

RELAX.INDULGE.ENJOY



*Amaryllis*  
BEAUTY || SPA



## Welcome to Amaryllis,

the salon where we aim to provide you with the perfect environment to relax, unwind and rejuvenate. Our products reflect our commitment to quality, with ESPA chosen as our principal treatment supplier.

Our friendly and knowledgeable therapists are always happy to advise you on which treatments and products are most appropriate for you.

All treatment times are approximate and are given as a guideline only.

### Beauty Salon Opening hours

Monday	12.00 - 19.30
Tuesday	10.00 - 19.30
Wednesday	10.00 - 19.30
Thursday	10.00 - 19.30
Friday	10.00 - 19.30
Saturday	09.00 - 17.00
Sunday	11.00 - 17.00

### Gift Vouchers

Gift vouchers for a range of beauty and spa treatments are available at Gales Golf:Leisure:Spa.

*Please note, prices subject to change.*

relax  
unwind  
rejuvenate

## Facial treatments

### ESPA facials

Our trained therapists will discuss your wishes and carefully assess your skin type before suggesting an appropriate treatment. A wide range of exclusive ESPA products are used to maximise the benefits to you. Examples of our many facial treatments include:

#### Express facial

£30

For those in a hurry, this treatment takes 30 minutes and is a great introduction to ESPA.

#### Deluxe facial

£46

Our ESPA deluxe facials are designed to soothe and rejuvenate your skin and takes approximately 50 minutes.

**Regenerating facial:** provides an intensive boost to nourish stressed skin and combats premature ageing or environmental stress to leave skin feeling fresh, revitalised and toned.

**Rebalancing facial:** specific massage techniques and aromatherapy products, combined with a deep cleansing clay mask to decongest the skin leaving it calm, clear and rebalanced. Perfect for combination skin.

**Skin brightening facial:** ideal for tired, dull or lifeless skin. Skin radiance products, rich in anti-oxidants, such as Hawaiian Algae and Meadowsweet, soften and soothe the skin whilst visibly improving its radiance and texture.

**Rehydrating facial:** gentle deep cleansing and exfoliation prepares the skin for a rejuvenating massage with botanical rescue and face treatment oil. The nourishing mask works to drench your face in moisture, providing the perfect rescue for dull, dehydrated skin.

#### Ultimate revitalising facial

£56

If you have a little more time, or feel like the indulgent pampering experience, then try our Ultimate Revitalising Facial (60mins approx), perfect for mature, dry or dehydrated skin. This Ultimate Revitalising Facial also concentrates on the delicate area around the eyes and helps to minimise the appearance of fine lines.





## Crystal Clear – Microdermabrasion

The celebrities' favourite skincare secret...

Founded in 1995, Crystal Clear treatments allow you to treat fine lines, wrinkles, dull dehydrated skin, sun damaged skin, skin laxity, acne scarring, blackheads, congested and acne prone skin. Using a controlled method of skin resurfacing, by gently exfoliating the outer layers of the skin, while increasing new collagen and elastic formation to visibly rejuvenate and firm the skin of the face, neck and body. Results are immediately visible.

**Express Microdermabrasion**

**(30 mins) £34**

For those in a hurry, this treatment takes only 30 minutes and is a great introduction to the Crystal Clear Experience

**Microdermabrasion**

**(50 mins) £58**

**Course of 6 £290**

After the microdermabrasion treatment, a unique Mini Lift Mask is applied, leaving for 10 mins, to hydrate the skin and rebalance ph levels, followed by a bespoke lifting technique. You will see a difference after just one treatment, although a course of treatments is recommended to achieve maximum effect. This is a great treatment before a special occasion, such as a wedding, party or any kind of celebration.

**Ultimate Microdermabrasion**

**(70 mins) £79**

**Course of 6 £395**

A luxury experience starting with a 10 minute back massage followed by a Microdermabrasion face treatment with the Mini Lift Mask left on for 15 minutes. During mask application, choose either a neck and scalp massage or a hand and arm massage, before the treatment ends with a bespoke lifting technique.



**CRYSTAL CLEAR**  
SKINCARE

## Ultimate relaxation therapies from ESPA

### **ESPA Total body care** (80 mins) £67

This all encompassing treatment commences with skin brushing and exfoliation to prepare the skin and leave it soft and smooth. We then move onto a full body massage with an express facial, incorporating a scalp massage using select essential oils. This truly holistic experience lasts for approximately 80 minutes and brings harmony to body, mind and soul.

### **ESPA Total body care with hot stones** (1hr 45 mins) £84

This all encompassing treatment commences with a skin brushing and exfoliation to prepare the skin and leave it soft and smooth. We then move onto a full body hot stones massage with an express facial including a scalp massage. This truly holistic experience lasts for around 1 hour and 45 minutes and brings harmony to body, mind and soul.

### **ESPA Blissful back, face and scalp massage** (80 mins) £67

A full aromatherapy facial is combined with a back exfoliation, back and scalp massage. This restorative treatment lasts around 80 minutes and leaves the skin revitalised whilst the mind and body are totally relaxed.

### **ESPA Blissful back, face and scalp massage with hot stones** (1hr 45 mins) £84

A full aromatherapy facial is combined with a back exfoliation, back and scalp massage, incorporating hot stones. This restorative treatment lasts around 1 hour 45 minutes and leaves the skin revitalised whilst the mind and body are totally relaxed.

### **ESPA Pre-natal treatment** (75 mins) £67

A total body treatment specially designed for pregnant and nursing mothers which lasts 75 minutes. Advanced massage techniques are combined with calendula infused oils, exfoliators and creams. A luxurious treat, resulting in total relaxation and toned skin.

### **ESPA Body scrub** (20 mins) £30

This exclusive skin enhancing treatment takes 20 minutes and removes dead and dry skin cells, leaving the body cleansed and invigorated. Choose from a blend of relaxing or invigorating oils.

### **Oriental head massage** (20 mins) £30

A calming yet energising scalp massage focusing on vital energy points. If time is of the essence, this compact 20 minute treatment will help reduce tension, increase circulation and provide a feeling of well being.





## ESPA envelopments

All envelopments incorporate a deep scalp massage and last for approximately 50 minutes.

### **ESPA Restorative mud wrap** £58

A therapeutic body treatment where skin brushing and exfoliation are followed by envelopment in warm marine mud rich in trace minerals. Ideal for the relief of aches and pains and superficial skin problems.

### **ESPA Detoxifying algae wrap** £58

This purifying and balancing body envelopment combines skin brushing and exfoliation with a warmed algae wrap, rich in minerals and enzymes. Designed to ease away tension, this treatment boosts metabolism, reduces fluid retention and helps to detoxify the whole system.

## Massage therapies

### **Traditional**

A muscle easing and stress relieving treatment concentrating on specific aches and pains.

**Back, neck and shoulders:** (30 mins) £29

**Full body:** (50 mins) £42

### **Aromatherapy**

Drift into the deepest level of relaxation as you experience the benefits of aromatherapy massage focusing on acupressure points to relieve tension, helping to strengthen the nervous system and restore vitality.

**Back, neck and shoulders:** (30 mins) £31

**Full body:** (50 mins) £45

### **Hot stone therapy**

Hot stone therapy uses the application of hot basalt stones onto designated vital energy points in order to relieve tension.

**Back, neck and shoulders:** (30 mins) £35

**Full body:** (50 mins) £50

### **Reflexology**

Reflexology is a natural therapy based on the theory that specific points on the feet correspond to specific organs and systems in the body. By applying gentle pressure to these points the related area of the body is stimulated and cleared of congestion. Reflexology promotes deep relaxation, encouraging the body's self healing process. It is a calming, relaxing and enjoyable treatment. Although especially popular as a relaxation treatment for expectant mothers, many other people enjoy its benefits.

**45 minute treatment:** £45

**Course of six treatments:** £220



## Beauty treatments

### Makeup

Our makeup application uses only the best cosmetic brands, all of which are chosen for their balanced approach, allowing the skin to breathe and function normally while still protecting it from air-borne pollutants. Our beauty therapists can create a look suitable for every occasion and leave you feeling renewed and looking amazing.

**30 minute appointment** £34

### Fake Bake spray tan

A favourite with A-List celebrities, Fake Bake is the ultimate tanning treatment. This revolutionary treatment offers a safe, even, sunless tan in about 20 minutes, which works with the pigments in your skin to give a natural looking tan. For best results we advise you exfoliate your skin and wax 24 hours before your treatment.

**Full body** £23

**Half body** £14

### Eyelash and eyebrow treatments

**Combined eyelash and brow tint** £18

**Eyelash tint** £14

**Eyebrow tint** £9

*NB A 24 hour patch test is required for all eyebrow and eyelash tinting treatments.*

## Other body treatments

### Waxing

**Full leg, bikini line and underarm** £36

**Full leg, bikini line or underarm** £30

**Half leg, bikini line and underarm** £32

**Half leg, bikini line or underarm** £26

**Eyebrow and lip or chin** £12

**Full leg** £26

**Half leg** £18

**Half arm (below elbow)** £12

**Bikini line** £11

**Underarm** £11

**Eyebrow or chin** £9

**Lip** £8

### Body waxing for men

**Eyebrows** £9

**Full legs** £32

**Back** £28

**Chest** £28

*NB It is recommended that no heat treatment (i.e. spa, sauna, steam or sun bed) be undertaken prior to or after hair removal.*





## Manicures and pedicures

Our luxurious manicures and pedicures use leading cosmetic brands to nourish and strengthen your nails. Each nail is analysed for type and cuticles are gently cared for with oils and creams. The nail shape is perfected before wax treatment or polish is selected. We recommend that clients taking a paraffin wax treatment do not finish with polish as we feel the oils used are better absorbed if left uncoated.

### File and polish

This treatment for either hands and feet, shapes and finishes the nails and ends with our vinylux polish.

### File & polish

(20 mins) £15

### Deluxe manicure or pedicure

A blissful experience. Nails are shaped and nails and cuticles are nourished by creams and oils. Essential vitamins and minerals are then absorbed during a luxurious hand and arm or leg and foot massage. The treatment is finished with our vinylux polish.

(40 mins) £30

### Ultimate manicure or pedicure treatment

Sheer indulgence in this holistic treatment as your feet or hands are gently exfoliated while your nails and cuticles are cared for with creams and oils. The hands & arms or feet & legs are then massaged with hot stones and individually selected aromatherapy oils before a warm paraffin wax envelopment completes the treatment.

(60 mins) £42

### Shellac™ hybrid nail colour

The revolutionary product applies like polish and wears flawlessly for 14 days of high gloss shine. This treatment for either hands or feet, shapes and finishes the nails and cuticles with an application of shellac and cuticle oil.

(45 mins) £27

Removal is complimentary when you are having a new Shellac treatment on the same day. Otherwise removal takes approximately 10 minutes and costs £7.

### Acrylic nail extensions

Full set	£34
Infills	£21
Nail repair	£6
Soak off	£21
Soak off and new set	£42





# Minx™

## Minx Nails

Extending fashion to your toes and fingertips. The most talked about nail innovation, worn by every celebrity on the planet! Long lasting and requires only heat and pressure.

We have a wide range of fabulous patterns and colours to choose from to suit every mood and occasion.

Once applied you can expect your Minx to last on your toes approximately six weeks and seven days on the hands.

(45 mins) £27



## Spa days

### Deluxe Spa Package

£85

- Arrive for welcome drink of fresh fruit juices and mineral water
- A relaxation period in the spa, sauna and steam room
- A choice of either a full body aromatherapy massage or a full body hot stones massage
- A choice of either a deluxe manicure or an express facial

### Deluxe Spa Day

£115

- Arrive for welcome drink of fresh fruit juices and mineral water
- A relaxation period in the spa, sauna and steam room
- A light three course lunch
- A choice of either a full body aromatherapy massage or a full body hot stones massage
- A choice of either a deluxe manicure or an express facial
- A deluxe pedicure

### Deluxe Club Pamper Day

£175

- Arrive for welcome drink of fresh fruit juices and mineral water
- A relaxation period in the spa, sauna and steam room
- A light three course lunch
- An ESPA deluxe facial
- A choice of either a full body aromatherapy massage or a full body hot stones massage
- A deluxe manicure
- An ESPA salt and oil body scrub followed by a deluxe pedicure.

*All spa days and packages should be booked in advance.*

## Bridal packages

### Bridal makeup

£59

Our therapists can create the perfect look for your big day, taking into account your skin tone and dress colour. Includes:

- Trial makeup including consultation
- Wedding day makeup

### Ultimate bridal beauty package

£179

Perfect preparation for the bride and other members of the bridal party. Combines luxurious facial and body treatments with wedding day essentials to help you relax in the busy days running up to the wedding and ensure you look fabulous on the big day itself. Includes:

- Trial makeup including consultation
- ESPA deluxe facial one week prior to the wedding
- ESPA total body care relaxation therapy a few days before the wedding
- Deluxe manicure, Shellac or acrylic nail extensions the day before the wedding
- Wedding makeup and final touch up for nails on the big day

We can design a bridal package to suit your individual needs, including any combination of our beauty treatments for both the bride and bridal party. Our therapists will be delighted to discuss your requirements and and tailor a package for you.

*Please book all bridal packages well in advance.*



*Gailes*  
Golf : Leisure : Spa

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