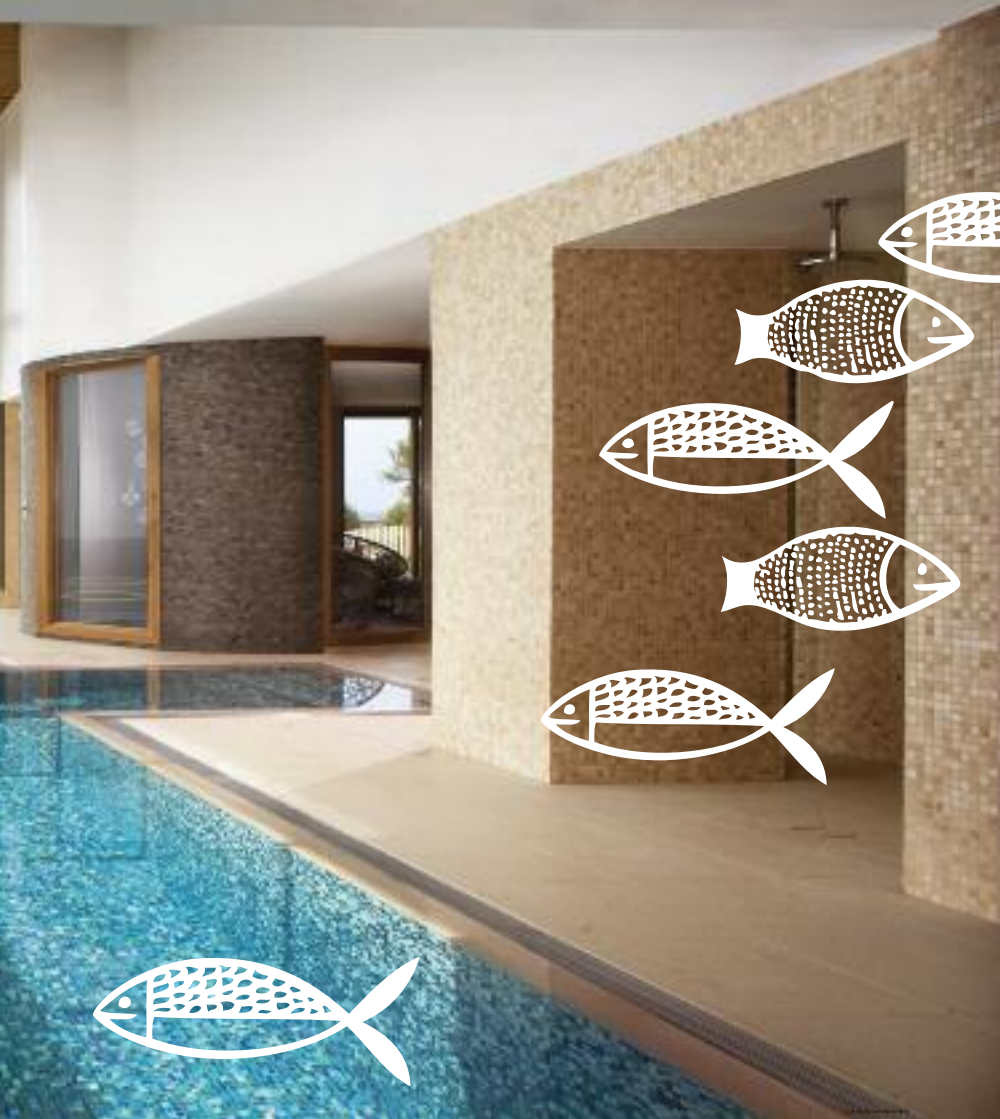


the Scarlet

spa treatment menu







The Scarlet Spa

A world away from the usual beauty offerings and promises of everlasting youth.

We will involve you in a spa experience that will go deeper than conventional treatments, helping you to listen to your body's needs and find ways of coping better with life's stresses.

Using age-old Ayurvedic traditions and therapies, we provide a range of treatments designed to revive both body and soul.

We know we have succeeded if you go away with a clear mind, a lightness of step and a deeper understanding of yourself.

Rebecca Whittington – Spa Director





The spa, with its tented rooms, is a contemplative place

The relaxation area has **cocoon-like pods**, swinging gently from the ceiling, where, following your treatment, you can drift away for a while...

Visit our hammam and rhassoul; cover each other in mineral-rich mud and **feel your skin come alive.**

Outside, our log-fired hot tubs invite you to **stargaze or storm watch***.

Perhaps you will be tempted to relax in our eucalyptus and menthol steam room, **refreshing your lungs**, prior to taking a dip in our outdoor natural pool, surrounded by self-filtering reeds and other plants...

...or take a **lazy swim** in our warm (chlorine-free) indoor pool – gazing out to sea as you float around.

The spa at Scarlet is a calm, restorative place, where life is allowed to slow down and people can take time to re-discover themselves and each other. We look forward to welcoming you.

Steph Crosby - Spa Manager

*** Hot tubs and seaweed baths may not be available in high winds.**

The Scarlet Spa's therapeutic offering centres around a series of journeys, each designed to help you find ways of regaining life balance. Journeys can be experienced alone, or with a partner or friend. **Three to four hours long**, they give enough time for you to unwind properly and for us to make a real and lasting difference to your wellness.

Take me on a journey... remind me that life is for living

Each journey involves:

an individual consultation – during which your therapist will explore your ayurvedic dosha type and prescribe the most suitable journey for you.

a bathing ritual – to prepare your body, opening your pores, cleansing your skin and relaxing your muscles. Our bathing rituals include either a seaweed bath out on the cliffs or a body tingling scrub within our hammam or a 'get messy' rhasoul experience using mud to detoxify the skin.

relaxation time – time for you to just 'be', to lie and ponder the beauty of your surroundings, to quieten your mind and let go of your stresses and worries. Time to remind yourself of some of the positive things that touch your life.

meditation – a chance to enjoy a guided meditation, to free your mind and prepare your body for your Ayurvedic treatment.

an ayurvedic therapy – a massage treatment carried out within our silent tented treatment space, tailored to suit your dosha type and to address any imbalances identified during your consultation.

deep relaxation – recovery time cocooned in a hammock-like relaxation pod. This personal time and space at the end of your journey is so important to give your body and mind time to absorb the benefits of your journey.







Just like people, no two journeys are the same

One of our qualified holistic therapists will prescribe the journey that is right for you on the day.

Here are some examples of journeys that we have created for our guests.

restore

Escape to a sanctuary where you'll find peace and space to renew your mind and body. This nurturing journey involves an oil pouring shirodhara and full body marma abhyanga massage, designed to restore emotional balance by soothing your mind and encouraging your body to let go of any anxieties.

allow 3 to 4 hours

re-balance

This journey is designed for anyone whose body feels out of sync or their emotional equilibrium off balance. Whether you're feeling irritable, hormonal, or simply run-down, allow us to help you regain your equilibrium through a full body marma abhyanga massage and mukabhyanga face massage to lift your spirits and realign mind and body.

allow 3 to 4 hours

detoxify

This journey works on clearing your system of toxins and re-energising your metabolism. Combining a pinda sweda massage and udvartana scrub that blend to deliver a wonderful metabolic boost that will leave you feeling fresh and revitalised.

allow 3 to 4 hours

unlock

Designed for anyone suffering from deep-seated, neck, back and shoulder tension and other muscular aches and pains. This journey combines a deep tissue agadi dhatu body massage and a yoga session to help unlock muscle spasm and leave your body feeling relaxed and realigned.

allow 3 to 4 hours

energise

This journey is designed to increase your get-up-and-go, by raising your metabolism, improving circulation and re-igniting your sense of vitality. Combining a stimulating garshan exfoliation and pinda sweda massage, your body will be boosted by a natural release of endorphins leaving your body ready for action and your mind alert and clear.

allow 3 to 4 hours



create (for mums-to-be from 12 to 40 weeks)

Designed for our pregnant guests, to support the amazing changes experienced during pregnancy. This journey combines a seaweed bath to nourish the skin, followed by an Ayurvedic massage suited to your trimester - leaving you feeling nurtured and revitalised. Please make us aware you are pregnant at the time of booking your journey. allow 3 to 4 hours

soul hunting

If you are at a crossroads in life, this journey opens your mind and gives you courage and belief to take a new path or change direction. A powerful guided meditation session followed by a four-handed samvahana massage and oil pouring shirodara ritual will touch your soul, inspiring high levels of creativity and self-belief. (The samvahana requires two therapists, so please let us know in advance if you are interested in this journey). allow 3 to 4 hours

Or you could try our ayurvedic taster treatment - **an introduction to the power of ayurveda**. Designed to give you a taste of the ayurvedic therapies at the heart of our Scarlet Journeys, it involves a brief consultation to identify any imbalances in your system followed by a bespoke ayurvedic massage. allow 60 mins

M a k i n g t i m e f o r e a c h o t h e r . . .

re-discover each other

This journey is for you and your partner. Following a partner-based consultation, you will have time together within the rhassoul or hammam, followed by exclusive use of our couple's suite for a therapist-led massage lesson: choose what you would like your partner to learn! Your therapist will then run you a beautiful scented bath and leave you together with a glass of champagne.

allow 3 to 4 hours

re-discover with individual ayurvedic massages

Following a partner based consultation, you will have time together in the rhassoul or hammam, followed by a synchronised marma abhyanga full body massage, harmonizing your dosha energies. Our therapists will then run you a beautiful scented bath and leave you together with a glass of champagne. allow 3 to 4 hours

To **learn more about ayurveda**, or the therapies we offer, please speak to our spa team or see the ayurvedic section of our website at www.scarlethotel.co.uk.

Beyond our journeys...we have created a small selection of other therapies:

Soak me in seaweed, slather me in mud and scrub me down

seaweed bath (for couple or individual)

Our detoxifying seaweed baths use the natural power of organic hand-harvested seaweed to deeply moisturise your skin, improve circulation and promote healing. This can be experienced in our log-fired hot tubs on the edge of the cliff, in your own room or in our couple's suite.

allow 45 mins

rhassoul (for couples or friends)

A treatment involving steam and mud: allowing you to slather your partner in mineral-rich mud and enjoy the long-forgotten childhood pleasure of getting messy, while giving your skin a boost. The rhassoul sequence first dries the mud, then showers you down, leaving your skin smooth and tingling.

allow 45 mins

hammam for two

Experience the age-old pleasure of giving each other a good scrub down, using our wonderful warm hammam, which opens you pores and relaxes your muscles, whilst you scrub each other all over with a rehydrating salt scrub and sluice each other down with warm water – splash around as much as you like

allow 45 mins

hammam for one

This revitalizing treatment is conducted on a heated hammam bed and begins with a full body scrub followed by the application of mineral-rich mud or an organic seaweed wrap to cleanse and nourish your skin. A traditional bathing ritual that leaves your skin tingling.

allow 45 mins



Wrap me in seaweed,
pummel my muscles,
release every
bit of tension

voya organic seaweed leaf wrap and massage

One of Voya's truly amazing therapies, imagine your body being wrapped from head-to-toe in seaweed leaf. We use the finest seaweed, harvested by hand from the ocean to ensure the highest content of bio-actives is preserved. It detoxifies, firms and softens the skin, is excellent for reducing cellulite and healing skin conditions such as psoriasis and eczema.

allow 90 mins

hot poultice massage

This powerful treatment uses hot steamed poultices to rhythmically massage the body. The warmth of the poultice opens up your pores and relaxes your muscles helping to release deep-seated aches and pains.

part body 45 mins / whole body 75 mins



mukabayanga – tri dosha facial massage

Working on the face, neck and head, this therapy involves applying firm pressure to lift facial muscles. Massage to marma points increases energy flow and eases problem lines giving you a visible natural facelift. allow 30 mins

soundaryam vardhini - tri dosha facial

This facial uses ayurvedic wild-crafted herbs and spices - including sandalwood and neem - to eliminate toxins and nourish the skin. Combining a marma point facial massage to release tension and encourage energy flow between head and body, it finishes with an invigorating cold compress. allow 60 mins

shilajita mumiyo - tri dosha rejuvenating facial

This traditional ayurvedic facial uses soft poultices filled with herbs. By stimulating vital marma points, it reduces facial tension leaving you with a bright, nourished complexion. The facial targets the signs of ageing, combating fine lines and wrinkles while encouraging skin rehydration.

allow 60 mins

Make me **feel** young
and beautiful



Embracing ageing with a smile

voya anti-ageing facial

This rejuvenating facial therapy combines marine anti-oxidants and minerals to give the skin a nourishing uplift. Seaweed strips are applied to your face (the after effects are amazing) leaving you with a natural, radiant glow.

allow 60 mins

voya environmental defence facial

This combines a facial, using hand-harvested organic seaweed fronds and a marine mask, with a back and scalp treatment to cleanse, massage and release toxins around the head, neck and shoulders.

allow 90 mins

Break free from convention, feel the breeze in your hair

We believe in taking our therapies beyond the seclusion of the spa into the outside world. The following treatments can be enjoyed in your hotel room, the light relaxation space, outdoors on a balcony or within our wonderful log-fired bell tent.

scarlet hand ritual

Designed to leave your hands and arms feeling rejuvenated, this ritual uses re-mineralizing salts and a hand mask- leaving your hands feeling soft and nourished.

allow 75 mins / 90 mins with optional polish

scarlet spa foot ritual

This treatment involves a deeply relaxing footbath with exfoliating salt scrub followed by a foot wrap and massage of the lower legs and feet. An overdue treat for an often neglected part of the body.

allow 75 mins / 90 mins with optional polish

shirobyanga - tri-dosha ayurvedic head massage

An ayurvedic head, neck and arm massage, that has been used in India for centuries, to release muscular tension and stress. ayurvedic oils nourish the scalp, promoting hair growth and releasing the tensions associated with migraine, headache and neck stiffness.

allow 30 mins

padabayanga – tri-dosha lower leg and foot massage

The ayurvedic alternative to reflexology, this foot treatment starts with a firm massage of the lower leg followed by a marma point foot massage using deep pressure techniques to release energy blocks, improve circulation and increase energy.

allow 30 mins

Stretch your body, move your toes and embrace the Cornish cliff top

The Scarlet Spa is constantly evolving. We offer a changing programme of classes including yoga, dance, meditation and Cornish cliff walking.

For more information or to contact the spa please call:

01637 861 861

or email:

spa@scarlethotel.co.uk





