



Happiness is...

THE
HEADLAND
Spa

WELCOME TO

The Headland Spa

The spellbinding natural beauty surrounding The Headland Spa starts to work its magic as soon as you arrive. A sanctuary by the sea, it is one of the most serene spaces in the spa world.

Admire sweeping coastal views from the Spa Lounge, curl-up in the sumptuous relaxation lounge and drift away in luxurious low-lit treatment rooms.

Every single element has been designed with your relaxation at its heart.



Proud to work with...

ELEMIS

DEFINED BY NATURE, LED BY SCIENCE

Your skin, your body and your wellness lie at the heart of ELEMIS. Therapists harness the power of nature and science to create ground-breaking formulations that genuinely transform your skin. Personally prescribed yet sublimely sensory. The experience is exceptional, the results are real.

BIOTEC

Discover how our professional high potency ACTIVES, Elemis' unique TOUCH and the science of 5 in 1 advanced bio-electric TECHNOLOGY work in perfect synergy with the skin's natural bio-electric field.

O·P·I

Introducing the only professional skincare line that brings the quality and efficacy of facial skincare to premium products developed specifically for hands and feet. Results driven pampering.

delilah

Delilah was born out of friendship, a passion for cosmetics and the desire to help women of all ages look and feel beautiful. A favourite amongst celebrities and beauty bloggers.

natural spa factory

— EST. BATH ENGLAND —

A natural British brand that supplies some of the world's most prestigious spas, boutique hotels and independent retailers.



Sensual Spa Experiences

Your time together is precious. These experiences have been designed to make the most of every minute.

Enjoy an unforgettable spa ritual with your loved one or spoil a special couple with the ultimate in luxurious spa decadence.

Super-soft towels, cosy robes and complimentary flip-flops are provided for your comfort. Time to chill out and recharge in the hydrotherapy pool, hot tub, Cornish salt steam room, Swedish sauna and aromatherapy showers is a given. Post-treatment, the relaxation lounge awaits, complete with complimentary nibbles and herbal teas.

Luxurious touches
for that special
occasion

Ayala Brut Champagne
£69.00

Camel Valley, Sparkling Wine
£64.00

Fruit platter
£12.00 for two

Private VIP Suite

Packages For Two

Time to unwind in your VIP Suite with a glass of sparkle is all part of your exclusive pampering.

The Ultimate Experience

£239 for two*

Your experience begins with a relaxing 60 minute couple's massage, followed by time together in your private Rhassoul treatment. We invite you to enjoy a two course lunch in the Spa Lounge, where you can gaze across the Atlantic Ocean whilst you dine.

The Indulgent Experience

£199 for two*

Relax together with a 60 minute full body massage in a couple's treatment room before sharing time together in the Rhassoul. Start by exfoliating with natural scrubs before smothering yourself in a cleansing mud mix. Now it's time to relax and let the steam from the Rhassoul gently infuse your pores before enjoying an invigorating tropical rain shower. Finish the experience with scented and nourishing body cream.

The Classic Experience

£169 for two*

The classic couple's relaxation experience – a full body, 60 minute massage for two in our serene couple's treatment room.

*A £20 weekend supplement applies.

HAPPINESS IS...

Your Spa Day

Arrive in the morning before your day of indulgence begins.

Between treatments, enjoy a leisurely swim in the soothing hydrotherapy pool with its bubble seats, relax in the Cornish salt steam room or Swedish sauna or luxuriate in the hot tub. Spend precious time with a loved one, or simply enjoy some time to yourself.

Post treatment, kick back and enjoy the ambiance of our exclusive relaxation lounge, where you can help yourself to complimentary herbal teas and nibbles.

Lunch will be served in the Spa Lounge – where complimentary robes are provided for your comfort.

Check out our
website for
our seasonal
packages

Spa Packages

Headland Spa Day

£149 per person*

The ultimate luxury, this spa day includes two treatments of your choice from the list below. There's a mouth-watering two course lunch with a flute of sparkle included.

Waves & Wellbeing

£109 per person*

Relax into your spa day with a 60 minute treatment. Let yourself be swept away in decadent luxury, as you gaze across the ocean with a delicious two course lunch and a glass of sparkle in the Spa Lounge.

Inclusive treatment choices:

- Full Body Massage (upgrade to hot stones for just £15.00)
- Skin Specific Facial – tailored to your skincare needs
- Couture Touch (30 minute facial followed by a 30 minute massage)
- Frangipani/Sweet Orchid Wrap (suitable for all stages of pregnancy)
- Pamper Manicure
- Pamper Pedicure

Destination Spa

Mon-Fri £60 for two

Sat-Sun £80 for two

Quality time together can be rare, so make the most of it with this sublime experience. Relax and enjoy the leisure area for two hours. Treatments can be added as desired. Enjoy a delicious meat, vegetarian or seafood platter each with a glass of sparkle in the Spa Lounge.

Sunset Spa

£85 per person*

What better way to end a busy day than an evening in The Spa? This package is created for you to unwind and forget the stresses of life. Enjoy a 30 minute treatment, one course meal and a glass of sparkle as well as full use of our spa facilities, available 4pm – 9pm (last treatment begins at 6.30pm). Choice of treatment includes: Skin Booster Facial, Back Neck and Shoulder Massage, Body Scrub, or Mini Mani or Pedi. The one course meal is served between 6pm – 7pm, pre-ordering is recommended.

*£10 weekend supplement applies per person.

NOURISHING THERAPIES

Our Treatments

A variety of single and double, low-lit treatment rooms await.

Our wonderful selection of treatments and experiences have been handpicked. Designed to soothe you from head to toe, they will enhance your inner balance and restore your natural radiance.

The Headland Spa Signatures



Headland Marine Ritual 90 minutes £129

Your journey begins with a sublime foot cleanse before a reflexology inspired foot massage to encourage a positive energy flow throughout your body. A natural marine scrub softens and detoxifies your skin before a relaxing wave inspired massage soothes away stress.

The rejuvenating marine facial incorporates a purifying face mask with superb hydration, infusing moisture deep into your skin. A divine scalp massage completes this signature treatment by relaxing your mind and transporting you to a world of peaceful relaxation.

Make a day of it... £155 per person

Enjoy a Headland Marine Ritual, unlimited use of the leisure facilities and a two course lunch with a flute of sparkle.

Samphire Detox 70 minutes £99

Our signature detox scrub followed by an uplifting seaweed body mask to help flush out toxins. Relax and enjoy a luxurious scalp massage before the treatment concludes with a body massage, leaving you detoxed, refreshed, toned and radiant.

Tailored for Two £219 for two

A bespoke couple's experience, relax in a private jacuzzi before enjoying a tailored treatment. Enjoy facials, scrubs, or a massage tailored to your preference. Opt for a combination of all of the above for an unforgettable experience.

For Two

Rhassoul Mon-Fri £65 for two* Sat-Sun £75 for two*

In your private steam room, pots of indulgent and cleansing Rhassoul muds and clays await. Exfoliate before applying the mud to your face and body. Relax as the room fills with steam, infusing the mud and cleansing your pores. Your skin will be left feeling soft, smooth and nourished. You will feel relaxed, revived and ready to re-discover yourself.

*Additional £10 payable to include use of our leisure facilities for two hours.

Facial Treatments

Upgrade any facial to BIOTEC for only £10

Pro Collagen Age Defy 60 minutes £80
Clinically proven age-defying Padina Pavonica and Red Coral are used in this targeted massage that encourages optimum cellular function for nourished, younger looking skin.

Pro Definition Facial 60 minutes £80
The structure of the skin is boosted through a unique deep, muscle-toning massage from the scalp to the décolleté. Skin appears plumper and revitalised, creating a profoundly sculpted, youthful effect.

Superfood Pro-Radiance 60 minutes £80
A nutritional boost, rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven to leave skin plumper and more radiant.

Dynamic Resurfacing Precision Peel 60 minutes £80
Clinically proven to target the signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal.

Skin Booster 30 minutes £50
Uniquely designed facials for maximum results in minimum time.

BIOTEC

The BIOTEC system is scientifically proven to increase cell energy for optimum skin function. This pioneering skincare re-energises the complexion and enhances visible skin health. The result is thriving, vibrant and freshly revived skin. You can now upgrade any facial for the incredible introductory offer of £10!

Please ask one of our spa therapists for more details.



Body Treatments

Bespoke Headland Massage

Back, neck and shoulders 30 minutes £50

Full body 60 minutes £85

Full body, scalp and face 90 minutes £100

Your therapist will select an aromatic oil according to your desires. The treatment is catered to your needs whether you would like up-lifting muscle release or total relaxation.

Couple's Massage

60 minutes £159 for two

You will experience a traditional massage in the same treatment room with your own individual therapists.

Specialist Therapies

Pre-booking
highly
advised

Indian Head Massage

40 minutes £65

This ancient ritual soothes away stress and tension and provides a feeling of calm and relaxation. This seated treatment includes massage of the back, neck, shoulders, scalp, arms and face.

Sports Massage

30 minutes £50

60 minutes £75

Our qualified sports therapists have a sound knowledge of the muscular and skeletal systems, tailoring each treatment to you. Enquire about booking a course for maximum results.

Body Treatments

Couture Touch

60 minutes £80

Combine any 30 minute ELEMIS facial* with your personalised 30 minute Back Massage or 30 minute Hot Stone Massage (*excludes BIOTEC).

Intensely Cleansing Salt Scrub

30 minutes £50

An exotic body salt and oil exfoliation scrubs away dead skin cells, encouraging the regeneration of new cells. It leaves the skin invigorated, moisturised, deeply-cleansed and polished to perfection.

Choose from lime and ginger or frangipani.

Deeper Than Deep Hot Stone Massage

90 minutes £99

Balinese stones are worked deep into the muscles, getting into areas of tension. The result is sparkling vitality with the added bonus of intensely hydrated skin. Includes a relaxing mini facial.



Poulitice Muscle Release

60 minutes £80

Sore, aching muscles are worked away with this invigorating and deeply releasing treatment. Each area of tension is specifically targeted with the unique amber and quartz poulitice to dissolve knots and ease tensions. Completed with a restorative face massage, tension is dissolved.

Body Nectar Nourishing Wrap

60 minutes £65

This detoxifying treatment draws out impurities and the velvety texture of the Monoi Oil offers super-hydration. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils get to work. Choose from frangipani or sweet orchid. Includes a face and scalp massage for total peace and wellbeing.

Pre and Post-Natal Treatments

Peaceful Pregnancy Treatment 75 minutes £90

Mothers-to-be are restored to optimum wellness. An intuitive and relaxing massage hydrates skin that is expanding to accommodate a growing baby. Our oils will reduce the appearance of stretch marks. A mini facial eases the mind and lifts the spirits. Suitable from 12 weeks of pregnancy.

Pregnancy Massage 60 minutes £80
30 minutes £50

An intuitive, sensitive and relaxing massage hydrates and moisturises skin that is expanding to accommodate a growing baby. Only nurturing aromatics are imparted – along with wisdom, empathy and respect.

Sensitive Skin Facial 60 minutes £80

Reduce the appearance of redness and protect against daily stresses with a treatment that incorporates soothing massage. Skin is left comfortable and calm.

Upgrade to our pregnancy safe BIOTEC facial for just £10

Body Nectar Wrap 60 minutes £65

The velvety texture of the Monoi Oil offers super-hydration, quenching thirsty skin. You are cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work. Perfect during pregnancy.

Please note:
Most treatments
can be adapted for
pregnancy. Just ask
a member of our
spa team

Little Headlanders

'Girls just want to have fun!'

Spa treatments designed for 'Little Misses' aged 8-16 years old.

Little Miss Facial (14-16 year olds) 30 minutes £29

Become a true Little Miss Headland with this cleansing fruit facial. The result – fresh, glowing skin to get you selfie ready!

Little Miss Manicure or Little Miss Pedicure (16 and under) 30 minutes £25

You will receive a hand or foot massage, nails trimmed and shaped and with our extensive range of nail polishes you can pick your favourite colour to finish.

Prom Princess £70

Book a manicure, pedicure and facial for the special price of £70.

All Little Misses must be accompanied by an adult. Please refer to our website www.headlandhotel.co.uk for full T's and C's.



Men's Treatments

Most of our menu is suitable for male guests, however, these high performance therapies are designed specifically for male skin.

Men's Treatments

For Men

Tailored to You 60 minutes £79

Soothes pains and aids recovery; particularly effective at easing aching backs and releasing tension in overworked legs. Warming ginger and orange spiced mud is applied to the skin easing muscle spasms and stressed joints caused by sport, physical work and general over exertion. A bespoke tailored massage follows.

High Performance Skin Energising Facial 60 minutes £75

A hard-working facial for ageing, dehydrated skin and tired eyes. Multi-dynamic facial massage sequences boost circulation, whilst a scalp and foot massage deeply relaxes.

Upgrade to BIOTEC for £10

Bespoke Headland Massage

Back, neck and shoulders 30 minutes £50
Full body 60 minutes £80
Full body, scalp and face 90 minutes £100

The treatment is catered to your needs whether you would like up-lifting muscle release or relaxation, with a choice of oils.

Sports Massage 30 minutes £50
60 minutes £75

Our qualified sports therapists have a sound knowledge of the muscular and skeletal systems, tailoring each treatment to you. Enquire about booking a course for maximum results.

Hand and Nail Treatment 30 minutes £30

Designed to shape the nail, care for cuticles and soothe the skin.

Power Pedicure 40 minutes £35

Soak, scrub, callus softening, cuticle care and massage, completed with a nail buff and shape.

Waxing

Back 30 minutes £30
Chest 30 minutes £30
Back and Chest 45 minutes £40

Please note:
Our body treatments are suitable for men and women

Manicure and Pedicure

O.P.I Pro Spa brings the quality and efficacy of facial skincare to premium products developed specifically for hands and feet.

Pamper Manicure 60 minutes £55

The crème de la crème of manicures, you will benefit from unparalleled exfoliation, moisture and protection, while revelling in a combination of massage techniques and acupressure designed to reduce stress and relieve tension.

Pamper Pedicure 60 minutes £55

O.P.I ProSpa Pamper Pedicure includes callus softening, exfoliation, moisture and protection. An extended massage combined with acupressure reduces and relieves tension to leave you feeling relaxed and renewed.

Infinite Shine 30 minutes £30

A traditional file and polish using quick drying high shine nail care (includes brief cuticle work and application of moisturiser).

Removal and Re-application 50 minutes £50

Soak off your GelColor and pamper your nails before a new set of GelColor is applied.

GelColor

Why not add a GelColor finish to any of our nail treatments?*

*£10 supplement applies

Nail treatments do not include access to the leisure area. Unfortunately we are unable to remove nail extensions.

Men's
options
available

Waxing, Tinting and Tanning

Brow Bar

Headland Brow Maintenance (Eyebrow Wax and Tint)	30 minutes	£18
Lip	15 minutes	£10
Chin	15 minutes	£10
Lip and Chin	30 minutes	£15
Eyebrow Shape (waxing)	10 minutes	£9
Eyebrow Tint*	15 minutes	£10
Eye Lash Tint*	20 minutes	£12
Eye Lash and Brow Tint*	30 minutes	£18

*A patch test is required 24 hours before treatment.

Body Waxing

Half Leg	30 minutes	£20
Full Leg	45 minutes	£30
Half Leg and Bikini	45 minutes	£25
Full Leg and Bikini	60 minutes	£33
Bikini	20 minutes	£15
Underarm	15 minutes	£12

Tanning

St. Tropez Spray Tan	20 minutes	£20
----------------------	------------	-----

The most natural looking, moisturising and long-lasting tan that's perfect for any skin tone.

Your Special Day

It is important for your mind and body to feel at its best, especially on one of the most special days of your life. Our wedding packages will help you look elegant and timeless on your wedding day. Our talented therapists can create the perfect, flawless look for you, using high quality, professional delilah cosmetics.

Enjoy a free glass of sparkle with any makeover!

Wedding Packages

Bridal Make-up

£100

For flawless wedding make-up that lasts all day, we offer a bridal package including a trial and your 'on the day' make-up.

Special Occasion Make-up

50 minutes £50

For a picture-perfect look, indulge in this luxury makeover delivered by one of our experienced beauty therapists. Colours and products will be tailored to your skin and individual requirements.

Mini Make-Over

25 minutes £25

A mini-makeover provides the perfect finish to a spa day, follow-up to a facial, or a little pampering before a special event.

Other Options:

Bridesmaid and Mother-of-the-bride make-up: £45 per person

Invite your young bridesmaids and flower girls to join in the fun of getting ready in The Spa for only £20 per person (12-16 years only)

Bridal Special

Receive 20% discount on all delilah products.

30 Day Wedding Membership

For couple's getting married at The Headland Hotel & Spa, the membership can be used anytime before or after your big day. Valid for 1 year after your wedding, subject to availability.

Free months membership for the happy Headland couple*

*See T&Cs



Gift Giving

Vouchers

Treat a friend or loved one to a fabulous Headland Spa Day. Designed to delight even the hard-to-buy for, each spa day includes a range of treatment choices, as well as a soft drink on arrival, delicious treats served in the Spa Lounge and time to relax in the luxurious leisure facilities. Individual treatment vouchers are also available.

Spa Etiquette

Arrival at the Spa

Please arrive at the spa reception at least 15 minutes prior to your treatment time to complete a health questionnaire and to ensure you receive your full treatment.

Your Appointment

Your appointment will start with a consultation and your therapist will talk you through your treatment, during which please feel free to engage in as much, or as little conversation as you wish. At the end of your treatment your therapist will be happy to provide personal product recommendations for effective homecare.

Spa Attire

Please wear dry, comfy clothing. We recommend you choose something easy to change in and out of. If it's a fully clothed treatment, choose something loose that you feel relaxed in. Complimentary robes and slippers are provided for guests visiting for a spa day or staying in the Hotel; they can also be hired at the Spa Reception.

General Information

Opening Times & Leisure Access

The leisure area is open from 07.30 – 22.00. Treatments are available from 9.00 – 19.00. Later appointments are available on request and during school holidays. The leisure area use is only available to those having treatments of £60 or more for a maximum of two hours.

Parking

On arrival please report to the Spa Reception where we will take your vehicle registration number and enter this into our system covering the duration of your stay. Failure to provide your registration number will result in a parking charge notice being issued against your vehicle.

Security

Lockers are provided in the changing rooms for the use of members, hotel guests and day spa visitors. If you have any items of high or sentimental value, we recommend that you place them in the hotel safe which is located behind the Hotel Reception. The Headland Hotel cannot be held responsible for any missing property.

Cancellation and Late Arrivals

A late arrival may result in the booking being curtailed or cancelled with the full cost being charged. We recommend you arrive at least 15 minutes prior to the start of your treatment or 10 minutes before your class. At least 72 hours notice is required if you need to cancel your Spa Day. A minimum of 24 hours notice is required if you need to cancel a booking; failure to do so will result in the full cost of your treatment or class being charged. For groups of 4 or more, one week's notice is required and if we cannot re-let the treatment rooms; the full cost will be charged.

Health

Treatments are available on completion of our health questionnaire. All treatments include a full consultation with the therapist. Please inform us at the time of booking, or consult with a doctor prior to your treatment, if you have a heart condition, suffer from high/low blood pressure, diabetes, are pregnant or have any physical ailments or allergies.

During pregnancy: for expectant mothers we recommend that you do not use the sauna, steam room, Rhassoul or the pool. A range of treatments are available from day one of pregnancy.

Allergies

If you suffer from any allergies, it is important to highlight these to your therapist prior to your treatment. We are happy to share product ingredient lists (some products may contain traces of nuts). Reactions to non-disclosure of any medical conditions or allergies will be the sole responsibility of the guest.

Closure

The Spa may close for certain periods of time for necessary maintenance, redecoration, special events or for any other reasons that The Headland Hotel may think necessary. Notice of any changes will be displayed at the Spa Reception.

General Rules

1. Behaviour of day guests and their visitors should not be excessive or rowdy and must not cause annoyance, distress or embarrassment to fellow guests or staff. Offensive or illegal behaviour will not be tolerated.
2. The use of mobile phones is not permitted in any part of The Spa, gym, relaxation lounge and public areas.
3. Smoking is not allowed in any part of The Headland Hotel, including The Spa and Spa Terrace.
4. We reserve the right to change or remove any of the treatments or prices without notice, but we will do our best to suggest a suitable alternative.
5. Any of The Spa or Headland Hotel Team reserve the right to refuse any booking, without a reason being given.
6. Guests should be suitably attired whilst using the facilities. The Headland Hotel shall not be liable for the consequences of any failure to comply.
7. The use of drinking glasses/crockery is not permitted outside the designated area.
8. In the interest of safety, running, jumping and diving are not permitted in the pool. The use of snorkels, wetsuits, surfboards, flippers and balls are also prohibited.
9. Dogs are not permitted in The Spa.
10. The Headland Hotel reserves the right to restrict the number of guests using the facilities at any one time.

All prices and information are accurate at the time of printing. Please speak to a member of staff or visit headlandhotel.co.uk/spa for full terms and conditions including cancellation and late arrival policies.

*Wedding package free months membership – subject to availability. Can be used before or after the wedding. Valid for 1 year only.





The Headland Hotel and Spa Newquay Cornwall TR7 1EW

www.headlandhotel.co.uk/spa

Tel: 01637 870200 Email: spa@headlandhotel.co.uk



Headland Spa



@HeadlandSpa



Headland Hotel, Newquay



@theheadlandspa

