

Treatments



MASSAGE

Deep Tissue Muscle Massage | Elemis | 60 mins or 75 mins £55 | £70

Ease aching muscles with this powerful deep tissue massage using a blend of essential oils. Relax, re-charge and re-energise.

Deep Tissue Back Massage | Elemis | 30 mins £35

Targeting the back, shoulders and neck to relieve tension.

Tranquility Scalp Massage | Elemis | 30 mins £35

Calming massage with soothing oils to ease tension from the scalp, neck and shoulders.

Side by Side Massage | 30 mins or 60 mins £60 | £90

Full body massage [for two].

SCRUB

Intensely Cleansing Salt Scrub – Lime and Ginger or Frangipani | Elemis | 30 mins £40

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

FACE

Superfood Pro-Radiance Facial | Elemis | 60 mins £55

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising detoxifying actives. Clinically proven* to leave skin plumper, radiant and lit up with good health. *Independent clinical trials.

Pro-Collagen Age Defy Facial | Elemis | 60 mins £55

Tackle fine lines and wrinkles with the clinically proven* age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin. *Independent clinical trials.

Express Facial | 30 mins £35

Tailored to your skin's individual needs, this express facial includes; cleanse, exfoliate, mask, scalp massage and moisturise.

COMBINED

Coastal Calm | 40 mins £40

Our signature treatment, a 20 minute relaxing back, neck, shoulder massage, and 20 minute revitalising facial.

Coastal Trio | 60 mins £55

30 minute back massage, 15 minute express facial and 15 minute head and scalp massage.

HANDS

Express Manicure | 25 mins £22
File, tidy, polish

Manicure | 45 mins £38
File, cuticle tidy, hand and arm massage and polish.

FEET

Express Pedicure | 25 mins £22
File, tidy, polish

Pedicure | 45 mins £38
File, cuticle tidy, foot and leg massage and polish.

EYES

Eyebrow Tidy | 15 mins £15

Eyebrow Tint | 15mins £15

Eyelash Tint | 20 mins £15

Mix and Match two of the above | 30 mins £25

WAX

Full leg | 45 mins £30

Half leg | 30 mins £25

Bikini | 15 mins £15

Lip | 15 mins £15

Underarm | 15 mins £15

Health Club

HIRE

Tennis racket & ball hire £4

Towel hire £1

Towel, robe & slippers hire £3

MEMBERSHIP

Indoor heated pool | Outdoor pool | Gym | Tennis

	Day	Month	6 Months	Year
Single Adult	£5.90	£34.00	£175.00	£314.00
Joint Adult	£11.80	£58.20	£288.40	£515.00
Junior 2-15	£3.70	£18.50	£100.90	£175.00
Family	£18.50	£100.90	£490.30	£865.20
Under 2's	FREE	FREE	FREE	FREE

FRIENDS MEMBERSHIP

Live locally? Join "VIPolurrian" | 10% discount on club membership, treatments, exclusive offers (plus dining, stays, events hire).
Terms and conditions apply

ESSENTIAL INFO

Open daily 7am to 9.30pm

Pool

Adults only 7am to 8.30am | 7pm to 9.30pm

Gym

Over 16's only

Treatment Rooms

Please arrive 10 minutes prior to your treatment.

To make a booking

Polurrian on the Lizard

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