

SPA
*Treatment
Menu*



CARY ARMS & SPA

"Inn on the Beach"
Babbacombe Bay, Devon

Facial Therapy Treatments

My Kinda Skin

Let us analyse your skin and prepare a tailored treatment just for you. Your facial includes our signature facial massage plus a relaxing scalp massage. You will feel amazing and your skin transformed.

30 Minute Treatment £50

60 Minute Treatment £95

Light Relief - CBD Facial

This soothing de-stress facial includes our tranquil face massage using our LIGHT RELIEF CBD skin booster oil leaving your skin comforted, hydrated and looking radiant.

You will feel totally chilled.

75 Minute Treatment £120



All About the Glow



This advanced, skin transforming facial turns up your glow with instant and visible results for firmer feeling and brighter, healthy-looking skin.

Your complexion is transformed thanks to intelligent active ingredients boosted by vitamin C and our glycolic acid complexes. Add our unique skin-lifting massage techniques and the results are even better skin.

Please note that this treatment is not recommended for ultra-sensitive skin types.

30 Minute Treatment £50

60 Minute Treatment £95



Champagne & Truffles Deluxe

A luxury facial that combines our award-winning truffle skincare with our specialist lifting massage techniques that together iron out deep lines and wrinkles, help to strengthen muscle tone and reduce puffiness. You'll have something to celebrate. This 90-minute facial includes an exquisite cooling alginate mask and rose quartz massage therapy.

90 Minute Treatment £140



Experience Treatments

My Kinda Mood

This bespoke treatment helps to cater to all your needs in order to indulge in pure relaxation. First, we'll help you choose the aromatherapy oil to match your mood. Then we'll take care of you with a tailored, results-driven full body massage, followed by a bespoke facial. Step off the bed feeling all the better for it.

120 Minute Treatment £165



VIP Golden Truffle Experience

The ultimate indulgence in total luxury. This treatment delivers all over radiance-boosting results starting with a leg energiser and an invigorating full body scrub followed by a relaxing massage using our unique advanced anti-ageing body techniques, both tightening and toning. Followed by our Champagne & Truffles deluxe facial. Skin is left glowing, brighter and revived beyond expectation.

120 Minute Treatment £200



Your Best You – Menopause Relief Treatment

This unique top-to-toe treatment is bespoke to you.

The gentle, caring massage uses a combination of expert therapist hands and Himalayan Salt stones with TEMPLESPA hydrating and soothing skincare to support stress relief, increase energy, and positively boost your mood.

Rhythmic stretches, and gentle joint rotation rescue achy limbs and a gentle lymph drainage facial reduces puffiness to leave skin fresh and feeling beautiful.

60 Minute Treatment £100

90 Minute Treatment £130



Massage Treatments

Drift Away Massage

This deeply relaxing top-to-toe massage, formulated with a dreamy blend of Mediterranean essential oils including Frankincense, Lavender and Patchouli, is guaranteed to have you drifting away. This is the perfect treatment to soothe and calm frazzled nerves and wind down an active mind; tension and stress simply melts away... stay awake if you can zzzzzzz!

30 Minute Treatment £55

60 Minute Treatment £110



Work It Out Massage

A detoxifying, deep tissue massage that works out tired, aching muscles and overworked limbs. Using the ingenious WORK IT OUT muscle-tox massage oil with Mediterranean essential oils of Juniper, Lavender and Cypress. We begin with full body brushing to stimulate the circulation to improve lymph drainage. Then a deep tissue, body boosting massage with muscle-fitness techniques and movements to really give your muscles a work out – untangle knots and ease tension and tightness.

Better all round!

30 Minute Treatment £60

60 Minute Treatment £115





CBD Stress Not Massage

This calming and anti-inflammatory massage targets muscle pain and melts away tension using the power of warmed stones leaving you feeling inexplicably relaxed and soothed from top-to-toe. Our CBD balm STRESS NOT naturally eases muscle stiffness and calms a busy mind... giving you a moment of blissful respite. Upgrade your experience to 90 minutes to include a signature face and scalp massage using our CBD skin booster facial oil
LIGHT RELIEF.

30 Minute Treatment £60
60 Minute Treatment £115
90 Minute Treatment £145

Rose Quartz & Truffle Massage

This indulgent treatment will leave you feeling totally relaxed from top-to-toe with our skin-transforming massage using our unique TRUFFLE BODY MASSAGE OIL. Skin is left feeling restored and radiant and oh-so relaxed.

90 Minute Treatment £155



New Beginnings Pregnancy Massage

Pregnancy is a most wonderful time that requires treatments specially designed for you. You will enjoy a full body massage, without the need to lie on your tummy. Our specially trained therapists know exactly how to work those sore, tired and aching muscles while you feel completely comfortable and relaxed. The treatment is topped off with a relaxing face and scalp massage leaving your skin feeling baby soft all over. You never know, your little bambino might enjoy the sense of calm too!

60 Minute Treatment £110



Cary Arms Pregnancy Back Massage

A specifically designed pregnancy massage focusing on elevating muscular aches on stressed areas of the back. Helping you to feel relaxed and restored.

30 Minute Treatment £55



Body Treatments

Back to Life

This invigorating treat includes an exfoliation scrub, a deep cleanse with warm purifying mud followed by a stimulating massage. Leaves you energised with a back to be proud of.

45 Minute Treatment £75

The Outer Glow

An invigorating and refreshing all over exfoliation treatment that leaves skin soft, revitalised and hydrated. The perfect way to prep your skin for a massage and an absolute must before your holiday or a special event. Off you glow!

45 Minute Treatment £65

The Body Detox

This heavenly treatment starts with lymphatic body-brushing, then warm vitamin and mineral rich purifying mud is smoothed all over the body. Once cocooned in this cosy wrap, you'll relax with a glorious face and scalp massage.

Wallowing in mud never felt sooooo good!

60 Minute Treatment £115

AAAHHH!

This oh-so-good treatment is instant relief for tired, over worked legs and feet. It begins with skin brushing, to help eliminate excess fluids, followed by a warm oil massage and an invigorating foot rub! Wonderful add-on to another treatment.

30 Minute Treatment £50





Treatment Side Orders

These treatments are shorter additions that can only be added on to another treatment booking.

Replenishing Eye Ritual

15 mins £25

Relax and Restore Hot Oil Scalp Massage

15 mins £20

Targeted Body Exfoliation

30 mins £35

Hydrate and Soothe Hand Ritual

15 mins £20



Terms & Conditions

Please arrive to the spa 10 minutes prior to your treatment. If you cancel your treatment with less than 48 hours notice then a full charge will be taken. All clients will be asked to complete a client consultation form prior to any treatment to ensure their chosen treatment is safe and suitable for them.

Some of our treatments are not suitable for pregnancy or some health conditions. If you do have any concerns then please let the spa team know prior to your treatment day.

The spa is open from 8am until 8pm for use of the facilities. Last entry to the spa facilities is 30 minutes before closing time. Please speak to a member of the team to discuss treatment availability.

The spa is subject to a charge of £15 for hotel guests only. If booking a treatment with us, a complimentary 2 hours spa use will be included within the cost of the treatment. Spa access must be booked prior to arrival due to a limitation on numbers in the spa facilities.

The use of Cary Arms Spa facilities is strictly limited to guests over the age of 18.
Bookings are required for spa access due to maximum capacity limits.

All information is correct at time of printing. T&Cs are subject to change at any time.
For full T&Cs please see our website.

Booking in advance is recommended.
For directions and more information please visit our website.





More Information

Cary Arms & Spa boasts an unravelling vista of unspoilt South West coastline with our Sun Deck and glass fronted Wellness suite; offering an idyllic backdrop for the perfect relaxing journey.

Two treatment rooms, including a couple's massage room, offer experiences that are designed to nurture and relax. Guests can choose from a range of treatments, and book some time in our Seaview Wellness Suite to add to their journey with us. Cary Arms & Spa have chosen TEMPLE SPA to enhance the feeling of the Mediterranean that Babbacombe Bay brings, without having to get on a plane. The Cary Arms & Spa Wellness Suite comprises of a stunning sea facing Hydrotherapy pool, Aromatherapy Steam Room, Sauna and an Experience Shower.

Cary Arms & Spa, Babbacombe Beach, Devon TQ1 3LX Tel: 01803 327 110
Email: enquiries@caryarms.co.uk | Website: www.caryarms.co.uk

