

EXPERT FACIALS - £55.00

1 hrs 15mins - These targeted treatments provide an expert response for the needs of every skin type. Depending on your skin type, the therapist will choose which mask is most suitable

MOISTURE QUENCH (HYDRATION)

Deeply hydrating facial for super soft skin

Or

OXYGENATING PURE AND MATT (PURIFY)

Intensely balancing and detoxifying for visible clarity

Or

DIVINE NUTRITION (NOURISH)

Deliciously cocooning and nourishing to comfort and repair

Or

HARMONIE CALM (SOOTHE)

Desensitises and reinforces stressed, fragile and reactive skin



TREAT SOMEONE SPECIAL

If you are looking for a gift for a loved one or a friend and want to give them something a little different, a Hydro Spa health & beauty Gift voucher is the perfect present to give.

LAZY DAY £25.00 PER PERSON

Tea or coffee on arrival, full use of our Hydro Spa, light lunch up to the value of £12 plus 10% discount on any treatment booked.

LUXURY LAZY DAY £100.00 FOR TWO OR £69.00 FOR ONE

Tea, coffee or soft drink on arrival, full use of our Hydro Spa, lunch up to the value of £20, fluffy bathrobes & slippers plus a bottle of 'H.Lanvin & Fils Brut' Champagne. In addition to the above receive 15% discount of any treatment booked with your package.

All offers are subject to availability

MEMBERSHIP PACKAGES

FULL YEAR MEMBERSHIP

One year membership with unlimited access including full use of all the facilities within the Hydro Spa with the exception of The Harmony Beauty Room

Full advance pre-payment £390.00
Monthly standing order £36.00

LUXURY FULL YEAR MEMBERSHIP

One year membership with unlimited access including full use of all the facilities within the Hydro Spa. Includes a 1/2 hour 'back & neck' treatment once each month in The Harmony Beauty Room

Full advance pre-payment £490.00
Monthly standard order £48.00

SIX MONTH MEMBERSHIP

Six month membership with unlimited access including full use of all the facilities within the Hydro Spa with the exception of The Harmony Beauty Room

Full advance pre-payment £228.00

SIX MONTH LUXURY MEMBERSHIP

Six Month membership with unlimited access including full use of all the facilities within the Hydro Spa. Includes a 1/2 hour 'back & neck' treatment once each month in The Harmony Beauty Room

Full advance pre-payment £294.00

All the above memberships include 10% off all food & drinks

HYDRO SPA OPENING TIMES

Mon - Fri: 8.00am – 9.30pm

Sun: 8.00am-8.00pm

HYDRO SPA FACILITIES

- Fully air conditioned gym with wide screen TV
- Hydro pools for targeted exercise, hydrotherapy & total relaxation
 - Jacuzzi
 - Sauna
 - Steam Room
 - Changing Rooms
- Disabled Changing Facilities
 - Still water
- The Harmony Beauty Room



THE HYDRO SPA

HARMONY BEAUTY ROOM

OPEN THE DOOR TO PURE

Relaxation

HEADLAND HOTEL & SPA

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Devon TQ1 2EF

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SPA DAY PACKAGES

MARIA - £50.00

This Spa Package - 1 Hour - Includes the following:
Tea and coffee or soft drink on arrival
Leg & Foot Massage
Swedish Back, Neck & Shoulder Massage
Decleor Express Facial

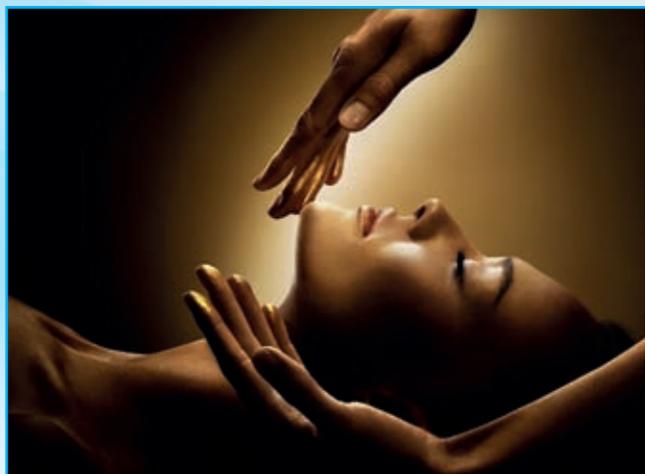
TATIANA - £80.00

This Spa Package - 1 hrs 15 mins - Includes the following:
Leg & Foot Massage
Swedish Full Body Massage
Scalp Massage
Plus 200ml bottle of Prosecco

ANASTASIA - £100.00

This Spa Package - 2 hrs - Includes the following:
Foot Soak & Scrub
Detoxing Full Body Polish
Full Body Aromatherapy Massage
Decleor Express Facial with Cold Stone Facial Massage
Heavenly Scalp Massage
Plus 200ml bottle of Prosecco

Each of our spa packages includes tea or coffee or soft drink on arrival, 10% Discount Off Gallery Lounge Menu. Use of the three hydro pools, sauna, steam room and jacuzzi, Fluffy bathrobes, slippers and towels



MASSAGE TREATMENTS

Take some time for yourself to relax & unwind with one of our Swedish or Aromatherapy Massages.

AROMATHERAPY FULL BODY MASSAGE - £55.00

1 hour Aromatherapy massage is massage therapy with essential oils (highly concentrated plant oils) added to the massage oil or lotion.

AROMATHERAPY BACK, NECK & SHOULDER MASSAGE - £35.00

30 mins - Some of the health benefits of aromatherapy include its ability to reduce anxiety, ease depression, boost energy levels, speed up the healing process, eliminate headaches, boost cognitive performance, induce sleep, strengthen the immune system, reduce pain, improve digestion

SWEDISH FULL BODY MASSAGE - £45.00

1 hour - Swedish massages improve blood circulation, which helps you feel more energetic by increasing the flow of nutrient-rich oxygen to the muscles in your body in addition to stimulating the lymphatic system.

SWEDISH BACK, NECK & SHOULDER MASSAGE - £25.00

30 mins - If you're experiencing muscle cramps and spasms, a Swedish massage with a focus on your problem areas can help relieve this pain. Massage therapy can also help with managing the pain from conditions such as arthritis and sciatica.

HOT STONE FULL BODY MASSAGE - £50.00

1 hour Hot stone massage is a specialty massage where the therapist uses smooth, heated stones as an extension of their own hands, or by placing them on the body. The heat can be both deeply relaxing and help warm up tight muscles so the therapist can work more deeply, more quickly

HOT STONE BACK, NECK & SHOULDER MASSAGE - £30.00

30 Mins – Heat relaxes your body in a short space of time, so your therapist can focus on a deep working of the tissue using both hot stones and hand strokes.

FOOT & LEG MASSAGE - £25.00

30 Mins – Tired and aching feet benefit from this mask, helps soothe the skin leaving the skin feel silky soft. Leg massage will help relieve the pressure and strain on the feet.



MANICURES & PEDICURES

SPA LUXURY MANICURE OR PEDICURE - £35.00

1 Hour - This luxury treatment includes, soak, scrub, foot file, nail and cuticle trim, massage & heat treatment along with a polish of your choice.

SPA MANICURE OR PEDICURE - £25.00

45 mins - Rejuvenate and replenish, includes nail shaping, cuticles, massage and polish of your choice.

MINI MANICURE OR PEDICURE - £15.00

30 Mins - Express treatment, includes file and polish of your choice.

LIVING SEA THERAPY

Indulge in our sea minerals manicures and pedicures using hand harvested sea salt and seaweed from the Cornish waters

SEA MINERAL MANICURES - 1 HOUR - £35.00

Includes Nail shaping, Cuticles, Exfoliate, Massage and Polish of your choice.

PEDICURE - 1 HOUR - £35.00

Includes Nail shaping, Cuticles, Foot file, Exfoliate, Massage and Polish of your choice

EXTRA TREATMENTS

REFLEXOLOGY - 50 MINS - £30.00

For the feet, it is an acupressure massage that targets specific trigger points in the feet to help put balance back in the body.

BODY SCRUB - £25.00

30 Mins – Helps remove the dead skin cells on the body leaving the body fresh and rejuvenated.

SCALP MASSAGE - 30 MINS - £25.00

Intensely de-stressing scalp treatment to banish tension and aid restful sleep.

CLEANSING & PURIFYING BACK TREATMENT - 30 MINS - £30.00

Decongests and Brightens for a beautiful back. With a ski-brightening exfoliation to target spots, blemishes and dull skin, this facial for your back transforms congested skin, leaving it clear and strokeably soft.

RADIANT MUM-TO-BE TREATMENT - 1 HOUR - £55.00

Safe and nurturing pregnancy ritual, suitable for pregnancies over 12 weeks. Relax while your highly trained therapist safely and gently treats your tummy, legs and face to a truly nurturing experience that helps reduce the risk of stretch marks, relieves 'heavy' legs and brightens skin.

WAXING & TINTING

Eyebrow Shape£9.00

Eyebrow Wax£10.00

Lip & Chin Wax£12.00

Eyebrow Tint.....£8.00

Eyelash Tint.....£11.00

DECLEOR FACIAL TREATMENTS

Decleors holistic facials are famous worldwide for their heavenly feel & simply stunning results. Every treatment begins with a unique back diagnostic massage for your relaxation & to provide your therapist with an insight into your overall state of health. The use of expert massage techniques & 100% pure, preservative – free essential oils address the demands of every single skin type to leave all complexions balanced, comforted & glowing with health.

DISCOVERY FACIAL - £30.00

30 mins – The effective rescue remedy for perfectly radiant skin. Includes revitalising massage, Essential oils & gentle polish to wake up tired skin leaving it fresh & radiant.

VITAL EYES - £30.00

30 mins – Anti-ageing and visibly plumping for a smoother eye zone. Put the sparkle back! Featuring repairing and intensively hydrating eye masks, this targeted treatment fights fatigue, quenches moisture loss and helps erase wrinkles for a sparkling, rested eye zone.

ULTIMATE VITAMIN GLOW – AROMAPLASTY - £45.00

1 hour – award winning vitamin facial to leave your skin visibly radiant. Power packed with vitamins and anti-oxidants, this award winning facial melts away stress. Combines and rebalancing Essential oil elixir plus warm, decongesting mask for skin that's purified, perfectly replenished and glowing.