

The Scarlet

Spa A series of seven small, light gray icons representing spa-related items: a circular pattern of dots, a flower-like shape, a grid of dots, a curved line, a seashell, a textured square, and a circular pattern of lines.



The Scarlet Spa

The Scarlet Spa is a careful collection of therapies, bathing experiences and uncomplicated relaxation. We consciously work with ethical partners to create luxury in an environmentally sustainable way, centered on human connection and an authentic approach to wellbeing.

Breathe deeply in our eucalyptus steam room to warm your muscles and unwind. The indoor pool is chlorine-free; we use bromine to keep it clean which is kinder to skin and to the environment.

Dip into the outdoor, natural pool which is chemical-free and, naturally, not heated. Warm up in our outdoor sauna - a cedar wood barrel of warmth with breathtaking views out to sea.

Inspired by the ancient wisdom of Ayurveda, we'll uncover the blend of holistic therapies and massage techniques that will benefit you most. Our expert

therapists are passionate about your wellbeing and are unique, as are you. Tailored treatments allow us to adjust and advise to deliver our style of rest and healing.

Taking time to understand our guests, we create moments which are truly bespoke. Nurturing an environment where our therapists finely tune their intuition, our specialists connect with their guests to deliver exceptional experience.

-  Treatment perfect for honeymooners
-  Treatment perfect for mums-to-be
-  Suitable for cancer patients

Journey

allow 3-4 hours

Clear your mind of expectation, explore a new path with our Scarlet Journey.

In consultation, explore a new way of looking at the characteristics of your body and mind using Ayurveda as a lens. Help us shape this journey to be essential and indulgent - we know you are unique, so the blend of therapies you experience are too.

Step into a bathing ritual and wash away any tensions you may hold. Here, choose to soak in the ocean views from our clifftop hot tub, cleanse with a body tingling scrub in our hammam, or feel the detoxifying rhassoul experience with luxurious Cornish mud. Exhale, have a moment for reflection, find a quiet corner of the spa to curl up and just 'be'.

Explore space and softness with a chance to be guided through a meditation by your therapist, preparing your body to relax fully into treatment. A unique blend of therapeutic techniques shaped with you, for you: discover breathwork, massage, movement, scent, sound and meditation.

“Take me on a journey...
remind me life is for living.”

Your Journey:

- Meet your therapist, explore your Ayurvedic dosha type, then design together the perfect blend of treatments and massage techniques for you.
- Relax muscles, open your pores and cleanse your skin with a choice of bathing rituals. Chose either a clifftop hot tub, a body tingling scrub in our hammam, or a scrub and mud rhassoul.
- Relaxation time - what the Scarlet Spa was built to offer.
- A guided meditation to free your mind and prepare your body for your treatment.
- Therapy time in our quiet, tented treatment space.
- Deep relaxation time hanging in a pod to enjoy the feeling of calmness you've created.



Pregnancy Journey

allow 3-4 hours

For mums-to-be from 13-40 weeks, crafted with specialists and unique to you.

Your Pregnancy Journey combines carefully crafted spa experiences to calm and support you with the gentlest, purest products chosen to restore balance to sensitive and hormonal skin.

Our pregnancy specialist therapists will spend time talking with you to design a journey perfectly suited to you, harnessing the wisdom of doulas, prenatal yoga tutors and a whole host of mums. With an in depth understanding of the changes and wonders your body is performing, we'll be able to ensure your comfort and create some magical time for you to enjoy your pregnancy with your growing baby.

Your journey:

- During the 1st trimester; the time to let your body be. Enjoy a soothing hand or foot ritual, or add brightness with a facial.
- During the 2nd and 3rd trimester; care for yourself and your bump, embrace massage and exfoliation with a Pregnancy Journey, Short Journey or any treatments also safe during 1st trimester. We'll happily adjust the temperature of the Cliff Top Hot Tub or "Bump, Salts and Polish" Copper Tub, we do need to know in advance to make the change.
- Throughout your whole pregnancy explore some downtime in our meditation room, light and deep relaxation areas, swimming pool and gardens.

Rediscover, Journeys for Couples

allow 3-4 hours

Take a journey together, share the experience and synchronise your energies.

As a journey, the options for couples start with a chat to understand what you'd like from your time with us. Choose a bathing ritual to splash around in the hot tub together or give each other a scrub down in the hammam and warm up to your treatment time.

Spread out in the spacious comfort of a double therapy suite for your treatment, pre-book a massage lesson or individual massage therapies, then soak in the bath with a glass of champagne.

Sharing the experience will synchronise your energies leaving you more connected and in tune.

Your journey includes:

- Meet your therapist and giggle over a partner consultation.
- Relax muscles, open your pores and cleanse your skin with a choice of bathing ritual. Chose either a clifftop hot tub, a body tingling scrub in our hammam, or a scrub and mud rhassoul.
- Relaxation time.
- Therapy time in our couples suite – either synchronized massages (£230) or a massage lesson (£145).
- A soak in the scented bath with a glass of fizz.



Bathing Rituals

We treat bathing as an essential part of spa time, slowing down your system a little with warmth, loosening muscles and cleansing your skin. Before treatments or as their own wonderful pleasures, our collection of bathing options goes a little further than the average soak.

Clifftop hot tub 🏖️

(for couples or individuals)

allow 30mins

A clifftop hot tub is an experience to remember. Soak your aching muscles in water heated to the perfect temperature and gaze out over the Atlantic.

The benefits of warm water are vast, soothing on muscles and joints, melting away tensions.

The tubs are still and we'd like our guests to feel a little more stillness from spending time in them - no bubbles. This keeps the tub really quiet and peaceful so you can enjoy the sound of the waves, connect with the person you're sharing the tub with or relish some quiet for yourself.

Rhassoul 🏖️

(for couples or friends)

allow 45mins

For couples or friends. Scrub yourselves down with an invigorating salt scrub full of wonderful essential oils to exfoliate and hydrate, then enjoy slathering each other in mineral-rich mud that will give your skin a boost. Relax in the private rhassoul steam room to open your pores, then be showered down, leaving your skin smooth and tingling with your muscles warm and unwound.

Hamмам for two 🏖️

(for couples or friends)

allow 45mins

Experience the age-old pleasure of giving each other a good scrub down. Our wonderfully warm hammam opens your pores and relaxes your muscles. Scrub each other all over with a rehydrating salt scrub then sluice each other down with warm water. Splash around as much as you like.



The Copper Tub

Immerse your winter body in our Copper Tub full of steamy hot water and luxurious salts, all surrounded by flickering candles and simple tranquillity. Feel warmth in chilly bones, heat in tense muscles, and cleanse and soften your hard working skin.

allow 45mins

Seaweed – Scrub and soak

Begin with our Cornish seaweed, salt, and organic jojoba oil body scrub – full of delicious essential oils designed to nourish skin and surround you with a stimulating blend of scents, focusing on soothing muscles and freeing joints. A luscious bundle of hand-harvested Cornish seaweed infuses the warm water of the tub with minerals and antioxidants. Your skin will be gently detoxified, soothed and softened.

Dry skin conditions such as psoriasis or eczema will benefit from a luxurious soak with the seaweed, but please chat to us if you have particularly tender patches for a scrub alternative. We have a gorgeous mud mask to nourish and soothe.

A Tub for a Bump – Salts and polish 🏖️

A Copper Tub designed to nurture your pregnancy with gentle products and a slightly lower temperature. For you and baby - and room for one more if you'd like. Be still and calm as the salts soften your skin as you feel weightless in the soothing water. A creamy, gentle body polish enhances your beautiful glow with hibiscus and coconut. A little oil to massage your growing belly as you take in the comforting aromas.

Calm – Oil and scrub

A luxurious oil of lavender, jasmine and rosewood creates a magical, scented tub. Coupled with a granular salt scrub with complementary essential oils, all with the bounteous relaxation properties of warm water, this tub will carry you off to a calm and tranquil spot. Leave everyday behind and float yourself off to a deluxe calm.

Zing – Salt and sugar

Uplifting salts with alpine lavender create a refreshing and cleansing tub. A softening sugar and lemongrass body scrub will invigorate and stimulate your senses, firing up your circulation and giving you an abounding feeling of life. Invigorate and enliven your soul.



Treatments

As your therapy time is all about you, we'll tweak and change to suit your needs on the day and have created a small selection of wonderful therapies to set the tone for your time. Whether you're in need of something to enliven your spirit or create some calm, you'll find it here.

Short Journey

Scarlet style massage allow 60mins

A taste of our longer Journeys, the Short Journey offers an introduction to the power of Ayurveda and our style of massage. Starting with a short consultation to identify any imbalances in your dosha, your therapist will work with you to design a beautiful therapeutic massage.

Hot poultice massage

A warming, powerful massage

This treatment has a long history, being used to soothe the aches of soldiers in the 14th century. We use our own recipe of heated herb and oat-filled poultices, wonderful for relieving aches and pains and deep seated tension. The medicinal heat will relax and soothe muscles and stimulate blood flow as the herbs nourish your skin.

full body | allow 75mins

part body | allow 45mins



Shirodhara

Hypnotic Ayurvedic oil pouring allow 90mins

Working towards relieving headaches, fatigue, nervousness, and insomnia, this treatment will bring more vibrancy to your senses and clarity to your mind, helping you feel like 'you' again.

Meet your therapist for a short consultation to identify any areas out of balance and settle in with a soothing Mukabhyanga facial massage. Let go of tension and blocked emotions with the combination of continuous oil pouring and massage leaving you feeling calm and nurtured.



Sarvanga

Soothing and soporific (in a great way) allow 90mins

A step away from what we know as traditional massage techniques. The Sarvanga is a sumptuous full body massage treatment, where every stroke is in the direction from head to toe.

The particular pace, positions and warmed herbal oils are designed to replenish and enable you to break free from mental over-activity, exhaustion and fatigue to find that well deserved good night's sleep.

“Combining massage then oil pouring, it is incredibly nurturing, promoting the release of tension and blocked emotions.”

Facials

Scarlet facial therapies offer much more than you'd expect. Unlock neck tension, release stress from jaw and cheekbones and feel the relaxation rippling through your whole body.

Honest, a Scarlet facial therapy ✿

A sensory massage and facial allow 90mins

Feel the power of pure, raw and organic essential oils to quicken your senses and relax, cleanse and nourish your skin, mind and emotions.

The focus of this Scarlet signature range includes rosehip, raspberry and pomegranate seed, vitamin C polish and a raw cucumber mask.

A consultation, foot soak, aromatherapy bowl, dry back massage and your choice of a scalp, hand or foot massage are all woven seamlessly around your facial, which finishes with a fruit juice shot. A super food experience for your skin, your head and your heart.

True, a Scarlet facial therapy ✿ ✿

Superfood for your skin allow 60mins

We know the skin is precious and so have intertwined this facial with a hand treatment designed to nourish these hard working areas.

A delectable mix of citrus, pomegranate, rosemary and basil will encourage you to breathe new life into your skin and to deeply restore. Our therapeutic roots in Ayurveda are brought into the therapy, working on marma points around the jaw and cheekbones to release tension and encourage a naturally lifted glow.

Beautiful, natural products will not only care for your skin but also delight your senses with interesting textures and temperatures, leaving you feeling refreshed and luminous.

Mukabhayanga ✿ ✿

Facial Massage allow 30mins

Working on the face, neck and head, this therapy involves applying firm pressure to lift facial muscles. Massage to marma points increases energy flow and eases problem lines giving you a visible, natural facelift. The considered repetitive path around your face will encourage you to naturally relax facial muscles.

Soundaryam Vardhini ✿

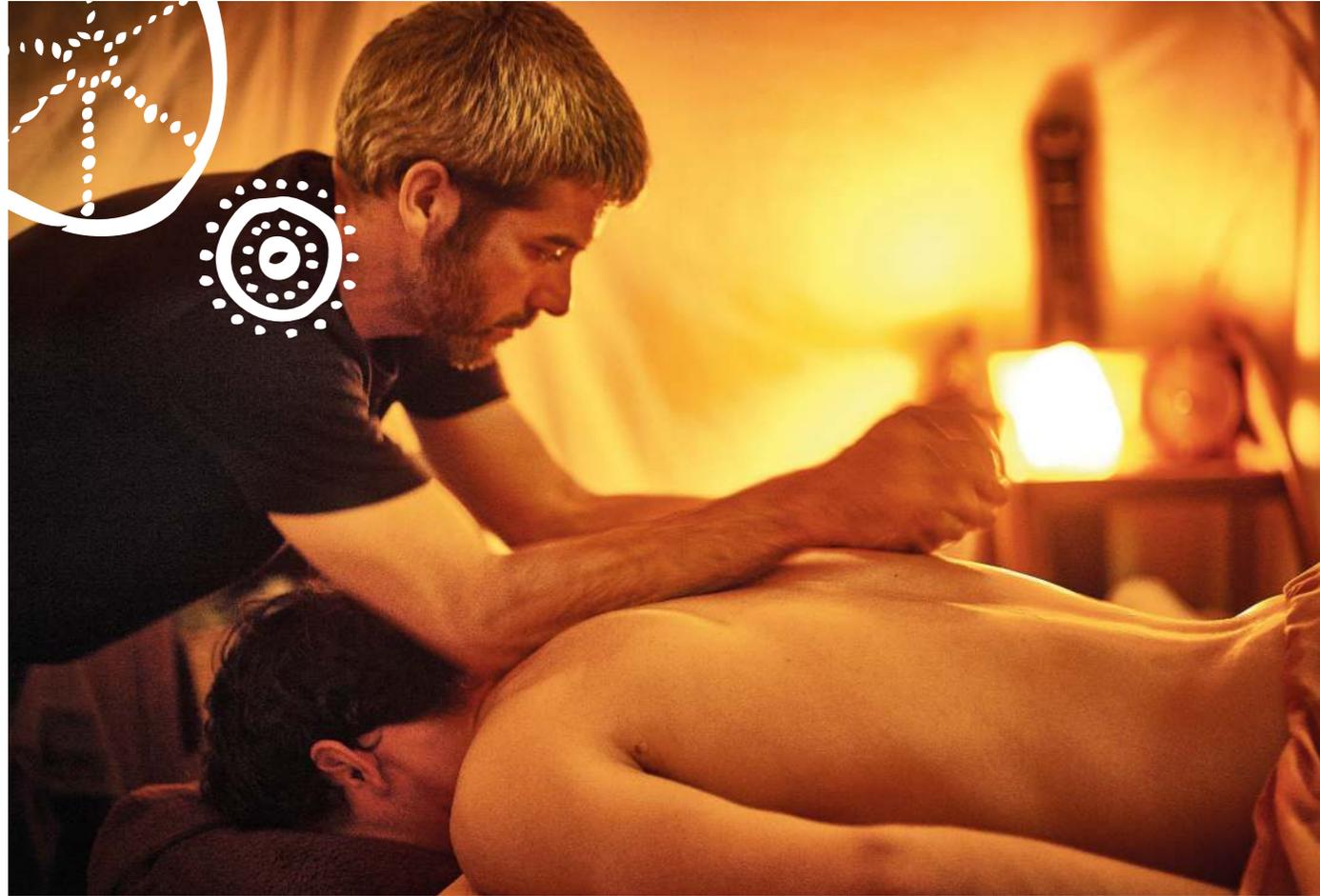
Ayurvedic Facial allow 60mins

This facial uses Ayurvedic wild-crafted herbs and spices – including sandalwood and neem – to eliminate toxins, while exfoliating and nourishing the skin. Including a Mukabhyanga, a marma point facial massage releases tension, encourages energy flow between head and body, and finishes with an invigorating cold compress.

Shilajita Mumiyo ✿

Rejuvenating Facial allow 60mins

This traditional Ayurvedic facial uses soft poultices filled with herbs combined with a traditional botanical scrub. By stimulating vital marma points, it reduces facial tension leaving you with a bright, nourished complexion. This facial targets the signs of ageing, combating fine lines and wrinkles while encouraging skin rehydration.



Set the Spa Free

This selection of treatments has been designed to allow you to make the most of the view and the surroundings. Enjoy these in your hotel room, the Light Relaxation Space, outdoors on a balcony or anywhere on the Scarlet grounds.

“Break free from convention, feel the breeze in your hair.”

Scarlet Hand Ritual ✿ allow 75mins

with polish allow 90mins

More than a manicure, feel delightfully refreshed by this ritual, which uses remineralising salts and a hand mask to leave your hands feeling soft and nourished. An arm and hand massage relieves tension.

Scarlet Foot Ritual ✿ allow 75mins

with polish allow 90mins

Give your hardworking feet an overdue treat. This involves a deeply relaxing footbath with exfoliating salt scrub followed by a foot wrap and massage of the lower legs and feet.

Shirobhyanga ✿

Ayurvedic Head Massage allow 30mins

A head, neck and arm massage used in India for centuries to release muscular tension. Ayurvedic oils nourish the scalp promoting hair growth and release tensions associated with migraine, headache and neck stiffness.

Padabhyanga ✿ ✿

Lower Leg & Foot Massage allow 30mins

The Ayurvedic alternative to reflexology, this foot treatment starts with a firm massage of the lower leg followed by a marma point foot massage using deep pressure techniques to release energy blocks, improve circulation and increase energy.

Ayurvedic Consultation ✿

allow 30mins

This is an opportunity for you to have a chat with one of our holistic therapists, gain insight into Ayurveda and how it can enhance your wellbeing. Discover your dosha type and come away with tips for a more balanced lifestyle.

Hamмам

Scarlet Kogh

Heated body scrub allow 45mins

On our heated hammam this revitalising treatment starts with a sprightly full body scrub before a mineral-rich mud mask cleanses and nourishes you. Leaving skin feeling tingling and bones warmed.

Dirolya

“Unroll” allow 45mins

Something a little different: a massage with no oil, only heated towels. Heat is rolled over the whole body, focusing on one muscle group at a time. Combined with the heat from our warm hammam bed, you'll leave unwound and free.

Norvys Prei

“Earth and Clay” allow 45mins

Rouse your senses with hot and cold river stones in this muddy massage from head to toe. Replenish and rebuild beyond the skin and into the muscles, as contrasting temperatures stimulate circulation whilst pure Cornish Oula clay mud transforms the skin. A purifying experience that is deeply nourishing.

Erbys Tomder

“Herbs and heat” allow 60mins

A supreme combination of warmth and pressure deeply soothes and relaxes the muscles in this heated water and poultice massage. Massaging with our Oula conditioner gives the perfect glide for tension to unfurl, so you can retreat into relaxation feeling refreshed, cleansed and free.

Kofi Keher

“Coffee Muscle” allow 45mins

Awaken with the aromatics of coffee from Finca Los Altos. Be invigorated by this body scrub that uses freshly ground coffee beans mixed with our own Cornish Oula mud. Whilst enveloped, the skin can be re-mineralised by the coffee mud while relishing a soothing scalp or foot massage.

Day Escapes

Carefully created days are designed to help you get the most out of the calm relaxation that Scarlet offers. We ask for your time and we'll arrange the rest leaving you to unwind and find some stillness.

Spend the day with us to truly relax giving yourself the gift of space and time and some essential care.



A Scarlet Day Escape includes:

- Time in the warmth of the spa; eucalyptus steam room, indoor pool, meditation room and in the beautiful lounge, the Light Relax.
- Time outside in nature in our reed filtered natural pool, cedar barrel sauna and a hosted session in a cliff top hot tub.
- A combination of treatments chosen to suit you followed by relaxation and recovery time in the Deep Relax with hanging pods to float away in.
- Stay in your robe as you enjoy a healthy spa lunch, light but satisfying so you can continue to enjoy the spa in the afternoon. An indulgent lunch and glass of Prosecco can be added for £16 per person.
- Pukka tea to suit the day, filtered water, natural products and organic robes and towels.

The combinations of treatments can be as individual as you, for ideas of our favourite days, our website has the most up to date collections starting from £145 per person.

Spend Time Together

per couple

For couples, friends or for your first foray into Scarlet, Spend Time Together lets you explore a little of what we offer with a healthy dose of calm and connection. Experience a stunning warm and steamy bath in one of our cliff top hot tubs looking out over the Atlantic Ocean.

Choose from:

Rhassoul for two

Scrub yourselves down with an invigorating salt scrub, then slather yourself or each other in mineral-rich mud. The private rhassoul steam room then open your pores before you shower down.

Hammam for two:

Less hot and steamy than the Rhassoul, our wonderfully warm hammam opens your pores and relaxes your muscles. Scrub each other all over with a rehydrating salt scrub then sluice with warm water.



Spa Breaks

Stay a while and let us take you on a journey. Indulging in a spa break at the Scarlet will be a real escape from your daily life, an opportunity to wind down and make a lasting difference on your wellbeing.

We provide three or four night spa breaks, with prices for three nights starting from £580 per person, our spa breaks are the best value way to experience the Scarlet.



A Spa Break includes:

- Bed and breakfast for three or four nights – fall asleep to the sounds of the sea each night, and awaken to a freshly cooked breakfast.
- Dinner on two nights of your choice so that you can both experience the Scarlet restaurant and local restaurants too if you like.
- Full use of the spa facilities throughout your stay along with morning and evening spa classes such as yoga and pilates.
- A four-hour, individually tailored, Scarlet Journey which incorporates bathing and treatments to help you restore your life balance.
- Tips on relaxation techniques for you to take home with you.

Scarlet Journey

You choose when to have your Scarlet Journey throughout your stay:

Enjoy it at the beginning of your stay to get you into the frame of mind you want for the rest of your break: deeply relaxed and zen-like or stimulated and invigorated.

In the middle of your stay: once you've explored Scarlet and the local area enjoy some time alone to contemplate, slow down and reconnect with yourself.

Or take your Scarlet journey at the end of your stay, to prepare you for going home and back to normal life completely refreshed.

Spa Breaks

You can experience a three or four-night spa break alone, with a friend, or as a couple.

As a couple you could take a couples journey to really reconnect with each other, or separate journeys so that you can focus on yourselves. Choose a Rediscover Each Other couples journey and have a massage lesson so you can both take your skills home with you and re-create your Scarlet experience together at home.

Three nights start from £580 per person and four nights start from £685 per person, both based on two people sharing a just right room for three nights, this means our spa breaks are the best value way to experience the Scarlet.

For more break ideas, for Babymoos, Yoga Breaks and Wellbeing Escapes our website will fill you with inspiration.

The Incredible Spa Journey

I'm rushing to make my appointment at the Scarlet Spa for a relaxing four-hour spa journey, but all I can focus on is the sound my brain going on about to dos, regrets and remembers.

Taking the stairs two at a time, I arrive at the bottom where the low lights and muted tones begin to murmur. Music and incense waft into my consciousness as therapists wander by, each with their own serene grace and gentle smile. I've crossed the border into Scarlet Spa world.

Sinking into the squishy waiting room sofa, I fill in my 'What's Your Dosha Type?' questionnaire and drink in the view of the spa pool with its turquoise waters rippling, then outside to the reed-filtered pool. From there, two Scarlet red hot tubs catch my eye and lead me to the sea beyond.

Soon my lovely spa therapist guide - ushers me into a room. Gently, with just the right injection of humour, Liz asks me about myself. I'm not used to this, as a working single mummy of four-year-old twins, I don't get out much and most of my conversations revolve around Cinderella and farting. People rarely - very rarely - ask about me.



I found myself saying 'thank you' and 'sorry' a lot - sorry for sneezing, sorry for not understanding a question and generally sorry for existing. I try to turn the tables: "Umm, so, this must be hard work? Being a spa therapist?" She is having none of it. Oh hell, this is all about me.

She ushers me to my changing room and gives me simple, clear instructions as to what I need to take off (everything bar the bra, removal of which is optional) and what I need to put on (lovely organic cotton taupe dressing gown and fetching paper pants).

I stretch my body out on the heated Hamman table acutely aware of my parched, neglected skin, but before long the spa's alchemy has begun. As she gets to work with a salt scrub and then slathers me in mineral rich mud I start to inhabit one of my favourite paintings. I am one of Ingres' odalisques and I feel beautiful for the first time in far too long.

Next, she guides me through a gentle meditation. All the while my Vata dosha screams resistance in my ear: "You don't have time for this and you're so NOT worth it". After meditation, I'm left to lounge in the Light Relax room looking out to sea; I pop grapes in my mouth and feel as though life couldn't get much better.

Soon she comes over and leads me into a darkened room filled with swinging pods suspended from the ceiling. I clamber in and immediately feel at peace as if in bobbing around in the dark sea night. I feel shame for not taking better care of myself, for sweeping along on a tsunami of manic adrenalin.

That night, with the sound of the sea lapping at my ears, I fall into a fathomless sleep. In the morning, the voices are still there, but they're quieter, calmer and more reassuring. They are telling me that my incredible Journey has successfully cured my reverse L'Oreal syndrome.

It seems I am worth it after all.



Useful things to know

Opening hours

Treatments 10am - 6pm

Hot tubs 10:30am - 8pm

Swimming pools & steam room 7am - 9pm

Early and late treatments available by request

Spa booking line 8:30am - 7.30pm

Our vibe

Our vibe revolves around yours, take a little time to consider what it is that you would like from your time here; emotional restoration or something physical. It may be more integrated with your inner self, perhaps a desire to live in more harmony with who you are or maybe to just give yourself some time and space to simply be.

The more you are able to let us know about yourself the more we can create something just for you. Consider anything we may be able to do to enhance your experience and ensure your comfort.

Key information

Please do read the information below before you arrive for lots of tips in making the most of your time.

We have both female and male therapists in the spa, please let us know if you have a preference. If you're pregnant or have any health concerns or allergies, we can prepare for you if we know in advance.

Note that late arrival will shorten your appointment time.

We ask for 48 hours notice to cancel your appointment, within this time a 75% fee is charged.

If you've forgotten anything, let us know and we'll try to help.

Health conditions

Our highly trained team has an in-depth understanding of humans – bodies, minds and souls. We understand the effects of our treatments allowing us to be able to create a treatment or a spa day to suit any and all. Call us, we'd love to understand your needs and can advise you on the most appropriate treatment, or match you with the most appropriate therapists so please do let us know in advance.

Pregnancy

Congratulations! We've worked with specialists to create beautiful treatments to suit you and your bump during pregnancy. Your wellbeing is important to us, our spa reservations team can work with you to design a safe and nurturing spa experience. Please speak to us about how many weeks pregnant you expect to be on arrival in the spa and we will ensure to enable a blissful spa journey.

What to bring

All you need is your swimwear. Robes and towels are provided and small lockers are available for valuables. If you're staying in the hotel, please come down in your robe from your room. We will offer disposable underwear for body treatments; you will need swimwear for the hot tubs and steam room. Shampoo, conditioner, body wash and lotion are supplied within the individual showers.

We have a no shoe policy in the spa, enjoy being barefoot on heated, textured floors. Otherwise, bring along flip flops or slippers for your comfort. If you do wear reading glasses, please remember to bring these with you. If you've forgotten anything, let us know as we will try to help.

Arrival

We encourage you to use the spa facilities as much as possible! Relax your mind and body in the meditation room, warm your muscles in the steam room and sip a herbal tea to hydrate before your treatment.

Hotel Guests, find your robe and stroll to the spa in your slippers, we'll ask you to fill in a quick form and settle you in to the spa. Have a steam, pop out to the sauna and begin your unwinding as soon as you'd like to (but at least 15 minutes before your treatment time).

Day Guests, arrive and put yourself in the hands of our hosts who will ensure you know where everything is and what to do. We have robes, towels, slippers and just about everything you'll need but please bring your swimwear and leave your shoes and worries at the door.

Useful things to know

In the spa

If you'd like a tour and more information on the facilities, your host will be on hand. Relax your mind and body in the cliff top sauna and steam room.

The indoor pool is between 1.5 metres deep and is around 29 degrees. A length is 14 metres. Outdoors, the pool depth is from 1.3 metres to 2.6 metres with a slippery bottom and steep slope in the middle of the pool. Its natural, not heated, no chemicals and surrounded by reeds and plants.

Sip herbal tea and filtered water throughout your time with us to feel all the benefits of being pleasantly hydrated, if you'd like coffees or teas, just let us know. We don't recommend alcohol in the spa but a glass of champagne in a hot tub is a must.

During your time here

Keep in mind your intention for your visit and know that we are here to support you.

During your relaxation time we like to give you space but want you to know if there's anything we can do please let us know. We can suggest individual relaxations that will suit you, just ask.

During your treatment please let your therapist know how you are feeling, if you are too hot or cold or if the pressure needs adjusting, this is your time and your comfort is our greatest concern.

Aftercare

With all treatments we recommend drinking water regularly, this will support your body to process your treatment and receive maximum effect. Help yourself throughout the day to herbal teas and filtered water.

We carefully select the products we work with, if you'd like to take any home we'd happily advise you at spa reception.

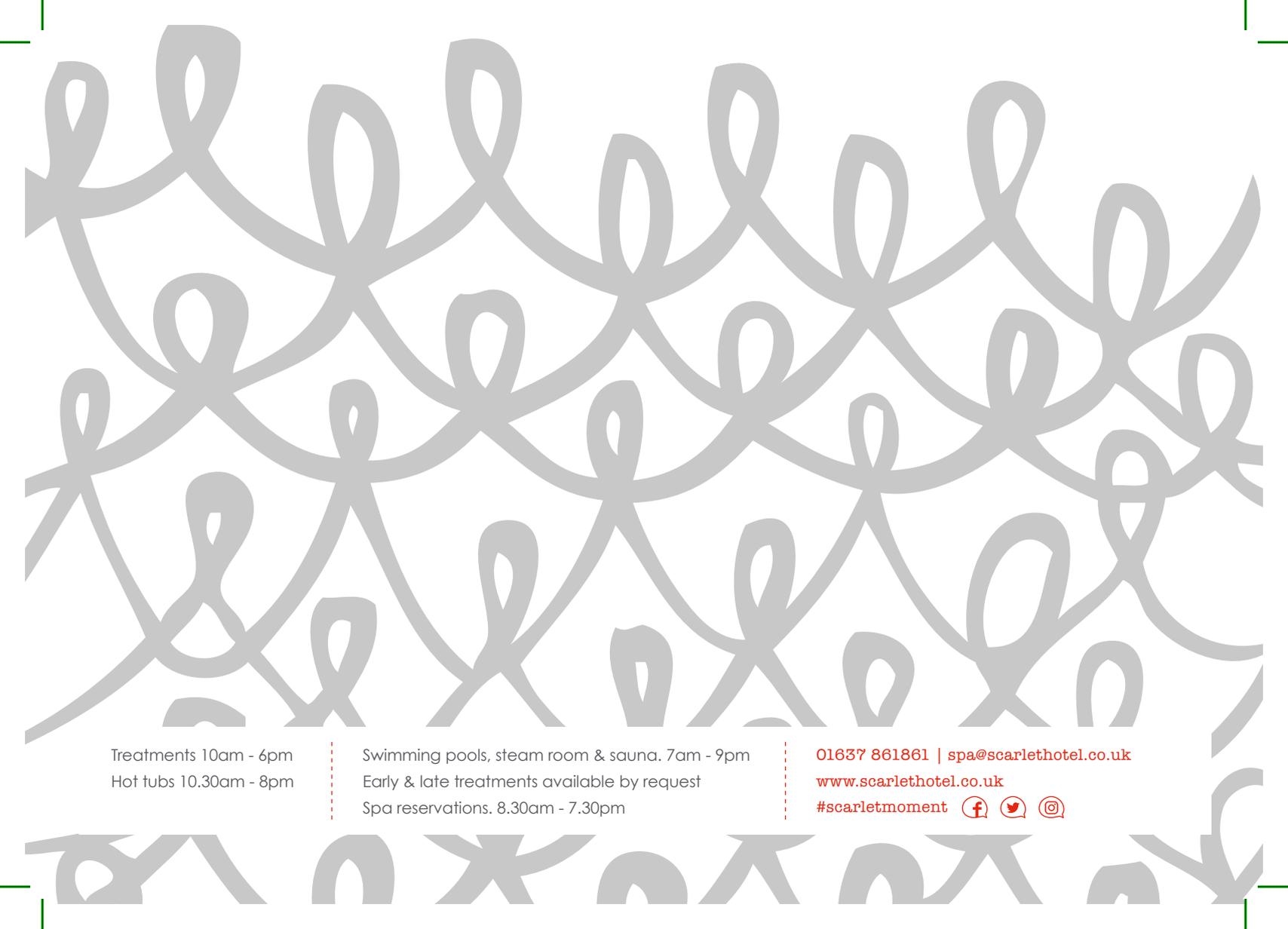
Cancellations or amendments

We ask for 48 hours notice to cancel your appointment, within this time a 75% fee is charged.

If you do need to move your appointment, please let us know as soon as possible so we can arrange a happy solution.

No payment will be taken from your card on booking and we do ask you to make payment on the day when you arrive, if you have a voucher, please make sure you have it to present as payment.





Treatments 10am - 6pm
Hot tubs 10.30am - 8pm

Swimming pools, steam room & sauna. 7am - 9pm
Early & late treatments available by request
Spa reservations. 8.30am - 7.30pm

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www.scarlethotel.co.uk

#scarletmoment   