

THE ROYAL

BELGRAVE ROAD · VENTNOR · ISLE OF WIGHT



ROYAL TREATMENT ROOMS

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Since the Victorian era, Ventnor been a stylish spa resort, famed for the mild climate and therapeutic sea air. Through partnership with The Cabin, we continue this tradition by offering holistic and marine inspired spa treatments which focus on good health and wellbeing for your stay.

Every treatment is as individual as you are, your therapist creates a personal treatment to provide exactly what you need to look and feel your best. All our professional therapists are experts in treating and preventing muscle injuries and helping deal with issues such as stress or illness.

Choose to either be treated in the luxurious comfort and convenience of the hotel or if you are looking for that special experience you can book the Crow's Nest, your own private, exclusive eco cedar cabin with stunning views of the sea, just a few minutes walk from the hotel. Here you can also revive and relax together with a double treatment and after you can even indulge in a Royal Afternoon Tea or a delicious Picnic Hamper served on your own private balcony during the Summer months.

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VOYA ORGANIC SEAWEED SPA TREATMENTS

VOYA is an award winning organic body and skincare range that harnesses the natural goodness of hand harvested, sustainable seaweed. Known as the 'sailors cure' seaweed has been used for centuries as a treatment for the immune system, skin complaints and illness prevention as well as containing powerful anti-oxidant properties to help reduce the signs of ageing.



EXFOLIATIONS AND WRAPS

Stimulating Seaweed Body Buff

60 mins £70.00

Organic mineral rich Bladder Wrack seaweed combined with pure seaweed oil act as a strong exfoliator for tired and dull skin. Your all over body scrub is followed by a light shower and relaxing massage with VOYA's softly does it.

Organic Seaweed Leaf Wrap

75 mins £85.00

This is a signature VOYA treatment where fresh leaves of Atlantic seaweed cocoon the body to detoxify, soften and revive. Treatment begins with an exfoliation using finely ground seaweed, then following a light shower we will gently wrap your body in warm seaweed leaves. While the seaweed works its magic you will be treated to a relaxing scalp massage.

Organic Foot Retreat Ritual

60 mins £70.00

Begins with a sea salt exfoliation from knees to the feet. Follows with a deeply relaxing massage of the lower legs before a seaweed foot mask and fresh seaweed leaf wrap are applied. Ideal for during pregnancy, or those with heavy legs or tired feet. Includes a relaxing scalp massage.

Detox Herbal Bag Massage

Body 75 mins £85.00

Back 60 mins £70.00

Warmed muslin bags containing the finest herbs and seaweed are gently massaged into the body. Provides light exfoliation of the outer layers whilst warming tired muscles. Choose between calming chamomile, reviving peppermint or detoxifying fennel.

VOYA

ORGANIC BEAUTY

FACIALS

VOYA Organic Anti-Aging Restorative Facial

75 mins £80.00

Using VOYA organic products this facial is ideal for mature, dry or dehydrated skin types. It uses potent algae and pro collagen extracts combined with fresh leaves of Atlantic seaweed placed directly on the face. Completes with a relaxing scalp massage.

VOYA Ocean Fresh Facial Experience

60 mins £70.00

This bespoke organic is tailored by your therapist to match your skin. Includes a double cleanse and spiny bamboo exfoliator to reveal radiant skin. Followed by a facial massage using an intense face serum and selected VOYA mask. Concludes with a relaxing scalp massage.

VOYA Organic Seaweed Marine Eye Treatment

60 mins £70.00

Using VOYA products rich in Seaweed Extract, Green Tea and Vitamin C this targets signs of aging and puffiness around the eye area. A unique seaweed leaf eye compress is applied and while this gently gets to work you will enjoy a soothing scalp massage.

Aromatherapy Facial

60 mins £60.00

This is a prescription aromatherapy facial designed around you and your skin type. Following a cleanse, tone and mask your blend of oils will be massaged into the face using the finest Argan oil, known as 'liquid gold' due to its potent skincare properties. Includes a hand, arm and scalp massage.



SIGNATURE SPA RITUALS:

Our spa rituals are designed to bring about the ultimate in relaxation.

Stones on the beach

90 mins £95.00

We will first focus our attention on your feet with a relaxing Reflexology treatment, before you turn over and enjoy a deeply soothing hot stone back massage using gently warmed basalt stones.

Out to sea

90 mins £95.00

Lay back and enjoy a VOYA foot ritual using fresh leaves of seaweed, scrub and foot massage. This is followed by a detox herbal bag massage, where warm poultices of ground seaweed and herbs gently exfoliate and warm tired muscles. The perfect combination to de-stress and unwind.

Majestic Mermaid

120 mins £120.00

The creme de la creme ritual of VOYA organic skincare from the sea. Treatment begins with exfoliation using gently ground seaweed to detoxify, moisturise and soften your face and body. Continues with a soothing cocoon of Laminaria seaweed leaves, a relaxing scalp massage and finishes with an aromatic body massage to leave you feeling like the fabled goddess of the sea.

Tranquil Voyage

120 mins £120.00

Your complete top-to-toe relaxation journey includes stimulating body brushing, exfoliation and body massage inspired by movements of the sea. Continuing on your voyage a Marine Eye Treatment allows mineral-rich seaweed compress to target above and below the eye area. There couldn't be a more tranquil way to relieve aches and pains whilst conditioning the face, eyes and body.

PEDICURES

Luxury Marine Pedicure

60 mins £50.00

An indulgent 60 minute treatment starting with a cleanse and exfoliation of the feet using dead sea salt and ground seaweed. Followed by a relaxing aromatherapy foot massage to leave you calm and balanced. Completes with removal of hard skin, cuticle work, nail shape and VOYA moisturiser. Finally an OPI colour of your choice.



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MASSAGE

Body Massage

60 mins £60.00

Back Massage

40 mins £45.00

Your therapist will tailor a massage to you and your individual requirements, choose from Swedish, Deep tissue, Sports, Remedial or Aromatherapy Massage. Whether you need to de-stress, treat an injury or simply relax we will create you the perfect massage treatment.

Hot Stone Therapy

60 mins £60.00

The ultimate in relaxation, this massage uses gently heated volcanic basalt stones with selected aromatherapy oils. Stones are used as a massage tool and placed on key areas of the body to reduce muscle fatigue and ease tension.

Reflexology

60 mins £60.00

Originating from China, Reflexology uses pressure point massage on the feet to bring about wellbeing through the rest of the body. Your treatment begins with your feet being bathed and refreshed using a soft cloth before your massage. Completes with a reviving peppermint and Lavender foot cream.

Lymph Drainage Massage

60 mins £60.00

This is a very gentle but effective massage to encourage lymphatic drainage, removing excess fluid and toxins from the body. Applied using our own blend of Grapefruit, Juniper and Sweet Orange and is ideal for cellulite reduction and fluid retention.



CLIENT INFORMATION

Most of our treatments promote de-toxification so following your treatment we recommend you drink plenty of water and avoid heavy meals for 24 hours.

Please arrive promptly at your appointment time, if you are late it may be necessary to reduce your treatment time so not to inconvenience the next client, however full charge may be made.

If you are new to us, then we will ask you to complete a short medical questionnaire so we can advise and guide your treatment appropriately.

If you need to cancel your appointment please provide at least 24 hours notice otherwise 50% cost of your treatment may be charged.

We work under a strict code of ethics and are fully qualified and insured for all treatments.

APPOINTMENT TIMES

Hotel treatments are available
7 days a week - 10.00am to 6.00pm
(last appointment time 6.00pm).

We ask please for 24 hours notice for bookings, and advise early booking especially during peak times.

To make an appointment please call
01983 629179 or email
info@thecabin-ventnor.co.uk



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