

A close-up photograph of a woman's face, eyes closed, receiving a facial massage. Her head is supported by a light-colored, textured towel. Two hands, also wearing light-colored towels, are gently cradling her chin and cheeks. The background is a soft, out-of-focus blue and grey, suggesting a spa environment. The overall mood is calm and relaxing.

THE  
**TREATMENT ROOM**  
AT BURGH ISLAND



THE

**TREATMENT ROOM**

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THE  
**TREATMENT ROOM**

AT BURGH ISLAND

WELCOME TO OUR TREATMENT  
ROOM, A SANCTUARY OF CALM  
AND CARE.

EVERY TREATMENT IS DESIGNED  
TO NURTURE YOUR BODY, MIND,  
AND SPIRIT, USING THE FINEST  
HANDCRAFTED BLOOM REMEDIES  
PRODUCTS.

FROM SOOTHING MASSAGES TO  
REJUVENATING SKINCARE  
RITUALS, WE INVITE YOU TO  
UNWIND, RESTORE, AND TAKE A  
MOMENT JUST FOR YOU.



# SIGNATURE EXPERIENCES



Surrender to one of our signature treatments, expertly crafted with Bloom Remedies Skincare to nourish, restore, and illuminate your skin.

75 | 90 | 120

£140 | £165 | £205

## THE BURGH RITUAL

Begin with a deeply soothing back, neck, and shoulder massage, followed by a bespoke facial tailored to your skin's needs. Featuring lifting techniques and a therapeutic head massage, this ritual leaves you restored, radiant, and completely grounded

## THE GLOW INDULGENCE

Reveal your skin's natural radiance from head to toe. This indulgent treatment smooths and polishes your body and face, while a soothing Indian head massage melts away tension, leaving you completely refreshed, rejuvenated and glowing.

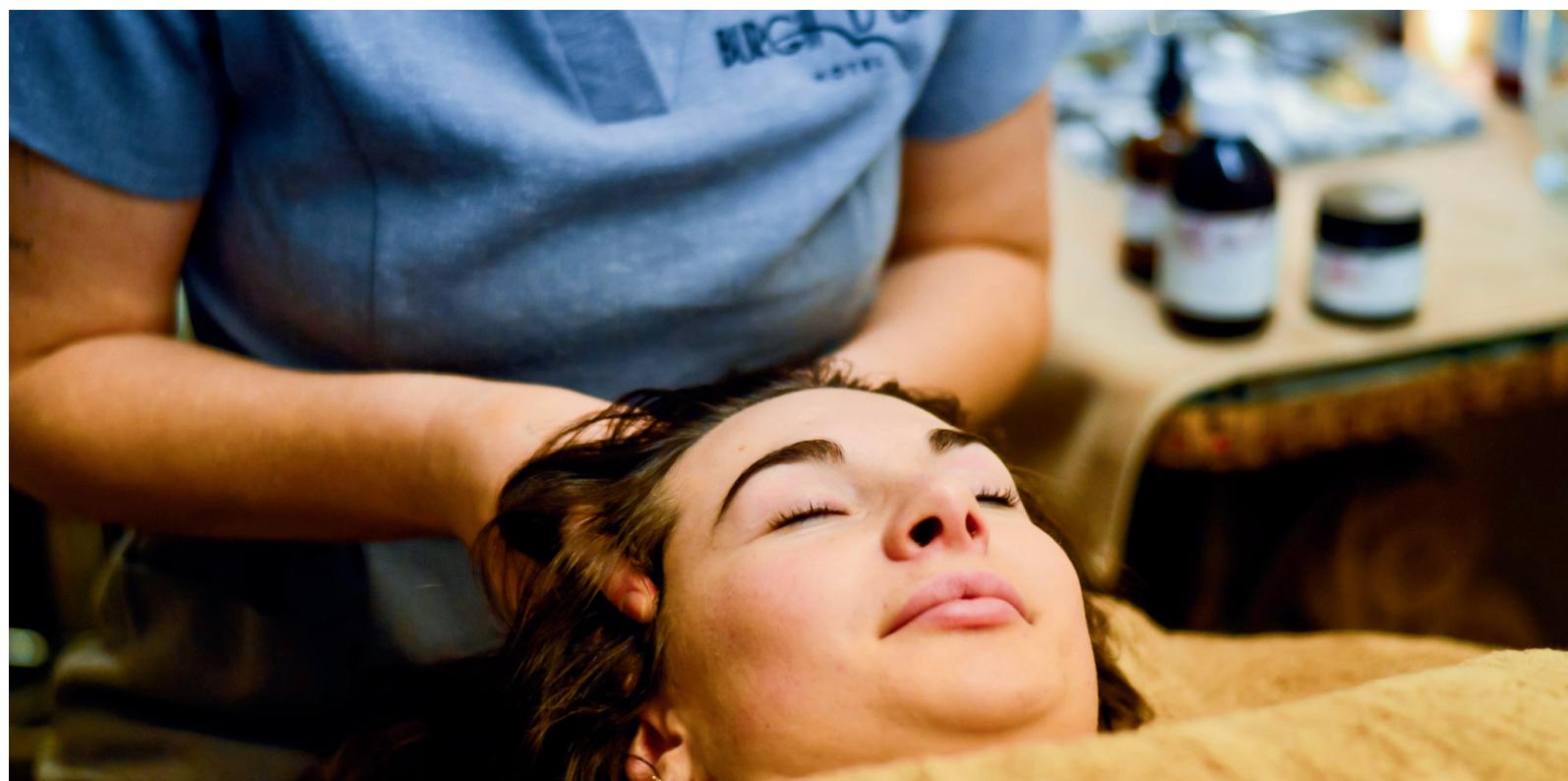
## THE ISLAND INDULGENCE

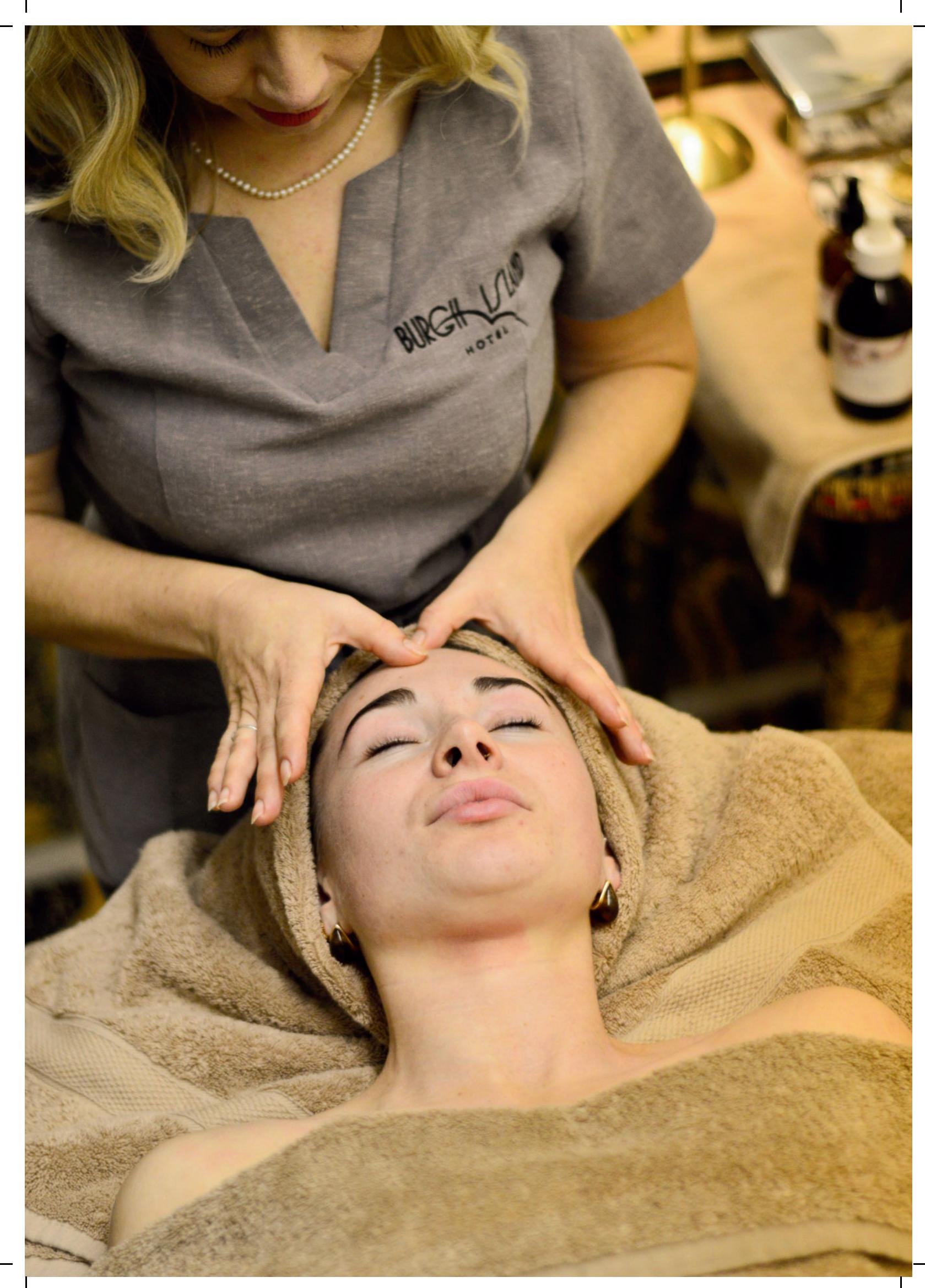
Luxurious back exfoliation to stimulate, polish and refine the skin, then continue your journey with a Restorative Massage or Bespoke Facial. A ritual of pure indulgence and serene self-care.



ENHANCE YOUR EXPERIENCE WITH THE SOOTHING WARMTH OF HOT STONES, DESIGNED TO DEEPEN RELAXATION, RELEASE TENSION, AND EASE TIRED MUSCLES.

ADD ON £15





BURGH LIDO  
HOTEL



# BLOOM FACIALS



Enjoy one of our bespoke facials with Bloom Remedies Skincare, where expert Burgh Island therapists combine mindful touch with organic, botanically rich formulations. Each treatment restores balance, radiance, and a profound sense of calm.

## BURGH BLOOM FACIAL

Enjoy a full hour of our Bespoke Bloom Remedies Facial, featuring neck and décolleté massage, lymphatic drainage, and Indian head massage. A ritual to restore radiance and leave you in profound relaxation.

£130

## FACE YOGA SCULPT AND LIFT

A 30-minute targeted face yoga session designed to tone, lift, and sculpt facial muscles. Gentle movements and massage enhance circulation, release tension, and promote a naturally refreshed, radiant appearance.

£60

## MINI BLOOM FACIAL

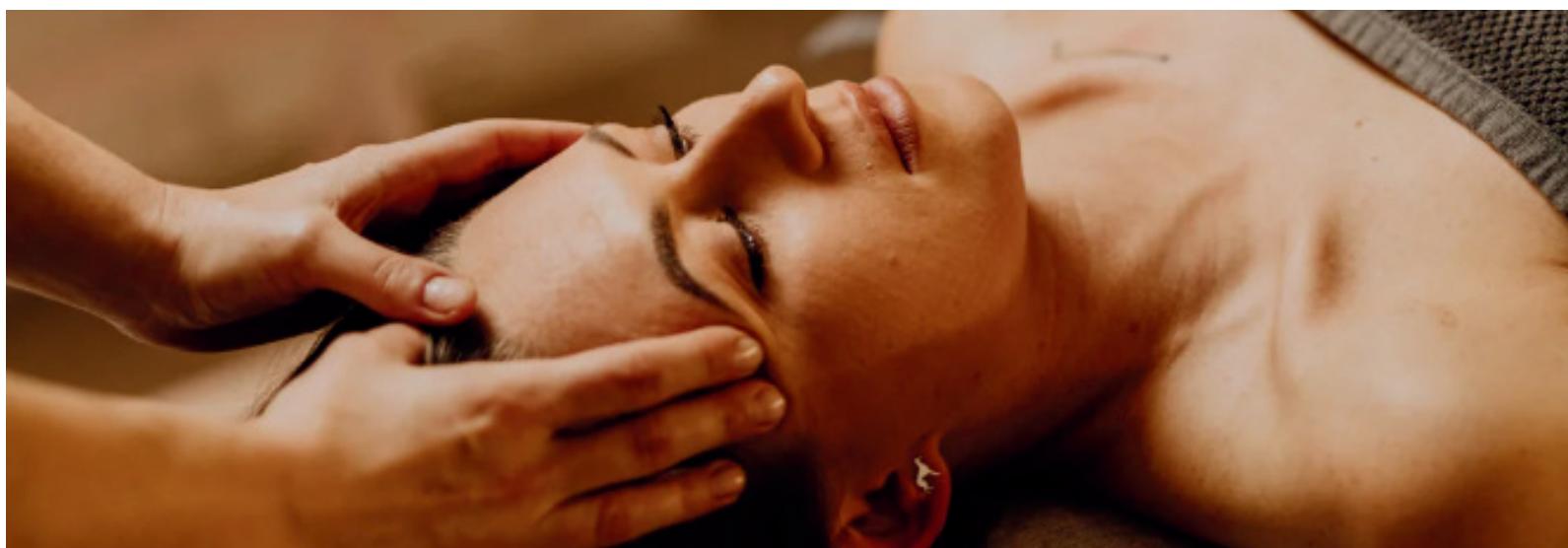
A 45-minute rejuvenating treatment including neck and décolleté massage and gentle facial techniques, to nourish the face skin, restore radiance, and leave you feeling refreshed.

£100

## EYE TREATMENT

Brighten, de-puff, and refresh the delicate eye area for a radiant, rejuvenated, and luminous look.

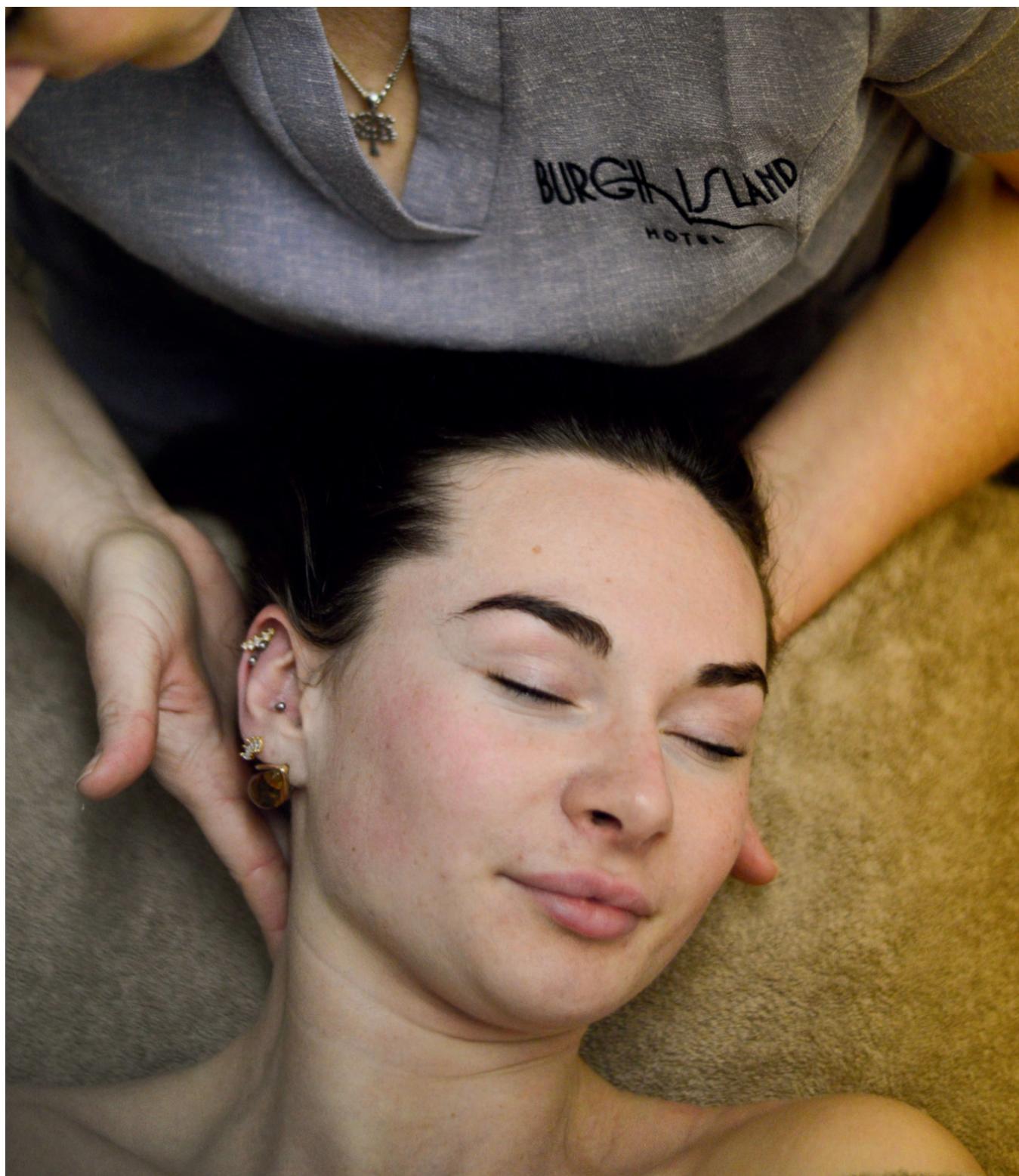
£10



# MASSAGES



Unwind, relax, and restore with our soothing massage treatments. Designed to ease tension and promote deep relaxation, each experience invites you to slow down, reset, and feel your best in mind, body, and spirit.





# MASSAGES



## HANDS ON MASSAGE

After a consultation on your personal requirements, our masseuse will provide a relaxing and nurturing massage using oils and strength of pressure tailored to your personality and physical requirements.

From sports massage to a soothing therapeutic touch, this is the perfect immediate calm down at the start of your stay.

90 MINS FULL BODY  
£180

60 MINS FULL BODY  
£120

45 MINS BACK, NECK AND  
SHOULDERS £90

30 MINS INDIAN SCALP MASSAGE  
£60

30 MINS FOOT MASSAGE  
£60

## HOT STONE MASSAGE

Melt away your tension with a Hot Stone Massage therapy, easing your muscle stiffness and increasing circulation and metabolism.

Our professional massage therapists also incorporate a customized massage, which with the use of hot stones offers enhanced benefits.

90 MINS FULL BODY  
£195

60 MINS FULL BODY  
£130

45 MINS BACK, NECK AND SHOULDERS  
£100





# MASSAGES



## PRE NATAL MASSAGE

A beautifully relaxing and gentle treatment perfect during pregnancy.

This nurturing treatment is specifically designed to focus on alleviating muscular aches on stressed areas, helping you to feel relaxed and restored.

Pre-natal treatments are available after the first trimester.

60 MINS FULL BODY  
£125

45 MINS FULL BODY  
£95

## BAMBOO MASSAGE

Our very special bamboo massage, using bamboo sticks to apply even firmer pressure to the fascia of the muscles, will unroll tension from your body.

90 MINS FULL BODY  
£200

60 MINS FULL BODY  
£135

45 MINS BACK, NECK AND  
SHOULDERS  
£105

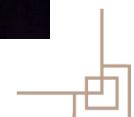




# GLITTERBELS NAILS



A relaxing manicure or pedicure featuring exfoliation, precise nail shaping, and expert cuticle care, followed by a flawless application of beautiful Glitterbels nail varnish or gel colours.





# NAILS



## GLITTERBELS CLASSIC MANICURE AND PEDICURE

Timeless, elegant, and beautifully finished, our classic enamel manicure or pedicure deliver perfectly groomed hands and feet with a smooth, glossy touch.

A simple indulgence for a polished look you will always love.

60 MINUTES MANICURE OR PEDICURE  
£60





# NAILS



## GLITTERBELS GEL MANICURE AND PEDICURE

Perfectly polished and effortlessly chic, our gel manicure or pedicure leave your hands and feet looking flawless for longer.

Enjoy a smooth, high-shine finish with expert care. Beautiful results that last and feel as good as they look.

60 MINUTES MANICURE OR PEDICURE  
£80

30 MINUTES SOAK OFF  
£15

## GLITTERBELS CHROME POWDER FINISH

Add a high-shine or pearlescent finish to any gel manicure or pedicure at no extra cost



# BLOOM REMEDIES



Based in West Cornwall, Bloom Remedies handcrafts natural products using essential oils and herbal extracts. Founded by accredited aromatherapist Marie in 2010, every product is made in small batches with care and attention. They are made to nourish the skin, support wellbeing, and celebrate the healing power of nature.





# BLOOM REMEDIES



Loved your experience? Take the magic home with our trial sets!

Bloom Remedies handcrafted skincare and wellbeing products, made with essential oils and natural ingredients, are available to buy.

Bring the nourishing, relaxing ritual of Bloom Remedies into your own home.

## REVIVE SKINCARE

A complete set of gorgeous travel sized products from the Daily Revive range, including the natural Daily Revive intensive moisturiser and the Nightly Revive face oil with potent botanicals to feed and smooth the skin

The rich moisturiser is particularly good for skin that tends towards dryness or aging skin that needs help with hydration and fine lines.

## TIMELESS REPAIR

From our newly developed Timeless Repair range, this kit includes our Serum Gel and Eye Serum, containing potent botanicals which boost and strengthen collagen repair.

Great for all skin types but particularly good for skin that is transitioning through the menopause and beyond

## REPLENISH SKINCARE

Travel sized products from the much-loved Daily Replenish range, including the natural Daily Replenish moisturiser and the Nightly Replenish face oil with potent botanicals to nourish the skin.

These moisturiser and oil are suitable for all skin types including normal types that do not need rich or heavier creams to combat dryness or aging

£27.50





# BLOOM REMEDIES

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Timeless Repair Serum Gel	£41.50
Timeless Repair Eye Renewal Serum	£25.50
Superfood Nourishing Mask	£34.50
Balance Clay Mask	£23.00
Hibiscus Exfoliating Balm	£25.50
Sandalwood Cleansing Balm	£30.00
Cardamom & Camelia Organic Body Butter	£23.00
Cocoa Butter Organic Lip Therapy	£11.50
Serenity Organic Body Oil with Ylang-Ylang & Geranium	£18.50
Timeless Repair Trial Set	£27.50
Revive Face Care Trial Set	£27.50
Replenish Face Care Trial Set	£27.50



## IN ROOM TREATMENTS

Depending on the treatment and the size of your room, enjoy your service in the comfort of your own suite.

AN ADDITIONAL CHARGE OF £20 APPLIES



## CANCELLATION POLICY

We operate a 48-hour cancellation policy. If you cancel at least 48 hours prior to the day of your treatment you will not be charged.

Cancellations made less than 48 hours prior to the treatment will incur in a full charge.



# BURGH ISLAND

HOTEL

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