

RELAX AND  
INDULGE

---

*Tresco Island Spa*

TRESCO  

---

ISLAND



# GENERAL INFORMATION

## *Opening times*

---

*March to October*  
Daily: 8am to 8pm  
Last entry: 7.15pm

*January, February,  
November and December*  
Daily: 10am to 7pm  
Last entry: 6.15pm

## *Treatment times*

---

*Due to COVID-19, treatments  
are currently available 9am -  
5pm Friday to Tuesday only.*

## *To make a booking*

---

Treatments are available by reservation only. To make a booking, or for further information and advice, simply telephone the Spa on 01720 424075 or email [thespa@tresco.co.uk](mailto:thespa@tresco.co.uk)

## *Cancellation Policy*

---

24 hours' notice is required to cancel an appointment or the full cost will be charged. Please ensure you arrive in plenty of time; a late arrival may result in your treatment time being reduced or cancelled with the full cost being charged.

## *Health Concerns*

---

You will be asked to complete our health questionnaire and will receive a full consultation with a therapist. Please inform us on booking if you have a heart condition, suffer from high/low blood pressure, are pregnant or have any ailments or allergies.

## *Keeping you safe during COVID-19*

---

Staff and guest safety is paramount so you will notice a few changes this year. Please be sure to read our COVID-19 Spa Etiquette FAQs at the back of this treatment menu, or ask for details at the time of booking.





---

# ILÃ EXPRESS BODY TREATMENTS

---

*ilã's Express 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.*

## *ilã 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.

## *ilã Back and Shoulder Recovery*

---

30 mins | £50

Taken from our ila 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.

## *ilã 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.





## WAXING AND FINISHING TOUCHES

---

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

---

# 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.

*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.

*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*



## 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.



---

*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.

*Warm Bamboo Massage*

*Full Body* 75 mins | £90

*Back Therapy* 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.



---

# ILĂ 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.





## 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.





## COVID-19 & SPA ETIQUETTE

### YOUR QUESTIONS ANSWERED

*Will I need to wear a face covering?*

Face coverings will need to be worn throughout your treatment, unless you are in an exempt category.

*When should I arrive?*

This year, please arrive at your treatment time.

*What should I wear?*

Our changing rooms are currently unavailable and we are unable to provide robes at the spa. Please make your way to the spa with the robe provided in your accommodation over your bathing costume or underwear.

*Are refreshments available?*

We are unable to provide hot drinks at the current time but water is available for those enjoying a treatment with us.

*What cleaning is being undertaken?*

We are leaving additional time between treatments to enable thorough cleaning and sanitisation of the treatment rooms.

*What else do I need to know?*

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.*

