



H THE HEADLAND HOTEL
DADDYHOLE ROAD, TORQUAY ★★★

HARMONY BEAUTY ROOM

SPA PACKAGES

For the ultimate indulgence we have a selection of luxurious spa packages. Please see our separate packages menu for more information.

TO BOOK

To book your treatment today, please call our friendly reception team on +44 (0) 1803 295666 or email info@headlandtorquay.com.



MANICURES & PEDICURES

SPA LUXURY MANICURE OR PEDICURE | £45

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

SPA MANICURE OR PEDICURE | £35

1 Hour - Rejuvenate and replenish, includes soak, nail shaping, cuticles, massage and polish of your choice.

MINI MANICURE OR PEDICURE | £25

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

SHELLAC MANICURE/PEDICURE | £35/40

1 Hour/75 Mins - A durable finish lasts up to two weeks - Includes file, push back cuticles and apply of shellac - free removal when booked with us previously.

SHELLAC REMOVAL | £15

20 Mins - Removal of shellac soaked off that hasn't been previously been applied with us.

*“YOUR HANDS AND FEET
NEVER TAKE A DAY OFF,
SO TAKE CARE OF THEM.”*



MASSAGE TREATMENTS

AROMATHERAPY FULL BODY | £65

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

AROMATHERAPY BACK, NECK, SHOULDER | £45

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, induce sleep, strengthen the immune system, reduce pain and improve digestion.

SWEDISH FULL BODY | £60

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 | £40

30 Mins - If you are experiencing muscle cramps and spasms, a Swedish massage with a focus on your problem areas can help relieve this pain.

HOT STONE BACK, NECK & SHOULDER | £45

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.



HOT STONE FULL BODY | £65

1 Hour - Our 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.

COLD STONE FULL BODY | £65

1 Hour - Perfect for the coolness and invigoration. It promotes healing, reduces swelling, and reduces pain on injured muscles and tissues.

COLD STONE BACK, NECK & SHOULDER | £45

30 Mins - Refreshing experience using cold stones on the body, a great energy boost.

FOOT & LEG MASSAGE | £40

30 Mins - Tired and aching feet are left feeling silky soft, relieved of unwanted pressure and strain.

“RELAX YOUR MIND, BODY AND SOUL...”

All our treatments and massages include a bespoke selection of products, aromatherapeutic oils and techniques to best meet your own, personal well-being requirements.

FACE TREATMENTS

All of our facial treatments are done using Forever Living, a multi award-winning botanical based skincare. Some benefits include:

- Helps to nourish skin- loving nutrients
- Contains 75 known nutrients, including 10 vitamins and 9 minerals
- Lignin in aloe carry other ingredients deeper into the skin
- Provides moisture and hydration
- Assists the skin in adapting and balancing as an adaptogen
- Nutrients in the skin aid in cleansing the skin
- Aloe soothes, calms, and cools the skin

CLEAN & REBALANCE

Smooth & Glow	30 Min £35
Smooth & Glow	60 Min £60
Smooth & Glow	15 Min Express £25

ANTI-AGING

Targeted	30 Min £35
Targeted	60 Min £60
Targeted	15 Min Express £25

MEN'S TREATMENTS

Perform & Energise	30 Min £35
Perform & Energise	60 Min £60

WAXING & TINT

Eyebrow Shape, Wax & Tint	30 min £22
Eyebrow Shape or Wax	20 min £15
Lip & Chin Wax	20 min £20
Eyelash Tint	20 min £15
Eyebrow Tint	20 min £15

