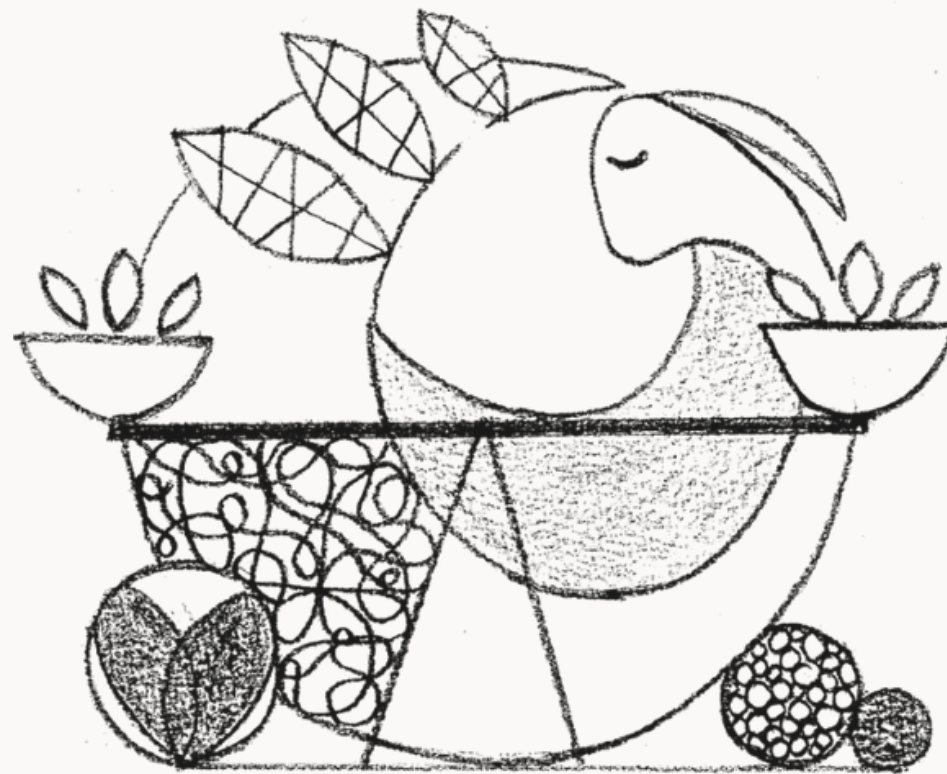


Scarlet



Treatment Menu

Spa Opening Times

Pool & Spa Facilities:	8am - 8pm
*Treatments & Experiences:	10am - 6pm
*Clifftop Hot Tubs:	12pm - 7.30pm
Spa Reservations:	9am - 5pm

*Please note these need to be pre-booked through our spa team.



Welcome To Scarlet Spa

There isn't a one-size-fits-all approach to wellbeing. We all have different bodies and minds, carry physical tension in different places, and come to us with our own unique emotional and physical needs. That's why the most important question we ask every guest is: **How do you want to feel?** Your answer allows our therapists to prescribe the treatment, techniques and pace that will best support you and your wellbeing on that day.

How Do You Want To Feel?

I want to switch off completely

We recommend:

- Attuned Massage
- Shirodhara
- ShiroMukhaPada

I want to feel lighter and re-energised

We recommend:

- Udvaartana Herbal Scrub
- Hammam Body Scrub
- Warm Ceramic Pod Massage

I'm not sure what I need

- Many Scarlet guests can be a little unsure about therapeutic treatments. Our spa team offer a one to one consultations about Scarlet spa therapies and experiences. Our experienced practioners can guide you through what to expect and design a personalised experience that suits you.

New To Wellness, Or Not Sure What You Need?

If therapeutic spa treatments feel unfamiliar, you're not alone. Many of our guests are unsure where to start. Our experienced practitioners are here to listen, answer your questions and gently guide you towards the treatments and experiences that are right for you.

Simply speak to a member of the spa team to arrange a New to Wellness consultation.

What Length Of Treatment Should I Choose?

Partial Body | 60 minutes Focused work on a specific area of tension or concern, with time to work deeply and effectively.

Full Body | 90 minutes A full-body treatment with extra attention given to areas that need it most, allowing for deeper relaxation and balance.

Full Body & Face | 120 minutes An immersive treatment for the entire body and face.

Releasing facial tension can positively affect the whole body, supporting complete relaxation.

I want relief from aches and tension

We recommend:

- Scarlet Remedy Massage
- Hot Poultice Massage
- A Follow Up Massage

I want healthy glowing skin

We recommend:

- Tula Facial
- Nourish Facial
- Life & Sculpt Face Treatment



Life Stage Treatments

Our wellbeing needs change throughout life. Whether you're pregnant, navigating menopause, recovering from illness, living with or beyond cancer, or simply looking for a treatment tailored to you, we're here to help.

If you have any other health considerations or are unsure which treatment is right for you, we recommend booking an **Attuned Treatment**. Your therapist will take the time to understand your individual needs and tailor your treatment accordingly. Alternatively, please call or email our spa team before your visit, we'll be delighted to discuss your requirements and help you choose the most appropriate treatment.



If you're pregnant, simply look for the **Pregnancy Symbol** throughout this brochure to identify treatments that are suitable for you.

A close-up, warm-toned photograph of a person lying on a massage table. A hand is pouring oil from a dark bottle onto the person's back, while another hand rests on their shoulder. The person has a snake tattoo on their back. In the background, a lit candle and some dried flowers are visible, creating a relaxing atmosphere.

Find some deeper quiet

amongst the hushed Cornish clifftops.

Massage

Attuned Massage

Our recommendation if you're craving a massage, but aren't exactly sure what kind.
A holistic, whole-being massage designed to restore balance across body and mind. The massage unfolds intuitively, using slow, grounding techniques to ease tension, quieten the mind, and encourage deep relaxation & restorative sleep.

Part Body 60 min | 145 Full Body 90 min | 185 Full Body & Face 120 min | 220

Scarlet Remedy Massage

A body-focused massage designed to relieve muscular tension and discomfort.
The treatment begins with identifying areas of tightness, soreness, or restricted movement. By warming and easing the connective tissue (fascia), the body is prepared for deeper remedial work. Focused techniques help release stubborn knots, improve mobility, reduce pain, and support faster recovery from physical strain.

Part Body 60 min | 145 Full Body 90 min | 185 Full Body & Face 120 min | 220

Warm Ceramic Pod Massage

Smooth, continuous warmth to ease muscular tension and quiet the mind.
A deeply soothing body treatment using heated ceramic pods that glide slowly and fluidly over the muscles. The sustained warmth penetrates deeply into tired, knotted areas, encouraging muscles to soften while improving circulation and mobility. This treatment is characterised by long, flowing movements that create a sense of calm and continuity, allowing both body and mind to fully unwind.

Part Body 60 min | 150 Full Body 90 min | 190

Hot Poultice Massage

Deep warmth to ease tension, restore movement, and calm the nervous system.
A deeply restorative treatment using aromatic herbs wrapped in soft muslin and gently steamed to create warm poultices. The combination of warmth, pressure, and herbal aroma creates penetrating heat to soften tight tissues and ease stubborn knots, aches, and stiffness.

Part Body 60 min | 150 Full Body 90 min | 190

Follow Up Massage

Where real change settles in.
Best booked the next day or shortly after your previous massage, this treatment builds on work already done while the body is most receptive. With tissues softened and the nervous system more settled, your therapist can work more deeply and precisely, helping tension release more easily and results last longer. This treatment helps turn short-term relief into lasting change.

Part Body 60 min | 145 Full Body 90 min | 185 Full Body & Face 120 min | 220



Face

○ Tula Facial

Where skin renewal meets deep relaxation.

A restorative facial using natural products to cleanse, exfoliate and deeply nourish the skin. This treatment supports the skin's natural balance, helping to improve texture, boost hydration and reveal a brighter, more even complexion. Facial massage releases tension, improves circulation and encourages oxygen flow to the skin, helping to promote natural radiance, firmness and vitality.

60 min | 145

○ TulaPada (Facial & Foot Massage)

Ground the body. Brighten the skin.

A Tula balancing facial with a Padabhyanga lower leg and foot massage that encourages circulation, releases tension and promotes a deep sense of stability and calm.

90 min | 185

○ Nourish Facial

A ritual of deep release, inside and out.

Your journey begins with a warm foot soak and a soothing herbal tea, creating space to unwind while we talk through your skincare routine and how our chosen products will support your skin. A carefully curated massage follows, focusing on releasing tension through the shoulders and neck. We finish with a deeply nourishing treatment oil and serum, before a fresh juice shot to replenish the body from within.

90 min | 190

Lift & Sculpt Face Treatment

Lift revealed through skilled hands.

A treatment designed to create visible lift, sculpting, and refined facial contours without machines, injectables, or force. Through advanced massage, the practitioner works with the deep muscles and fascia of the face, jaw, neck, and scalp, releasing holding patterns that restrict lift, soften definition, and contribute to facial tension and asymmetry.

Where appropriate, precise gua sha and intra-oral (buccal) techniques are used to access deep facial structures, supporting greater mobility, balance, and contour.

90 min | 195

TMJ Release Face & Neck Treatment

Targeted release for jaw, head, and nervous system.

A targeted treatment for the face, jaw, neck, scalp and temples, designed to relieve jaw clenching, headaches, facial tension, clicking or stiffness, and discomfort. Using a combination of external massage and a unique intra-oral (buccal) technique, your practitioner can access deep facial muscles that cannot be reached from the outside, releasing tension at its source. Focused work through the scalp and temples further eases habitual clenching and encourages the jaw, neck and head to soften together.

90 min | 195



Deeply restorative moments

that relax and rejuvenate.

Ayurvedic Inspired Treatments

Sarvanga Rhythmic Massage

Designed to soothe the nervous system and invite deep, restorative rest.

An Ayurvedic recommendation for those experiencing restlessness, poor sleep or an unsettled nervous system, particularly when taken as a short course over several days. This full-body oil massage works in a steady, directional flow designed to ground the body and calm the nervous system, guiding you into a state of deep relaxation that supports more restorative rest.

Sarvanga is especially beneficial for easing anxiety, fatigue and nervous tension, relieving joint discomfort, supporting immune balance and restoring depleted energy and stamina.

Full Body 90 min | 185

Shirodhara Oil Pouring

An Ayurvedic ritual for mental stillness.

A deeply grounding Ayurvedic ritual designed to calm the nervous system and restore mental clarity. This profound three-step treatment begins with a soothing back massage to ease physical tension and encourage relaxation. A revitalising Mukhabyanga facial massage follows, helping the mind soften and the skin glow.

The ritual concludes with the gentle, rhythmic pouring of warm oil across the forehead, over the mind's eye. As attention settles on the steady flow and comforting warmth, thoughts quieten, stress dissolves, and a sense of deep tranquillity emerges.

Back & Face Massage, Warm Oil Pouring 90 min | 195

Udvardana Herbal Scrub

Awaken lightness. Release stagnation.

An invigorating Ayurvedic detox ritual designed to awaken the body, rebalance Kapha, and restore lightness after periods of stagnation. The treatment begins with a brisk full-body massage using warming, Kapha-balancing oil to nourish the skin, improve circulation, and prepare the body for deeper stimulation.

This flows into a stimulating Udvardana herbal scrub, where finely ground Ayurvedic herbs are massaged over the body using upward strokes. This traditional warming technique boosts blood and lymphatic flow, helping to draw out impurities, reduce water retention, and support the appearance of cellulite—particularly effective after winter or during times of heaviness.

The herbal powders deeply exfoliate, lifting dull layers to restore smoothness, vitality, and a healthy glow, leaving the body feeling light, energised, and beautifully balanced.

90 min | 195





Ayurvedic Inspired Treatments

Marma Point Therapy

Ancient Ayurvedic wisdom for balance, clarity and deep relaxation.

Marma points are vital energy points found throughout the body where muscles, nerves, joints and connective tissues meet. In Ayurveda, gentle yet intentional touch to these points is believed to encourage the free flow of energy (prana), helping to release held tension, calm the nervous system and restore balance between body and mind.

Each treatment combines warm herbal oils, rhythmic massage and carefully applied Marma point therapy to specific areas of the body. Rather than treating symptoms alone, these rituals invite profound relaxation while supporting physical ease, mental clarity and overall wellbeing.

Choose the areas that feel most in need of attention:

○ Shiropada (Head & Feet)

Grounding and Calming

Connects the head and feet to quiet a busy mind, ease muscular tension through the scalp, neck and shoulders, and restore a deep sense of stability and balance.

60 mins | 145

○ PadaMuhka (Feet & Face)

Restorative and renewing

Works with two of the body's richest concentrations of Marma points to soothe fatigue, soften facial tension, nourish the skin and encourage profound calm.

60 mins | 145

○ MukhaShiro (Face & Head)

Clarifying and uplifting

Focuses on the face, scalp, neck and shoulders to brighten the complexion, release facial tension and encourage mental clarity and stillness.

60 mins | 145

○ ShiroMukhaPada (Head, Face & Feet)

Complete balance

A full Marma point ritual combining head, face and feet to calm the nervous system, release tension throughout the body and leave you feeling centred, restored and deeply relaxed.

90 mins | 185

Thermal Bathing Experiences

Therapist Led Hammam

You'll feel the dry heat as soon as you step into the hammam room: it warmly invites relaxation, while opening the skin's pores to increase mineral absorption. Our scrubs activate in the hammam's heat. Followed by a scalp or foot, allowing the goodness from our Oula mud to be absorbed by your skin.

Choose your scrub:

~ **Deep Cleansing Sea salt** - Leaves skin healthier and smoother.

~ **Stimulating Coffee** - Polish the skin. Awaken the senses.

Upgrade your experience:

~ Nourishing Hair Cleanse and scalp massage **15 min | 40**

45 min | 145 (for 1 person)

Clifftop Hot Tub

We invite you to be amongst the peace of the Mawgan Porth waves. The water in our hot tubs is intentionally still, letting you simply focus on the calming sound of the sea below. Even in the rain, the water's beautifully warm.

30 min | 40

Shared Hammam (Aromatic Oula Scrub)

Take it in turns to be the hammam therapist.

The hammam chamber will be all yours, though we'll explain how to best slather the mud and scrub the skin. Each gets time lying on the heated marble bed, while the other carefully applies the mineral mud mixture and aromatic scrub.

45 min | 85

Rhassoul (Private Steam With Oula Scrub & Mud)

An invigorating shared heat treatment. There are many skin benefit to rhassoul treatments. Begin by preparing the skin with an aromatic scrub. Then massage in our mineral-rich clay. The steam packs the kaolin clay's minerals into the skin, leaving it smoother and softer. Great fun for couples.

45 min | 85

Candlelit Copper Tub

Our gorgeous, huge copper tub allows the body to sink, soften and let go. Each ritual includes our Oula scrub to exfoliate and hydrate the skin, leaving it smooth and replenished. Available to enjoy solo or shared with someone close.

Choose from:

~ **Calming Mineral Salts** - Soothing the senses, settling the body.

~ **Cornish Seaweed Bath** - Restore the skin. Reconnect with the sea.

~ **Parents-to-Be Soak** - Gentle warmth for growing bodies.

45 min | 60



Consultations

○ New To Wellness Consultation

Take time to explore what wellbeing means for you.

During this relaxed one-to-one consultation, we'll get to know you, your lifestyle and how you are feeling, before recommending the treatments, experiences and rituals that will best support your wellbeing.

Whether you're looking to unwind, restore balance, ease tension or simply don't know where to begin, we'll create a personalised wellbeing plan for your stay.

30 min | 30 (redeemable against treatments)

○ Ayurvedic Consultation

An introduction to Ayurvedic wellbeing.

We'll talk about the Indian holistic system and discover your dosha type to identify your make-up of vata, pitta and kapha. Using this knowledge, you'll learn how Ayurveda can support more healthy living in the long term. We'll discuss what adjustments you can make to your lifestyle for maximum effect, and what to do if things ever feel suddenly off-balance.

30 min | 40

Treatment Upgrades

Magnesium Foot Bath

Preparing for a deeper sleep.

15 min | 40

Warm Oil Head Massage

Quiet the mind and sooth the scalp

15 min | 40

Additional Massage Time

Deepen relaxation and feel the benefits

15 min | 30

30 min | 40

