

## ocean breeze spa

relax . unwind . refresh



*Sands*  
RESORT HOTEL

Sands Resort Hotel, Porth, Cornwall, TR7 3LX  
[spa@sandsresort.co.uk](mailto:spa@sandsresort.co.uk) 01637 872864 or 877920



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## DARPHIN FACE TREATMENTS

Custom skincare created from the finest plant extracts and botanical aromas. Extraordinary feeling. Extraordinary results.

### EXPRESS ENVIRO-RECOVERY VITAMIN INFUSION FACIAL

**25 mins** **£28.00**

Replace a dull, overexposed complexion with fresh, healthy radiance. This detoxifying facial relaxes as it clarifies, removing every trace of city grit and grime. Recharge skin from environmental elements and lift the spirit with a Tangerine and vitamin packed boost. Get rid of internal and external aggressors, experience maximum glow in minimal time.

### 3D CUSTOMIZED FACIALS

**55 mins** **£43.00**

The Darphin facials are unique in that every protocol can be customized, with targeted formulations, for any individual, regardless of skin type (dry, oily, sensitive, ageing and any combination) to indulge in any treatment & benefit beautifully.

*Choose from:*

- **Kiwi & Pomegranate Hydrator**  
for thirsty skin, visibly lacking moisture and exhibiting lines
- **Chamomile & Honey soothing**  
for irritated, stressed skin with low tolerance
- **Mimosa & Iris Radiance Booster**  
for every skin seeking immediate radiance
- **Lemon & Lavender Purifier**  
for anyone seeking a refreshed, bright, clear complexion

### ANTI-AGING EXPERT TREATMENTS

Uniquely customized treatments infused with Darphin's most targeted and scientifically advanced age defying expertise to address every telltale sign of aging. Indulge in any treatment... recover your most natural youthful radiance and benefit beautifully for a total renewal.

### VITAMIN & TANGERINE VITALIZER

**55 mins** **£45.00**

#### ENERGIZING & RADIANCE TREATMENT

Ideal for: re-charging and revitalizing skin's radiance and anti-aging defences.

A perfect pep-up for sluggish skin. Deliver a high-powered boost to rev up skin's natural vitality and anti-aging resources with an intense infusion of nourishing vitamins, essential oils and a dynamic Digitopressure massage. Protects and energizes for a smooth, toned, revitalized and radiant complexion.

### ROSEWOOD & SHEA BUTTER AGE DEFENSE

**55 mins** **£45.00**

#### ANTI-AGING TREATMENT

Ideal for: skin showing signs of aging: loss of radiance, resiliency and fine lines.

Counter signs of aging and discourage maturing skin. Correct and protect with a skin-nourishing cream custom-blended for you and applied with Pierre Darphin's original stimulating, corrective, pampering tone-up massage techniques.

Fine lines are smoothed; skin regains youthful elasticity, suppleness and gorgeous glow.



**YLANG-YLANG & SWEET ORANGE****AGE RECOVERY****1 hour 25 mins****£60.00****INTENSIVE ANTI WRINKLE TREATMENT**

Ideal for: skin primed for wrinkle relief: from first expression lines to deep creases.

Definitive age-defying action focused on visible wrinkle repair. Rediscover the days of smoother skin with this delightful resurfacing, wrinkle-smoothing, re-plumping treatment. Darphin's divine line-erasing massage works wonders to relax lines and firm muscles for a beautifully smooth, younger-looking skin texture.

**ROSE & LINEN AGE REVERSAL****1 hour 25 mins****£60.00****INTENSIVE ANTI-AGE TREATMENT**

Ideal for: telltale signs of aging (wrinkles, loss of elasticity and firmness, open pores ).

urnaround ageing and total renewal. A complete rejuvenating treatment to regenerate the epidermis with two time reversal massages that reshape and firm facial muscles, revealing a clear, even, toned complexion. Experience opulence while a luscious firming mask, enriched with age-defying essences, saturates and plumps skin for instant radiance and rejuvenation.

**DIVINE 8 FLOWER LIFTING****2 hours****£80.00****ULTIMATE TOTAL ANTI-AGE TREATMENT**

Ideal for: ultimate pampering delight with exceptional age-defying results.

Darphin's signature indulgent treat and most effective treatment for ageing skin. A lavish, luxurious "youth cure": an immersion in one heavenly pleasure after another. Transcend the everyday with Pierre Darphin's unique youth renewal massage as it tones, tightens and lifts to redefine the appearance of facial contours.

A lusciously fragrant warming mask infuses the skin with age-defying, radiance boosting ingredients. The ultimate uplift for your skin and your spirit.



## DARPHIN BODY TREATMENTS

Recover your loveliest limbs along with satiny-smooth skin from head to toe. Cultivate your most beautiful body with exclusive Darphin massage designed to complement product benefits while relaxing and recharging your mind.

### ORANGE ENERGIZING EXFOLIATING POLISH

55 mins £40.00

#### ENERGIZING EXFOLIATING MASSAGE

Ideal for: tired bodies with dull, rough skin in need of a revitalizing boost. Activate your natural "get up and glow." Special express two-in-one treatment deeply exfoliates to reveal a new, radiant you as it peeps up skin's energy with a stimulating massage trio of Orange, Lemon and Bergamot essential oils. Feel silky, feel smooth, feel the surge of vitality!

### LAVENDER RELAXING EXFOLIATING POLISH

55 mins £40.00

#### RELAXING EXFOLIATING MASSAGE

Ideal for: stressed bodies with dull, rough skin in need of calming relaxation. Discover a delicious sense of serenity. Special express two-in-one treatment exfoliates and removes impurities, while an aromatic calming oil massage with Lavender and Chamomile essential oils nourishes skin and banishes muscle tension. Your skin is comforted, calmed: stress and worries fade away.

### SHEA BUTTER & WHEAT MOISTURE DRENCH

55 mins £40.00

#### DEEP NOURISHING TREATMENT

Ideal for: bodies with dry, dehydrated, uncomfortable skin. A comforting cure for dry, tight, itchy skin. Experience immediate and exquisite relief as luxurious layers of pampering nourishment wrap around, cocoon and saturate your body in warm emollients and aromatic essential oils. An intensive lipids infusion, this treatment plumps, softens, smoothes and soothes for radiant, dewy-fresh skin.



**DARPHIN**  
PARIS

**BLACK PEPPER SLIM & DETOX**

1 hour 25 mins

£60.00

**SLIMMING AND DETOXIFYING TREATMENT**

Ideal for: bodies seeking slimmer contours.

Melt away feelings of uncomfortable puffiness. This purifying “lighten up” treatment helps remove body toxins and discourages water retention. Experience a delightful slimming synergy from an energizing oil massage followed by an exquisitely warm seaweed wrap, designed to tone the look of “orange peel” skin and target unwanted fatty tissues. Feel smooth, slim, light as air!

**PALMAROSA & JOJOBA FIRING LIFT**

1 hour 25 mins

£60.00

**FIRMING AND TONING TREATMENT**

Ideal for: bodies in need of firming and lifting to encourage muscle tone.

Exercise your right to a toned body. This smoothing, firming treatment wakes up muscle tone with an energizing massage, targeting trouble spots where skin has lost elasticity. A luscious lifting mask envelops you in skin-toning nourishment fighting against every inch of lost firmness. Reveal your best sculpted, toned, smoother, firmer-looking silhouette.

**SANDALWOOD & SUNFLOWER REVITALIZER**

1 hour 25 mins

£60.00

**ENERGY & VITALITY BODY TREATMENT**

Ideal for: tired bodies with dull, de-vitalized skin in need of an energy surge.

Recharge your body, lift your spirit. A stimulating massage wakes up energy, activates blood circulation and helps firm muscles as skin is saturated with vitamins and exquisite, vitalizing essential oils. Toned, recuperated, reinvigorated, you are ready to face life’s everyday challenges.

**BERGAMOT & LEMONGRASS STRESS RELEASE**

1 hour 25 mins

£60.00

**DE-STRESS BODY TREATMENT**

Ideal for: overworked, over-stressed bodies seeking time out and tranquility.

A virtual “me time” holiday for body and soul. A transporting aromatic olfactory zen experience: tension and mental clutter melt away with gentle exfoliation, nourishment and aromatic essences applied through rhythmic movements that soothe and smooth the body and mind.



## HOLISTIC FACE & BODY THERAPIES

### BODY MASSAGE

#### DEEP TISSUE BACK MASSAGE

**Back: 25 mins** **£24.50**

A deep massage that loosens tense muscles, breaks up knots of tension and relieves stress.

#### AROMATHERAPY BACK, NECK & SHOULDER MASSAGE

**Back: 25 mins** **£29.50**

Using essential oils, selected to suit your needs combined with massage, promotes well-being and melts away tension and stress.

#### FULL BODY MASSAGE

**Body: 55 mins** **£37.50**

A therapeutic full body massage using a variety of expert massage techniques for stress reduction, relaxation and detoxification.

#### AROMATHERAPY FULL BODY MASSAGE

**Body: 55 mins** **£39.50**

The art and science of using plant essential oils and massage to encourage the body to heal itself, promoting well being, easing tension and relieving stress. Throughout the treatment oils are being absorbed as well as being inhaled, resulting in pure bliss and helping heal physiological and psychological conditions.

### HYDROTHERM PREGNANCY BODY MASSAGE

**Back: 25 mins** **£28.50**

**Body: 55 mins** **£39.50**

Using warm water filled units to give a relaxing massage to anyone who cannot comfortably lie on their front.

### HEAD MASSAGE

#### INDIAN HEAD MASSAGE

**Back: 25 mins** **£26.50**

A traditional Indian therapy practiced for over 1,000 years. It is guaranteed to lift you out of the stresses of daily life. Targeting the back, neck, shoulders, face and head, which are the energy centres of the body, where the bodies stress accumulates causing muscle pain, tension and headaches.



## HEALING THERAPIES

### REFLEXOLOGY

**Feet: 50 mins** **£35.00**

A therapy practiced as far back as 4000 BC. A powerful, yet relaxing natural therapy involving the stimulation of reflex points on the feet, helping to unblock energy flow, bringing the body into a state of balance, encouraging it to heal itself. A very relaxing treatment.

### PHYSIOTHERAPY

**Initial consultation** **Up to 60 mins** **£40.00**

**Follow up appointment** **Up to 45 mins** **£30.00**

Physiotherapy aims to promote an effective and speedy recovery after injury or surgery and provide relief from ongoing degenerative conditions such as arthritis. Our experienced physiotherapist incorporates a wide range of treatments within his practice including acupuncture, Sports massage, spinal manipulations, soft tissue techniques, electrotherapy plus much more.... He believes that a 'hands on' approach to treatment is the most effective way to achieve the best results.

**Sean Clement BSc(Hons) MCSP**

*Chartered and State Registered Physiotherapist*

DIRECT ENQUIRIES: 07969 837 997

### REIKI CONSULTATION AND HEALING

**Body: 50 mins** **£34.00**

Reiki is described as hands on healing; it can help with health problems, emotional issues and all areas of life. The effects of treatment can often be felt immediately.

REI – universal energy, KI – the life force is said to have been re-discovered in the late 19th century by Dr Mikao Usui whilst studying ancient Sanskrit scriptures in a Buddhist Monastery.

*Medical insurance welcomed.*

*BUPA and AXA/PPP recognised.*

## SCULPTING LIFTING & DETOXING BODY & FACE THERAPIES

### OCEAN CLEAR DETOX SPA

**Back: 1 hour 10 mins** **£49.00**

This treatment is the ultimate cleanse, designed to combat the build up of natural toxins by extracting impurities that cause cellulite, imbalanced oil secretion and poor circulation. A Darphin exfoliation followed by a 30 minute spa to invigorate and open your pores. Finally a soothing massage with aromatic oils and sea weed essence.

### IONITHERMIE INSTANT YOUTH FACE LIFT

**Face: 55 mins** **£40.00**

A boosting and uplifting treatment using an elastin and collagen mask which is absorbed into the skin aided by minute electrical forces. The skin is firmed and tightened and wrinkles fade away bringing back a youthful look without surgery.

### IONITHERMIE FIRMING BODY LIFT

**Body: 55 mins** **£40.00**

The Ultimate Gold Star Detox Treatment. Amazing inch loss from the first treatment and not just by reducing water retention. Recognized as the most effective way to create smoother, tighter skin with up to an 85% reduction in cellulite.



## HANDS & FEET

### NEW DARPIN LUXURY HAND & NAIL TREATMENTS

#### MULBERRY & GRAPE HAND RETREAT

45 mins £35.00

Ideal for: hands in need of deep nourishing and anti-aging defense.

Renewal and rejuvenation for hands, renewal and well-being for you! A sumptuous nourishing peel reduces the appearance of age spots, smoothes and reveals younger-looking skin. Reflexology massage awakens inner well being and a warm vitamin mask leaves hands silky-smooth.

#### GERANIUM AND GRAPEFRUIT FEET RETREAT

45 mins £35.00

Ideal for: rough, dry feet in need of hydration and smoothing.

A blissful, "bare necessity" for beautiful feet. Your whole being benefit from a soothing, nourishing treatment that sloughs away rough skin, relieves tensions and deeply infuses with reparative emollients for a sensationally beautiful experience and sensationally beautiful feet.

## MANICURES

### POLISH

Nails: 15 mins £8.00

File and paint.

### MANICURE & PAINT

Nails: 40 mins £22.50

File, cuticle treatment, massage and paint.

### LUXURY SPA MANICURE

Nails: 55 mins £29.00

File, cuticle treatment and a hand and arm massage, followed by a nourishing mask to leave hands softer and younger.

*Choose from a nail paint or paraffin wax mask.*



## PEDICURES

### PEDICURE

**Nails: 40 mins** £24.50

File, cuticle treatment, massage and paint.

### LUXURY PEDICURE

**Nails: 55 mins** £29.00

The ultimate pampering experience for tired feet.

With foot spa soak, hard skin removal, mask, foot and leg massage and paint.

## NAIL EXTENSIONS

Bio Sculpture Gel - Natural, glossy and healthy nail extensions that reduce the risk of nail damage.

### EXTENSIONS

**NATURAL:** 1 hour 30 mins £36.00

**FRENCH:** 1 hour 30 mins £36.00

**OVERLAYS:** 1 hour £26.00

**INFILLS:** 1 hour £20.00

**REPAIRS:** 15 mins £4.00 each

**REMOVAL:** 1 hour £20.00

## BEAUTY

### EYES

#### MEADOWSWEET & CUCUMBER EYE REFINER

**25 mins** £30.00

Ideal for: tired eyes, dark circles, puffiness, fine lines and creases.

Exquisite bliss, complete rejuvenation for the fragile eye area.

Darphin combines its most effective age-defying products and delicate massages in this unique protocol designed to smooth, firm and clarify the eye contour.

Eyes look fresh, sparkling and well-rested!

#### EYE LASH TINT

**Eyes: 20 mins** £12.50

#### EYE BROW TINT

**Eyes: 20 mins** £10.00

### EYE LASH PERMING & TINT

**Eyes: 55 mins** £29.00

### EYE BROW WAX

**Eyes: 15 mins** £9.50

## MAKE UP

### CONSULTATION & MAKEOVER

**Make Up: 40 mins** £24.50

Including a complete cleanse and skin analysis. Using the renown "TIGI" Cosmetics range.

### WEDDING MAKE UP PACKAGE

**Make Up: 40 mins & 25 mins** £35.00

A consultation and practice session then a full makeup session on the day.

## TANNING

### TOPAZ MIST SPRAY BOOTH

**Body: 20 mins** £14.50

UV free, safe tanning. An instant golden tan in minutes, darkening in 24 hours and lasting up to 9 days.

### ST TROPEZ TANNING

**Body: 1 hour** £35.00

A St Tropez Full Body scrub followed by a full body application of St Tropez tanning cream with a buffing finish.

### UV TANNING

**Body: 3 mins** £2.50



## HAIR

### REMOVAL

<b>EYE BROW WAX</b>	Eyes: 15 mins	£9.50
<b>LIP / CHIN WAX</b>	Face: 15 mins	£7.00
<b>UNDER ARM WAX</b>	Arms: 15 mins	£10.50
<b>BIKINI LINE</b>	Body: 15 mins	£10.50
<b>BRAZILIAN</b>	Body: 25 mins	£17.00
<b>HOLLYWOOD</b>	Body: 30 mins	£17.00
<b>HALF LEG WAX</b>	Leg: 25 mins	£17.00
<b>FULL LEG WAX</b>	Leg: 40 mins	£25.00

### HAIRDRESSER

Cut & Blow Dry	£20.00
Restyle Cut & Blow Dry	£25.00
Shampoo & Cut	£15.00
Shampoo & Blowdry	£10.00
Gents Cut	£10.00
Kids Cut (Under 14)	£10.00
Kids Cut (Under 5)	£5.00

### COLOURING

Blow Dries and toners included in the cost of colour services

T Section Foils	£25.00
Half Head Foils	£30.00
Full Head Foils	£40.00
Re-Growth Tint	£25.00
Full Head Tint	£35.00
Full Head Tint & Foils	£45.00

Any Colour being applied to the scalp will require a skin test 48 hours prior to service.

*Please be aware an extra charge may be added for any extra time or product required.*



## PACKAGES

### SPA TASTER EXPERIENCE

For first timers or as a top to toe gift for a partner experience a range of relaxing beauty therapies.

**Face, body & hands: 1 hour £35.00 (worth £45.00)**

#### Skin Analysis

So that we can use the right products for your skin.

#### Facial

Using Darphin products to cleanse, tone and moisturize.

#### Massage

A scalp massage and an express back massage.

#### File & Paint

Either a finger or toenail file and paint.

### CALMING COCOON

A half day package that will leave you relaxed and re-vitalised and looking your best.

**Face, body & hands: 4 hours £ 98.00 (worth £122.00)**

- RELAXING BACK MASSAGE
- PEDICURE
- LIGHT LUNCH SNACK AND A GLASS OF WINE
- MANICURE
- DARPIN CLASSIC FACIAL

### “FRIENDS” CALMING COCOON

Book with a friend and have your treatments in our friends room.

### DE-STRESS PACKAGE

Unload the stresses of daily life with this relaxing package.

**Face, body & hands: 4½ hours £125.00 (worth £155.00)**

- RELAXING BACK MASSAGE
- SCALP MASSAGE WITH CONDITIONING TREATMENT
- LUXURY PEDICURE
- LIGHT LUNCH SNACK AND A GLASS OF WINE
- LUXURY MANICURE
- DARPIN CLASSIC FACIAL

## CRÈME DE LA CRÈME

It doesn't get better than this...luxury pampering!

**Face, body & hands: 6 ¾ hours £175.00 (worth £204.00)**

- DARPHIN STRESS RELEASE SPA BODY THERAPY
- DARPHIN SPA FACIAL
- RELAXING EYE TREATMENT
- INDIAN HEAD MASSAGE
- LIGHT LUNCH SNACK AND A GLASS OF WINE
- LUXURY PEDICURE
- LUXURY MANICURE

## MUMS TO BE

All mums to be, deserve a little "you time".

**Face, body & hands: 3 ¾ hours £98.00 (worth £123.00)**

- HYDROTHERM BODY MASSAGE
- DARPHIN SPA FACIAL
- LIGHT LUNCH SNACK AND A GLASS OF JUICE
- LUXURY PEDICURE

## FOR HIM

A re-vitalising and relaxing package for men.

**Face, body & hands: 2 hours £67.00 (worth £80.00)**

- FULL BODY MASSAGE
- PRISTINE CLEAN FACIAL

## BODY AND FACE TOTAL HARMONY

See our Darphin treatment page for details.

**Face & body: 3 hours £100.00 (worth £125.00)**

- DARPHIN SPA FACIAL AND SPA BODY TREATMENTS

## TERMS

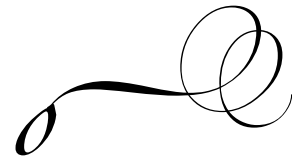
Clients are kindly asked to give at least 24 hours notice of a cancellation. If not, a £10.00 per 30 min treatment time booked, charge will be made. Please ensure you arrive 10 minutes before your appointment time, as late arrivals will not be able to have their time extended.

All treatments must be paid for in the salon and cannot be charged to hotel accounts. All prices include VAT at the current rate.

\* **GIFT VOUCHERS ARE AVAILABLE** \*

\* **SPA & HEN PARTIES AVAILABLE** \*

\* **LOCAL DISCOUNTS AVAILABLE** \*



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