LONGVILLE HOUSE

SPA TREATMENT ROOMS



Relax, Unwind & Restore

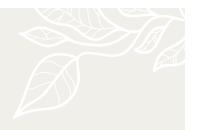
Wake up to 20 acres of natural beauty, babbling fountains, glorious bird song, mature gardens and beckoning paths.

Relax in your own hot tub. Listen to the owls calling and the crackling of your fire pit. Gaze at dark velvety skies studded with the brightest of stars. Breathe. Fine dine. Local deliciousness inspires our tasty seasonal menus.

Nourish Your Mind & Body

Enhance your wellbeing with wonderful therapeutic massages and treatments, providing your skin with all the essential nourishment it needs. We only use Made For Life Organics within our treatments. Each product is handmade in Cornwall, providing richly scented balms and oils packed with natural plant extracts to provide your skin with all the essential nourishment it needs. Our Spa rituals, combined with each product, promote an immune response encouraging the body and mind to detoxify and release tension.





100% ORGANIC SKINCARE

Be Kind to Yourself & to The Environment

We are proud to associate with Made For Life Organics and you will be pleased to learn that the entire collection has the Soil Association organic certification. From the labels on the recycled glass bottles and jars to the product miles of all the ingredients, Made For Life Organics track the provenance of every ingredient that goes into each product so each balm, oil or ointment has its own life story. Their constant desire to improve their eco credentials has allowed them to become the first UK Spa brand to gain Bcorps eco credentials.





100% ORGANIC SKINCARE

100% Organic & Natural

Each product is natural, with no added synthetic chemicals, including parabens, and have not been tested on animals.

The balms and oils are processed using a unique method of capturing solar and lunar energy during a targeted 'maceration', which lies at the heart of each product to provide intense and natural healing properties.



HAND ON HEART

Deeply Relaxing Back, Scalp & Facial Treatment

Smooth, slow and rhythmic Tui Na and gentle touch is applied to the scalp, face, back and shoulders. The slow Tui Na Chinese movements rebalance and calm the upper body.

The facial eases any tension held within the face and also replenishes, nourishes and revives the skin, using luxurious 100% organic oils and balms.

This deeply relaxing and nurturing spa ritual is suitable for all and created to help you reach a sense of deep peace and calm. Good for stress, burnout, tension and a busy mind.

£90 60 minutes

CATCH THE BREATH

Soothing & Relaxing Back & Scalp Treatment For those with less time, who simply want some time out to 'catch the breath'; this nurturing back, head and shoulder ritual will help you to gently drift away and relax.

Your therapist uses slow, soothing and nurturing touch therapy with 100% organic oils and balms to bring you a deep sense of calm and relaxation.

This deeply relaxing and nurturing spa ritual is suitable for all and created to help you reach a sense of peace and calm. Good for relaxation, upper body tension and rebalance.

£50 30 MINUTES



AROMATHERAPY MASSAGE

Deeply Relaxing Full Body Massage

£90 60 minutes

This massage works on re-balancing the mind through the sense of smell.

With rhythmic and lymphatic drainage movements gently easing away the stresses of the body, a deeper sense of relaxation is created.



File & Polish

£30 30 MINUTES

We will shape your nails to the desired shape you have always wanted. Finishing with the perfect colour of your choice.



£65 60 minutes

An effective and relaxing treatment for your feet.

Refresh tired, aching feet (and soles) with a rosebud foot soak and exfoliation, followed by a soothing leg and foot massage with cooling peppermint, healing rosemary and Made for Life Organic oils.

Care is taken to shape your nails and tidy your cuticles and nails are finished with your choice of colour.

Shellac Manicure

£45 60 MINUTES

Treat your nails and hands with the shellac manicure.

We treat the nails with cuticle oil from the Made For Life Organic brand which is 100% organic. Shape your nails to the desired look you want with a relaxing hand massage.

To finish with the perfect colour of your choice which will last up to two weeks. Gentle Touch Hand & Nail Treatment

£45 60 minutes

A gentle and relaxing treatment for your hands and nails.

Oils and balms are carefully applied to nourish and soothe your hands and arms.

Care is taken to shape your nails and tidy your cuticles and nails are finished with your choice of colour

Express Radiance Facial

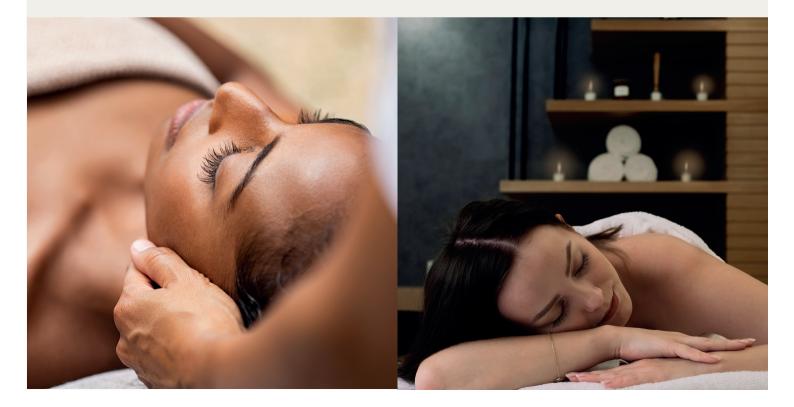
£40 30 minutes

This express facial will leave your skin feeling fresh and glowing. Using the Made for Life Organic range of skin products, it will put the radiance back into your skin.

Winter Warming Body Wrap

£45 30 MINUTES

This winter why not come by and have a relaxing warm body wrap which releases all stress from your body and softens your skin with the Made For Life Organic softening body oil.



Radiance Facial

An organic, detoxifying facial treatment to restore natural luminosity

£90 60 minutes

An organic facial detoxifies, cleanses and refreshes the skin, leaving you looking and feeling radiant.

This facial is ideal for anyone who would like to experience an organic detoxifying treat. 100% organic balms, oils and gentle exfoliation will nourish and cleanse, eliminating congestion and returning natural balance to the skin. A beautiful way to restore natural luminosity to the skin, leaving you looking and feeling radiant.

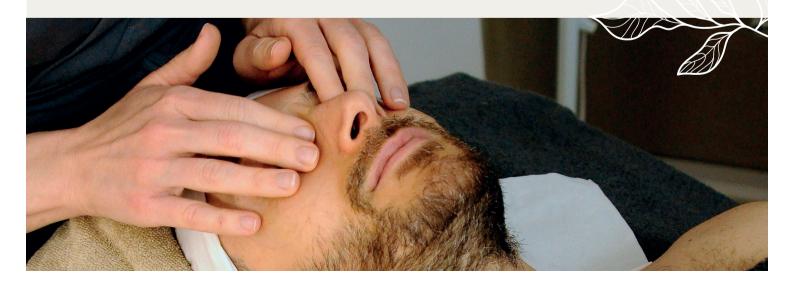
Power Revive Facial for Men

Deeply cleansing, brightening and tension releasing

> £70 60 minutes

This face treatment detoxifying deep cleanse and exfoliation will decongestant and brighten the skin.

A dynamic facial massage boosts circulation, energising the skin with oxygen and nutrients followed by a tension-releasing deep shoulder, neck and scalp massage.



Rose Quartz Wellness Facial

Deeply relaxing, energising and uplifting facial massage

£85 60 minutes

This deeply calming and uplifting facial softens tension and stress lines by using deep, therapeutic massage techniques across the face, neck, and shoulders.

Puffiness is dissolved and energy is infused into the complexion using cooling Rose Quartz "Gua Sha" Crystals.

Eyes are refreshed and contours of the face are sharpened.

The Made for Life Rose Quartz Facial begins with a relaxing meditation and includes a soothing scalp massage whilst the 100% organic products work their magic.

This facial leaves you feeling renewed and aglow with health and vitality.

Soul Sensation

£45 30 MINUTES

Refresh those tired, aching feet with a refreshing foot exfoliation, followed by a soothing leg and foot massage with cooling peppermint, healing rosemary balm.

Hot Stone Upgrade £15 30 MINUTES

The heat of the stones enhances relaxation, promotes detoxification and results in the body feeling comforted and serene. Add this to your aromatherapy massage.



Spa Days

Indulgent Ritual

£115 Per person

Arrive and enjoy a delightful pot of organic tea and take in the beautiful manor house and surroundings, choose one of the below 60 minute treatments, then relax and enjoy a glass of Prosecco along with the Longville Afternoon Tea.

Aromatherapy massage

Gentle touch hand and nail treatment

Power revive facial for men

Good for the sole pedicure

Radiance facial

Spa Days



£175 Per person

Arrive and enjoy a delightful pot of organic tea and take in the beautiful manor house and surroundings, maybe a walk in the herb garden?

You will then melt away for the next 90 minutes in the hands of our skilled therapists, then relax in the lounge with a good book whilst enjoying a glass of Prosecco along with a choice of the Spa Lunch or The Longville Afternoon Tea.

Hand on Heart

Soul Sensation 30 MINUTES



Terms and Conditions

Arrival Time

Please allow sufficient time prior to your experience to complete a Spa consultation form and/or health questionnaire.

We recommend that you arrive up to 30 minutes in advance of your treatment so that you can relax.

Please be advised that late arrivals will result in a reduction of treatment time.

Your Treatment Time

Treatment times include before and aftercare.

Medical Conditions

Some of the treatments offered are not suitable for guests with certain medical ailments and conditions. We request that you bring any concerns to our attention at the time of booking.

Prices

All prices are quoted in GBP and are subject to change at any time. Gratuities are not included and are welcomed at your own discretion. Terms and Conditions

Cancellation Policy

Full pre-payment is required for all Spa Days and Spa Treatment bookings.

Spa Treatments must be booked and confirmed with the Spa prior to arrival by the guest.

Spa Day and Spa Treatments must be paid in full at the time of booking and cannot be in conjunction with any other.

Spa Day and Spa Treatments can be amended or cancelled at no charge up to seven days prior to day of arrival.

Bookings cancelled within seven days of arrival will incur full payment.

Children's Treatment Policy

We do not offer Treatments for children under 16 years old.

Homecare

Discover the full Made For Life Organics skincare range at The Longville Estate and experience the power of beautiful skin.

Gift Vouchers

Spa Breaks, Spa Days and Gift Vouchers for Treatments all make great gifts for that special friend or family member. All Vouchers are available to purchase at the hotel reception or online.





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