

OUR PRODUCTS



PHOENIX & PROVIDENCE
ISLES OF SCILLY SKINCARE AND WELLBEING



All of 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



TREATMENT ADVICE

Our pre-treatment questionnaire allows us to tailor your treatment.

Treatments are available for expectant mothers, except in the first 12 weeks of pregnancy.

Please avoid drinking alcohol prior to your treatment.

WHEN TO ARRIVE

We suggest arriving at Reception 5 minutes before your treatment.

WHAT TO WEAR

You will be able to undress into a bathing costume or underwear in privacy at The Treatment Shed.

CANCELLATION

Cancellation less than 24 hours ahead may result in the full charge. Late arrival may mean a shorter treatment or cancellation at full cost.

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

All information is subject to change without notice.

The Treatment Shed

Hell Bay



Bryher
Isles of Scilly

BODY

CRANIO-SACRAL THERAPY

30 / 45 minutes

£45 / £60

Cranio-sacral therapy is a gentle but potent way of working with the body using a light touch. It supports your body's innate ability to balance, restore and heal

HOLISTIC FULL BODY MASSAGE

60 minutes

£85

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

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 / £60

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



FACE

PHOENIX & PROVIDENCE FACIAL

30 / 45 minutes

£50 / £65

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

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

BACK, NECK & SHOULDER MASSAGE & FACIAL

45 minutes

£60

Releasing muscle tension and stress, leaving you feeling revived and full of a healthy glow

HANDS & FEET

SOOTHE THE SOUL

30 minutes

£45

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

ARMS & HANDS

30 minutes

£45

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

