

THE IDLE ROCKS
ST MAWES

SEVAN

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MASSAGE THERAPY

TRADITIONAL SWEDISH MASSAGE

A deeply relaxing full body massage using classic Swedish techniques to ease tension, improve circulation and promote overall wellbeing.

£125 (60 mins)

SWEDISH BACK MASSAGE

A focused treatment for the back, neck and shoulders to relieve tension, ease tight muscles and restore comfort.

£85 (30 mins)

IDLE ROCKS x SEVAN AROMATHERAPY MASSAGE

A signature sensory massage using Aromatherapy Associates blends, inspired by the Cornish coastline. Deeply relaxing and balancing for body, mind and spirit.

£130 (60 mins)

PREGNANCY, SCALP, NECK AND SHOULDER MASSAGE

A nurturing treatment designed to ease tension in the scalp, neck and shoulders, helping to relieve stress and encourage deep relaxation during pregnancy.

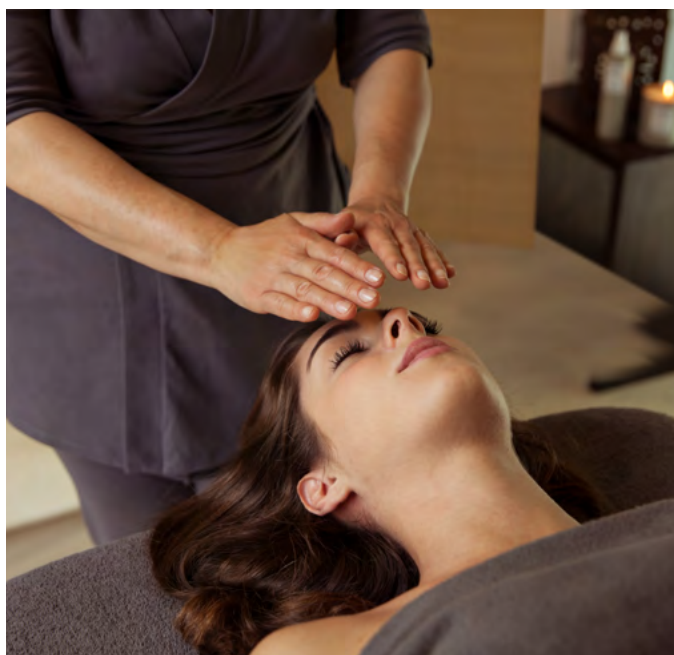
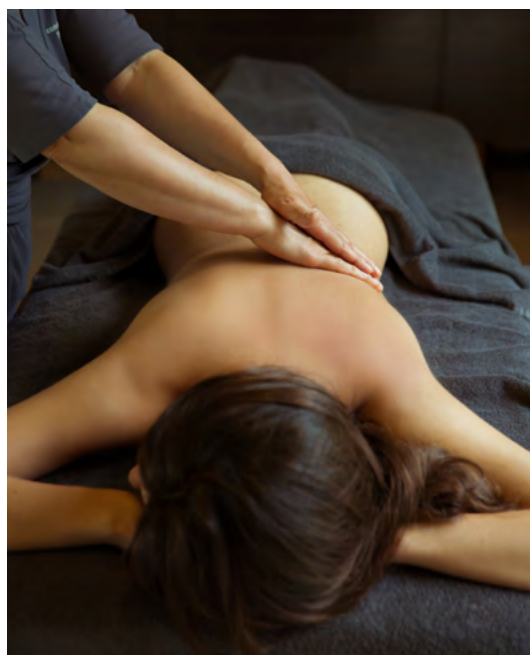
£90 (45 mins)

ADD-ON

Red Light Therapy

Add to any massage

+ £12



Book via Hotel Reception

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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.

£95 (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.

£85 (60 mins)

LUMINANT BRIGHTENING FACIAL

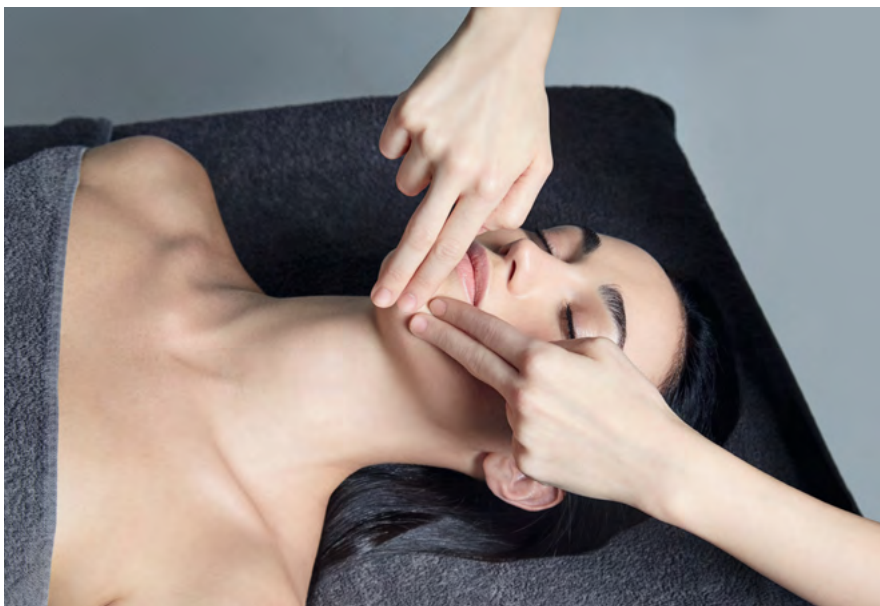
An intensive triple action facial, for the correction of existing dark spots, hyperpigmentation and uneven skin tone, revealing fresh, bright and radiant skin. This indulgent facial is ideal after sun exposure, for dull and uneven complexions and is suitable for everyone, even during pregnancy and skin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

£90 (60 mins)

ADD-ON

Red Light Therapy
Add to any facial

+ £12



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HANDS & FEET

SEVAN SIGNATURE MANICURE

Restoring nourishment to the hands. Nails & cuticles are cleaned, shaped & finished with a rejuvenating massage using a protective treatment of Vitamin E & Karite Butter & a spritz of fragranced oil.

£48

ADD-ON	Gel Polish	+ £5
	Previous Gel Polish Removed	+ £5

SEVAN SIGNATURE PEDICURE

Revitalising foot ritual. Feet are scrubbed, toenails & cuticles are trimmed, shaped & finished with a decadent massage to reveal polished, smoother feet.

£48

ADD-ON	Gel Polish	+ £5
	Previous Gel Polish Removed	+ £5



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SEA THERAPY

A COASTAL IMMERSION

Inspired by the restorative power of the Cornish coast, SEVAN Sea Therapy is our signature immersive wellness experience.

Immerse yourself in flowing ocean light, soothing coastal soundscapes and the fresh fragrance of sea air and coastal botanicals as advanced skin therapy meets the healing rhythms of the sea.

Combining an immersive coastal environment with a **Regenerative Marine PDRN Facial**, soothing **Wave Compression Therapy**, **Cornish Sea Salt Therapy** and deeply restorative massage, this carefully curated experience is designed to calm the nervous system, replenish the skin and restore a profound sense of wellbeing.

More than a treatment, SEVAN Sea Therapy is a complete coastal immersion - where innovation, nature and therapeutic touch come together to leave you feeling lighter, calmer, deeply restored and connected to the restorative spirit of the Cornish coast.

£148 (90 mins)



- Cornish Sea Salt Therapy
- PDRN Marine Mask
- Wave Compression Therapy
- Restorative Massage



Please note experiences are not suitable for those who are pregnant or breastfeeding, or have cardiovascular or circulatory conditions. Other medical conditions may also be contraindicated, alternative treatments are available.

Please arrive with gym/activewear or swimwear for your experience appointment. Towels are provided.

ADD-ON

Red Light Therapy + £12
Add to any massage



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DETOX THERAPY

HEAT. CLEANSE. DRAIN. REHYDRATE.

A deeply restorative full-body detox ritual designed to leave you feeling lighter, refreshed and renewed.

Begin with stimulating dry body brushing before being cocooned in the therapeutic warmth of our sauna blanket, encouraging deep perspiration and circulation while supporting the body's natural elimination processes.

Following a refreshing shower, nourishing botanical oils are applied using rhythmic lymphatic-stimulation techniques to encourage fluid movement, replenish the skin and restore hydration.

The experience concludes with mineral and electrolyte hydration, leaving the body beautifully nourished and with a renewed sense of lightness and wellbeing.

£138 (70 mins)



Please note experiences are not suitable for those who are pregnant or breastfeeding, or have cardiovascular or circulatory conditions. Other medical conditions may also be contraindicated, alternative treatments are available.

Please arrive with gym/activewear or swimwear for your experience appointment. Towels are provided.

ADD-ON

Red Light Therapy + £12
Add to any massage



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