

THE REN ROOM is different

It's just one small, perfectly-formed beauty and therapy room, in an award-winning, contemporary-styled hotel that's seconds from Porthminster Beach in St Ives.

It's different because the only products we use are made by people like us, whose passion about what goes on your skin is matched by their passion about the environment.

It's different because the only products we use are the best available. Quality is non-negotiable, so even the cotton wool's organic and the towels fairtrade.

It's different because you listen to the music you choose, from our extensive playlist, while you enjoy complimentary Tregothnan Estate green tea. (And even when your treatment's complete, you're welcome to relax in the bar or

lounge with one of our Cornish platters and a book or magazine.)

The room's design is different, too. We took the kind of care we'll take of you. Floors, paints, LED dimmer lights, even wallpaper paste: all local, environmentally friendly and, of course, the best we could find.

THE REN ROOM is open all day, every day, for everyone, with free parking and late night opening; we sell the whole REN range too.

It all makes a difference.



REN treatments

REN Skincare products are the UK's leading natural skincare company. They create natural and effective products by using their five guiding principles: the right ingredients, the right science, the right experience, the right environmental know-how and, most importantly, the right attitude.

Take their view on the right experience, their pleasure principle: "It matters because it can change your world. You wake up, use REN and the world is just a 5% nicer place to be. So you eat a healthier breakfast, choose clothes that are 5% nicer, you walk 5% taller and smile 5% more, as a consequence people notice you 5% more and are 5% nicer to you ... it can be a magically virtuous circle."

We're very proud of both our association with REN Skincare and of their support for us in creating THE REN ROOM. We're a small hotel at the tip of Cornwall, working with a company which supplies only the most exclusive department stores and renowned spas. REN's products are used and raved about by a seemingly endless and growing list of devoted fans and glossy magazines, from Elle to Harper's Bazaar to Saga Magazine.

We and REN make a great team: they care who uses and offers their products and so we've developed a mutual affinity. They understand our ethos, our care for our clients and guests and, like us, they don't pretend that how they do business has nothing to do with the wider world.

Using their guiding principles, they have developed some of the ultimate treatments for your indulgence.

REN guerande salt and rose body glow

1½ hours / £70

A totally de-stressing and extra indulgent experience that leaves your skin gorgeously soft, glowing and smelling of roses! Mineral-rich guerande sea salts buff away dead, dull skin whilst sweet almond and olive oils keep your skin soft and nourished. A deeply relaxing top to toe massage follows, together with some carefully chosen tsubo point pressure, using Moroccan rose otto ultra nourishing body oil to heal, soothe and reduce tension held in the body. Finally, uplifting damask rose ramnose biosaccharide body cream is applied all over, leaving your skin silky smooth, revitalised and with a total feeling of wellbeing.

REN exfoliating body treatment

45 minutes / £40

This treatment will have you feeling energised and toned. Your skin is thoroughly exfoliated using a body scrub to enhance cell renewal and replenish skin, then dry body brushing further stimulates skin and lymph to help remove toxins. Finally, a body cream of your choice is smoothed all over your body. You may choose a layer of zesty grapeseed, jojoba and shea butter body cream or luxurious aroma-therapeutic damask rose ramnose biosaccharide body cream. Or if you prefer, super nourishing wild yam omega 7 firming body repair.

Ren treatments cont'd

REN leg and foot revivo-tonic treatment

30 minutes / £29

A reviving treatment for legs, ankles and feet. Perfect as a pre- or post-party treat. After a luxurious Moroccan rose bath soak and de-stressing scalp massage, feet and legs are smoothed and buffed with a scrub, before a draining and detoxifying massage is performed, helping to energise and tone the skin as well as reduce the appearance of orange peel and cellulite on thighs and buttocks. Fantastic for swollen and painful legs. Enjoy as a stand-alone or as an extension to a pedicure or facial treatment.

REN rose de-stress arm and hand treatment

30 minutes / £29

Give your hard-working hands and arms a well deserved treat. After a skin-smoothing Moroccan rose bath soak and deeply relaxing scalp massage, tension held in palms, wrists and arms is pummelled away with guerande salts, then the damask rose ramnose biosaccharide body cream. Skin is smooth, nourished and glowing and you emerge with a renewed sense of wellbeing. Enjoy as a stand-alone or as an extension to a manicure or facial treatment.

Did you know?

THE REN ROOM's
lighting is the very latest,
hi-tech, high-spec,
dimmable LED technology;
but it's designed and
manufactured in Cornwall,
not China!

REN five-phase facial treatments

REN five-phase bespoke facial treatment

1 or 1½ hour(s) / £48 or £60

A truly pampering experience tailored to your needs. Whether your skin needs rebalancing, re-nourishing or decongesting, this treatment will encourage healthy skin metabolism and self-repair, leaving your complexion clean, recharged and radiant. All the while REN's trademark facial massage and steaming rose fragranced hot towels will ensure a luxuriously de-stressing experience throughout.

REN radiance lift cell renewal facial treatment

1¼ hours / £60

Using potent age-control ingredients and manual face-lifting techniques, this treatment will help revitalise and renew your skin. The oval of the face becomes better defined and firmer, leaving the skin toned, firm and radiant. Lines are visibly reduced, and your skin glows. The effects on your skin are instant. Follow a programme specifically designed for your skin and it will show amazing long term results too.

REN problem skin facial treatment – oily/combination

1 hour / £48

A fruit acid based treatment incredibly effective in rejuvenating and purifying problem skin, helping to diminish blackheads, breakouts and existing scarring. Pores are refined and tightened, excess sebum is controlled and skin is left feeling refreshed and energised.

REN multitask facial treatment for men

1 hour / £48

Deep cleansing and decongesting, this facial is detoxifying for a softer, brighter and more even complexion. It re-hydrates and protects against environmental damage and the effects of razor burn, and helps remove dark and puffy eyes.

REN express treatments

REN clean express facial treatment

45 minutes / £39

This can be used as a follow-up from a REN five-phase facial treatment, helping reduce fine lines of expression and boosting tissue hydration. Also ideal as a lunchtime booster treatment, the skin is left energised, firmer and replenished. A fantastic way to keep your skin in tip-top condition in minimal time.

REN revitalising bio active eye care treatment

30 minutes / £29

A treatment that restores the sparkle in your eyes and helps banish the appearance of dark circles and puffiness. Wrinkles are filled, the formation of new collagen is enhanced and the whole eye area is lifted.

REN instant lift facial treatment

30 minutes / £33

At the heart of this incredibly effective instant lifting treatment is the remarkable REN glycolactic cell renewal peel mask, a potent bio-active peel mask designed to renew your complexion, reduce fine lines and dramatically improve skin tone, firmness and radiance. The treatment continues with REN phyto-dynamic instant lifting gel and revivo-lift radiant day serum to leave your skin instantly lifted and glowing. It's the perfect pre-party facial!

Did you know?

REN also helps to conserve the world's limited natural resources. They donate a minimum of 2.5% of profits to campaigns that promote a better environment and a better life for those less fortunate than themselves.

Did you know?

You can join our loyalty scheme. A simple monthly payment plan that offers you a generous discount on all our treatments.

For full details call
01736 794939 for a chat.

About Primrose Valley Hotel

Tucked away, just seconds from the Blue Flag Porthminster Beach, here at the Primrose Valley Hotel we've been marking out our distinctive brand of stylish hospitality with a sustainable face since 2001.

We were Cornwall's first hotel to win gold accreditation from the Green Tourism Business Scheme and spreading environmentally-conscious understanding has always been central to who we are. We've been committed for a long time to reduce, re-use and recycling, to supporting our staff through Sustainable Tourism qualifications, to working as Ambassadors for CoaST (the Cornwall Sustainable Tourism Project) and to our continuing corporate support for the Marine Conservation Society.

It's always been our aim to create the most relaxed and friendly holiday atmosphere, to be the sort of place you'd want to return to again and again. A place where you eat the tastiest local produce, drink the loveliest wines and experience the friendliest service.

A while ago, we were thinking of how we could make Primrose Valley even more special for our fans and friends from far and wide. The concept of transforming one of our bedrooms into a treatment and therapy haven was born and, after six months of planning, researching and developing relationships with some of the most natural and indulgent beauty companies around, THE REN ROOM opened its doors in July 2008. The latest way to make your Primrose Valley Hotel experience that bit more memorable.

Body treatments

Most of our classic body treatments use products from Pure Nuff Stuff, made a few miles away in Penzance. Helen and Emily are a pair of quite extraordinary, down-to-earth friends who created Pure Nuff Stuff out of commitment and buckets full of passion. They've conjured up some of the most natural skincare products around, as well as a desire to really know what goes on their skin.

All the ingredients come from natural sources, which means vegetable, mineral or plant, not petrochemicals. They lovingly hand make every Pure Nuff Stuff product in small batches, ensuring that it's all lovely and fresh. We're thrilled to be the first to work with Helen and Emily in creating some exclusive bespoke products, including the volcanic mud for our wraps and detox treatments and essential oils for our aromatherapy massages.

Aromatherapy massage

1 hour / £48

A full body massage includes the face and scalp. You can individually choose your own essential oils. Each oil will bring its own unique benefits to suit your needs, helping to create relaxation and to ease away any muscle tension. Gives your body and mind a genuine sense of wellbeing.

Reflexology

45 minutes / £40

An holistic treatment using pressure points on your feet, this helps our therapists to locate blockages and imbalances, which then can be corrected. A wonderful and relaxing treatment to help boost the flow of the body's natural healing energies. For best results to be done on a regular basis.

Swedish massage

1 hour / £45

The traditional full body massage will help to break down toxins and to relax those stiff and tired muscles. Our therapist can adapt the degree of pressure to suit you, leaving you feeling completely rejuvenated.

Back, neck and shoulder massage

30 minutes / £25

A classic, proven quick treatment to help relieve tension and aches. A great fix for those on the go.

Indian head massage

30 minutes / £25

An ancient Indian therapy focusing treatment principally on the head but also the neck and shoulders. Great for relieving stress and tension.

Hot stones

This unique therapy is more of a powerful massage. The heat from the stones penetrates to the deepest layers of tissue, this results in a gentle but effective drainage of the lymphatic system and means your muscles relax much more quickly than from a regular massage. The stones are not just placed on various points, but are used by our therapist as a massage tool to improve the circulation as well as your skin tone. This is an ancient treatment dating back more than 2,000 years, and used by the Romans and Native Americans.

Choose from

30 mins back neck & shoulder massage	£30
55 mins body only	£50
85 mins body, face, neck & scalp area	£70

Did you know?

Every single batch of Pure Nuff Stuff is handmade in Penzance, less than ten miles away, right from measuring out the ingredients to bottling and putting the labels on.

Body treatments cont'd

Detoxifying seaweed wrap

1 hour / £58

Includes body brushing to promote lymphatic drainage and improved circulation. Sea salts are mixed with our own exclusive aromatherapy oils and applied to remove dead skin cells. You are then wrapped in de-toxifying seaweed which will reduce the appearance of cellulite, fluid retention and to flush out toxins. Includes a head massage for total relaxation.

Volcanic mud wrap

1 hour / £55

Your body will be gently body brushed and exfoliated in preparation. You are then wrapped in mud, which is made out of volcanic ash and is exclusive to us from Pure Nuff Stuff. This treatment promotes warmth to relax tired and stiff muscles and improve the firmness and elasticity of the skin as well as reducing dryness and flakiness of the skin. A deep scalp massage is also carried out. To finish, an intensive moisturising cream is applied to leave your skin purified and smooth.

Body treatments cont'd

Cornish body polish

30 minutes / £25

This treatment really helps to revitalise the skin and to remove dead skin cells. Gentle body brushing is followed by warm oils mixed with sea salts. It's great to have before an evening out as it makes your skin feel so smooth.

The bump rub

45 minutes / £40

As the name suggests, a treatment for pregnant women! Our therapist can tailor-make this treatment to suit your needs. This can include back, arms, front of legs, feet, head and scalp. Leaves your body and mind with a much needed sense of wellbeing.

The bump wrap

1½ hours / £70

The ultimate treatment for pregnant women. A gentle exfoliation with warm oils is placed all over the body. You are then wrapped up in natural volcanic clay; this clay is great for our skin, it helps to reduce dryness, flakiness and helps to improve the elasticity and firmness of your skin. A deep pressure point scalp massage will be given while the clay is at work. To finish off, soothing oil, which helps to reduce stretch marks, is smothered all over your body.

Did you know?

The wallpaper paste we used is completely biodegradable as are all the paints, which are made in Devon, by Nutshell Natural Paints.

Combination packages

These packages have been created especially by us using either REN skincare or Pure Nuff Stuff products and, in several packages, both. They are designed to reflect a combination of incredible products, the clean air of St Ives, the sand and sea, our talented therapists and the simple fact that you've come here to be spoilt.

The ultimate Cornish chill out

2 hours / £100

A real treat for the body. This treatment is great if you are suffering from tired and stiff muscles. You will be wrapped up in a natural warm mud which will help to reduce dry skin and melt away any tension you have. Completed with a full body hot stones massage to give you the really chilled feel.

The face & body sensation

2¼ hours / £110

This treatment starts with body exfoliation, using oils and sea salts mixed by us to remove dead skin cells. Then an aromatherapy full body massage followed by a REN five phase facial. Simply designed, to leave you feeling sensational.

The face & body sensation for HIM

2 hours / £88

A full body Swedish massage to help ease away tension around your muscles followed by a REN multitask facial which is specially formulated for men's skin.

The REN be gorgeous

2 hours 20 minutes / £112

A treatment to make you feel and look gorgeous. For starters, a REN instant facial treatment. This is an incredibly effective facial which helps to reduce fine lines and improves skin tone, firmness and radiance. A de-stress hand and foot treatment from the REN range combined with a luxury manicure and pedicure, you will emerge feeling energised and toned.

The REN ultimate

3 hours / £130

The ultimate REN package combining guerande salts and a rose body glow which will buff away dead dull skin whilst sweet almond and olive oils keep your skin soft and nourished. A deep pressure point full body massage follows leaving you completely relaxed. Then choose from one of our REN facial treatments, and your skin will feel totally silk smooth, revitalised and you will emerge with a renewed sense of wellbeing.

Combination packages cont'd

Ultimate detoxifying treatment

2 hours / £99

Helps to cleanse away the toxins and to boost the metabolism and increase circulation. After a body brush and an exfoliation with hand mixed oils and sea salts you are then cocooned in a luxurious seaweed wrap which works deep into the skin helping to cleanse and balance the body. Completed with an aromatherapy full body massage that will continue to detoxify.

The upper body duo

1½ hour / £69

Using aromatherapy oils, a relaxing neck shoulder and back massage is given to ease away any muscle tension. Followed by a REN facial to keep your skin in tip-top condition in minimal time.

The upper body duo for HIM

1½ hour / £69

A deep back neck and shoulder massage to work into those stiff muscles. Followed by a REN facial which is formulated especially for men. Helps to cleanse and purify your skin.

The 'big day' package for brides to be...

POA

This treatment will be tailor-made for you, for your special day. Combine any of our treatments from our extensive list, makeup and a facial or a manicure and pedicure with a full body massage. We can even have two therapists treating you at once. We strongly advise booking as far in advance as possible.

Beauty treatments

Waxing

Full leg	£22
Full leg with bikini	£28
½ leg	£15
½ leg with bikini	£23
Bikini	£10
Brazilian	£20
Underarm	£10
Eyebrow	£9
Lip or chin	£6
Back	£25
Chest	£17
Back & chest	£36

Eyes

Eyebrow shape	£5
Eyebrow tint	£6
Lash tint	£10
Eyebrow & tint	£15
Eyebrow wax, brow tint & lash tint	£21

Why not treat someone you know to a REN ROOM gift voucher.

Beauty treatments cont'd

Hands, feet and nails

We use the Zoya range of nail polishes which were created to focus on colour, safety and durability. There are the only company to have removed many of the toxic ingredients so often found in nail polish, producing a more advanced and natural product that are the longest-wearing and healthiest lacquers available.

File and paint

15 minutes / £14

File and French polish

20 minutes / £16

Manicure

30 minutes / £25

A manicure including nail reshape, cuticle tidy, hand massage and a polish of your choice.

Manicure with French polish

45 minutes / £30

Manicure as above but with French polish

Luxury REN manicure

1 hour / £48

A luxurious manicure combined with our REN rose de-stress arm and hand treatment. After a skin smoothing Moroccan rose bath soak, an exfoliation using guerande salts is applied to the hands and arms to aid the removal of dry skin. A rose ramnose body cream is used to give a deep stimulating hand and arm massage leaving the skin smooth and nourished. The nails are reshaped and the cuticles are tidied and massaged. Followed by a polish of your choice.

Pedicure

40 minutes / £29

A pedicure including nail reshape, cuticle tidy, foot massage and a polish of your choice.

French pedicure

45 minutes / £32

Pedicure as above, but with French polish.

Luxury REN pedicure

1 hour / £48

A luxurious pedicure, combined with our REN leg and foot revivo-tonic treatment. After a Moroccan rose bath soak, feet and legs are smoothed and buffed with the REN scrub before a draining and stimulating massage is performed, helping to energise and tone the skin. The nails and cuticles are then tidied up and polished with a colour of your choice.

Make-up

We use mineral make-up from Lily Lolo which is made in the UK. This make-up will suit all skin types, even the most sensitive. Our make-up experts will advise and guide you for any occasion to enhance your natural beauty. All make-up treatments include a full cleanse, tone and a pre make-up base.

Made from pure crushed minerals and containing no harsh chemicals, dyes or fillers, mineral foundation is not only gentle on the skin but also contains zinc oxides which have healing properties – perfect for those who suffer breakouts or have sensitive skin. Requiring no additional illuminating products, mineral foundation will give you the natural, fresh-faced glow of beautiful healthy skin.

Any occasion

1 hour / £45

Whether it's for a big night out or a special date, our make-up artist will give you a flawless look. Even if you just want a make-up lesson, we'll guide and advise you as to the colours that suit you, your skin type and style and give you up-to-date insider knowledge on all the latest beauty tips.

Wedding make-up

1¼ hours / £70

We recommend you have a trial make-over before your big day, so you know exactly what will suit you. Then on your day our make-up artist will give you that flawless look, once again.