



RELAX AND
INDULGE

*Tresco Spa
Treatments*

TRESCO

ISLAND

GENERAL INFORMATION

Opening times

*January, February,
November and December*
Daily: 10am to 7pm
Last entry: 6.15pm

March to October
Daily: 8am to 8pm
Last entry: 7.15pm

Treatment times

*January, February,
November and December*
Mon to Sat: 10am to 6pm
Sun: 10am to 3pm

March to October
Mon to Sat: 9am to 6pm
Sun: 10am to 3pm

TREATMENTS ARE AVAILABLE DAILY BY RESERVATION ONLY

How to make a booking

Simply book a therapist's time by calling the Spa on 01720 424075 or email thespa@tresco.co.uk If you would like to know more about a particular treatment, we will be delighted to advise you on what is best suited to your needs. Please book all treatments in advance.

Cancellation Policy

24 hour's notice is required if you need to cancel an appointment. Failure to do so will result in us charging the full cost of your treatment. Ensure you arrive in plenty of time; a late arrival may result in your treatment time being reduced or even cancelled with the full cost being charged.

Health Concerns

Treatments are available on completion of our health questionnaire. All treatments include a full consultation with the therapist. Please inform us at the time of booking if you have a heart condition, suffer from high/low blood pressure, are pregnant or have any physical ailments or allergies.



ILÃ EXPRESS FACE & BODY TREATMENTS

ilã's Express Face & Body Treatments are positive proof that extraordinary results can go hand in hand with the highest standards of natural and ethical integrity. From our instantly restorative scrubs to 'reflexology for the head', discover the benefits of truly transformative treatments in just half an hour. Perfect for those who are looking for a quick fix and just don't have the time.

ilã Express Face Therapy 30 mins | £50

Gentle. Cleansing. Conditioning. This express face therapy comprises rose and gentle marma massage to improve blood circulation and address skin imbalances. Its wholly natural ingredients fight bacteria and gently condition skin, leaving you with a healthy glow within 30 minutes.

ilã Back and Shoulder Recovery 30 mins | £50

Using a unique blend of jasmine, patchouli and cardamom, this Tibetan-style massage combines gentle cupping and kneading to stimulate the flow of energy along the spine and strengthen the nervous system.

ilã Marine Flora Body Renewal 30 mins | £50

Flush away toxins, reduce cellulite, and improve the texture and hydration of skin with this revitalising and purifying scrub. Nutrient-rich sea lettuce, sea lavender, bio-plasma and various seaweeds combine with the ionising properties of pure Himalayan salt crystals. Together, they flood the skin with essential minerals and nutrients - hydrating, cleansing and energising the body's lymphatic system and bio-magnetic field.

ilā Instantly Detoxifying
Body Renewal 30 mins | £50

This energizing full-body scrub targets cellulite, stress and exhaustion. Drawing on the ionizing properties of Himalayan salt crystals, it stimulates circulation and toxin elimination, uplifting mind, body and spirits.

ilā Instantly Blissful
Body Renewal 30 mins | £50

Using the healing properties of Himalayan salt crystals, this soothing all-over scrub restores and relaxes the nervous system, leaving skin glowing and the body infused with a sense of enhanced wellbeing.

ilā Pearl and Jasmine
Body Renewal 30 mins | £50

Fatigue and energy depletion is one of the biggest afflictions plaguing today's 24/7 societies. This amazing pearl and jasmine Himalayan salt crystal scrub has the immediate effect of restoring vitality and energy levels, mental clarity, wellbeing and strength.

ilā Scalp and Head Reviver 40 mins | £60

Combining scrub, mask and acupressure, this invigorating and restorative treatment relieves tension in the head and neck whilst nourishing the hair and hair follicles with vital minerals and oils.

NB: Due to the green clay mask, this treatment is not suitable for those with blonde or bleached hair.

ilā Eye Indulgence 40 mins | £55

Focusing on the often-ignored eye region, this gentle yet powerful treatment uses marma point stimulation, eye exercises and a hydrating mask to relieve tension, reduce dark circles and restore radiance and sparkle.

ilā Adreno
Exhaustion Wrap 30 mins | £55

Targeting the adrenal glands, this specialised wrap combines strengthening vetivert, sandalwood, and shilajit with warm and cool kidney packs to bring relief from adrenal exhaustion, hormone imbalances, menopause and anxiety.



ILĂ FACE THERAPY



ilā Ananda Face Therapy 60 mins | £85

Illuminating. Calming. Profound. Known as the blissful facial, this divine therapy restores natural luminance by increasing blood circulation and stimulating the free-flow of energy to facial cells. Specialised techniques combine with powerful damascena rose otto and sandalwood oils to reduce inflammation, address hormonal imbalance and open the energy centres of the face: skin glows with radiance and a sense of peace pervades the body.

ilā Rainforest Rejuvenating Face Therapy 60 mins | £85

Detoxifying. Regenerative. Anti-inflammatory. Known as the anti-ageing facial. This restorative facial draws on intensely healing rainforest extracts to rejuvenate facial skin. Warm herbs, lymphatic drainage techniques and an Amazonian mud mask encourage toxin release and reduce water retention, increase blood supply and boost collagen production at a cellular level. Skin tone is brightened and muscle contraction is inhibited, softening fine lines and wrinkles.

ilā Marine Flora Face Therapy 75 mins | £90

Purifying. Hydrating. Nourishing. Known as the detox facial. This stimulating facial unites nutrient-dense marine elements and nerve point therapy to remove waste build

up and encourage rapid repair of damaged or dehydrated skin. Sea lettuce detoxifies and boosts the lymphatic system. Bioplasma serum and sea lavender mask encourage collagen production. Skin is purified, vitality and tone improved, and tension eased from micro muscles.

ilā Crystal Healing Face Therapy 75 mins | £90

Calming. Reviving. Uplifting. Known as the energising facial. This dazzling facial treatment harnesses the healing vibrations of crystals to release tension and revitalise the skin. Meridian tapping and Tibetan crystal techniques balance and strengthen. A garnet face scrub protects and energises. Acupressure with hot poultices and rose quartz restores radiance, while a cooling and nourishing jade mask helps reduce the appearance of fine lines.

ilā Men's Revitalising Face Therapy 60 mins | £85

Purifying. Anti-bacterial. Enlivening. This men's facial restores vitality to skin weakened by frequent shaving or exposure to the elements. A hydrating blackcurrant, honey and sandalwood exfoliator cleanses, tones and moisturises prior to a marma point massage with anti-bacterial vetivert and healing damascena rose otto. To end, a revitalising mask purifies and nourishes, leaving skin supple and strengthened.



WAXING AND FINISHING TOUCHES

Full leg
Three-quarter leg
Half leg
Bikini
Under arm
Lip or chin

£30
 £25
 £20
 £15
 £10
 £10

Eyebrow shape/wax
Back
Chest
Eyelash tint
Eyebrow tint
Eyebrow and lash tint

£10
 £30
 £30
 £12
 £10
 £18

HAND AND FOOT THERAPY

Express Manicure 30 mins | £25

Perfect treat for young hands or an express file and polish.

Manicure 45 mins | £40

Perfect for treating the nails and cuticles, relax with an arm and hand massage, file and polish, finishing with a nail colour of your choice.

Luxury Manicure 60 mins | £50

A luxurious and soothing treatment for the hands and arms, incorporating a scrub, mask, then heated mittens to provide a deep intensive moisturizing treatment, finishing with a nail colour of your choice.

Gent's Manicure 40 mins | £35

A deep cleansing treatment for the hands. Includes a cuticle and nail trim, a buff, and a relaxing hand massage to finish.

Express Pedicure 35 mins | £30

Perfect treat for young feet, or as an express file and polish.

Pedicure 50 mins | £45

A beautiful treatment for the feet, cuticles and nails. Relax with a foot soak and scrub, foot massage, file and polish, finishing with a nail colour of your choice.

Luxury Pedicure 70 mins | £55

A luxurious treatment for the feet and legs, incorporating a scrub, mask, then heated booties to soothe away tired feet, providing ultimate hydration, finishing with a nail colour of your choice.

Gent's Pedicure 45 mins | £40

A deep cleansing treatment for the feet. Includes a cuticle and nail trim, a buff, and a relaxing foot massage to finish.



MASSAGE

*Back, Neck &
Shoulder Massage*

30 mins | £45

Releasing muscle tension and stress, leaving you feeling revived and refreshed.

Indian Head Massage 45 mins | £60

Using traditional Indian techniques to massage the upper back, arms, neck, scalp and face; releasing tension, leaving you feeling completely relaxed and rejuvenated.

Holistic Full Body Massage 60 mins | £75

A pressure tailored to your needs incorporating traditional ‘Swedish’ techniques which soothe tired, strained muscles and stimulate both blood and lymphatic circulation. It is ideal for pre or post sporting activities, but also excellent as a blissfully relaxing massage.

Aromatherapy Full Body Massage 60 mins | £85

Using aromatherapy essential oils to suit the individual, massage relaxes muscle tension and soothes away any aches, pains and stress.

Hot Stone Back Therapy 45 mins | £60
Hot Stone Full Body Therapy 75 mins | £90

With the use of basalt stones formed from cooled molten lava, they hold heat well to cleanse the body, relax the heart and soothe the mind. The stones are placed on key energy points of the body and used to massage with traditional techniques. This beautiful ancient therapy is perfect for restoring tired aching muscles.

ilā Kundalini Back Therapy 60 mins | £80

Soothing. Restorative. Profound. Ideal for emotionally exhausted souls, this nurturing treatment has an extraordinarily restorative effect on the sympathetic and parasympathetic nervous systems. Chakra and sound healing activate and channel the Kundalini – the dormant energy at the base of the spine: tension is lifted, negativity is

released, and the body is brought back to a state of awareness and balance. Individuals with stress, insomnia and exhaustion, as well as muscular back tension, will greatly benefit.

ilā Manipura Full Body Massage 75 mins | £90

Regulating. Stimulating. Enlivening. This warming treatment begins with an energising and detoxifying body scrub; this followed by the soothing massage helps balance and energise the Manipura – the solar plexus (naval) chakra – the centre of fire and sun energy that ignites our health and vitality. Meaning ‘beautiful, shining jewel’ in Sanskrit, the Manipura massage uses marma massage, lymphatic drainage and herb poultices to relieve digestive blockages, increase blood and lymph flow, and stimulate inner vibrancy.

ilā Ku Nye Full Body Massage 75 mins | £90

Tension-releasing. Harmonising. Revitalising. This Tibetan body treatment balances the five elements to restore a harmonious flow of energy and vitality. A blend of five essential oils work together to stabilise the five sensory organs, while Tibetan techniques – cupping, kneading, and hot stone/poultice acupressure – help release physical and mental tension, harmonising from the tips of the toes to the crown of the head.

ILĀ BODY SCRUBS



*ilā Energising & Detoxifying
Body Renewal* 60 mins | £85

Using the ionising properties of Himalayan Salt Crystals, this Body Renewal is the ideal treatment for cellulite, stress and exhaustion. On a physical level, it results in a rapid elimination of tension and increased warmth and energy in the body, stimulates circulation and toxin elimination, reduces cellulite, and brightens skin. On a subtle level, it cleanses and strengthens the bio-energy fields, leaving mind, body and spirits uplifted.

ilā Blissful Body Renewal 60 mins | £85

Drawing on the healing properties of Himalayan salt crystals, this heavenly body scrub nourishes both bodily and emotional wellbeing – ideal for when special pampering is required. Pure essential oils of damascena rose otto, jasmine and sandalwood work directly with the sensory organs to settle the nervous system and revive stressed or neglected cells. Skin is left glowing with health and a sense of joy is restored.

*ilā Pearl and Jasmine
Body Renewal* 60 mins | £85

Fatigue and energy depletion is one of the biggest afflictions plaguing today's 24/7 societies. This amazing pearl and jasmine Himalayan salt crystal scrub has the immediate effect of restoring vitality and energy levels, mental clarity, wellbeing and strength.

*ilā Marine Flora
Body Renewal* 60 mins | £85

Flush away toxins, reduce cellulite, and improve the texture and hydration of skin with this revitalising and purifying scrub. Nutrient-rich sea lettuce, sea lavender, bio-plasma and various seaweeds combine with the ionising properties of pure Himalayan salt crystals. Together, they flood the skin with essential minerals and nutrients – hydrating, cleansing and energising the body's lymphatic system and bio-magnetic field.

ilā Back Cleanse 45 mins | £70

A deeply rejuvenating treatment for the back using ilā's gentle but effective natural products. Beginning with cleansing milk, then a Himalayan salt scrub of your choice to exfoliate. Followed by a nourishing mud wrap, which draws deeper toxins from the cells, and finishing with a soothing massage. Leaving your skin revitalized and with a natural glow.

Choose from:

- *Energising & Detoxifying*
- *Blissful Experience*
- *Marine Flora*
- *Pearl & Jasmine*





ILÃ BODY WRAPS



ilã Body Wrap for Bio-Energising

90 mins | £110

In this deeply rejuvenating treatment, an energising and detoxifying scrub is intensified by the addition of a wrap, drawing deeper toxins from the cells. Revitalising the skin and lymphatic system, the wrap physically detoxifies and cleanses the body - removing waste products, and re-energising and softening skin. On a subtle level, it can also promote profound healing in the energy body.

ilã Marine Flora Body Wrap 90 mins | £110

This treatment is excellent for reducing cellulite and improving skin texture and hydration. A nutrient-rich marine flora and Himalayan salt scrub - to cleanse and re-energise the bio-magnetic field and lymphatic system - is enhanced by the addition of a seaweed wrap. Bio-plasma increases the metabolic function of skin cells, aiding regeneration, while omega plankton improves epidermal hydration and cellular structure.

ilã Pearl & Jasmine Body Renewal with Amethyst Body Wrap 90 mins | £110

Fatigue and energy depletion is one of the biggest afflictions plaguing today's 24/7 societies. This amazing pearl and jasmine Himalayan salt crystal scrub has the immediate effect of restoring vitality and energy levels, mental clarity, wellbeing and strength. The ensuing amethyst gel body wrap relaxes and balances the nervous system, stimulating circulation, regeneration of skin cells and cell growth.



PREGNANCY

Although we offer relaxing experiences for expectant mothers, our treatments are not suitable for women in the first 12 weeks of their pregnancy.

ilā Mother to Be Body Massage

60 mins | £85

This nourishing treatment combines rosehip seed and argan oil infused with extracts of lavender, geranium and rose to bring peace and harmony to mother and baby. Himalayan herb poultices are gently massaged into marma and meridian points to relieve aches and pains. Excess fluid and heat is removed. Anxiety is lifted, while dry skin is replenished and supported in the fight against stretch marks.

ilā Mother to Be Body Renewal

60 mins | £85

This treatment combines Himalayan salt crystals and blackcurrant with rosehip seed and argan oil infused with extracts of lavender, geranium and rose, creating a gentle exfoliation to bring peace and harmony to mother and baby, nourish the skin and stimulate the lymphatic system.



SPA ETIQUETTE

YOUR QUESTIONS ANSWERED

When should I arrive?

If you have booked a treatment we suggest you arrive at least half an hour in advance so you can relax and unwind.

What should I wear?

Robes are provided on arrival. Slip your robe over your bathing costume or underwear and make your way to the Relaxation Lounge. When enjoying your treatment we will protect your modesty and keep you wrapped up warm.

Treatments

Relax in the expert hands of our therapists, who will be able to advise you on your treatment depending on your individual needs. All appointment times include a full consultation and aftercare advice. Please book all treatments in advance.

Please avoid alcohol prior to any treatment. Certain treatments are available for persons under 16, BUT they must be accompanied by a parent or guardian throughout the treatment.

Although we offer relaxing experiences for expectant mothers, our treatments are not suitable for women in the first 12 weeks of their pregnancy.

All information is correct at the time of going to press but is subject to variation without notice.



Tresco Island
Tresco Estate, Isles of Scilly TR24 0QQ

For spa booking and enquiries

Phone 01720 424075
Email thespa@tresco.co.uk
Visit www.tresco.co.uk