



## Our spas

### ARRIVAL

Please arrive 10 minutes before your appointment to check in.  
If you arrive late, your appointment will be shortened out  
of consideration for the next customer.

### CANCELLATIONS

If you need to change or cancel an appointment, we ask that  
you give us 24 hours notice or the full cost of the treatment  
will be charged. Please note that we request credit  
card details to secure bookings.

### AGE POLICY

Our treatments are specially tailored for adults; however, we  
do offer treatments to those aged 16-18 with parental consent.

### HEALTH CONDITIONS

When making your booking, please advise us of any  
health conditions and any medication you are taking.  
For certain medical conditions we will require  
written permission from your doctor to proceed.  
Please speak to our spa team for more information.

### PREGNANCY

We offer a specialised menu of maternity treatments, please inform our  
team before your treatment, so we can tailor your experience. We do not  
offer wellness treatments in the first 12 weeks of pregnancy.

### SOLID AS ROCK

For very important locals.

If you live in a PL, TR or EX postcode we offer discounts and early access  
to offers across the Hotel. Please visit our website for more information.

**Please note:** All prices listed are accurate as of August 2025,  
and are subject to change without notice.



FOR MORE INFORMATION OR TO BOOK:

spa@stmoritzhotel.co.uk  
01208 869 800



## Spa Packages & Wellness Facilities

### WELLNESS FACILITIES

06:00-21:00

Life Fitness Gym

Swimming Pool

Swim out hydro pool

High Heat & Nordic Saunas

Crystal Steam Room

Cold Drench Bucket & Ice Fountain

Experience Showers

### DAY PASSES FROM £20 MEMBERSHIPS AVAILABLE

### COWSHED RELAX FROM £130

Cowshed 60 minute treatment & light lunch or afternoon tea. Use of  
facilities, robe, and flip flops.

### COWSHED DINE & UNWIND FROM £45

Full use of wellness facilities and 2 course dinner in our  
Shorecrest restaurant.

## COWSHED

### TREATMENTS AT ST MORITZ HOTEL CORNWALL



## Body Massage

<b>COWSHED SIGNATURE MASSAGE</b>	
45 MIN	£70
60 MIN	£90
<b>DEEP TISSUE MASSAGE</b>	
45 MIN	£75
60 MIN	£100
<b>THERAPEUTIC MASSAGE JOURNEY</b>	
90 MIN	£130
<b>CBD INFUSED MASSAGE</b>	
60 MIN	£100
<b>LAVA SHELL MASSAGE</b>	
60 MIN	£95
90 MIN	£125

## Body Treatments

<b>BODY SCRUB &amp; MASSAGE</b>	
90 MIN	£130
<b>BESPOKE BODY THERAPY</b>	
60 MIN	£95
90 MIN	£130
<b>REFLEXOLOGY</b>	
60 MIN	£85
<b>RENEWAL TREATMENT</b>	
60 MIN	£95

## Face

<b>COWSHED SIGNATURE FACIAL</b>	
60 MIN	£95
<b>HYDRATING CBD INFUSED FACIAL</b>	
60 MIN	£98
<b>GUA SHA COWSHED FACIAL</b>	
60MINS	£100
<b>ADVANCED MEDIK8 FACIAL</b>	
60 MINS	£120
90 MINS	£160

<b>ADD ONS</b>	
30 MIN	£45

INDIAN HEAD MASSAGE  
SOOTHING FOOT MASSAGE

## Hands & Feet

Using Peacci; Paraben and BPA free  
Our hand & feet treatments are suitable for clients over 12 weeks pregnant.

<b>ULTIMATE COWSHED MANICURE</b>	
60 MIN	£57
<b>ULTIMATE COWSHED PEDICURE</b>	
75 MIN	£69
<b>COWSHED MANICURE</b>	
45 MIN	£49
<b>COWSHED PEDICURE</b>	
60 MIN	£57
<b>SPEEDY MANICURE</b>	
30 MIN	£39
<b>SPEEDY PEDICURE</b>	
30 MIN	£41
<b>COWSHED GEL MANICURE</b>	
60 MIN	£57
<b>COWSHED GEL PEDICURE</b>	
75 MIN	£67
<b>ULTIMATE COWSHED GEL MANICURE</b>	
90 MIN	£70
<b>ULTIMATE COWSHED GEL PEDICURE</b>	
90 MIN	£75
<b>SPEEDY GEL MANICURE</b>	
45 MIN	£45
<b>SPEEDY GEL PEDICURE</b>	
45 MIN	£50
<b>GEL REMOVAL</b>	
15 MIN	£15

## Signature Therapies

<b>ST MORITZ SUN &amp; SEA TREATMENT</b>	
Full body brushing followed by a deep exfoliation using sea salt immersed in peppermint and seaweed body wrap. Also included is a refreshing express facial and relaxing full body massage.	
120 MIN	£200

## Hair Removal

Strip wax is used for legs and arms. Hot Lycon wax is used for more sensitive areas.

<b>FULL LEG</b>	
45 MIN	£45
<b>HALF LEG</b>	
30 MIN	£40
<b>HIGH BIKINI</b>	
45 MIN	£40
<b>BASIC BIKINI</b>	
30 MIN	£30
<b>CHIN &amp; LIP</b>	
15 MIN	£20
<b>UNDERARM</b>	
15 MIN	£20

## Tint

Please note a patch test is required 24 hours prior to your treatment.

<b>BROW</b>	
15 MIN	£20
<b>LASH</b>	
30 MIN	£22
<b>LASH &amp; BROW</b>	
30 MIN	£32
<b>BROW TIDY</b>	
15 MIN	£22
<b>BROW TINT &amp; BROW SHAPE</b>	
30 MIN	£35

## Maternity

<b>FULL BODY MASSAGE</b>	
60 MIN	£90
<b>MATERNITY FULL BODY CARE</b>	
90 MIN	£120
<b>MATERNITY SIGNATURE FACIAL</b>	
60 MIN	£95