



inspired

health · fitness · spa



Gleddoch House Hotel, Golf Club & Spa



ELEMIS SKIN FACIALS

Pro-Collagen Quartz Lift Facial · 1hr 15mins - £75

Anti-wrinkle facial with immediate results. Powerful mineral ingredients and unique facial massage techniques help to lift and firm the skin. Pavina Pavonica marine algae, empowered by electrical energy from quartz, visibly revitalises by promoting cellular activity.

Tri-Enzyme Resurfacing Facial · 60 mins - £60

Resurfacing treatment, powered by the enzymatic action of papain fruit extract and white truffle, to safely and effectively help reduce the thickening layer of the epidermis. Designed to smooth the skin, reducing the appearance of fine lines, acne scarring and uneven pigmentation.

Skin Radiance Booster Facial · 30 mins - £40

Reveal radiant skin with this moisture-boosting treatment. A unique mask, rich with amino acids and vitamins, helps to regenerate skin cells, providing instant energy to the skin. Regular treatments can help delay the signs of ageing and provide free-radical protection.

Modern Skin Booster Facial · 30 mins - £40

Restore radiance to stressed skin. Designed for challenged skin that is reacting to the stress of modern living. Bursting with anti-oxidant rich minerals and vitamins, this purifying treatment helps remove damaging toxins, regenerate skin cells and rebalance sebum. The results: remineralised, rebalanced and renewed skin.

Visible Brilliance Facial · 1hr 15 mins - £70

To combat ageing, stressed and slackened skin. Independently tested with revolutionary results, this

anti-ageing face and eye treatment instantly firms, rejuvenates and plumps skin, whilst helping to reduce dark circles. Moisturisation levels of the skin are proven to increase by up to 61% and elasticity by 40%, after just 1 treatment¹.

Specialised micro-circulatory massage techniques are combined with powerful formulations and the two-phase Amino Active Mask to help smooth, sculpt and restore skin radiance.

ELEMIS HANDS & FEET

Exotic Hand and Arm Re-Energiser · 30 mins - £35

Stretch out your palms, from the tips of your fingers to your upper arm with this beautiful Thai massage sequence. Combining the hedonistic Exotic Frangipani Monoi Moisture Melt with hot stones helps to increase circulation, deeply hydrate and nourish the skin.

Pro-Collagen Hand and Nail Treatment · 30 mins - £25

Cuticles and nails are conditioned and strengthened, whilst the indulgent Elemis Skin Nourishing Milk Bath combined with the anti-ageing Pro-Collagen Hand and Nail Cream intensely hydrates for irresistibly smooth, youthful looking hands.

Soothing Foot Treat · 30 mins - £30

Your feet are gently cleansed with warm lime mitts. Soothing Musclease Active Body Concentrate is applied in a dual motion with Instant Refreshing Gel using hot stones to massage into the soles of the feet and between the toes. Your feet will feel lighter, with your body more grounded!

Sole Delight Grooming for Feet · 30 mins - £35

Warmed aroma-therapeutic oils nourish and super-condition neglected feet and nails. The extra-rich hydration replenishes and softens hard working heels, lavishing a rich and soothing action on your skin.



ELEMIS FOR MEN

Only for Men Booster Facial · 30 mins - £40

Designed for men's skin, this power-charged treatment helps to cleanse, firm and hydrate the skin, reducing the appearance of wrinkles. Intelligent Adaptogenic Technology helps channel moisture to where it is needed most.

Deep Tissue Back Massage · 30 mins - £35

Specifically targeting the back, shoulders and neck areas to relieve stress and muscle tension. The key techniques of the Deep Tissue Muscle Massage are applied in this mini-massage.

Face and Body Sensation · 55 mins - £55

Experience the perfect Elemis treatment duo, a sensational massage combined with a prescribed anti-ageing taster booster facial. Choose from the unique Re-Energiser, an 'ice-cool thermal' massage to relieve stress, tension and ease aching muscles, or Tranquillity, a 'thermal-soothing' massage.

THE PERFECT COMBINATIONS

Recharge - £65

Pro-Collagen Quartz Lift Booster Facial 30 mins
Well-Being Back Massage 30 mins

Radiance - £60

Skin Radiance Booster Facial 30 mins
Pro-Collagen Hand & Nail Treatment 30 mins

Renew - £50

Tri-Enzyme Booster Facial 30 mins
Stress-Away Shoulder to Scalp 20 mins

Men's Refresher - £65

Only for Men Booster Facial 30 mins
Deep Tissue Back Massage 30 mins

Exotic Treat - £50

Exotic Hand and Arm Re-Energiser 15 mins
Exotic Lime & Ginger Salt Scrub 30 mins

Time for Grooming - £55

Pro-Collagen Hand and Nail Treatment 30 mins
Sole Delight Grooming for Feet 30 mins



ELEMIS BODY

Absolute Spa Ritual · 2 hrs - £105

The ultimate skin and body therapy for maximum results. Choose from one of the Elemis Skin Facials and combine it with powerful effects of the Elemis Deep Tissue Muscle Massage. Two hours of pure relaxation with dramatic results.

Deep Tissue Back Massage · 30 mins - £35

Specifically targeting the back, shoulders and neck areas to relieve stress and muscle tension. The key techniques of the Deep Tissue Muscle Massage are applied in this mini-massage.

Aroma Spa Ocean Wrap · 1hr 15 min - £60

Powerful seaweed wrap for complete muscle relaxation. Drift away whilst you are cocooned in a comforting foil wrap or unique dry float and treated to a pressure point facial and de-stress scalp treatment. Using a warming blend of essential oils, this specialised treatment helps ease aching, tense muscles.

Exotic Lime and Ginger Salt Scrub · 30 mins - £30

A body exfoliation ritual to invigorate and revitalise the body. After light body brushing, warm oil is dripped luxuriously over the body, before the sublime Elemis Exotic Lime and Ginger Salt Glow is applied.

Face and Body Sensation with Deep Tissue Massage · 60 mins - £50

Alleviate stress, ease aching muscles and revive the senses with this powerful, customised massage. Dynamic blends of essential oils are prescribed to target individual needs and reduce specific stress and muscle tension.



NON-ELEMIS TREATMENTS

MANICURE · Choose from one of our nurturing manicure treatments

File and Polish · £15

Classical Manicure · £28 (+ £5 for French)

We will give you a professional consultation. Find the perfect shape for your nails. A hand massage and pep up your nails with your favourite colour - or do it the French way.

Luxury Manicure · £38 (+ £5 for French)

All the advantages of the Classical Manicure, plus a hand scrub and a nurturing hand mask in a Paraffin bath.

PEDICURE · Give your feet a break - spoil them with a pedicure treatment

File and polish · £15

Classical Pedicure · £32 (+ £5 for French)

We will give you a professional consultation. Make sure we bring your nails to a healthy beautiful shape. A foot massage and pep up your nails with your favourite colour - or do it the French way.

Luxury Pedicure · £42 (+ £5 for French)

All the advantages of the Classical Pedicure, plus a foot scrub and a nurturing foot mask in a Paraffin bath.

EYE CARE · (all tints will require patch test 24 hours prior to application)

Eyelash Tint · £10

Eyebrow Tint · £8

Eyelash and Eyebrow · £16

Eyelash Extensions · from £8

HOT STONE MASSAGE

45 mins · Only £60

After heating the stones in warm water, we then place small stones on key energy points of the body, evoking an aura of warmth while the deep penetrating heat from the large stones are used to massage the body using traditional techniques to ease pain and tension from aching muscles, as well as deeply relaxing and re-balancing the mind and body.

WAXING FOR WOMEN

Eyebrow · £8

Lip or Chin · £6

Lip and Chin · £10

Underarm · £10

Half Arm · £10

Full Arm · £14

Bikini Line · 30 min · £10

Half Leg · 30 min · £14

Full Leg · 45 min · £20

Half Leg and Bikini · 60 min · £23

Full Leg, Bikini and Underarm · 75 min · £37

WAXING FOR MEN

Chest · 45 min · £25

Back · 45 min · £25

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