

EBB AND FLOW

Spa & Leisure

ELEMIS Expert Body Therapy (P*) (O*)

Prices

Deep Tissue Tension - Ease Massage

Renewed, Grounded & Focused

Perfect for combating a busy lifestyle. This full body massage offers more than just muscle relaxation. It is tailored to ease tension and target deep-seated muscle knots, leaving you feeling renewed, grounded and focused.

Back, Neck and Shoulder - 25 minutes

£70

Full Body - 50 minutes

£90

Transformative Hot Stone Massage

Soothe, Relax & Relieve

This deeply transformative treatment incorporates heated volcanic stones which are worked into the body, persuading the muscles to relax with warm Frangipani Monoi Body Oil to soothe a tired mind and relieve aching muscles.

Full Body - 50 minutes

£95

Email: reservations@carnoustiegolfhotel.com

Call: 01241 411 999

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Facial Menu (P)(O*)

Prices

ELEMIS Expert Touch Nourish Facial

Cleanse, Rebalance & Revive - 25 Minutes

£60

Boost skin radiance with our triple cleanse facial infused with a blend of antioxidant-rich facial oils, leaving your skin feeling nourished, rebalanced and revived.

ELEMIS Expert Touch Nourish Facial and Massage

Cleanse, Rebalance & Revive - 50 Minutes

£95

Boost skin radiance with our triple cleanse facial infused with a blend of antioxidant-rich facial oils, leaving your skin feeling nourished, rebalanced and revived.

After your facial the treatment will include:

- Eye Massage - A Luxurious eye massage, using a combination of techniques to drain and improve circulation to the delicate eye area
- Scalp Massage - A dry scalp massage working on key scalp meridians for blissful deep relaxation.
- Hand and Arm Massage - Long flowing cultural massage techniques to ease tension & condition the nails.

ELEMIS Expert Touch Reveal Facial

Resurface, Smooth & Glow - 50 Minutes

£95

Powered by our patented Tri-Enzyme technology this facial helps to minimise the look of pores and uneven skin texture, revealing skin that looks visibly resurfaced, smoothed and glowing.

ELEMIS Expert Touch Renew Facial

Hydrate, Lift & Firm - 50 Minutes

£95

Improve skin firmness, whilst reducing the look of fine lines and wrinkles with our clinically proven formulas and skin-lifting massage techniques. After just one treatment the complexion looks supremely hydrated, lifted and firm.

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Facial Menu Continued (P) (O*)

Prices

ELEMIS Expert Touch Define Facial

Energise, Rejuvenate & Sculpt - 50 Minutes

£95

This innovative facial captures the power of clinically proven intelligent skincare to deliver transformative results for energised, rejuvenated and sculpted looking skin.

ELEMIS Expert Touch Ultimate Define Facial

Energise, Rejuvenate & Sculpt - 80 Minutes

£130

This innovative facial captures the power of clinically proven intelligent skincare to deliver transformative results for energised, rejuvenated and sculpted looking skin.

Also included in the Ultimate Facial:

- Hand and Arm massage,
- Scalp and Jowl massage,
- Chin and Eye massage

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Bespoke Body and Holistic Treatments (P)(O*) Prices

Golfers Tonic - 50 minutes £95

Refreshing peppermint body scrub cleanses and soothes, leaving the skin feeling soft and revitalised, followed by a back, neck, shoulder and leg massage, this is designed to work out any muscle's aches, pains and tension.

Indian head Massage - 45 minutes £75

An Indian head massage will energise your mind, and allow your tensions to slip away. This ancient technique has been passed from generation to generation. This treatment concentrates on the shoulders, upper arms, back, face and head leaving your inner balance restored.

Reflexology - 45 minutes £75

Reflexology is a theory and therapy that uses the feet to treat the whole body. By manipulation and applying pressure to certain parts of the feet the whole body can be brought back to inner balance.

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Body Wraps and Scrubs

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Frangipani Salt Wrap (P) (O*)

This treatment starts with a frangipani monoi salt glow after a body brush. This nourishes the skin. The wrap drenches the skin with moisture for immediate softness and suppleness. Exotic aromatic Tahitian coconut and frangipani flowers are soaked to produce monoi oil used in this wrap which provides the ultimate radiance vitality and all over body glow. An intensive moisturising and conditioning treatment which it's excellent for dry skin and combined with facial pressure points massage and de-stress scalp treatment.

50 minutes

£100

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ELEMIS Expert Pregnancy Treatments

Prices

Peaceful Pregnancy Massage (O*)

£105

Nurture, Restore & Calm

This tranquil and restorative mother-to-be massage deeply hydrates skin that is expanding to accommodate your growing baby. Aromatics which are safely formulated to be used during pregnancy are selected for optimum wellbeing, leaving you feeling nurtured, restored and calm.

Total Treatment time - 90 minutes

Initial consultation 15 minutes

Treatment time 60 minutes

Post treatment rest 15 minutes

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Oncology Massage Treatments (P*)

Prices

Provide by our Highly trained Therapist these treatments are suitable for those guests that are either currently receiving treatment for Cancer or have been previously diagnosed for Cancer in the past.

Oncology Massage

£105

Gentle and Therapeutic massage, that has been modified and tailored to suit the requirements of any individual currently undergoing cancer treatment or previously affected.

Total Treatment time - 90 minutes

Initial consultation 15 minutes

Treatment time 60 minutes

Post treatment rest 15 minutes

Oncology Facial

£105

Elemis expert touch facials that has been modified to suit the needs of the skin of an individual that is currently undergoing cancer treatments or previously affected.

Total Treatment time - 90 minutes

Initial consultation 15 minutes

Treatment time 60 minutes

Post treatment rest 15 minutes

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Spa Days

Prices

The perfect way to spend the day in the peaceful surroundings of our spa and leisure facilities.

Your escape includes luxurious robes and slippers for ultimate comfort, ensuring you feel pampered from start to finish. Enjoy full access to our leisure facilities, including Swimming pool, Steam room and Sauna, Spa Bath and Relaxation Areas, so you can unwind and recharge at your own pace.

ELEMIS Mini Escape (P) (O*)

£80

Indulge in a serene and rejuvenating experience with the Elemis Mini Escape for One.

This bespoke spa day offers the perfect opportunity for you to unwind, recharge, and indulge in pure relaxation. Choose one signature Elemis treatment:

- 25-minute Elemis Expert Touch Nourish Facial, designed to deeply hydrate and refresh your skin,
- 25-minute Elemis Back, Neck, and Shoulders Deep Tissue Tension Ease Massage, expertly crafted to target and release built-up tension.

Treatment Time: 25 minutes

If Pregnant you may only choose the Facial treatment.

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Spa Days Continued

Prices

ELEMIS Escape (P) (O*)

£105

Indulge in a serene and rejuvenating experience with the Elemis Escape. This bespoke spa day offers the perfect opportunity for you to unwind, recharge, and indulge in pure relaxation.

Choose one signature Elemis treatment:

- Any 50 Minute ELEMIS Expert Touch Facial, a treatment that deeply nourishes and refreshes your skin,
- ELEMIS Full Body Deep Tissue Tension-Ease Massage, a 50-minute session that targets muscle tension and promotes full-body relaxation.

Treatment Time: 50 minutes

If Pregnant you may only choose the Facial treatment.

ELEMIS EXPERT™ Absolute Face and Body Ritual (P*)(O*)

Restored, Rejuvenated & Renewed

Experience total rejuvenation with this indulgent spa day. Combining both body and facial treatments, this comprehensive package will leave you feeling completely restored, revitalized, and ready to take on the world once again.

£140

Treatments included are:

- 25 minute ELEMIS Expert Touch Nourish Facial
- 25 minute ELEMIS Back, Neck and Shoulders Deep Tissue Tension Ease Massage

Treatment Time: 50 minutes

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Terms and Conditions

Robes and Slippers and entry to the relaxation room are provided with all spa treatments except Hand and Feet and waxing treatments.

Access to the Leisure Facilities are not included with treatments and can be purchased separately, please look at our spa package options for the full experience.

An online consultation form must be completed at least 48 hours prior to treatment. This allows our trained therapists the opportunity to ensure there are no contraindications that may prevent you from having your chosen treatment. Failing to complete the medical form before arrival may mean a delay in treatment start time, which may result in a shorter treatment and will be charged at full price.

The following codes highlight treatments suitable for those guests that are either pregnant or is/have had cancer treatment:

(P*) NOT SUITABLE DURING PREGNANCY, Please see our pregnancy section for suitable treatments

(P) SUITABLE DURING PREGNANCY.

(O*) NOT SUITABLE FOR ONCOLOGY, Please see our Oncology Section for suitable treatments.

(O) SUITABLE FOR ONCOLOGY

More terms and conditions will be shared when booking

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