



RELAX AND
INDULGE

Tresco Island Spa

TRESCO

ISLAND



GENERAL INFORMATION

Opening times

*January, February,
November and December*

Daily: 10am to 7pm
Last entry: 6.15pm

March to October

Daily: 8am to 8pm
Last entry: 7.15pm

Treatment times

*January, February,
November and December*

Mon to Sat: 10am to 6pm
Sun: 10am to 3pm

March to October

Mon to Sat: 9am to 6pm
Sun: 10am to 3pm

TREATMENTS ARE AVAILABLE DAILY BY RESERVATION ONLY

How to make a booking

Simply book a therapist's time by calling the Spa on 01720 424075 or email thespa@tresco.co.uk If you would like to know more about a particular treatment, we will be delighted to advise you on what is best suited to your needs. Please book all treatments in advance.

Cancellation Policy

24 hours' notice is required if you need to cancel an appointment. Failure to do so will result in us charging the full cost of your treatment. Ensure you arrive in plenty of time; a late arrival may result in your treatment time being reduced or even cancelled with the full cost being charged.

Health Concerns

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 if you have a heart condition, suffer from high/low blood pressure, are pregnant or have any physical ailments or allergies.



ILĀ EXPRESS FACE & BODY TREATMENTS

ilā's Express Face & Body Treatments are positive proof that extraordinary results can go hand in hand with the highest standards of natural and ethical integrity. Perfect for those who are looking for a quick fix and just don't have the time.

ilā Express Face Therapy 30 mins | £50

Gentle. Cleansing. Conditioning. This express face therapy comprises rose and gentle marma massage to improve blood circulation and address skin imbalances. Its wholly natural ingredients fight bacteria and gently condition skin, leaving you with a healthy glow within 30 minutes.

ilā Back and Shoulder Recovery 30 mins | £50

Taken from our ilā Ku Nye body massage, this Tibetan-style back therapy combines kneading and acupressure to stimulate the flow of energy along the spine and strengthen the nervous system.

ilā Marine Flora Body Renewal 30 mins | £50

Flush away toxins, reduce cellulite, and improve the texture and hydration of skin with this revitalising and purifying scrub. Nutrient-rich sea lettuce, sea lavender, bio-plasma and various seaweeds combine with the ionising properties of pure Himalayan salt crystals. Together, they flood the skin with essential minerals and nutrients – hydrating, cleansing and energising the body's lymphatic system and bio-magnetic field.

ilā Instantly Detoxifying Body Renewal 30 mins | £50

This energizing full-body scrub targets cellulite, stress and exhaustion. Drawing on the ionizing properties of Himalayan salt crystals, it stimulates circulation and toxin elimination, uplifting mind, body and spirits.

ilā Instantly Blissful Body Renewal 30 mins | £50

Using the healing properties of Himalayan salt crystals, this soothing all-over scrub restores and relaxes the nervous system, leaving skin glowing and the body infused with a sense of enhanced wellbeing.

ilā Pearl and Jasmine Body Renewal 30 mins | £50

Fatigue and energy depletion is one of the biggest afflictions plaguing today's 24/7 societies. This amazing pearl and jasmine Himalayan salt crystal scrub has the immediate effect of restoring vitality and energy levels, mental clarity, wellbeing and strength.

ilā Eye Indulgence 30 mins | £50

Focusing on the often-ignored eye region, this gentle yet powerful treatment uses marma point stimulation, eye exercises and a hydrating mask to relieve tension, reduce dark circles and restore radiance and sparkle.

Extended Body Renewal treatments are also available – see page 11





ILĀ FACE THERAPY

ilā Ananda Face Therapy 60 mins | £85

Illuminating. Calming. Profound. Known as the blissful facial, this divine therapy restores natural luminance by increasing blood circulation and stimulating the free-flow of energy to facial cells. Specialised techniques combine with powerful damascena rose otto and sandalwood oils to reduce inflammation, address hormonal imbalance and open the energy centres of the face: skin glows with radiance and a sense of peace pervades the body.

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ilā Renewed Recovery Face Therapy 60 mins | £85

Detoxifying. Regenerative. Anti-inflammatory. Known as the anti-ageing facial. This restorative facial draws on intensely healing rainforest extracts to rejuvenate facial skin. Warm herbs, lymphatic drainage techniques and an Amazonian mud mask encourage toxin release and reduce water retention, increase blood supply and boost collagen production at a cellular level. Skin tone is brightened and muscle contraction is inhibited, softening fine lines and wrinkles.

ilā Marine Flora Face Therapy 75 mins | £90

Purifying. Hydrating. Nourishing. Known as the detox facial. This stimulating facial unites nutrient-dense marine elements and nerve point therapy to remove waste build up and encourage rapid repair of damaged or dehydrated skin. Sea lettuce detoxifies and boosts the lymphatic system. Bio-plasma serum and sea lavender mask encourage collagen production. Skin is purified, vitality and tone improved, and tension eased from micro muscles.

ilā Crystal Healing Face Therapy 75 mins | £90

Calming. Reviving. Uplifting. Known as the energising facial. This dazzling facial treatment harnesses the healing vibrations of crystals to release tension and revitalise the skin. Meridian tapping and Tibetan crystal techniques balance and strengthen. A garnet face scrub protects and energises. Acupressure with hot poultices and rose quartz restores radiance, while a cooling and nourishing jade mask helps reduce the appearance of fine lines.

ilā Men's Revitalising Face Therapy 60 mins | £85

Purifying. Anti-bacterial. Enlivening. This men's facial restores vitality to skin weakened by frequent shaving or exposure to the elements. A hydrating blackcurrant, honey and sandalwood exfoliator cleanses, tones and moisturises prior to a marma point massage with anti-bacterial vetivert and healing damascena rose otto. To end, a revitalising mask purifies and nourishes, leaving skin supple and strengthened.

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WAXING AND FINISHING TOUCHES

Full leg	£30	Eyebrow shape/wax	£10
Three-quarter leg	£25	Back	£30
Half leg	£20	Chest	£30
Bikini	£15	Eyelash tint	£12
Extended bikini wax	£25	Eyebrow tint	£10
Under arm	£10	Eyebrow and lash tint	£18
Lip or chin	£10		

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HAND AND FOOT THERAPY

File & Polish - Fingers or Toes 30 mins | £20

The perfect treat for your hands or feet.

Manicure 45 mins | £40

Perfect for treating the nails and cuticles, relax with an arm and hand massage, file and polish, finishing with a nail colour of your choice.

Luxury Manicure 60 mins | £50

A luxurious and soothing treatment for the hands and arms, incorporating a scrub, mask, then heated mittens to provide a deep intensive moisturizing treatment, finishing with a nail colour of your choice.

Gent's Manicure 40 mins | £35

A deep cleansing treatment for the hands. Includes a cuticle and nail trim, a buff, and a relaxing hand massage to finish.

Pedicure 50 mins | £45

A beautiful treatment for the feet, cuticles and nails. Relax with a foot soak and scrub, foot massage, file and polish, finishing with a nail colour of your choice.

Luxury Pedicure 70 mins | £55

A luxurious treatment for the feet and legs, incorporating a scrub, mask, then heated booties to soothe away tired feet, providing ultimate hydration, finishing with a nail colour of your choice.

Gent's Pedicure 45 mins | £40

A deep cleansing treatment for the feet. Includes a cuticle and nail trim, a buff, and a relaxing foot massage to finish.

CND Shellac File & Polish Fingers or Toes 45 mins | £30

A 14 day manicure or pedicure with a high performance wear and lasting shine.

Soak Off 25 mins | £10

Gel removal without damage to the nails.

Upgrade any manicure or pedicure to a Shellac Manicure/Pedicure for an extra £10

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MASSAGE

Back, Neck & Shoulder Massage 30 mins | £48

Releasing muscle tension and stress, leaving you feeling revived and refreshed.

Aromatherapy Full Body Massage 60 mins | £85

Using aromatherapy essential oils to suit the individual, massage relaxes muscle tension and soothes away any aches, pains and stress.

Holistic Full Body Massage 60 mins | £80

A pressure tailored to your needs incorporating traditional 'Swedish' techniques which soothe tired, strained muscles and stimulate both blood and lymphatic circulation. It is ideal for pre or post sporting activities, but also excellent as a blissfully relaxing massage.

Indian Head Massage 40 mins | £55

This relaxing holistic treatment uses acupressure massage on the head, face, neck and shoulders to heal mind, body and soul.

Hot Stone Back Therapy 45 mins | £60 *Hot Stone Full Body Therapy* 75 mins | £90

With the use of basalt stones formed from cooled molten lava, they hold heat well to cleanse the body, relax the heart and soothe the mind. The stones are placed on key energy points of the body and used to massage with traditional techniques. This beautiful ancient therapy is perfect for restoring tired aching muscles.

ilā Kundalini Back Therapy 60 mins | £85

Soothing. Restorative. Profound. Ideal for emotionally exhausted souls, this nurturing treatment has an extraordinarily restorative effect on the sympathetic and parasympathetic nervous systems. Chakra and sound healing activate and channel the Kundalini – the dormant energy at the base of the spine: tension is lifted, negativity is released, and the body is brought back to a state of awareness and balance. Individuals with stress, insomnia and exhaustion, as well as muscular back tension, will greatly benefit.

ilā Manipura Full Body Massage 75 mins | £90

Regulating. Stimulating. Enlivening. This warming treatment begins with an energising and detoxifying body scrub; this followed by the soothing massage helps balance and energise the Manipura – the solar plexus (naval) chakra – the centre of fire and sun energy that ignites our health and vitality. Meaning 'beautiful, shining jewel' in Sanskrit, the Manipura massage uses marma massage, lymphatic drainage

and herb poultices to relieve digestive blockages, increase blood and lymph flow, and stimulate inner vibrancy.

ilā Ku Nye Full Body Massage 75 mins | £90

Tension-releasing. Harmonising. Revitalising. This Tibetan body treatment balances the five elements to restore a harmonious flow of energy and vitality. A blend of five essential oils work together to stabilise the five sensory organs, while Tibetan techniques – kneading, and hot stone/poultice acupressure – help release physical and mental tension, harmonising from the tips of the toes to the crown of the head.

Warm Bamboo Massage Full Body Back Therapy 75 mins | £90 45 mins | £60

This therapy will leave you feeling relaxed, energised and with the sense that your muscles have been stretched, balanced and elongated with the use of gently warmed bamboo canes of different lengths and diameters. This therapy is wonderful if you like deep tissue work.

ILĀ BODY SCRUBS



ilā Energising & Detoxifying Body Renewal 60 mins | £85

Using the ionising properties of Himalayan Salt Crystals, this Body Renewal is the ideal treatment for cellulite, stress and exhaustion. On a physical level, it results in a rapid elimination of tension and increased warmth and energy in the body, stimulates circulation and toxin elimination, reduces cellulite, and brightens skin. On a subtle level, it cleanses and strengthens the bio-energy fields, leaving mind, body and spirits uplifted.

ilā Blissful Body Renewal 60 mins | £85

Drawing on the healing properties of Himalayan salt crystals, this heavenly body scrub nourishes both bodily and emotional wellbeing – ideal for when special pampering is required. Pure essential oils of damascena rose otto, jasmine and sandalwood work directly with the sensory organs to settle the nervous system and revive stressed or neglected cells. Skin is left glowing with health and a sense of joy is restored.

ilā Pearl and Jasmine Body Renewal 60 mins | £85

Fatigue and energy depletion is one of the biggest afflictions plaguing today's 24/7 societies. This amazing pearl and jasmine Himalayan salt crystal scrub has the immediate effect of restoring vitality and energy levels, mental clarity, wellbeing and strength.

ilā Marine Flora Body Renewal 60 mins | £85

Flush away toxins, reduce cellulite, and improve the texture and hydration of skin with this revitalising and purifying scrub. Nutrient-rich sea lettuce, sea lavender, bio-plasma and various seaweeds combine with the ionising properties of pure Himalayan salt crystals. Together, they flood the skin with essential minerals and nutrients – hydrating, cleansing and energising the body's lymphatic system and bio-magnetic field.



ILĀ BODY WRAPS



ilā Body Wrap for Bio-Energising 75 mins | £95

In this deeply rejuvenating treatment, an energising and detoxifying scrub is intensified by the addition of a wrap, drawing deeper toxins from the cells. Revitalising the skin and lymphatic system, the wrap physically detoxifies and cleanses the body – removing waste products, and re-energising and softening skin. On a subtle level, it can also promote profound healing in the energy body.

ilā Marine Flora Body Wrap 75 mins | £95

This treatment is excellent for reducing cellulite and improving skin texture and hydration. A nutrient-rich marine flora and Himalayan salt scrub – to cleanse and re-energise the bio-magnetic field and lymphatic system – is enhanced by the addition of a seaweed wrap. Bio-plasma increases the metabolic function of skin cells, aiding regeneration, while omega plankton improves epidermal hydration and cellular structure.

ilā Pearl & Jasmine Body Renewal with Amethyst Body Wrap 75 mins | £95

Fatigue and energy depletion is one of the biggest afflictions plaguing today's 24/7 societies. This amazing pearl and jasmine Himalayan salt crystal scrub has the immediate effect of restoring vitality and energy levels, mental clarity, wellbeing and strength. The ensuing amethyst gel body wrap relaxes and balances the nervous system, stimulating circulation, regeneration of skin cells and cell growth.

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PREGNANCY

Although we offer relaxing experiences for expectant mothers, our treatments are not suitable for women in the first 12 weeks of their pregnancy.

ilā Mother to Be Body Massage 60 mins | £85

This nourishing treatment combines rosehip seed and argan oil infused with extracts of lavender, geranium and rose to bring peace and harmony to mother and baby. Himalayan herb poultices are gently massaged into marma and meridian points to relieve aches and pains. Excess fluid and heat is removed. Anxiety is lifted, while dry skin is replenished and supported in the fight against stretch marks.

ilā Mother to Be Body Renewal 60 mins | £85

This treatment combines Himalayan salt crystals and blackcurrant with rosehip seed and argan oil infused with extracts of lavender, geranium and rose, creating a gentle exfoliation to bring peace and harmony to mother and baby, nourish the skin and stimulate the lymphatic system.

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SPA ETIQUETTE YOUR QUESTIONS ANSWERED

When should I arrive?

If you have booked a treatment we suggest you arrive at least 15 minutes in advance so you can relax and unwind.

What should I wear?

Robes are provided to slip over your bathing costume or underwear before making your way to the Relaxation Lounge.

Treatments

Relax in the expert hands of our therapists, who will be able to advise you on your treatment depending on your individual needs. All appointment times include a full consultation and aftercare advice. Please book all treatments in advance.

Please avoid alcohol prior to any treatment. Certain treatments are available for persons under 16, but they must be accompanied by a parent or guardian throughout the treatment.

Although we offer relaxing experiences for expectant mothers, our treatments are not suitable for women in the first 12 weeks of their pregnancy.

All information is correct at the time of going to press but is subject to variation without notice.



Tresco Island

Tresco Estate, Isles of Scilly TR24 0QQ

For spa booking and enquiries

Phone 01720 424075

Email thespa@tresco.co.uk

Visit www.tresco.co.uk/spa