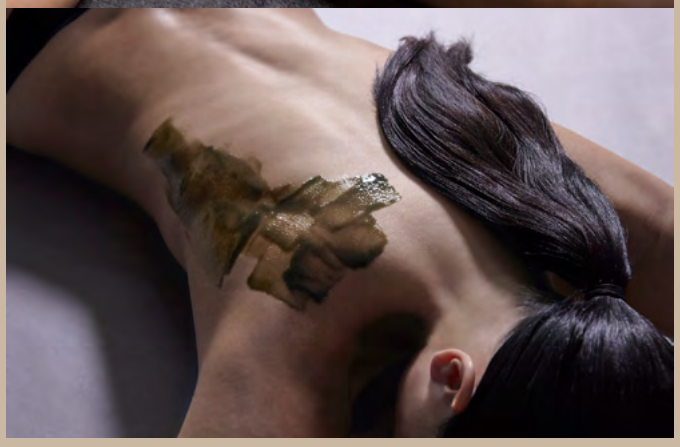






THE IDLE ROCKS
ST MAWES

SEVAN

SPA

SEVAN

SPA

MASSAGE THERAPY

TRADITIONAL SWEDISH MASSAGE

A deeply relaxing full body massage using classic Swedish techniques to ease tension, improve circulation and promote overall wellbeing.

£125 (60 mins)

SWEDISH BACK MASSAGE

A focused treatment for the back, neck and shoulders to relieve tension, ease tight muscles and restore comfort.

£85 (30 mins)

IDLE ROCKS x SEVAN AROMATHERAPY MASSAGE

A signature sensory massage using Aromatherapy Associates blends, inspired by the Cornish coastline. Deeply relaxing and balancing for body, mind and spirit.

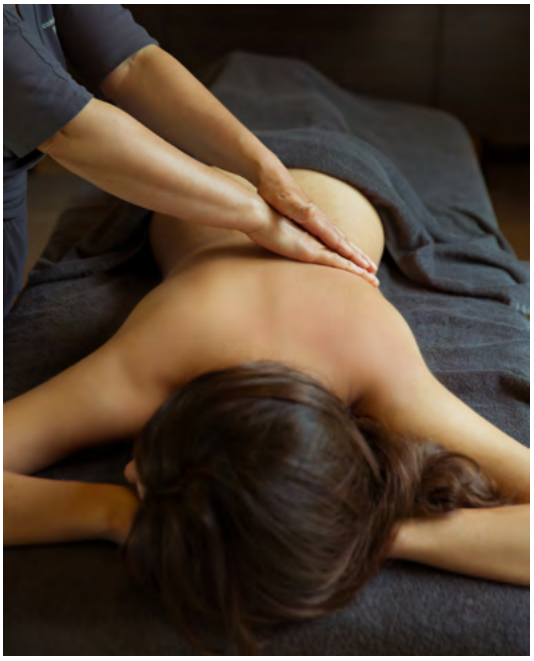
£130 (60 mins)

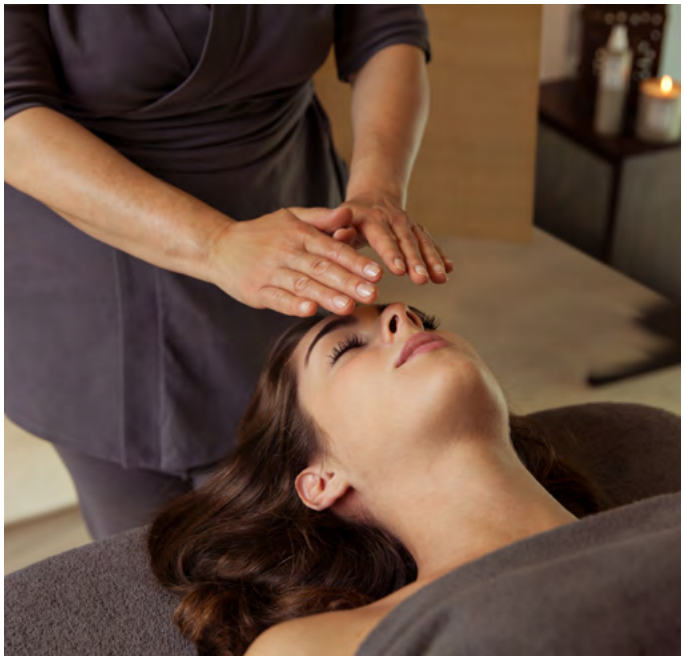
PREGNANCY, SCALP, NECK AND SHOULDER MASSAGE

A nurturing treatment designed to ease tension in the scalp, neck and shoulders, helping to relieve stress and encourage deep relaxation during pregnancy.

£90 (45 mins)

ADD-ON	Red Light Therapy *Add to any massage*	+ £12





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FACIALS

SUBLIME SKIN PRO-LIFT

This intensive facial treats thinning, lined skin with loss of skin elasticity. These products provide instant skin-plumping and increased firmness and skin tone. Specialised Kobido facial massage followed with a replumping peel-off mask leaves the skin smoother, nourished with improved fullness and lift.

£95 (70 mins)

HYDRA GLOW FACIAL

This dynamic facial is for anyone seeking ultimate hydration, immediate glow and vitality. Advanced massage techniques and the use of Cryo Spoons reduce the appearance of fine lines, tone and cool the skin. The unique peel of lactic acid for immediate renewal and glow, and the use of powerful hyaluronic acid and bio active prickly pear deliver profound hydration, provides instant hydration and radiance for healthy dewy skin.

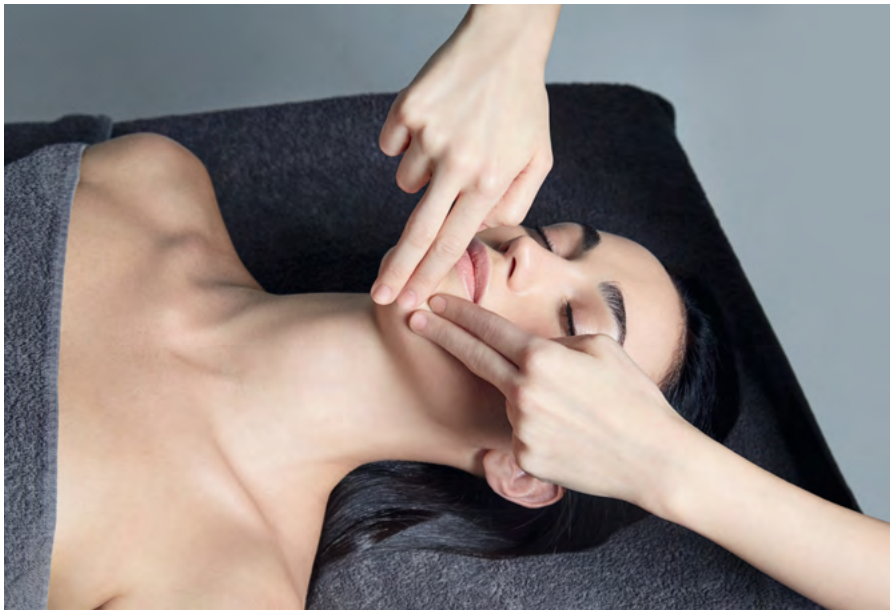
£85 (60 mins)

LUMINANT BRIGHTENING FACIAL

An intensive triple action facial, for the correction of existing dark spots, hyperpigmentation and uneven skin tone, revealing fresh, bright and radiant skin. This indulgent facial is ideal after sun exposure, for dull and uneven complexions and is suitable for everyone, even during pregnancy and skin sensitivity.

£90 (60 mins)

ADD-ON	Red Light Therapy *Add to any facial*	+ £12



Book via Hotel Reception

SEVAN

SPA

HANDS & FEET

SEVAN SIGNATURE MANICURE

Restoring nourishment to the hands. Nails & cuticles are cleaned, shaped & finished with a rejuvenating massage using a protective treatment of Vitamin E & Karite Butter & a spritz of fragranced oil.

£48

ADD-ON	Gel Polish	+ £5
	Previous Gel Polish Removed	+ £5

SEVAN SIGNATURE PEDICURE

Revitalising foot ritual. Feet are scrubbed, toenails & cuticles are trimmed, shaped & finished with a decadent massage to reveal polished, smoother feet.

£48

ADD-ON	Gel Polish	+ £5
	Previous Gel Polish Removed	+ £5



Book via Hotel Reception