

THE SECRET SPA
@ BOSINVER

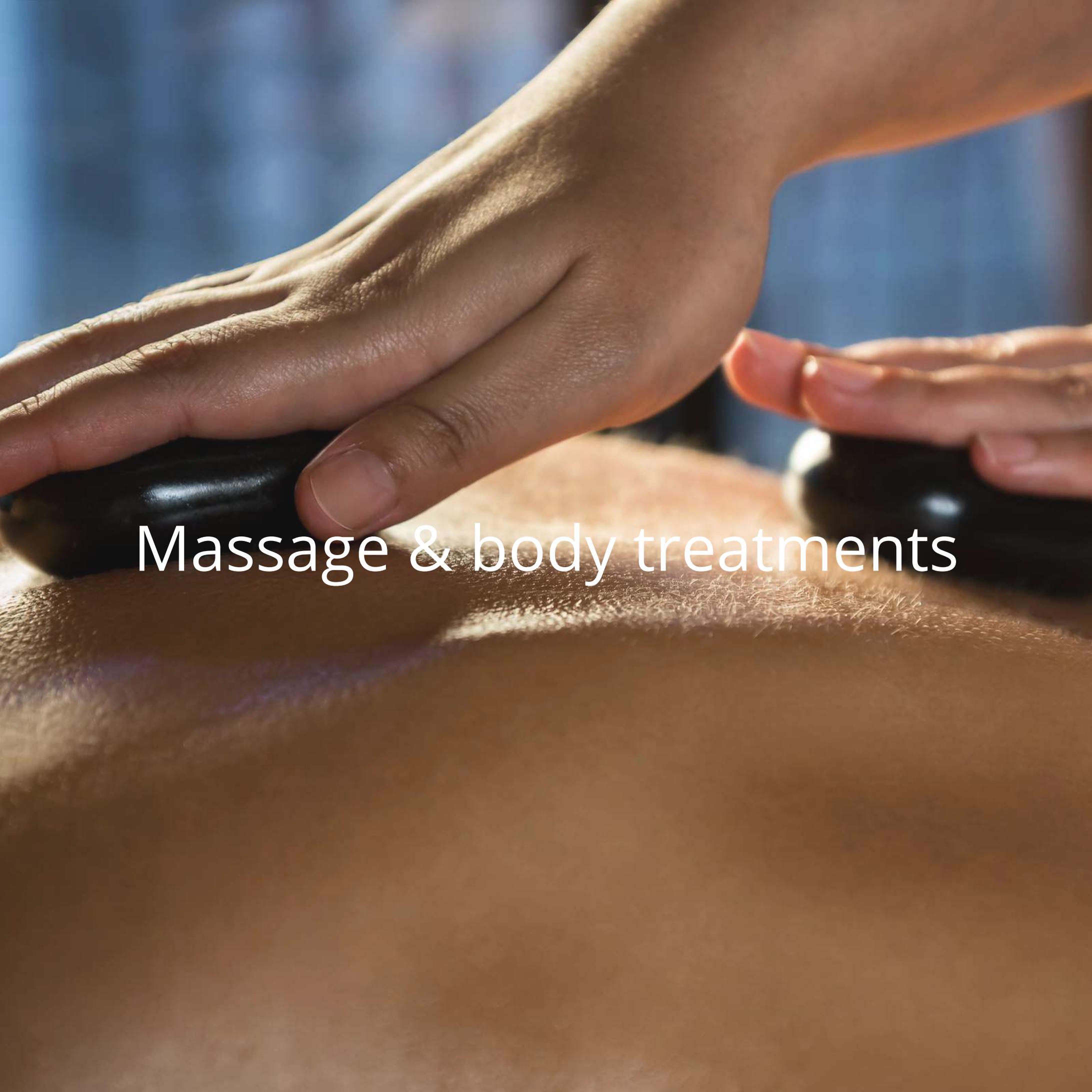


Delivering Professional Mobile Massage, Facials & Wellness at Bosinver Holiday Cottages

Whether you're looking to escape with family and friends, or simply fancy some much-needed 'you' time, The Secret Spa Cornwall professional massage therapist caters to your every whim.

Enjoy instant relaxation without having to venture very far. Relish spa treatments in the comfort and security of your holiday cottage, or in our dedicated treatment room, then retire instantly to bed for a deeply nurturing sleep.

Using only 100% Natural & Organic products.



Massage & body treatments

Relax Massage 55/75/85 mins £55/£75/£80

This treatment is catered to your needs, whether you would like to induce complete relaxation and relieve stress or loosen those tight muscles and areas of tension. This massage is perfect if you are looking for complete relaxation and like your pressure light to medium.

Deep Tissue/sports Massage 40/50 mins £40/£55

Deep tissue massage uses firm pressure and slow strokes to reach deeper layers of muscle and fascia (the connective tissue surrounding muscles). It's used for chronic aches and pain and contracted areas such as a stiff neck and upper back, lower back pain, leg muscle tightness, and sore shoulders.

Pregnancy Massage 55/75 mins £55/£75

This wonderfully nurturing whole body massage will allow mum-to-be some incredibly special relaxation time. Slow, smooth massage techniques are used to calm and alleviate aches and pains, while a blend of organic oils help to prevent stretch marks. A fantastic treatment for any expectant mother in their second or third trimester.

Full Body Massage & Facial 80 mins £80

This treatment combines a full body massage and facial making it the ultimate personalised therapy. Using essential oils blended from flower and fruit extracts this treatment will release tension, emotional stress, soothe, hydrate and balance the senses.

Back, Neck & Shoulders 25/40/55 mins £30/£40/£55

This relaxing massage attends to the head, neck, shoulders and back – teasing out tensions, easing pain and encouraging both mind and body to unwind.

Head Massage 15/25/40 mins £20/30/40

An amazingly revitalising and stimulating treatment that acts as a perfect pick-me-up – or a longer experience designed to tackle a range of tensions and aid complete relaxation.



Soothing Hot Stone Full Body Massage 70 mins £75

This deep massage combines smooth hot stones with organic oils to instantly ease muscular tension. Hot stone massage encourages the body to detox and heal with a mix of relaxing warmth and refreshing coolness, ensuring a deeply relaxing experience designed to eliminate tension, soothe tired muscles and rejuvenate the body and mind.

Lava Shell Massage 55 mins £70

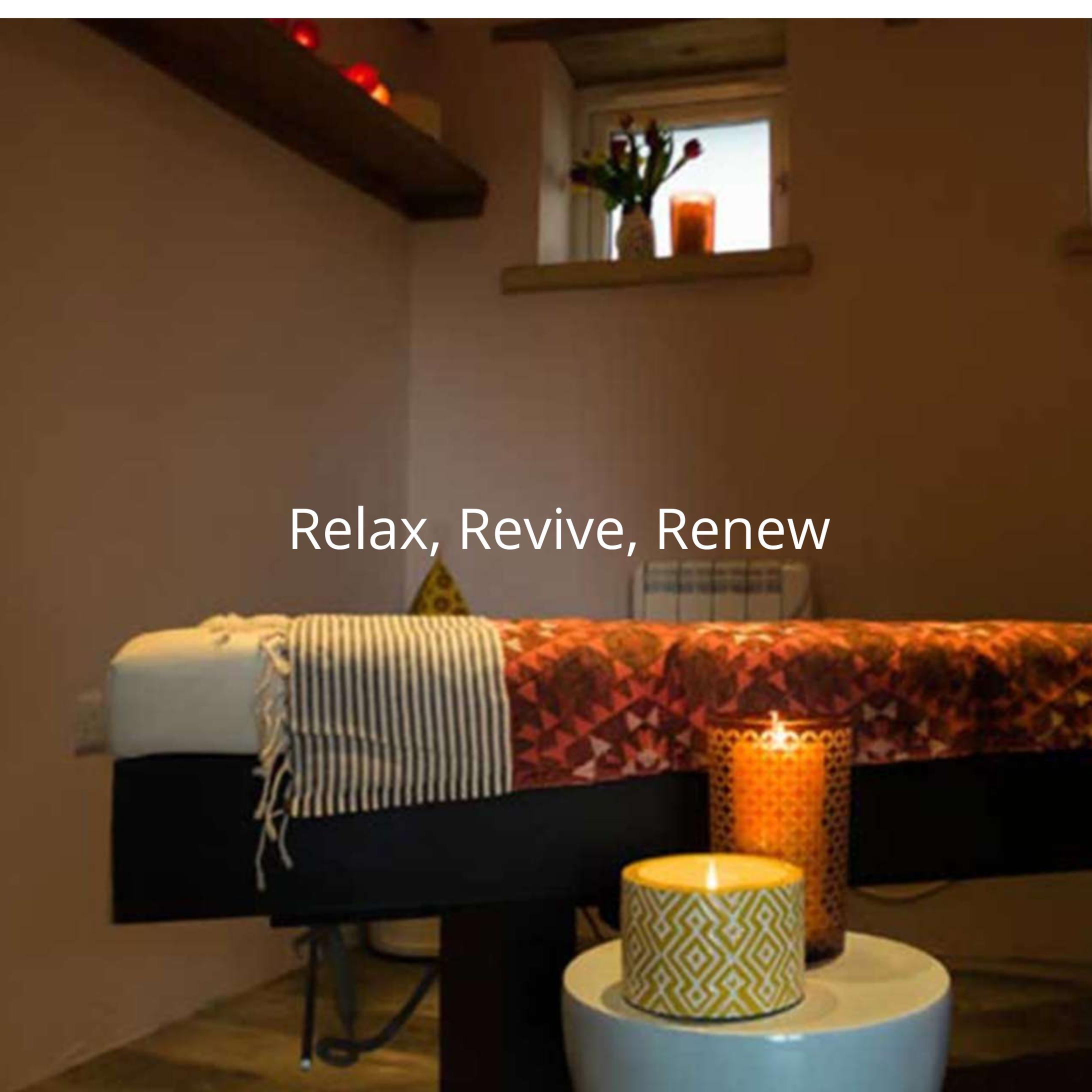
The indulgent and truly pampering Lava Shell Relax Massage offers an idyllic treatment combining the warmth of shells with deeply relaxing massage techniques, creating a sense of balance to the entire body and mind. The shells are worked over the entire body or just your back to ease away all tension, knots and stress.

Aromatherapy Journeys 40/55/85 mins £45/£60/£80

Aromatherapy treatments tailored to your needs

Aromatherapy is a technique which combines the natural therapeutic properties of essential oils with the healing power of massage therapy to unwind the body, relax the mind and transform stress into balance.

You will also receive a complementary 10ml rollerball of your chosen blend to take home with you.

A serene spa treatment room. In the foreground, a massage table is covered with a white sheet and a patterned blanket. A lit candle in a decorative holder sits on a small white table. In the background, a window with a wooden sill holds a vase of flowers and another lit candle. The room is dimly lit, creating a relaxing atmosphere.

Relax, Revive, Renew

Organic Facials

Radiance Facial 25/40/55 mins £30/£40/£60

This fantastic facial treatment is designed to eliminate congestion while restoring moisture to the skin. Revealing a bright, smooth and radiant complexion. This treatment is suitable for all ages and skin types so if you're looking for a luxurious treat, we recommend it to anybody who is looking for brighter, more radiant skin.

Uplift & Rejuvenate Age Defying Facial 70 mins £70

Using a special combination of massage techniques from India (Ayurveda) and Japan (Anma), this amazing treatment is like an acupunctural facelift. The nine-stage, age defying deep cleansing and uplifting facial aims to prevent and reduce tension, facial wrinkles and age spots while improving the complexion by stimulating circulation and releasing toxins from the facial area. Using handmade French Green clay, which has exceptionally high levels of antioxidants and anti-inflammatories to restore and rejuvenate your skin.

Regular facial treatments bring countless benefits, regardless of your skin type. Primarily, they're excellent for cleansing your skin and leaving it in impeccable condition.

Your skin can take a beating every day from make-up, the weather, pollution and sun exposure. And while many of these external factors cannot be avoided, that still doesn't mean your skin has to suffer.

These factors can cause skin dryness, irritation, redness and signs of premature ageing, so it is essential that you do your best to reduce the damage.

A secret spa organic facial will deep cleanse, exfoliate your skin, unclog your pores, remove dead cells, and leave you with smooth and soft skin. The carefully designed organic face mask will moisturise your skin, nourish, rejuvenate, and protect it. The facial massage you'll receive will improve blood circulation and encourage healing which will stimulate the muscles across your face and relax you in the process.

Remember a facial can reach deeper layers of your skin, therefore clearing out toxins, oil build-up, and dirt that is trapped in your skin. Making your skin much smoother and more susceptible to the effects of our skincare products.



Massage, beauty & wellness
at Bosinver

Natural Organic Skincare

All of the products used in all of my treatments are 100% natural & organic, free from parabens, sulphates petrochemicals, SLS, or any other ingredient that is toxic for your skin.

Appointments are available 7 days a week 10am – 9pm and by special arrangement at other times in which case an out of working hours surcharge fee applies.

Card and Cash payment accepted.

Call: Sharon on 07411344779 for more information or email:
info@thesecretspacornwall.co.uk
www.thesecretspacornwall.co.uk