



CARLYON BAY HOTEL

AA ★★★★★

health & beauty

**Elemis**  
APPROVED OUTLET



## only the best will do

A collection of treatments from Elemis performed by our highly trained Spa Therapists ensures your journey into total luxurious relaxation will be second to none.

Elemis Spa Therapies are designed to respect the body's complex physiology, working in synergy with the skin, body and mind.

Every treatment is specifically designed to offer a unique experience using powerful massage sequences and the most potent actives available in the world today.





## pre treatment



### Before Treatments

For all body treatments it is recommended that you leave at least 1 hour before treatment following food. Please shower prior to body treatments for improved results, especially after swimming.

An in-depth and confidential consultation is inclusive in all treatments for your health and safety. Please ensure the therapist is aware of any ongoing medical tests, treatments, serious health problems or allergies.

### What to Wear

For body treatments ladies and gentlemen would be most comfortable wearing loose clothing or a robe. As a foot and leg massage is included in many foot and nail treatments, it is advisable to wear loose trousers or a skirt/dress.

A robe can be provided for your comfort at any time.

### After Treatments

To enhance effectiveness, any oils or products used during treatments should not be showered off for at least 4 hours. Should you wish to use the swimming pool or spa following any body treatment, please shower beforehand to avoid any irritation or skin sensitivity. It is also advisable not to sunbathe after some body treatments – your therapist will advise you at the time of your treatment. Please be aware that with any treatment that is inclusive of the scalp, your hair will be slightly oily post treatment.

As a courtesy to all of our clients, we encourage a prompt appointment schedule. Any late arrival for an appointment may not be honoured, but where possible treatments will be adapted accordingly.



## pure indulgence treatments

### Indulgence

Indulge yourself with an aromatherapy holistic body care treatment inclusive of skin brushing and an aromatherapy full body massage. Next allow yourself to be eased into an Elemis Anti-Ageing Facial, inclusive of face, eye, scalp, hand and arm massage, all with carefully chosen products to suit your needs. For that final touch, enjoy an Elemis Pro Collagen Hand and Nail Treatment inclusive of a full manicure & polish if desired.

Allow 4 hours £170.00

### Pure Bliss

Begin your journey into bliss with an aromatherapy full body massage to relieve all of your stresses and tensions – allowing the aromas to envelop you, creating a wonderful sense of wellbeing. Follow this with an Elemis Skin Solutions Facial with individually chosen oils and products – guaranteed to nourish and soothe, leaving your skin with a healthy glow. Finally for that total pure bliss feeling, enjoy an Elemis Sole Delight for Feet to condition and nourish. Inclusive of polish if required.

Allow 3 hours £130.00

### Special Occasions Treatment

A specifically designed package to soothe away those last minute worries, guaranteeing you will look and feel wonderful. Begin with full body skin brushing to encourage circulation, lymph and removal of dead skin cells. End your treatment with an Elemis Skin Specifics Facial and a manicure inclusive of polish to leave you wonderfully groomed.

Allow 2 hours 15 minutes £80.00

### Elemis Spa Ritual

The ultimate skin and body therapy for maximum results  
Choose from one of the unique Elemis Advanced Anti-Ageing or Skin Solutions Facials and combine it with the powerful effects of the Elemis Deep Tissue Muscle Massage.

Allow 2 hours £125.00

Please note: Cancellation of any treatment within 24hrs will incur a 50% charge.



## special treatments

### Golfers' Treat

An ideal treatment for ladies & gentlemen before or after a round of golf or any exercise. Begin with an Elemis Sole Delight for Feet treatment to super-condition, before easing those aching back muscles with an Elemis Deep Tissue Back Massage.

Allow 1 hour 15 minutes    £70.00

### Reflexology

An oriental foot massage working on the pressure points, reflexes and meridians of the feet that relate and correspond with certain areas of the body. This ancient treatment aids in alleviating the effects of stress, tension and some health conditions, restoring equilibrium and promoting a general feeling of wellbeing.

Allow 1 hour    £40.00

### Indian Head Massage

An ancient ayurvedic healing system practised in India for thousands of years. A wonderful relaxing therapy that helps dispel the anxiety, tension and aches that accumulate in everyday life.

Allow 45 minutes    £35.00

### Elemis Ceremony of the Sun or Total Glow Self Tanning Treatment

A self tanning treatment that mimics the skins natural colour and helps give a warm glow within 2-3 hours. Colour will fade 4-5 days. Recommended: 1 treatment for a natural glow, subsequent applications result in a deeper tan.

Allow 1 hour    £40.00

Please note: Cancellation of any treatment within 24hrs will incur a 50% charge.



## for the body

### Elemis Deep Tissue Back Massage

Minimum time, maximum tension-relieving results. Specifically targeting the back, shoulders and neck areas, where you need it most.

Allow 30 minutes £40.00

### Elemis Deep Tissue Full Body Massage

Deep rhythmic pressure massage

Alleviate stress, ease aching muscles and revive the senses with this powerful, customised massage. Dynamic blends of Essential Oils are prescribed to target individual needs and reduce specific stress and muscle tension.

Allow 1 Hour £65.00

### Elemis Mother-to-be

Massage adapted to each stage of pregnancy

This inspirational therapy connects mother and baby through the power of touch, working with two heartbeats as one. Specialised positioning on the unique Elemis beanbag is used to ensure the ultimate in safety, comfort and relaxation. Helping to relieve tension in the back and alleviating swelling in the hands and feet, while easing the mind and uplifting the spirit.

Allow 1 Hour 30 minutes £70.00

### Elemis Face and Body Sensation

Experience the perfect Elemis duo

A sensational massage combined with a prescribed Anti-Ageing facial. Designed as an all over body experience, the 30 minute body treatment finishes with a soothing neck and shoulder massage, leading seamlessly into a facial treatment for the remaining 25 minutes.

Re-Energiser

Unique customised 'Ice Cool Thermal Muscles Massage' specifically targets problem areas. By combining cooling Instant Refreshing Gel with hot stones, extremes of coolness and heat effectively relieve stress and ease aching muscles, adapted to target specific problem areas.

Tranquillity

A deep muscle massage combined with prescribed warm oils and hot stones effectively soothes whilst inducing a deep level of relaxation. The perfect therapy to ease away daily stresses and aid sleep.

Recommended: 1 treatment every 2 or 3 weeks – a course of 6.

Allow 55 minutes £70.00

### Aromatherapy Full Body Massage

Experience the benefits of massage with the addition of individually chosen essential oils to suit your needs in one of the finest anti-stress treatments available. Also inclusive of a tension relieving scalp massage.

Allow 1 hour 15 minutes £50.00

### Aromatherapy Neck, Back and Shoulder Massage

An area of much held tension, relax and ease away aches, pains and stress with carefully chosen essential oils, deep massage and pressure points.

Allow 30 minutes £30.00

Please note: Cancellation of any treatment within 24hrs will incur a 50% charge.



# Elemis Therapy

## Elemis Detox Therapy

### Elemis Body Sculpting Cellulite & Colon Therapy

Using the new clinically proven Elemis Body Sculpting System, your silhouette will be redefined. The Body Sculpting Lipo-Refining Serum and Body Sculpting Firming Cream target stubborn cellulite and sagging skin, for visible, rapid results. A detoxifying Fennel and Birch peel off body mask is also applied and combined with specialist massage techniques to deeply cleanse the body's systems, helping firm and smooth skin, stimulate circulation and reduce fluid retention.

Recommended: 2 treatments per week for 4 weeks, then 1 per month for maintenance.

Allow 1 hour £75.00

### Aroma Spa Ocean Wrap

A deeply detoxifying blend to decongest and stimulate the system

Let thoughts drift away whilst you are cocooned in a comforting foil wrap and treated to a pressure point facial massage and de-stress scalp treatment. Combining the richness of sea plants and marine algae, this therapy helps to reduce the appearance of cellulite and relieve the discomfort of fluid retention. The body is re-energised and skin is left silky smooth.

Recommended: 2 treatments per week.

Allow 1 Hour 15 minutes £75.00

Please note: Cancellation of any treatment within 24hrs will incur a 50% charge.

## Elemis Exotic Therapy

### Exotic Lime and Ginger Salt Glow

Invigorated, cleansed and polished to perfection

A body exfoliation ritual to invigorate and revitalise. After body brushing, warm oil is dripped luxuriously over the body, before the sublime Elemis Exotic Lime and Ginger Salt Glow is applied. Skin is deeply cleansed and moisturised, leaving it glowing and vibrant, replenished and flawless.

Allow 30 minutes £35.00

### Exotic Coconut Rub Milk Ritual Wrap

Warmed Elemis Skin Nourishing Milk Bath is poured all over the body being cocooned in a comforting foil wrap. This opulent exotic therapy is excellent for skin smoothing and softening, all combined with a pressure point facial massage and de-stress scalp treatment.

Allow 50 minutes £60.00

### Exotic Frangipani Body Nourish Wrap

For immediate softness and suppleness

Aromatic Tahitian Coconut and Frangipani flowers are soaked together to produce the Monoi which is poured all over the body and then cocooned in a nourishing foil wrap. Drenching the skin with moisture, this exotic therapy provides ultimate radiance, vitality and an all over body glow.

Recommended: 1 treatment every 3 weeks

Allow 50 minutes £60.00



for the face



#### Taster Facial

An introduction to Elemis Skin Specifics Facials, inclusive of a full lifestyle consultation.

Allow 30 minutes

£25.00

### Elemis Skin Specific Facials

#### Fruit Active Glow Facial

Bring back the glow to a lifeless complexion

Skin is deeply cleansed and stimulated by specialist Eastern massage techniques, whilst powerful conditioning actives nourish and renew vital radiance.

Allow 1 hour

£50.00

#### Exotic Moisture Dew

Treat you skin to a moisture boost

Following a specialist facial massage, the skin is fed with thirst-quenching actives that will bring back that healthy, dewy look to the skin.

Allow 1 hour

£50.00

#### Herbal Lavender Repair

For perfect restoration of skin balance

Deep cleansing to draw out skin impurities, this facial will help reduce unwanted shine, refine the pores and treat skin breakouts.

Allow 1 hour

£50.00

for the face

### Elemis Skin Solution Facials

#### Modern Skin Facial

Designed for skin challenged by modern living

Bursting with anti-oxidant rich minerals and vitamins, this purifying treatment helps remove damaging toxins, regenerate skin cells and rebalance sebum.

The results: remineralised, rebalanced and renewed skin.

Recommended: 1 treatment every 3 weeks.

Allow 1 hour

£60.00

#### Oxygen Skin Calm Facial

Pure soothing heaven for sensitive skin

Gentle massage techniques are combined with calming actives and a restructuring Japanese Silk Mask, infused with Absolute Skin Calm Booster Serum, to help rebalance delicate, fragile and sensitive complexions. Helping to relieve redness, this superior face and eye treatment offers immediate comfort to stressed and irritated skin.

Allow 1 hour 15 minutes

£60.00

#### S.O.S Purifying Facial

A purifying treatment for congested skin

A powerful face and eye treatment that helps regulate and balance the function of the skin.

Purifying massage techniques combined with the unique Japanese Sulphur Mask, infused with Absolute Vita-C Booster Serum, help to absorb sebum, calm irritation and rebalance oil-rich pores, leaving a beautiful matte complexion.

Recommended: 1 treatment every 4 weeks.

Allow 1 hour 15 minutes

£60.00

Please note: Cancellation of any treatment within 24hrs will incur a 50% charge.

for the face

## Elemis Advanced Anti-Ageing Facials

### Visible Brilliance Facial

To combat ageing, stressed and slackened skin

Independently tested with revolutionary results, this anti-ageing face and eye treatment instantly firms, rejuvenates and plumps skin whilst helping to reduce dark circles.

Moisturisation levels of the skin are proven to increase by up to 61% and elasticity by 40% after just 1 treatment. Specialised micro-circulatory massage techniques are combined with powerful formulations and the two-phase Amino Active Mask to help smooth, sculpt and restore skin radiance.

Allow 1 hour 15 mins

£70.00

### Pro-Collagen Quartz Lift Facial

Anti-wrinkle facial with proven results

This exceptional anti-wrinkle facial has been independently tested with phenomenal results.

Clinically proven, after just 1 treatment this facial reduces the number of wrinkles by up to 94% and improves skin firmness by up to 57%. Specialised lifting massage techniques are combined with professional strength anti-ageing formulations for maximum treatment efficacy, leaving a firmer, uplifted more youthful looking appearance.

Recommended: 1 treatment every 3 weeks – a course of 6.

Allow 1 hour 15 mins

£70.00

Please note: Cancellation of any treatment within 24hrs will incur a 50% charge.

### Tri-Enzyme Resurfacing Facial\*

Clinically proven: after just one treatment up to 75% resurfacing and up to 32% increased skin smoothness

The new Tri-Enzyme Resurfacing treatment offers micro-encapsulated enzyme therapy with unprecedented results never seen before from just one facial. The precision layering of three targeted enzymes stimulates and accelerates the skins biological exfoliation process by up to 75% after just one treatment. The advanced resurfacing techniques safely and effectively remove the thickening layer of the epidermis. Skin is left incredibly clean, smooth and radiant bringing a renewed level of evenness and clarity to the complexion. Recommended: 1 treatment every 3 weeks – a course of 6.

Allow 1 hour

£70.00

\*A patch test is required 24 hours prior to facial



## especially for men

### Elemis Sole Delight for Feet

A total sensory experience for your feet

Warmed aroma-therapeutic oils nourish and super-condition neglected feet and nails.

The extra rich hydration replenishes and softens hard working heels, lavishing a rich healing action on your skin.

Recommended: 1 treatment every 4 weeks.

Allow 30 minutes

£35.00

### Elemis Time For Men Facials

#### Elemis Total Time Out

The ultimate skin and body therapy for men

Select either the anti-ageing Elemis Skin IQ+ Facial or the Urban Cleanse Facial combined with the dynamic and immediate tension-relief of the prescribed Elemis Deep Tissue Muscle Massage. Achieve the ultimate goal of Total Time Out!

Allow 2 hours

£125.00

### Skin IQ+ Facial

Anti-ageing booster for tired, stressed skin

Charged with clinically proven, anti-ageing Time Defence Wrinkle Delay and Time Defence

Eye Reviver, this treatment is tailored to meet the needs of a hectic lifestyle and to combat the harsh, ageing effects of frequent shaving, environmental pollution and constant travel, giving men the ultimate skin overhaul with maximum anti-ageing results.

Allow 1 hour 15 minutes

£70.00

### Urban Cleanse Facial

Deep cleanse and complete skin detox

This super-grooming facial works overtime to help eliminate blocked pores, rapidly accelerate skin repair and neutralise impurities. Fast acting ingredients reduce sensitivity and provide long lasting defence against the damaging effects of daily pollutants, leaving the skin visibly clear and squeaky clean.

Recommended: 1 treatment every 4 weeks.

Allow 1 hour 15 minutes

£60.00

Please note: Cancellation of any treatment within 24hrs will incur a 50% charge.

Please note: Cancellation of any treatment within 24hrs will incur a 50% charge.



## especially for teens (Available to both males and females up to 16 years of age)

### Elemis Taster Facial

An introduction to Elemis Skin Specifics Facials inclusive of a full lifestyle consultation. Encourages teens to begin their journey of taking care of their skin – suits all skin types.

Allow 30 minutes **£25.00**

### Teen Manicure or Teen Pedicure

Nail and cuticle tidying followed by a nail colour of your choice if desired – gems/transfers available at an extra 50p each.

Allow 30 minutes **£15.00**

### Skin Analysis and Tuition

A personalised consultation on skin type and product use. Inclusive of a cleanse, tone and moisturise, including your own lifestyle guide to keep.

Allow 30 minutes **£20.00**

### Finishing Touches for Teens

Eyebrow Shape (Tweezer)	15 minutes	<b>£6.00</b>
Eyebrow Wax	15 minutes	<b>£5.00</b>
Half Leg Wax	30 minutes	<b>£10.00</b>
Half Leg & Eye Brow Wax	30 minutes	<b>£13.50</b>

Please note waxing for teens aged 13-16years only.

Please note: Parental/Guardian permission, signature and presence is required throughout all consultations and treatments.  
Please note: Cancellation of any treatment within 24hrs will incur a 50% charge.



## finishing touches

### Emphasise your eyes

Eyebrow Shape (Tweezer)	15 minutes	£7.50
Eyelash Tint*	15 minutes	£10.00
Eyebrow Tint*	15 minutes	£6.00
Eyelash & Brow Tint*	15 minutes	£13.00
Eye Brow Shape & Tint*	30 minutes	£12.00

\* Patch test required 24 hours before treatment.

### Express Manicure or Express Pedicure

Nail and cuticle tidying followed by polish in a colour of your choice.

Allow 30 minutes £15.00

### Pedicure

Refresh your tired feet. Our treatment improves the condition of your feet and nails.

Including a reviving foot massage and polish if desired.

Allow 1 hour £30.00

### Manicure

Includes nail shaping, softening and tidying of cuticles, followed by a relaxing hand massage and polish if desired.

Allow 45 minutes £25.00

### Elemis Pro-Collagen Hand and Nail Treatment

#### Redefine the Hands of Time

Cuticles and nails are conditioned and strengthened whilst the indulgent Elemis Skin

Nourishing Milk Bath combined with the anti-ageing Pro-Collagen Hand and Nail Cream intensely hydrates for irresistibly smooth, youthful looking hands.

Allow 30 minutes £30.00

(Inclusive of a manicure allow 1 hour £55.00)

### Elemis Sole Delight for Feet

#### A total sensory experience for your feet

Warmed aroma-therapeutic oils nourish and super-condition neglected feet and nails.

The extra rich hydration replenishes and softens hard working heels, lavishing a rich healing action on your skin.

Recommended: 1 treatment every 4 weeks

Allow 30 minutes £35.00

(Inclusive of pedicure allow 1 hour 15 minutes £65.00)

Please note: Cancellation of any treatment within 24hrs will incur a 50% charge.

### Waxing

Full Leg Wax (inc Bikini Line)	1 hour	£25.00
Half Leg and Bikini Line	45 minutes	£22.00
Full Leg	45 minutes	£20.00
Half Leg	30 minutes	£17.00
Bikini Line	15 minutes	£10.00
Underarm	15 minutes	£8.50
Forearm and Hand Wax	30 minutes	£12.00
Facial Wax	15 minutes	£5.00
Back Wax	45 minutes	From £15.00
		Maximum £25.00

### Make-up

Make-up tuition (inc application) Allow 1 hour 30 minutes £45.00

Make-up application Allow 1 hour £35.00

### Bridal Makeup Packages

Bridal Make-up £105.00

Includes consultation 2 x 1½ hour trials & Wedding Day 1 hour

Bespoke Bridal Make-up £150.00

Includes consultation, 2 x 1½ hour trials & wedding day. Inclusive of your therapist available to you on your wedding day up until your ceremony time. Maximum 4 hours. Any additional bridesmaid or mums makeup application booked will receive a 10% discount.



