wrapped in warmed Atlantic seaweed leaves to detoxify, increase circulation and revive tired feet and legs. Seal in the goodness finishing with a nourishing application of Softy Does It moisturiser.



Manicures & Pedicures

JESSICA HAND AND FOOT CARE

All Jessica treatments include a polish to take home.

Express Manicure or Pedicure 30 minutes

Nails are shaped, treated with basecoat and chosen polish applied.

Jessica Prescriptive Manicure 45 minutes

Manicure with cuticle care and a massage. Nails are shaped, treated with basecoat and chosen polish applied.

Jessica Deluxe Manicure 60 minutes

Deluxe exfoliating, anti-ageing hand treatment. Nails are shaped, treated with basecoat and chosen polish applied.

Jessica ZenSpa Pedicure 60 minutes

Hard skin is removed, followed by exfoliation, cuticle care and massage. Nails are shaped, treated with basecoat and chosen polish applied.

Jessica Deluxe ZenSpa Pedicure 75 minutes

The deluxe pedicure combines the ZenSpa pedicure with the use of thermal heated booties for deeper penetration of oils and creams.

Excellent for increasing circulation and relieving tired, aching feet. Nails are shaped, treated with basecoat and chosen polish applied.

CND SHELLAC GEL

Note: If Shellac removal is needed please inform us at the time of booking so that we may allow the correct time for your shellac manicure or pedicure.

Shellac Manicure 60 minutes

Includes a file and shape of the nails, cuticle work, treatment preparation and Shellac gel application.

Shellac Pedicure 75 minutes

Our Classic Shellac Pedicure is for hard working feet, for polish that needs to last! It includes a file and shape of the nails, cuticle work, treatment preparation and Shellac gel application followed by foot scrub and application of the CND aromatherapy creams.



Shellac Removal from Hands or Feet 25 minutes

Keep your nails healthy with a safe Shellac removal.

Shellac Removal with a Shellac Manicure or Pedicure

Note: We are only able to remove Shellac and cannot remove products that have not been applied by the team at the Voyage Spa.



MADE FOR LIFE

WELLNESS TREATMENTS

We partner with Made for Life Organics who offer a selection of beautiful, expertly hand blended delights which are made in Cornwall and share our passion for 'skincare that nourishes your body both inside and out.'



Hand blended delights that nourishes your body both inside and out.



Mindful Moments

60 minutes

Guided meditation, foot ritual, scalp and back massage. A beautiful nurturing meditation experience with a calming foot ritual, scalp, neck and shoulder massage along with a firm and meaningful back massage. Clears the mind and soothes the soul.

Rose Quartz Wellness Facial

60 minutes

This beautiful relaxing facial uses the nurturing Made for Life Organic Range. Combined with the cooling Rose Quartz 'Gua Sha' crystals, this treatment will nourish and hydrate your skin whilst reducing fine lines and wrinkles. Your skin will feel smoother and look radiant. A gentle pressure point facial massage and soothing head massage will melt away any tension.

These Made for Life treatments have been specially designed to aid recovery and rehabilitation for those who may have or recovering from cancer. Our therapists have received special training are able to adapt these therapies, making them safe for all stages of the cancer journey.

CANCER TOUCH

Cancer Touch therapies are designed to be soothing and nurturing for clients, who have been newly diagnosed, undergoing treatment or are in recovery and rehabilitation.

These deeply relaxing treatments allow the body and mind to unwind, disconnecting from daily stress. Slow rhythmic movements send you away into a meditative state of relaxation.

Catch the Breath

Back & Scalp Treatment
Cancer Touch
40 minutes

A Soothing, gentle treatment for the head, back and shoulders to allow you to drift away into a meditative state of relaxation. Gentle stretching of the neck and shoulders with a head massage. Slow, rhythmic techniques providing complete tranquillity and relaxation.

Hands on Heart

Back, Face & Scalp Treatment
Cancer Touch
60 minutes
90 minutes

This nurturing and calming treatment for the head, face, back and shoulders was created to allow you to drift away into a meditative state of relaxation. Slow Tui Na Chinese movements rebalance and calm the upper body while the facial will replenish, nourish and revive the skin and ease tension. The ritual uses slow, soothing and rhythmic techniques providing complete tranquillity and deep relaxation.



Soothe & Nurture Organic Facial

Cancer Touch
40 minutes

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



MENOPAUSE TREATMENTS

Our specially designed Menopause Treatments have been created to enhance your well being for now and the years ahead.

Our Menopause Treatments are VOYA.

Spring Tides

75 minutes

A wonderful top-to-toe treatment, offering an experience that relaxes a hormonally stressed body from the symptoms of perimenopause/ menopause and gives back some of the vitamins and minerals they are lacking through the absorption of seaweed.

Begin your journey with a deeply relaxing hot oil back of body massage using Balinese and Hawaiian massage techniques, a Reflexology pressure point foot massage, stomach massage followed by a soothing facial and scalp massage.

Grounding Sleep Session

45 minutes

A soothing eye treatment with Seaweed compresses starts this experience, relieving tired and puffy eyes, followed by a deeply relaxing pressure point facial and scalp massage. Complete the journey as your Therapist guides you through meditative breathing as you relax and unwind.

Nourishing Cocoon Journey

75 minutes

An organic treatment that detoxifies the skin and stimulates the renewal of cells by exfoliating the body with ground down Walnut shells. The body is then enveloped in Shea and Cocoa Seed Butter with calming and stress relieving properties of Lavender and Rosemary to soothe and hydrate the skin, while calming the body and mind with a Scalp massage.

SPA ETIQUETTE

Treatment Times & Booking Policy

We advise advance booking for all treatments. Pre-payment is required for all treatments and spa days at the time of booking. Treatment times are detailed in the treatment menu and include consultation and changing time.

Health Conditions

When booking, we kindly ask that you inform us of any health condition or if you are pregnant so that we can advise accordingly.

Arrival at the Spa

For all treatments and spa days please check in at the Hotel Reception. On arrival you will be shown to the spa facilities and procedures.

Spa Attire

For Spa Days, a robe, slippers and towel are provided. These may be worn in the spa and treatment suite and also in the lounge and Terrace Bar.

CANCELLATION POLICY & LATE ARRIVALS

Spa Days

Full payment is required upon booking your spa day. Should you need to cancel your spa day with less than 72 hours notice, no refunds will be given.

Spa Treatments

Please note, if cancelling an appointment within 48 hours, full payment is required. If running late a courtesy call will help us endeavour to achieve a full treatment time, but this may not always be possible.



All aboard for a dip in our pool...

VOYA | organic luxury
from the sea



MADE FOR LIFE
by Spiezia Organics





THURLESTONE HOTEL

SOUTH DEVON COAST

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WWW.THURLESTONE.CO.UK

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