



## CARY ARMS & SPA

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*"Inn on the Beach"*  
*Babbacombe Bay, Devon*

# SPA

**THALGO**  
LA BEAUTE MARINE

# SPA MENU LIST

## FACIAL TREATMENTS

Thalgo has a facial to treat virtually any concern. All Thalgo facials begin with the “Discovery of the Sea” sensory experience to ease tensions and immerse you in a relaxing aquatic cocoon. For best results, Thalgo recommends a course of 6 facials, in conjunction with the accompanying homecare range to continue effectiveness.

### TAILORED THALGO FACIALS

50 MINS - £90

This personalised Thalgo facial begins with the “Discovery of the Sea” sensory experience, after which the skin is gently cleansed and exfoliated. A serum packed with active marine ingredients is applied with Thalgo’s Heart of the Ocean massage. This is followed by a skin-specific mask. The treatment finishes with an application of moisturiser

### ADVANCED ANTI-AGEING THALGO FACIALS

HYALURONIC OR COLLAGEN 50 MINS £90

SILICIUM 80 MINS £110

This personalised Thalgo facial begins with the “Discovery of the Sea” sensory experience, followed by a tailored cleansing ritual and intense exfoliation, and an expert anti-ageing massage. Whilst the skin boosting mask is working you will be treated to a relaxing shoulder, neck and arm massage to ensure complete relaxation.

### CARY ARMS SIGNATURE FACIAL

80 MINS - £110

Experience true marine beauty with this signature algae facial. The treatment begins with a relaxing back massage, next the skin is gently cleansed and exfoliated. A mask of pure natural seaweed, known for its beauty-enhancing properties, is then applied to remineralise and revitalise the skin and leave you feeling relaxed and naturally radiant.

## MASSAGE

### TAILORED BODY MASSAGE

50 MINS - £90

This full body massage will be tailored to suit your individual needs, whether you prefer a light pressure to aid relaxation or a deep pressure to ease muscle tension our highly trained therapists will personalise to meet your requirements.

### BACK, NECK AND SHOULDER MASSAGE

25 MINS - £45



## BODY TREATMENTS

As specialists in marine spa therapies, Thalgo harnesses all the riches of the sea; oligo-elements, proteins, amino-acids, minerals and vitamins. We recommend courses of 6-12 sessions for maximum results. All body treatments begin with the "Discovery of the Sea" sensory experience to relax the body and ease tension.

### TAILORED BODY WRAP

50 MINS - £90

Treat your body to either a detoxifying marine algae ritual or a remineralising marine mud ritual. Both body rituals begin with a welcoming foot cleanse. Whilst the wrap is working you will be treated to a deeply relaxing and destressing scalp massage.

### NOURISHING BODY RITUAL

50 MINS - £105

Perfect to restore comfort to dry skin, this ritual begins with a deeply hydrating body wrap to soothe the skin and restoring a feeling of comfort. Whilst this is taking effect, a tension relieving scalp massage promotes relaxation. The body is then treated to a soothing and comforting massage which relaxes the whole body including a hand and foot massage for complete wellbeing.

### POLYNESIA SIGNATURE RITUAL

50 MINS - £105

This treatment begins with an azure water foot bath. Next is the Exotic Island Body Scrub to leave the skin feeling smooth and soft. The back, neck and shoulder Mahana Massage incorporates a rhythmic Lomi-Lomi massage and warm sand pouches to loosen muscles and nourish the skin. Finally, Polynesian Sacred Oil, is swept over the skin, leaving a sunkissed glow and a delicate scent of flowers and monoi.

### MERVEILLE ARTICQUE SPA RITUAL

105 MINS - £130

The Merveille Arctique body treatment is inspired by Swedish Massage and Deep Tissue Massage techniques; delivering some intense manoeuvres, warm kneading and stretching combined with relaxing hot and cold balls which create a heat exchange on the skin's surface. Followed by a full body exfoliation, this treatment results in intense relaxation, release of muscle tension, and an overall feeling of harmony.

## SPECIALIST TREATMENT

### THALGO PREGNANCY RITUAL

50 MINS - £90

Treat yourself to this relaxing face and body ritual especially designed for mums to be. After a soothing “Discovery of the Sea” sensory experience, a deeply nourishing and hydrating body balm is applied on specific areas which are prone to stretch marks to help soothe and soften. While this is left to work you will be treated to a hydrating facial and a draining and relaxing lower leg and foot massage. Finally the remaining body balm is gently massaged in leaving your skin feeling silky smooth and completely moisturised.

## NAILS 50 MINS

MANICURE: £45

GEL MANICURE: £50

PEDICURE: £50

GEL PEDICURE: £55

SHELLAC REMOVAL: 30 MINS - £10



## BOOKING ESSENTIAL.

Please arrive at the spa reception 10 minutes prior to your appointment. Bespoke treatment combination packages can be arranged and Gift Vouchers are available upon request.

All treatments are suitable for men & women.

With any spa treatment booked, you will receive a complimentary access to the spa facilities. The spa facilities are available daily from 9am-8pm.

Cary Spa's unravels vistas of the unspoilt Jurassic coastline with the introduction of a glass-fronted pool and deck area.

Three treatment rooms, including a couple's massage room, offer experiences that are inspired by leading marine-themed French beauty and skincare brand Thalgo. Guests can choose from a range of experiences. An innovative mood-enhancing aromatherapy light shower, hydrotherapy pool, sauna, steam room and a gymnasium are also available for rest and relaxation. Cary Arms & Spa has chosen specialist Parisian brand Thalgo, world leader and originator of the marine spa and beauty trend for over 50 years.

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## Terms and Conditions

Please arrive at the Spa Reception 10 minutes prior to your treatment. If you cancel your treatment with less than 48 hours notice then a full charge will be made. All clients upon arrival will be asked to fill out a client consultation form to ensure that the chosen treatments are suitable. Some of our treatments are not suitable for pregnancy or some health conditions if you do have any concerns then please do not hesitate to contact the spa prior to arrival. The spa is open from 9am until 8pm.

Please be advised that last entry to the spa facilities is half an hour before closing time.

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

With any spa treatment, complimentary access to the spa is included on the same day. If no treatment booked, a daily charge of £25 per person is payable to use the facilities. Our full terms and conditions are available on our website at [www.caryarms.co.uk](http://www.caryarms.co.uk)

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*Created by the de SAVARYs in 2009*

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Booking in advance is recommended. For directions and more information please visit our website  
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