

Your Beauty & Wellbeing



China Fleet
Country Club



Your Face

Dermalogica is a state-of-the-art system based on the latest information about skin care and is free from comedogenic or allergy causing ingredients.

Dermalogica ProSkin 30

A complete signature treatment. Maximum results for targeted concerns.

Dermalogica ProSkin 60

The ultimate skin treatment which is different every time. A bespoke 60 minute customised skin treatment with advanced product, techniques and technology in a sensory environment.

Pro Power Peel 60

Our all new pro power peel redefines the peel experience. Our strongest and fastest peel yet, the pro power peel collection features a full suite of peel products, including Alpha hydroxyl acids (AHAS) and beta hydroxyl acids (BHAS).

Your skin therapist will create a customised peel to instantly rejuvenate and refresh your skin with a unique system of three different acids for a deep exfoliation personalised to you, it is ideal to target lines and wrinkles, uneven pigmentation or breakouts.



Your Hands

The global salon brand, OPI reinvents the manicure and pedicure with unique skincare quality ingredients in the ProSpa range

Express Manicure

Featuring essential OPI ProSpa products and techniques in a condensed service that doesn't sacrifice on a premiere experience

Signature Manicure

You will experience the quintessential OPI ProSpa products combined with a relaxing massage and acupressure, includes nail and cuticle prep and paint

Pamper Manicure

The crème de la crème of manicures, you will benefit from unparalleled exfoliation, moisture and protection, while reveling in a combination of massage techniques and acupressure designed to reduce stress and relieve tension, includes exfoliation, nail and cuticle prep and paint

File & Re Varnish

Nails are shaped and finished off with the application of a colour of your choice, includes mask, exfoliation, nail and cuticle prep and paint

Mini Princess (9-14yrs)

Hand massage, shape & paint. This service does not include cuticle care. (An adult must be present during treatment)

Gel, File & Polish Manicure (OPI gel)

This revolutionary product applies like polish, wears flawlessly for 14 days of high gloss, smudge free shine

Your Feet

Express Pedicure

Features essential OPI ProSpa products to provide a spa pedicure experience, includes callus removal, nail and cuticle prep and paint

Signature Pedicure

Includes OPI ProSpa products to soak, exfoliate and smooth callused feet. The service is completed with a regime of massage and acupressure techniques to reduce stress and relieve tension, includes nail and cuticle prep and paint

Pamper Pedicure

Includes unparalleled callus softening, exfoliation, moisture and protections, and nail and cuticle prep and paint. An extended massage combined with acupressure to reduce stress and relieve tension, will leave you feeling relaxed and renewed

OPI Gel Polish

This revolutionary product applies like polish, wears flawlessly for 14 days of high gloss, smudge free shine

Reflexology

A natural therapy working on the pressure points of the feet to treat the whole body





Just for Men

Dermologica ProSkin 30

A comprehensive consultation leads to a power cleanse and extraction. A subsequent facial massage will help with relaxation as well as increasing the function of the skin. An appropriate masque will balance and rehydrate your skin

Back & Shoulder Wax

Remove unwanted hair with our quick and hygienic waxing system

Hand & Nail Management

Hands are soaked to cleanse and remove any debris from under the nails, ragged cuticles are tidied up, followed by a relaxing hand massage

Eye Treatments

Mylash individual

Individual lashes are applied to more than one natural lash at a time. Producing beautiful, longer, thicker and darker natural lashes (patch test required)

Mylash Lift

Treatment to lift each lash individually, adding an appearance of volume to your natural lashes without need for extensions (patch test required)



Your Body

St Tropez Spray Tan

Designed to give you a golden glow continuing to develop over 4-8 hours leaving you with a tan for days

Waxing

We achieve beautiful results, using the safe and hygienic PhD Waxing System

Body Massage

Holistic application of blended oils to improve physical and emotional wellbeing. Working through inhalation and massage application

Hot Stone Massage

Experience the benefits of massage whilst using these warm stones. Creating a balancing, meditative experience leaving you comforted, soothed and grounded

Indian Head

A holistic therapy incorporating a relaxing massage of the head, face, neck, shoulders, back and arms. The benefits include enhanced relaxation, improved circulation and help to relieve mental fatigue and stress

Body Mind Bowen

Contemporary form of holistic, therapeutic bodywork, with potential to restore a better functioning you, by managing your pain, reducing the risk of injury and improving your sense of wellbeing

Sports Therapy

Specifically focusing on the maintenance of performance levels, injury prevention and rehabilitation for individuals involved in sport and exercise





Made for Life[™] Organics

Our formulations are created using the synergy of organic herbs and flowers to be effective and uplifting. Beautiful skin is healthy skin

Rose Indulgence Wrap

This luxurious wrap tones and softens the body with gentle skin brushing, using rich body oils to hydrate and nourish the skin. Completed with a soothing foot rub, facial cleanse and calming head massage

Pregnancy Pampering

Nurturing whole body massage, taking you into a completely relaxed world. Slow smooth massage techniques are used to calm and alleviate any aches and pains, finishing with a relaxing facial, leaving you radiant and glowing

Head in Heaven

Combination of deep breathing exercises and massage techniques including facial pressure point massage to ease tension and clear the mind. Providing complete tranquillity and relaxation

Relax into Radiance

Feel completely invigorated yet relaxed, with the head to toe exfoliation, leaving the skin pristine and polished. Finished with mini facial and head massage, clears and calms

Relax and Rejuvenate Uplifting Facial

An intricate acupuncture inspired natural face lift, combining Aryvedic techniques and hypnotic parasympathetic movements to give visibly improved skin texture and tone. Uplift your skin, mind and soul

Radiance Facial

Designed to eliminate congestion returning & restoring natural luminosity to skin, leaving you looking and feeling radiant

Detox Body Treatment

Invigorating the senses, including a stimulating body brush, body exfoliation and an invigorating body massage



Made for Life[™] Mini Treatments

Back to Life (Mini Treatment)

A treat for the back, neck and shoulders. Starting with a back cleanse and exfoliation followed by a melting muscle massage designed to release aches and reduce tension in those most affected areas

Mind Your Head (Mini Treatment)

Releasing muscular and emotional tension, this massage covers the head, neck and shoulders, leaving a sense of calm and peace

Body Scrub (Mini Treatment)

Using our luxurious body scrub combining two grades of sugar to exfoliate and remove dry skin, whilst Calendula petals provide a gentle smoothing body polish, leaving you feeling super soft and radiant

Sole Sensation (Mini Treatment)

Refresh those tired, aching feet (and soles) with exfoliation, completed with a soothing leg and foot massage with cooling peppermint, healing rosemary and Spiezia 100% organic oils

Tender Touch (Mini Treatment)

Hand reflexes are soothed and nurtured with a caring touch using enriching and moisturising hand balm





Spa Days

Treat yourself to an indulgent range of relaxation days that will leave you feeling refreshed and revitalised

Mini Spa Day - 30 minute treatment*

Indulgence Spa Day - 60 minute treatment*

Signature Spa Day - 60 minute treatment*

Includes:

Tea/coffee on arrival

One treatment

2 course lunch with soft drink

or as an alternative choose our Afternoon Tea

Use of the indoor pool and Aqua Spa

(robe, towel and slippers are provided for use in this facility)

10% off any extra treatments (must be pre-booked)

All advertised treatments include client preparation time (pre and post) and consultation

*Please see website for treatment choices

Gift vouchers available from Barn Spa and online

Spa Breaks

If you are in need of some me time, one of our relaxing spa breaks could be just what you are looking for

Mini Spa Break - 30 minute treatment*

Indulgence Spa Break - 60 minute treatment*

Signature Spa Break - 60 minute treatment*

**Mini Spa & Golf Break - 30 minute treatment* for 1,
round of golf for 1**

**Indulgence Spa & Golf Break - 60 minute treatment* for 1,
round of golf for 1**

Includes:

One treatment

Overnight stay

One round of golf (golf breaks only)

Full West Country & continental breakfast

Evening meal from our Upper Deck Bistro Menu

Use of the indoor pool and Aqua Spa

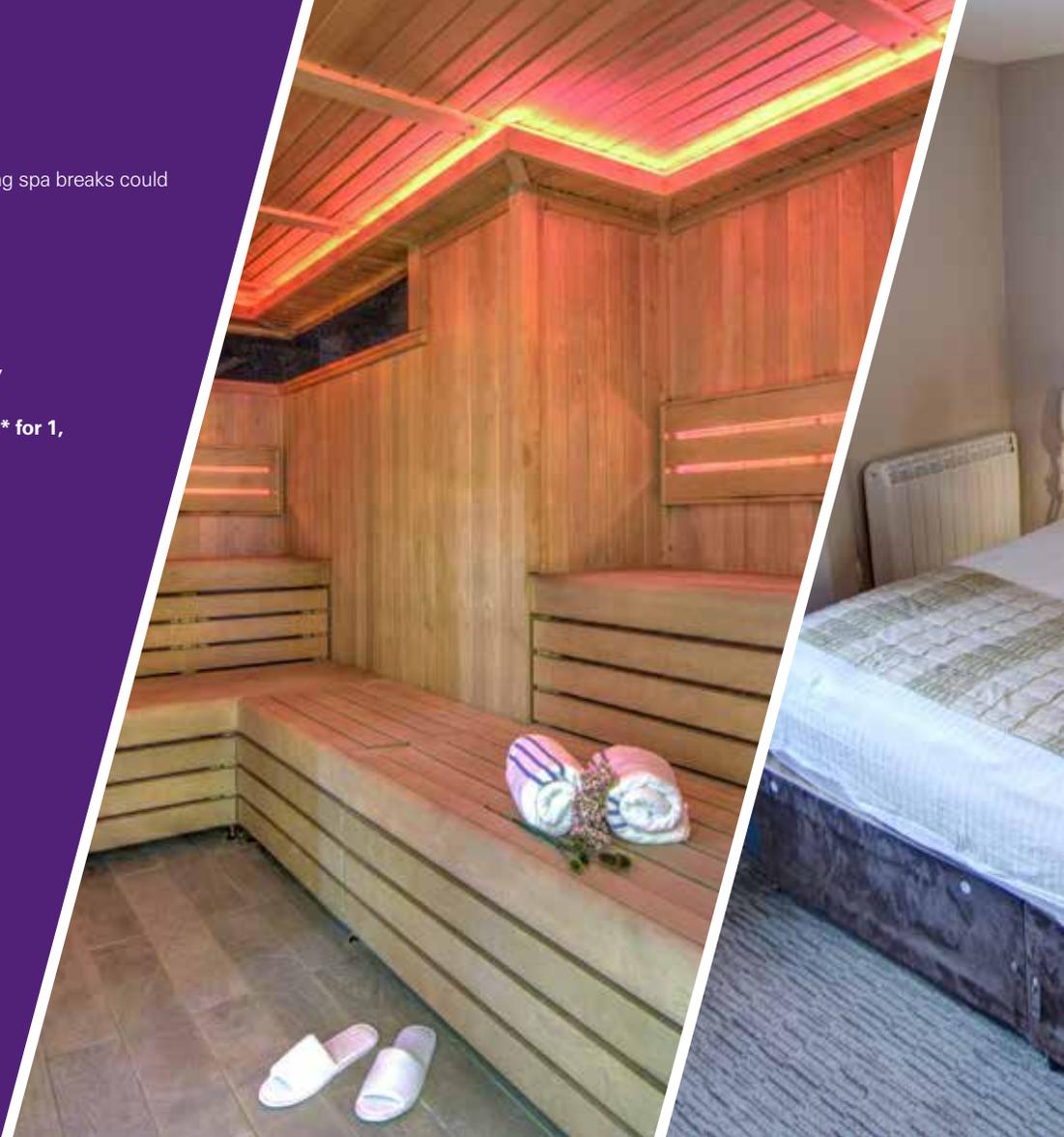
(robe, towel and slippers are provided for use in this facility)

10% off any extra treatments (must be pre-booked)

All advertised treatments include client preparation time (pre and post) and consultation

*Please see website for treatment choices

**Gift vouchers available from Barn Spa
and online**







China Fleet Country Club, Saltash, Cornwall PL12 6LJ UK Telephone 01752 848668 option 6

www.china-fleet.co.uk

FOOD HYGIENE RATING

