

## OUR PRODUCTS



PHOENIX & PROVIDENCE  
ISLES OF SCILLY SKINCARE AND WELLBEING



All our treatments use Phoenix & Providence products - created on St Martin's, inspired by Scilly's kelp burning heritage and embodying ocean wisdom and mindful living.

It was soul-enriching sea swims off the island of St Martin's that inspired islander Ella to create a skincare collection handcrafted from - and inspired by - the ocean.

Soothing and restoring, each product is infused with seaweed foraged just a hundred yards from where the products are made. The kelp is harvested with scissors to encourage regrowth, transported home in Ella's trusty wheelbarrow, then infused in cold-pressed organic oils for a full lunar cycle.

Moisturising and detoxifying, plumping and hydrating, kelp is rich in antioxidants and essential vitamins that help promote collagen, improving skin tone, texture and elasticity.

A unique blend of minerals, along with the anti-inflammatory properties of seaweed, helps soothe and repair, making it the perfect ingredient for all skin types.

[PHOENIXANDPROVIDENCE.CO.UK](http://PHOENIXANDPROVIDENCE.CO.UK)



### WHEN TO ARRIVE

Please arrive at Reception five minutes before your booked treatment time.

### WHAT TO WEAR

You will be able to undress at The Treatment Shed. We will keep you warm and protect your modesty throughout your treatment.

### TREATMENT ADVICE

Our expert therapists can tailor your treatment to your individual need. All appointment times

include a full consultation and aftercare advice. Please avoid alcohol prior to treatments.

### CANCELLATION POLICY

24 hours' notice is required or the full cost will be charged. Please arrive in plenty of time; late arrival may result in your treatment time being reduced or canceled at full cost.

All information is correct at time of going to press but is subject to change.

### BOOK A TREATMENT

All treatments must be booked in advance, and our trained therapists are happy to advise the best treatment for you.

For more details, or to book, please call 01720 422947

# The Treatment Shed

Hell Bay



Bryher  
Isles of Scilly

## BODY

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### HOLISTIC FULL BODY MASSAGE

60 minutes £80

Tailored to your needs; blissfully relaxing or perfect for physically tired post-sport bodies

### DEEP TISSUE MASSAGE

60 minutes £85

A deep release for tired, sore muscles that will leave you feeling relaxed and energised

### HEAD MASSAGE

30 minutes £45

Enliven body and mind with this invigorating massage for emotionally tired souls

### AROMATHERAPY MASSAGE

60 minutes £85

Tailored to you, essential oil massage relaxes muscle tension and soothes away aches, pains and stress

### BACK, NECK & SHOULDER MASSAGE

30 / 45 minutes £45 / £55

Releasing muscle tension and stress, leaving you feeling revived and refreshed



## FACE

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### SKIN BRIGHTENING

30 / 45 minutes £50 / £65

A hot cloth cleanse followed by a facial massage aids natural luminescence

### SKIN FOCUS

30 / 45 minutes £50 / £65

A hot cloth cleanse followed by a massage for problematic skin to promote healing

### ANTI AGE

30 / 45 minutes £50 / £65

A hot cloth cleanse followed by a massage using lymphatic drainage techniques to help detoxify and restore the skin

## HANDS & FEET

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### SOOTHE THE SOUL

30 minutes £40

A soothing massage for tired feet and legs - the perfect antidote to island exploration

### ARMS & HANDS

30 minutes £40

A tension-releasing massage for the workhorses of our daily lives

### REFLEXOLOGY

45 minutes £60

A relaxing treat for tired, aching feet, using trigger point techniques

