

THE IDLE ROCKS  
ST MAWES

SEVAN

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## FACIALS

### SUBLIME SKIN PRO-LIFT

This intensive facial treats thinning, lined skin with loss of skin elasticity. These products provide instant skin-plumping and increased firmness and skin tone. Specialised Kobido facial massage followed with a replumping peel-off mask leaves the skin smoother, nourished with improved fullness and lift.

£80 (70 mins)

### HYDRA GLOW FACIAL

This dynamic facial is for anyone seeking ultimate hydration, immediate glow and vitality. Advanced massage techniques and the use of Cryo Spoons reduce the appearance of fine lines, tone and cool the skin. The unique peel of lactic acid for immediate renewal and glow, and the use of powerful hyaluronic acid and bio active prickly pear deliver profound hydration, provides instant hydration and radiance for healthy dewy skin.

£72 (25/55 mins)

### LUMINANT BRIGHTENING FACIAL

An intensive triple action facial, for the correction of existing dark spots, hyperpigmentation and uneven skin tone, revealing fresh, bright and radiant skin. This indulgent facial is ideal after sun exposure, for dull and uneven complexions and is suitable for everyone, even during pregnancy and skin sensitivity.

£72 (55 mins)

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## HANDS & FEET

**EXPRESS SHAPE & POLISH** £42  
(30 mins)

**SEVAN SIGNATURE MANICURE** £58  
Restoring nourishment to the hands. Nails & cuticles are cleaned & shaped with your choice of gel polish applied. Finishing with a rejuvenating massage using a protective treatment of Vitamin E & Karite Butter & a spritz of fragranced oil.

**EXPRESS SHAPE & GEL POLISH** £42  
(45mins)

**SEVAN SIGNATURE PEDICURE** £62  
Revitalising foot ritual. Feet are scrubbed, toenails & cuticles are trimmed & shaped with your choice of gel polish applied. Finishing with a decadent massage to reveal polished, smoother feet.



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## BODY MASSAGE

### TRANQUILLITY™ PRO-SLEEP MASSAGE

This ultimate sleep-inducing experience is inspired by Ayurvedic and Indonesian Sea Malay techniques. This treatment delivers an exceptional massage ritual including the use of soft brushes, which acts in synergy with your sensorial pathways. Our Tranquillity™ Sound, essential oil blend and unique massage techniques effectively induce a deep state of calm & wellbeing. Ideal to restore our sense of emotional balance, deliver a profound sense of relaxation and provide the perfect nights sleep.

£85 (55 mins)

### TRADITIONAL SWEDISH MASSAGE

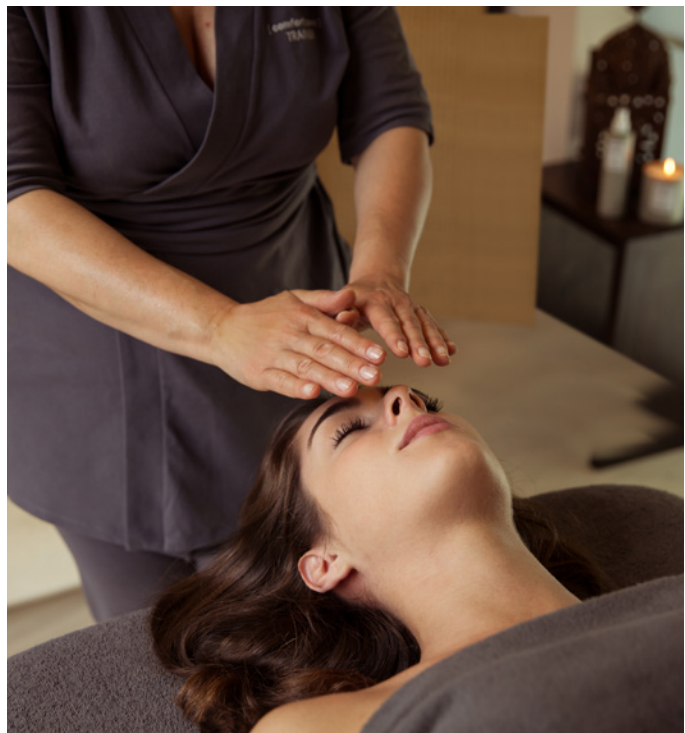
Swedish massage uses classic massage techniques to manipulate the soft tissues and ease muscle tension. Excellent for post-sport or physical exercise, or in cases of a tight back and shoulders.

£55 (30 mins) £105 (60 mins)

### IDLE ROCKS x SEVAN AROMATHERAPY MASSAGE

A beautifully relaxing aromatherapy massage with mood, spirit and mind-enhancing blends from Aromatherapy Associates. Immerse yourself in the Idle Rocks experience.

£110 (60 mins)



Book via Hotel Reception



or at [sevanstmawes.co.uk](http://sevanstmawes.co.uk)

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## BODY RITUALS

### TRANQUILLITY™ WELLNESS RITUAL

This experience begins with our Tranquillity welcome hand ritual, followed by full body exfoliation with our signature Tranquillity Scrub. Our exceptional massage, inspired by the Indonesian Sea Malay techniques, acts in synergy with your sensorial pathways. Our Tranquillity™ Sound and Essential Oil Blend effectively induce a deep state of calm and wellbeing. Ideal to address emotional anxiety and stress, restore balance and deliver a profound sense of wellbeing.

£110 (55 mins)

### HIMALAYAN SALT RITUAL

An extraordinary body ritual designed to hydrate the skin and ease muscle aches and pains. This ritual begins with our Tranquillity Welcome followed by our signature massage using warmed Himalayan salt stones, which bestow relaxation, alleviating tension, stress and anxiety. A full body scrub of precious pink Himalayan salt crystals and aromatic oils will detoxify the body, ease aches and pains, stimulate the metabolism and restore vitality and balance. An application of D-Age Cream will leave the skin soft, nourished and toned.

£115 (55 mins)

## IDLE ROCKS x SEVAN SIGNATURE EXPERIENCE

### BACK, FACE & SCALP WITH HIMALAYAN SALT MASSAGE

Take a breath, inhale and release. This hero treatment experience has the aim of providing a period of calm and wellbeing beginning with our Tranquillity ritual. Our indulgent, results driven facial is performed to suit your specific skin needs, and this is followed by our signature back massage with warm Himalayan salt stones. This experience provides a pause in our busy lifestyles and leaves your skin hydrated and radiant

£138 (70 mins)

**comfort zone**  
conscious skin science

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