

## **Massage, facials and other beauty treatments**

### **offered at The Horn of Plenty**

*We are delighted to have teamed up with Tavistock Massage & Sports Injury Centre, who offer a range of massage, facials and beauty treatments to encourage relaxation and to complement your stay.*

## **Massage**

### **Best of Everything Massage**

This massage is a combination of Sports/deep tissue on the back, neck and shoulders to ease away tension before performing an Indian Head Massage and to finish a relaxing face massage is given to ease you into complete relaxation. This is a very popular treatment as it combines all the favourite therapies. This treatment is best as a 90 minute massage and can include legs, but can also be just an hour.

### **Holistic**

This is a gentle relaxing soothing treatment that helps relieve knots and tension caused by every day life, and also helps to calm the mind. It can be a full body treatment, or just the back, neck and shoulders, and for the ultimate pampering can be extended to 90 minutes to include the head and face, as well as the arms and legs.

### **Indian Head & Face**

This is a relaxing yet stimulating massage, working on your upper back, neck and shoulders as well as the head and face. This can help relieve stress and tension as well as leaving you feeling refreshed. This treatment works well with a holistic or sports treatment on the back first, to help relieve deep knots and tension.

### **Eastern Face Lift**

This technique is based on Ayurvedic healing, where it helps with relaxing and rejuvenating, as well as helping to reduce the appearance of puffiness and aging by working on pressure points to help release tension and stress that builds up in the face.

This treatment can be enjoyed on its own, or as part of a holistic treatment, either hour or 90 minutes.

### **Hopi Ear Candling**

This is a traditional treatment with several medical benefits, such as helping with Tinnitus, hearing problems, congestion problems, including sinusitis and hay fever, as well as being

extremely relaxing to receive. This treatment is complemented with a lymphatic face massage to help remove the toxins which are released during the candling.

### **Sports/Deep tissue**

This is a deep tissue treatment that can be focused on a specific area, or as a full body treatment. It works on reducing knots and adhesions as well as helping with increasing muscle tone and definition, and improving your overall strength and flexibility. It is popular with those who are physically active as well as those who just want a deeper treatment to help relax. It can help prevent injury from occurring, as well as stretching out your muscles to their full length and potential, and it also stimulates the lymphatic system which aids with the removal of toxins.

### **Lymphatic Drainage**

This is a very gentle treatment that helps stimulate the lymphatic system all over the body, encouraging toxins and waste materials to drain away into the nodes, before the body excretes them. This treatment is very popular with those who wish to reduce cellulite, and can also aid a weight loss programme alongside a balanced diet and exercise. It also helps promote growth and repair of tissues so is popular with people with an injury old or new! Recommended 90 minutes.

### **Aromatherapy Massage**

This is a massage that can be adapted to you and your needs, from relaxing, to detoxing, to invigorating. Essential Oils will be used and tailored to your needs on the day.

### **Reflexology**

This is a pressure point treatment carried out on the feet, and can assist with aches and pains from within the body. This is a very relaxing treatment to receive.

### **Physiotherapy**

Physiotherapy is also available from a fully qualified physiotherapist. £60 per session.

Our massages use a mild camomile gel, which helps to soothe, protect and moisturise the skin.

### **Prices (cash only please)**

1 hour massage £65

90 mins massage £90

EFM and Hopi Ear Candles are 1 hour treatments therefore £65.

## Beauty

Facials use organic local products by Green People from Penzance, and you can choose from an indulgent facial or an express rejuvenating facial.

**Indulgent Facial** includes a cleanse, tone, moisturise, face massage, exfoliation and a face mask - £65

**Express Rejuvenating Facial** includes a cleanse, tone, moisturise and face massage - £55

Manicures and Pedicures can be provided, with a normal or French Polish finish, and are from the Creative Nail Products range with local firm Green People. Pricing from £45 for manicure, and £50 for pedicures; add £10 for a French finish.

***For more details on any massage or beauty treatments please email or telephone and we will be happy to advise you. It is advisable to book treatments at the time of booking your room, as the therapists do get booked up! Please note we are only able to accept payment by cash.***

Cancellation policy:

100% payment is due if you cancel with less than 24 hours' notice;

50% payment is due if you cancel with less than 48 hours' notice.

## Tavistock Massage & Sports Injury Centre

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