



SPA FACILITIES

£5.00pp for 1 hour

Sauna
Steam room
Hot tub
Showers
Towels Provided
Lockers

Robe hire £1.50
Minimum age 16.

ATTIRE

For your comfort during your treatment we ask that you wear either underwear or dry swimwear. For foot & leg treatments we advise you to wear loose trousers.



SPA VOUCHERS

Spa vouchers are a perfect gift! Treat your friends & family to a treatment, spa package or value towards buying products from the Organic Trevamo skincare range.



SPA MEMBERSHIP

ALL INCLUSIVE

Membership includes Swim, Gym, Spa membership & all studio fitness classes at Atlantic Reach Leisure Club & Indigo Spa. You also get exclusive offers & discounts* on Indigo Spa treatments & products from our Organic Trevamo Skincare range.

From £38.00 per month



*10% discount for all members & owners

T: 01726 862 015

Indigo Spa, Atlantic Reach,
Whitecross, Newquay, Cornwall, TR8 4LX

www.atlanticreach.co.uk/indigospa

e-mail: indigospa@atlanticreach.co.uk

 indigo spa at atlantic reach
 @indigospa.atlanticreach

OPENING HOURS

Sat	10:00 - 20:00 (Treatments finish at 18:00, Wet spa 20:00)
Sun	10:00 - 18:00
Mon	10:00 - 20:00
Tues	10:00 - 18:00
Wed	10:00 - 20:00
Thurs	10:00 - 18:00
Fri	10:00 - 18:00



INDIGO SPA

Come and relax with us...

BEAUTY TREATMENTS



LASH LIFT

Forget mascara & have a lash lift! Lifts the lashes from the root to give a natural looking lift with the illusion of length & volume. Treatment includes free lash tint. Effects last 4-8 weeks.

£30.00

TINTING

Eyebrow Tint	£ 7.00
Eyelash Tint	£10.00
Eyelash & Eyebrow Tint	£15.00

*A patch test is necessary for every tinting treatment we carry out at least 24 hours before your treatment. (Both lashes & brows alike)

WAXING



Eyebrow	£ 7.00
Lip	£ 7.00
Chin	£ 7.00
Lip & Chin	£12.00
Underarm	£10.00
Forearm	£12.00
Half leg	£14.00
Full leg	£22.00
Bikini	£12.00
Full leg & bikini	£30.00
Back / chest	£15.00
Hot wax Brazilian	£22.00
Hot wax Hollywood	£26.00

HANDS & FEET



SHAPE & POLISH (15 min) £12.00

MANICURE (30 min) £25.00

Look & feel fabulous! Hands are exfoliated, cuticles cared for, hands & arms massaged & your nails shaped. Finish with a colour of your choice, which you get to take home with you!
Add Shellac £15

PEDICURE (30 min) £25.00

An ultimate treat for the feet! Includes a relaxing & draining foot & lower leg massage, finishing with a colour of your choice, which you get to take home with you!
Add shellac for £15

CND SHELLAC (45 min) £25.00

A nail colour that lasts for weeks, zero dry time & chip free. Shaping & cuticle work included.

- Removal & shape
- Removal, shape and full set applied

£10.00
£32.00

CND Shellac MAVALA
SWITZERLAND



FACIAL TREATMENTS



ORGANIC TREVARNO EXPRESS FACIAL

Cleansing & exfoliation are combined to promote skin radiance, whilst enjoying a soothing scalp massage.

(30 min) £25.00

ORGANIC TREVARNO REJUVENATING FACIAL

Skin is deeply cleansed, exfoliated & massaged prior to an application of a mask with a relaxing scalp massage followed by a choice of arm & hand or lower leg & foot massage.

(45 min) £38.00

*Wet spa use is included with all Facial treatments



MASSAGES



BESPOKE

We start with a 15 minute consult & work with you to design a therapeutic treatment tailored specifically for your body using our home blended oils to leave you feeling relaxed & refreshed.

Back, Neck & Shoulder (30 min) £35.00
Full Body (60 min) £50.00

DEEP TISSUE MASSAGE

Release the chronic patterns of tension & help restore flexibility in the body.

Back, Neck & Shoulders (30 min) £40.00
Full Body (60 min) £55.00

Add a ten minute scalp massage for only £5.00

HOT POULTICE

Based on ancient Thai techniques using hot poultices to ease muscular tension & deeply relax the body & mind. With lots of turmeric for anti inflammatory action, this treatment is perfect after a tough workout or to just calm & restore.

Half body (45 min) £45.00
Full body (60 min) £55.00

INDIAN HEAD MASSAGE

This deeply soothing head, neck & shoulder massage is an ideal way to melt away tension & relieve tight muscles, leaving you feeling relaxed & re-energized.

Feet Treat (30 min) £30.00

FEET TREAT

This lower leg & foot massage is relaxing, luxurious & invigorating; aiming to relieve tension & aching muscles.

PREGNANCY - You & your bump!

Back, Neck & Shoulders (30 min) £40.00
Full Body (50 min) £55.00

HONEY DETOX SCRUB

Full body exfoliation starting with a body brush followed by a scrub before showering off & applying our nourishing organic moisturiser.

Add 30 minute massage for £20.00 (45 min) £45.00

*Wet spa use is included with all Massages

PACKAGES & SPA DAYS



'RELAX TOGETHER' MOTHER & DAUGHTER PACKAGE £35.00pp

Spend some quality time together while being pampered.

This package includes:

- Express facial
- Afternoon tea
- Use of wet spa facilities
- Time in our relaxation area
- Robes on arrival
- Upgrade your treatment to a Back, Neck & Shoulder massage for an extra £10.00pp

* Minimum age 16yrs

* This package is for 2 or more people

'ESCAPE TOGETHER' COUPLES PACKAGE £120.00 per couple

The perfect romantic treat to escape with your loved one & spend some quality time together.

This package includes:

- Couples Bespoke 60 minute massage
- A glass of Prosecco
- Use of wet spa facilities
- Time in our relaxation area
- Robes on arrival

'PAMPER TOGETHER' FRIENDS PACKAGE (2 or more people) £30.00pp

The perfect way to catch up with friends while indulging in some personal pampering.

This package includes:

- Indulgent manicure/ pedicure
- Cream tea
- Use of wet spa facilities
- Time in our relaxation area
- Robes on arrival
- Upgrade your treatment to a Back, Neck & Shoulder massage for an extra £10.00pp

SOMETHING TO ADD TO YOUR SPA EXPERIENCE...

Cornish cream tea	£5.00pp
Divine afternoon tea	£12.00pp
Glass of prosecco	£6.00
Bottle of prosecco	£22.00

PLEASE SEE OUR WEBSITE FOR ALL TERMS AND CONDITIONS