



WELCOME TO THE DISCOVERY SPA



soar mill cove
HOTEL SPA SELF CATERING

Dive in our Spa is waiting...

Relax, revitalise, restore. Our Discovery Spa facilities and spring-fed, saltwater heated swimming pool are waiting to gently nourish your mind, body and spirit. It's a haven to escape the everyday... Pure bliss.

We feature the innovative, results-driven product range from Temple Spa. Thoughtful products rich in botanicals, crafted with advance derma-science and technical edge, gorgeous Mediterranean aromatics and feel-good textures that feel like cashmere and are dedicated to preserve skin, body and soul.

Our Spa offers a specially designed selection of treatments to make you feel totally relaxed and the stresses of the modern life ebb away, with a few special indulgences for mums-to-be and gentlemen too... Read on and get ready to relax.



Should you wish to recreate your Discovery Spa experience at home, all the products used in our Temple Spa treatments are now available for you to purchase. Our professional therapists will be able to advise the best products to suit your skin type.

FACIALS

My Kinda Skin:

60 minutes, £65

Bespoke prescription facial for your skin type.

- A treatment using products specifically for your skin.
- A gorgeous facial including: face mask; lymph drainage; face, scalp, hand and arm massage - leaving you feeling amazing.

Mediterranean Marinade:

60 minutes, £65

A totally luxurious and calming facial for sensitive or delicate skin, packed with fresh ingredients and vitamin boosters.

- Designed to soothe, calm and de-stress.
- Deep cleanse followed by the unique Temple Spa marinade, lymph draining and tranquil face massage.
- A deeply relaxing experience.

Power Breakfast:

30 minutes, £40

An express facial for all skin types. If you need to look your best and don't have much time, then is ideal for you.

- A healthy breakfast for the skin.
- Oats, honey, fruit juices combined to create this revitalising facial.
- Deep cleansing power cleanse; nutritious mask; lymph drainage massage and wonderful scalp massage.
- You will feel ready for anything the day brings.

Repose:

75 minutes, £80

Relaxing, indulgent facial for all skin types, infused with generous anti-inflammatory ingredients and will soothe, calm and nourish a tired, irritated or unhappy complexion.

- Relaxing face and eye massage;
- Hot oil scalp massage and a wonderfully relaxing hand & arm massage.
- This treatment is pure bliss!

Champagne & Truffles:

90 minutes, £90

The crème de la crème of facials and just the thing if you're looking for a serious celebration for the skin.

- With champagne, silk, diamonds, gold and of course black truffles.
- Special lymph draining massage techniques to reveal fresher skin, warm melting mask to help iron out fine lines and wrinkles.
- Specialist lifting massage to strengthen muscle tone on the face and jowls, and an iced blend to reduce puffiness.
- And an application of the Temple Spa award-winning Skin Truffle to leave your complexion glowing.
- The luxury complete with a flute of bubbles and a delicious handmade truffle to enjoy.

BODY TREATMENTS

Outer Glow:

45 minutes, £50

Face & body exfoliation.

- Using our unique Sugar Buff Body Scrub, we polish your body and exfoliate your face with Breakfast Smoothie.
- Leaves your skin top-to-toe soft!

AAAHHH!:

30 minutes, £35

A leg & foot energiser.

- Instant relief for tired, over worked limbs.
- Skin brushing; Mediterranean scrub; warm oil massage that will leave you tingling, before an invigorating rub with Aaaahhh!

MASSAGES

Reflexology Treatment:

45 minutes, £55

Reflexology is a deeply relaxing treatment which involves the application of pressure to areas on the feet, hands and ears and is extremely effective way to alleviate stress with benefits that can be felt throughout the body.

Drift Away:

30/60/90/minutes, £35/£65/£85

A really relaxing massage treatment with choices to suit your mood.

- Back, neck and shoulders; full body or full body, face and scalp.
- Formulated with a dreamy blend of essential oils, guaranteed to have you drifting away.

Rocks Of The Mediterranean:

75 minutes, £85

A popular Thermal Hot Stones massage.

- Treatment using warm basalt lava stones to massage the body from head to toe.
- Be relaxed and rejuvenated in a sensation unique to stone massage.

Work It Out:

30/60/90/minutes, £35/£65/£85

Detoxing / muscle workout massage that will sculpt the body, relieve fluid retention and work out tired muscles, using the ingenious WORK IT OUT detox oil.

- Full body brushing to get the circulation going and improve lymph drainage.
- Really deep tissue, body boosting massage with special techniques to really give your muscles a work out. Detox-licious!

SIDE ORDERS

Have you ever had a treatment at a spa and thought to yourself, 'I wish I could have a little more'? Well now you can!

Choose from our lovely selections of options to add onto any main treatment:

15 minutes per side order, all £15 each

1. Stressed Out? Enjoy our hot stone neck & shoulder treatment.
2. Head feel heavy and uptight? You will love our sedating hot oil scalp massage.
3. Love your hands to be pampered? Select our indulgent hand ritual.
4. Want a spring in your step? Select our Indulgent foot ritual.
5. Want to look less tired? Discover our secret eye remedy.
6. Contourist mask upgrade.
7. Paraffin wax treatment. A luxurious treat that can help you achieve baby-soft skin.

MANICURES

Gel Polish removal (with reapplication)

30 minutes. £10

Gel Polish Removal (with application of base coat only) 30 minutes, £15

Express File & Top Coat: 15 minutes, £15

Classic OPI Manicure: 45 minutes, £30

Luxury OPI Manicure: 1 hour, £40

OPI Gel Manicure: 45 minutes, £35

Luxury OPI Gel Manicure: 1 hour, £45

Add paraffin wax treatment, 15 mins, £15

PEDICURES

Classic OPI Pedicure: 45 minutes, £30

Luxury OPI Pedicure: 1 hour, £40

OPI Gel Pedicure: 45 minutes, £35

Luxury OPI Gel Pedicure: 1 hour, £45

Add paraffin wax treatment, 15 mins, £15

'MINI ME'

Mini pampering treatments ideally suited for under 12's when accompanied by an adult.

Mini OPI Manicure: 20 minutes, £20

Mini OPI Pedicure: 20 minutes, £20

Mini Temple Spa Facial: 25 minutes, £25

WAXING

Half Leg Wax: £20

Half Leg & Bikini Line: £30

Full Leg: £30

Full Leg & Bikini Line: £40

Under-arm Wax: £12

Bikini Line: £20

Brow Wax: £15

Lip & Chin Wax: £15

Lip Wax: £10

SIGNATURE TREATMENTS

My Kinda Mood:

120 minutes, £120

A prescriptive facial & massage bespoke to you, that will make you look, feel and smell oh so good.

- Starting with a chat about how you are feeling - skin, body & soul - and let you smell the different aromas to match your mood.
- Followed by a restorative full body massage; indulgent facial with the products and techniques perfect for your wants and needs.



Gents only

FACIALS

Go Guy: 60 minutes, £65

Men's facial for all skin types, perfect to revive, refresh and invigorate

- Deep brush cleanse, choice of lifting or tranquil massage, lymph draining techniques and an exfoliating mask.
- Aching neck muscles will be massaged, worry lines smoothed and headaches soothed and a detoxifying foot massage
- Simply time well spent!

BODY TREATMENTS

I'll Be Back:

45 minutes, £45

A facial for the back.

- Invigorating exfoliation using our Mediterranean scrub.
- A deeply cleansing treatment using warm purifying mud and heated fragrance infused mitts to remove the mask before a stimulating massage leaves you energised.

MANICURES

Express File & Top Coat: 15 minutes, £15

For Mums to be

MASSAGES

New Beginnings: 60 minutes, £65

A wonderful Mummy to be massage.

- Specially designed just for expectant mums!
- Full body massage, without the need to lie on your tummy.
- Relaxes you and bambino too!

SIGNATURE TREATMENTS

Yummy Mummy To Be: 2.5 hours, £160

Everything a mother to be should have to make her feel healthy, gorgeous and pampered.

- Our specially designed treatment for expectant Mummies to enable their full body to be massaged & treated without having to lie on their tummy.
- Followed by a delicious face treatment packed with wonderful natural ingredients.
- Ending with a revitalizing Leg Energiser treatment - perfect for swollen ankles.

SIDE ORDERS

Have you ever had a treatment at a spa and thought to yourself, 'I wish I could have a little more'? Well now you can!

Choose from our lovely selections of options to add onto any main treatment:

15 minutes per side order, all £15 each

1. Stressed Out? Enjoy our hot stone neck & shoulder treatment.
2. Head feel heavy and uptight? You will love our sedating hot oil scalp massage.
3. Love your hands to be pampered? Select our indulgent hand ritual.
4. Want a spring in your step? Select our Indulgent foot ritual.
5. Want to look less tired? Discover our secret eye remedy.
6. Contourist mask upgrade.
7. Paraffin wax treatment. A luxurious treat that can help you achieve baby-soft skin.

Discovery Spa

SPA DAYS

The discovery spa at Soar Mill Cove Spa is a haven to escape the everyday... and our expertly designed days will restore and refresh you, ready to take on the big wide world renewed and revitalised.

Spend some time luxuriating in the heated salt water indoor pool, relax in the sauna, enjoy a leisurely lunch overlooking the cove and unwind with a thoroughly soothing treatment.

'Dip&Dine'

A swim in our salt-water pool and a 2 course lunch, £35 per person (3 course lunch £40).

'Dip&Dinner'

A swim in our salt-water pool and a 2 course dinner, £39 per person (3 course dinner £45).

'Discovery Spa Day'

A full days use of the spa facilities, tea or coffee on arrival and a deeply relaxing back, neck and shoulder massage and a 2 course lunch, £70 per person.

'Signature' Discovery Spa Day

A full day of pampering including use of the spa facilities, tea or coffee on arrival, a deeply relaxing back, neck and shoulder massage followed by a 30 min Power Breakfast facial, and a 2 course lunch, £110 per person.

Spa bookings are made at reception.

We always suggest booking in advance, that we that we will try our best to secure your preferred time.

Please note treatments cancelled within 24h are chargeable. Please allow 10 minutes before your treatment for a short consultation with your therapist.

For bookings or information
phone 01548 561566 or email us:
info@soarmillcove.co.uk

Temple Spa:

A british lifestyle brand with a Mediterranean heartbeat... inspired by the word TEMPLE - that describes the body as a sacred place and SPA - a place devoted to health and self-preservation.



soar mill cove

HOTEL SPA SELF CATERING

www.soarmillcove.co.uk

Soar Mill Cove Hotel, Nr Salcombe,
South Devon, TQ7 3DS.