



MULLION COVE

HOTEL & SPA

A World of its Own

At Mullion Cove Spa we have purposefully selected sustainable, soil association organic products as we believe in protecting the planet and our oceans, and using the highest quality ingredients to keep you looking and feeling fabulous.



MADE FOR LIFE
by Spiezia Organics

VOYA | organic luxury
from the sea



OUR PRODUCTS

*At the Heart of
our Spa...*



We are thrilled to partner with **Made for Life Organics** who offer a selection of beautiful, expertly hand blended delights which are made right here in Cornwall and share our passion for “skincare that nourishes your body both inside and out.”

We are also delighted to partner with Atlantic Ocean sharing company **VOYA** who hand craft healing organic seaweed based products on the West Coast of Ireland, whose treatments and ingredients are at the heart of our spa, connecting us with our surroundings; the ocean, and our bodies.

VOYA and Made for Life Organics products feature throughout our spa and hotel and are available to purchase and continue your organic skincare journey wherever you are.

Made for Life Organics

A collection of deeply effective therapies to help rejuvenate, refresh and relax. 100% Organic skincare products hand-blended in the heart of Cornwall gently stimulate the senses and help you find space to catch the breath.



MADE FOR FACE

Uplift and Rejuvenate Facial

75 minutes | £75

Natural face lift using nourishing oils and specific massage techniques from India and Japan to tone, lift and stimulate blood flow, leaving skin glowing and rejuvenated.

Soothe and Nurture Organic Facial

30 minutes | £45

Restore natural luminosity to the skin, leaving you looking and feeling radiant. 100% organic balms, oils and gentle exfoliation will nourish and cleanse, eliminating congestion and returning natural balance to your skin.

MADE FOR BODY

Relax into Radiance

90 minutes | £85

Melt away tension from an over worked muscles. The body is treated to a skin softening body exfoliation rich in lemongrass and calendula, followed by a skin brightening facial that cleanses and hydrates the skin, whilst a head massage clears and calms the mind.

Mindful Moments

60 minutes | £65

A beautiful nurturing meditation experience with a calming foot ritual, scalp, neck and shoulder massage along with a firm and meaningful back massage. Clears the mind and soothes the soul.



MADE FOR WELLBEING

Hands on Heart*

55 minutes | £60

90 minutes | £85

This nurturing and calming treatment for the head, face, back and shoulders was created to allow you to drift away into a meditative state of relaxation. Slow Tui Na Chinese movements rebalance and calm the upper body while the facial will replenish, nourish and revive the skin and ease tension. The ritual uses slow, soothing and rhythmic techniques providing complete tranquillity and deep relaxation.

Catch the Breath*

30 minutes | £45

This gentle treatment for the head, back and shoulders was created to allow you to drift away into a meditative state of relaxation. Slow Tui Na Chinese massage techniques rebalance and calm the upper body. The ritual uses slow, soothing and rhythmic techniques providing complete tranquillity and relaxation.

*Also suitable for people living with or recovering from cancer.

VOYA
Skincare from the sea

Sustainably hand harvested organic seaweed therapies. Ideal for sensitive, inflamed skin, rheumatic conditions and those who love the sea...

VOYA | organic luxury
from the sea



MADE FOR FACE

Deluxe Facial Experience

90 minutes | £80

The ultimate VOYA facial experience. Your treatment begins with a relaxing back massage to gently melt away muscular pain, followed by a results driven hydrating and purifying facial to deeply hydrate the skin.

Anti-Aging Restorative Facial

75 minutes | £75

This treatment is suitable for all skin types and is focused towards those in search of anti-aging results. This restorative facial uses VOYA's finest organic ingredients combined with antioxidant algae complexes and a restorative blend of aroma therapy oils. It is this mix of seaweed and botanical ingredients that helps to stimulate collagen production and reduce the appearance of fine lines and wrinkles resulting in instantly firmed and tightened skin with a natural and more radiant glow.

Intense Defence Male Facial

75 minutes | £65

Exclusively created for men's specific skincare needs, this powerfully effective treatment exfoliates the skin with bamboo spines, enabling a deeper cleanse. Relax with our soothing face and scalp massage, whilst the magic of VOYA's seaweed leaves and Mermaid's Purse mask are used to soothe even the most sensitive skin. Fantastic for those affected with shaving rash, razor burn or ingrown hairs; the skin is left hydrated, refreshed and mattified.

Organic Boost Facial

30 minutes | £30

Revive the skin with a vitamin and mineral boost to leave the skin looking radiant and feeling soft and smooth. Ideal for sensitive skin types and those looking for a relaxing and effective way to bring vitality back to the skin.

FOR THE BODY

Organic Stimulating Seaweed Body Buff

60 minutes | £60

Let VOYA scrub you head to toe with certified organic Bladderwrack body buff (Fucus Vesiculosus), this is the ultimate treat for tired, dull and lack lustre skin. High in antioxidants from our mineral-rich Bladderwrack seaweed combines with VOYA's signature massage oils to offer a powerfully stimulating way to better your skin.

BODY WRAPS

Organic Seaweed Leaf Wrap

90 minutes | £110

Unlike any other seaweed treatment, this truly amazing detoxifying therapy uses organic seaweed leaves to exfoliate and wrap your body. Beginning with a Bladderwrack body buff, this treatment detoxifies, firms and softens the skin. Your whole body is then enveloped in Laminaria Seaweed leaves for instant results. Completed with a massage application of VOYA's Softly Does It body moisturiser to nourish and soften the skin.



Organic Tangle Me up Wrap

60 minutes | £70

Hydrate and relax tired lethargic muscles, relieving stress and fatigue. This treatment includes full-body brushing to increase circulation and to aid penetration of the mineral rich seaweed gel, while the wrap's antioxidant compounds help to protect against environmental cell damage. Skin will be toned and firmed and signs of aging will be visibly reduced.

BODY MASSAGE

Voyager Massage Journey

90 minutes | £80
60 minutes | £65
30 minutes | £45

A complete head-to-toe relaxation journey, this ritual incorporates scalp, face and body massage alongside stretches that echo the movement of the sea. Combining both gentle and stimulating motions, this massage is the ultimate luxury treatment to relieve aches and pains. * Tailored to individual needs.

- Choose from:
- **Uplift** – Angelicus Serratus
 - **Relax** – Mindful Moments
 - **Muscle Relief** – Ginger Chai



Mindful Dreams Sleep Ritual

75 minutes | £80

Mindful Dreams is a relaxation treatment that will offer luxury and comfort in an incomparable sleep encouraging experience. Be ready to have all your stresses and strains melt away in this ultimate sensory treat to help you achieve the perfect night's sleep.

Serpentine Hot Stone Massage

60 minutes | £70
40 minutes | £50

Locally sourced and carved Serpentine stones with healing properties are used to massage away aching, tired, tight muscles, tailored to your individual requirements. For those who prefer a firmer massage, feel the cold, hold deep tension in the muscles or to soothe an aching body after exploring the South West coast path.

Warm Bamboo Massage

60 minutes | £70
40 minutes | £50

Harnessing the warmth and versatility of bamboo to smooth out the muscles and drift peacefully into a zen state. Ideal for those who prefer a deeper and firmer targeted massage which is tailored to each individual.

Couples Massage

75 minutes | £130

With exclusive use of our Couples Suite, be romanced with a rose bud and Cornish sea salt foot bath, followed by a flowing, rhythmic body, face and scalp massage to reconnect, recharge and renew.



MULLION COVE SPA SIGNATURE TREATMENT

Mullion Ocean Essence

90 minutes | £105

Release, realign and reenergise with our signature treatment created by our expert spa therapists. A fusion of shiatsu inspired pressures and techniques. Melt tired, aching muscles whilst our unique warmed Jade Wave Stone massages target areas of tightness. Soothe the soul as the Lizard peninsula's balancing Serpentine hot stones are placed along key points of the body.

Unwind with our ancient Japanese scalp massage and healing reiki to rebalance the body and soul. A profound treatment for those looking for deep relaxation and rejuvenation.



MOTHER TO BE...

Organic Maternal Voyager

90 minutes | £90

This organic wellbeing ritual promotes relaxation and a sense of tranquillity while deeply hydrating and nourishing your skin. A full body exfoliation gently buffs the skin, leaving you feeling radiant and renewed. Nourishing Mama Oil is used to ease stress and tension with a top-to-toe body, face and scalp massage. Melt away the aches and pains associated with pregnancy and feel comfortably cocooned, supported and restored.

*Mother to Be treatments available after the first trimester.

Organic Precious Moments

60 minutes | £70

Tailored specifically for mum and her growing bump. Your bump is enveloped in a specialised mask to help support connective tissue and prevent stretch marks. Your feet are wrapped in Laminaria Digitata Seaweed leaves to help boost circulation, improve lymphatic drainage, and reduce fluid retention. Hydrating organic masks work their magic while mum enjoys a relaxing face, hand, and arm massage. The perfect rejuvenating treatment to support the wonderful journey to motherhood.

ORGANIC HAND AND FOOT RITUALS

Organic Hand Ritual

45 minutes | £55

To nourish, recondition and refine your hands, you will first enjoy a 'Time To Shine' exfoliation from the hand to elbow. This is followed by a deeply relaxing massage to the hands and arms, after which your hands are wrapped in warmed Atlantic seaweed leaves to hydrate, increase circulation and condition dry hands, sealing in all the goodness with VOYA's Handy to Have hand cream.

Organic Foot and Leg Ritual

45 minutes | £55

Recharge the circulation of your lower limbs and refine the skin. Experience a Sea Salt Scrub exfoliation from the knees down. Followed by a deeply relaxing massage to the lower legs, which are then wrapped in warmed Atlantic seaweed leaves to detoxify, increase circulation and revive tired feet and legs. Seal in the goodness finishing with a nourishing application of Softy Does It moisturiser.

Add polish to your Hand or Foot Ritual

30 minutes | £15

Take home your favourite new colour.

Add GELeration to your Hand or Foot Ritual

30 minutes | £25

For that long lasting finish.

GELeration Removal

30 minutes | £20

If you currently have a Gel finish please ensure you also book the GELeration Removal when booking in for a polish or Gel reapplication.



Reflexology

60 minutes | £65

Ancient Eastern therapeutic foot massage which stimulates the body's natural healing and fine tune the inner workings of the body and its systems. Unwind and release all tension with this deeply relaxing foot and lower leg treatment and release deep seated stresses to help aid the body's natural healing response, leaving you feeling balanced, grounded yet walking on air. Ideal for those suffering from Insomnia, high stress and anxiety.

BEYOND BODY...

Reiki*

60 minutes | £70

30 minutes | £40

Nurture the soul with this beautiful subtle ancient Japanese energy therapy. Allow your body and mind to drift peacefully while the waves of universal healing balance the subtle energies of your body. Deeply relaxing, calming and grounding.

*Also suitable for people living with or recovering from cancer.



Catch Your Breath

£75 per person

Escape to the edge of the world where time stands still and ‘Catch Your Breath.’ Recharge and reset whilst being immersed by our majestic cliff top views of Mullion Cove and beyond.

Includes:

- Half Day with full use of our stunning spa (4 hours)
- A choice of a 30 minute ‘Soothe & Nurture Organic Facial’ or ‘Catch the Breath’ back and scalp treatment
- Curl up by the fire with a mug of hand-picked herbal tea
- Enjoy a delicious traditional Cornish Cream Tea served in our Glenbervie Bistro post spa.



Sea Spray

£90 per person

Invigorate your senses with our specially designed Sea Spray spa session. Revive the body and mind with our organic seaweed treatments, sustainably harvested by hand from the Atlantic Ocean.

Includes:

- Half Day with full use of our stunning spa (4 hours)
- A choice of a 45 minute ‘Voyager Massage Journey’ or our ‘Organic Boost Facial’
- Plenty of herbal tea served throughout your time with us
- 2 course healthy spa lunch served in our Glenbervie Bistro post spa.

Inner Peace – Pre and Post Natal*

£90 per person

A beautifully nurturing spa experience designed for each stage of pregnancy or the perfect treat for new mums to find your inner peace.

Includes:

- Half Day with full use of our stunning spa (4 hours)
- 45 minute personalised treatment
- Complementary fruit post treatment in our secluded sanctuary rejuvenation room
- Plenty of herbal tea throughout the day
- 2 course spa lunch in our Glenbervie Bistro.

*Available after the first trimester.

Healing by the Sea

£120 per person

Create space to pause, reflect, nurture and feel revived with one of our specially selected treatments designed to restore peace and calm, lovingly made with 100% organic ingredients hand-blended in Cornwall.

Includes:

- Full Day use of our stunning spa (6 hours)
- ‘Mindful Moments’ 60 minute treatment (Made for Life)
- Relax in our secluded rejuvenation room post treatment
- Plenty of herbal tea served throughout the day
- 2 course spa lunch in our Glenbervie Bistro.

Secret Seaweed Day Escape

£150 per person

Let the healing powers of the ocean soothe the body, mind and soul with our Secret Seaweed Escape and let the perfect combination of treatments ease fatigue and restore vitality.

- Full Day use of our stunning spa (6 hours)
- Recharge your energy with our Organic Tangle Me Up Body Wrap (60 minutes)
- Give your face a nutrient shot following your body treatment with a blissful Organic Boost Facial (30 minutes)
- 2 course spa lunch served in our Glenbervie Bistro post spa.

Mullion Cove Romantic Day Escape

£199 per couple

The perfect escape with that special someone, rekindle the magic and fall in love with those Atlantic Ocean views.

Includes:

- Full Day use of our stunning spa (6 hours)
- Glass of fizz on arrival & a selection of Japanese inspired nibbles to share whilst drinking in the romantic cliff top views of Mullion Cove and beyond
- Organic Soothe & Nourish Facial & Back of body massage in our exclusive Couple’s Suite (60 minutes)
- Be romanced by the sea with a 2 course spa lunch in our Atlantic View restaurant post spa experience.



SPA DAYS

All of our spa packages include use of robe and towel, with full access to our indoor and outdoor spa facilities. Bathe in our outdoor swimming pool and cliff top hot tub. Relax in our indoor hydro-infinity pool, sauna, aroma steam room and salt laconicum. Cosy up by the fire with a good book, or simply marvel at the views.



A World of its Own...

Spa Etiquette

How to Book

Treatments and spa days are available daily to residents and non-residents. Please call 01326 240328 to spoil yourself or a loved one.

Arrival at the Spa

Upon arrival please make your way to the Spa reception and you will be shown the spa facilities and procedures. For treatments, please arrive 15 minutes prior to your appointment to complete a health questionnaire and to ensure full treatment time.

Treatment Times and Booking Policy

We advise advance booking for all treatments. Full payment is required for all Spa Days at the time of booking. Treatment times are detailed in the treatment menu and include consultation and changing time.

Health Conditions

When booking, we kindly ask that you inform us of any health condition or if you are pregnant so that we can advise accordingly. A health consultation will be performed prior to any treatments are performed.

Spa Attire

For spa days, a robe and towel are provided on arrival. Robes may be worn in the spa, treatment suites, hotel lounges and Glenbervie Bistro.

Cancellation Policy and Late Arrivals

Please note: If cancelling a booking or spa day within 24 hours prior to your appointment, full payment is required and spa day deposit will be retained if we are unable to resell your appointment. If running late, a courtesy call will help us endeavour to achieve full treatment time, however this may not always be possible.

All pricing and treatments are correct at time of printing. Mullion Cove Hotel & Spa reserves the right to amend pricing and treatment choices at our own discretion.

Under 18's

Children under 18 are not permitted within the spa complex as this is an adult area only. Children may use the outdoor pool between 3pm and 6pm and must always be supervised by a responsible adult. From 6pm daily the pool use is restricted to adults only.



Looking for the perfect gift?

We have a selection of online gift vouchers which can be purchased via our website.

For more information visit
www.mullion-cove.co.uk/hotel-gift-vouchers



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