



TREATMENT GUIDE

time for you ...



SAUNA

STEAM ROOM



Welcome to Wellness

Otium Spa is the ideal destination if you are looking to take some time out of your busy schedule. Rejuvenate with one of our luxury treatments, or purely visit us to relax and unwind. We have the perfect packages to suit your needs.

OUR FACILITIES

Relaxation suite with heated stone loungers

Wet spa with luxurious hydro pool, sauna & steam room

Access to the main 25m swimming pool

Complimentary herbal teas in the relaxation suite

Treatments using luxury products from Murad, Decleor, Made For Life and
O.P.I

SPA EXPERIENCE

Otium Relaxation Pass

2 Hours | £25.00 per person  Recharge

Available as a £15 upgrade if you spend £30 or more on any treatment.

Includes access to all of the Otium Spa facilities and a complimentary herbal tea, or you may visit our Cafe to purchase a coffee of your choice on your way in. You may hire a towel & robe for an additional £5.00, or you are welcome to bring your own.

Membership

From £65.00 a month  Wellness

Total Well-Being: This all-inclusive package offers access to all of our facilities including Otium Spa, lane swimming, gym and studio classes. Also includes a complimentary towel & robe on each visit.

Splash & Relax: Access to Otium Spa and lane swimming.

Train & Restore: Access to Otium Spa, lane swimming and the gym.

Workout & Refresh: Access to Otium Spa, lane swimming and studio classes.

All Spa members receive 10% off all treatments booked on a weekday.

For more information visit: www.achievelifestyle.co.uk/membership



SPA PACKAGES

De-Stress

4 hours | £65.00 per person  Recharge  Renew

Access to all of the Otium Spa facilities for 4 hours, including a complimentary robe & towel. Includes tea for you to enjoy in our relaxation suite.

Also includes one 30-minute treatment of choice to take place during your visit:

- Anti-Tension Scalp Massage
- De-Stress Back Massage
- Murad Express Facial

Indulge

4 hours | £78.00 per person  Recharge  Renew

Access to all of the Otium Spa facilities for 4 hours, including a complimentary robe & towel. Includes tea for you to enjoy in our relaxation suite.

Also includes one 45 minute treatment of choice to take place during your visit:

- Total De-Stress Back & Scalp Massage
- Re-Energising Back Exfoliation & Back Massage
- Murad Facial

MURAD

Facials

Murad Method Bespoke

60 minutes | £80.00

Your therapist will spend time analysing your skin before designing a specific facial to address any skin concerns. This relaxing facial also includes touchpoint massage techniques to help relieve stress for ultimate relaxation and mindfulness.

Murad Express Hydration

30 minutes | £45.00

This luxury express facial provides a deep hydration effect that replenishes moisture levels in your skin to offer relief to dehydrated skin.

Murad Express Anti-Blemish

30 minutes | £45.00

The ultimate blemish control facial for cleansing, clarifying and resurfacing your skin.

Murad Express Brightening

30 minutes | £45.00

Nourish your skin with this Vitamin C enriched formula which will give luminosity, radiance and hydration.

Murad[®]

“ It was my first visit to Otium Spa and I will definitely be returning. My therapist was very kind and made me feel relaxed

- *Georgia*



DECLÉOR

Facials

Aromatherapy Facial

60 minutes | £60.00

Stress will simply melt away thanks to this deeply relaxing aromatherapy massage. Within this treatment you will experience a professional mask either the power-packed Aromaplasty mask which contains sunflower and wheatgerm or the soothing harmonie calm mask for a moisturised, luminous skin.

Lifting Aromatherapy Facial

60 minutes | £70.00

This deeply relaxing, toning and firming aromatherapy face massage is ideal for those wanting to destress plus target the signs of ageing. A lifting and contouring professional mask will be applied to leave the face looking tightened, as if lifted.

Face Workout Facial

60 minutes | £75.00

A unique anti ageing targeted massage combining flow and rhythm focuses on the power of repetition for a true workout for the skin. Powerful key Aromessences and balms will be selected to give targeted results for skin that looks smoother, firmer, sculpted and luminous.

DECLÉOR

Body Treatments

Energizing Face & Body Scrub

60 minutes | £68.00

A scrub combining essential oils and select botanicals for the face and body are used to exfoliate and smooth the skin leaving it in supreme condition. A hydrating body milk will reveal skin that's beautifully nourished and velvety soft. A good "add on" for all body massage treatments.

Bamboo Tension Release Massage

60 minutes | £72.45

Relieve daily tension with this massage using natural bamboo and firm pressures to instantly alleviate tight muscles helping to stimulate blood circulation for an enhanced warming effect.

The aromatherapy massage balm with Eucalyptus, Rosemary & Niaouli Essential Oils will help to protect the skin from dryness and help your skin feel truly cocooned and nourished for a relaxing scented moment.

OTIUM BODY TREATMENTS

Massage

Anti-Tension Scalp Massage

45 minutes | £62.00

This anti-tension scalp massage will help to relieve stress and tension, finishing with a coconut oil hair mask to nourish the scalp and leave you with luscious locks.

De-Stress or Re-Energise Massage

30 minutes | £45.00

45 minutes | £60.00

60 minutes | £70.00

Choose from a de-stress massage with a calming blend of aromatherapy oil to help relieve stress and promote relaxation, or a re-energising massage with an uplifting oil designed to boost your mood and ease muscle tension.

Hot Stone Massage

30 minute £50.00 | 45 minute £65.00 | 60 minute £77.00

Hot stone therapy is a specialist massage that uses smooth, flat, heated basalt stones to relieve deep muscle tension. Your therapeutic hot stone massage uses the warmth of the stones to relax your muscles, allowing deeper pressure to be applied during your massage.

Mums-to-be

Mummy-To-Be Body Treat

75 minutes | £80.00

This wonderfully nurturing whole-body massage is aimed at giving Mum to Be a very special experience, taking her into a completely relaxed world. Slow smooth massage techniques are used in this treatment to calm and alleviate any aches and pains, 100% organic oils help to prevent stretch marks. Finishing off with Mini facial for the perfect treat!

For Couples

Otium Couple's Facial | 60 minutes | £130.00

Otium Couple's Massage | 60 minutes | £140.00

Come along with your partner, mother, daughter or just a friend. Choose from a bespoke facial designed especially for your skin's needs, or a relaxing massage to relieve tension and release negative energy.

Our couples treatments take place simultaneously in our luxury double treatment room with two of our therapists.

Upgrade to include our 120 minute relaxation pass for just £15 per person, giving you access to all of our spa facilities and a complimentary herbal tea before or after your treatment.

“Amazing back massage adapted to my individual needs and instant relaxation gained from the surroundings.

- *Haren*



MADE FOR LIFE ORGANICS

Introduction / Made for Life Foundation

We are delighted to welcome the Made For Life treatment range to Otium Spa.

Our therapists have been trained by the Made for Life Foundation to enable us to give the greatest care to our guests.

The Made for Life Organic skincare products are lovingly hand-blended in Cornwall and were the first in the UK to achieve the 100% organic certification. The range has been used on people living with cancer for the last 15 years, with no adverse effects.

Muscle Melt Massage 90 minutes | £85.00

Feel muscular tension and stress melt away as 100% organic Made for Life Soothing Muscle Balm is applied. This natural deep heat treatment which is rich with rosemary gently but effectively soothes and loosens tension in your muscles. Ideal as a pre or post workout treatment or simply to address and relieve any muscular stress.

MADE FOR LIFE
ORGANICS

CORNWALL

MADE FOR LIFE ORGANICS

Urban Revitalising Leg and Foot Treatment 30 minutes | £38.00

This revitalising leg and foot treatment is perfect for aching, tense, puffy or tired legs. Clients that suffer with rheumatic pain will benefit from the easing of aching muscles, completed with a touch point scalp massage.

Benefits of Revitalising Leg and Foot treatment:

- Relieves tired and aching muscles in the legs and feet.
- Improving circulation
- Beneficial for clients suffering with arthritis, fibromyalgia, or rheumatic pain.
- A top to toe treatment to unwind and de-stress.

Radiant Renewal Treatment 30 minutes | £42.00

The face is gently massaged to release tension, using balms and oils that will smooth, soothe and hydrate the skin. A beautiful, total body experience.

Benefits of Radiant Renewal:

- Cleanses, detoxifies and smooths the skin.
- Reduces tension in the face, head and neck.

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ADD THE FINISHING TOUCHES

Eyes

Frame your face perfectly by defining your brows and lashes.

Please note: A patch test must be completed at least 24 hours prior to any eye treatment.

Eyebrow Shape | £15.00

Eyelash Tint | £20.00

Eyebrow Tint | £14.00

Eyebrow Tint & Shape | £22.00

Eyelash Tint & Eyebrow Tint | £27.00

Lash Lift | £55.00

A natural lash enhancement that will give the appearance of longer, thicker and fuller eyelashes. The treatment includes an eyelash tint. The results will last up to 6 weeks - perfect for holidays, weddings and special occasions.

Spray Tan

St Tropez Spray Tan | £30.00

Leave your skin looking golden, moisturised & streak-free! Please wear dark, loose-fitting clothes & bring flip flops to your appointment. For best results, avoid wearing make up, body moisturiser or deodorant to your appointment and wax or shave and exfoliate at least a day before your spray tan.

Waxing

Choose between Strip Wax and Comfort Hot Wax.

Strip Wax:

Upper Lip or Chin | £12.00

Half Leg | £26.00

Full Leg | £34.00

Full Leg and Bikini | £41.00

Under Arm | £15.00

Half Arm | £18.00

Full Arm | £25.00

Classic Bikini | £17.00

High Bikini | £22.00

Chest Wax | £30.00

Back Wax | £30.00

Comfort Hot Wax:

Upper Lip or Chin | £13.00

Under Arm | £17.00

Classic Bikini | £20.00

High Bikini | £28.00

Brazilian | £36.00

Hollywood | £41.00

Nails

High quality O.P.I products in a range of colours. Upgrade to a Deluxe Manicure to include a luxurious hand mask treatment, or a Deluxe Pedicure to include a smoothing foot mask.

Manicure | £30.00

Deluxe Manicure | £40.00

Gel Colour | £29.00

Gel Manicure | £40.00

Gel Removal | £10.00

Pedicure | £35.00

Deluxe Pedicure | £45.00

Gel Pedicure | £42.00

Add a French Polish Finish to either a manicure or pedicure for £5.00 extra



TERMS & CONDITIONS

- Treatment times shown are approximate and include preparation time.
- If appointments are missed we cannot offer a replacement time or refund.
- The full amount will be charged if less than 24 hours notice is given for cancellation.
- Otium Spa guests must be aged 16 years or over.
- If you are using a gift voucher for payment you must bring the original voucher with you or full payment will be taken.
- If your chosen package includes a manicure or pedicure, please ensure gel applications are removed prior to your visit. Removal of gel applications cannot be guaranteed on the day and will be chargeable.
- We offer a specially designed massage treatment for expectant and nursing mothers. Some of our treatments, however, are not suitable for you during this special time, so please allow the Otium Spa team to guide you in selecting which treatments are most suitable for you. Unfortunately, we do not offer any spa treatments during the first 12 weeks of pregnancy.
- The spa therapist reserves the right to stop the treatment at any time if they feel that the guest's behaviour is inappropriate.
- We strongly advise that you do not consume any alcohol before using the pool, sauna or steam room.
- Please bring a padlock and use the lockers to store your belongings.
- Spa robes, towels and flip flops can be hired from the spa reception



Contact

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All visits to Otium Spa must be booked in advance online. over the phone, or using our App.

Opening Hours

Monday - Thursday: 10:30 - 20:30
Friday: 09:30 - 19:30
Saturday - Sunday: 09:00 - 17:00

Download the Otium Spa App to book your treatment

