

Glenapp Castle
AYRSHIRE & SCOTLAND



Glenapp Treatments
at



PEBBLES
Spa & Leisure

Pebbles Spa & Leisure • Lendalfoot • Nr. Girvan
Tel. 01465 891233 • www.pebblesspa.com



PEBBLES
Spa & Leisure

The Spa is located on the seashore, approximately five minutes by car from the castle.

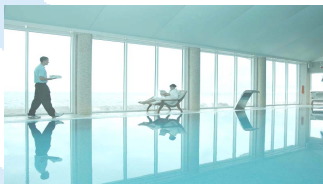
The spa is not owned by Glenapp Castle, and has a private membership, but resident guests at Glenapp may use the facilities for an entry fee of £15.00 per person, and can also enjoy a full range of treatments and massage. The Spa is open from 7.00am to 10.00pm seven days a week.

a and leisure

Facilities include a 15m. level deck pool with disappearing horizon, Aromatic Steam Room, Sauna, and fully equipped fitness suite with the latest Technogym equipment and qualified personal fitness instructors. There is also a health bar serving light snacks, meals and refreshments. It is normally advisable to pre-book treatments but they may be available at short notice. Please ask a member of staff if you would like to book a treatment.



Thalgo treatments harness the riches of the sea so you can benefit from the power healing, revitalising and re-balancing properties vital for health and wellbeing. The exceptional body treatments refine, tone and ease tensions, while the facials offer spectacular results in purifying, hydrating and firming.



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The cost of your Thalgo Facial or Thalgo Body Treatment includes entry to the spa and full use of the spa facilities on the day, as well as complimentary hire of luxury towel, robe, slippers and Arran Aromatics all-in-one shower gel or shampoo. Guests who book more than one Thalgo Facial or Thalgo Body Treatment per person on the same day will receive a £15.00 price reduction on the second and any subsequent treatments.



**“Let the Beauty of the Sea
take care of you at Pebbles Spa.”**

Thalgo treatments at Pebbles Spa & Leisure harness the riches of the sea so you can benefit from the power healing, revitalising and re-balancing properties vital for health and wellbeing.

The exceptional body treatments refine, tone and ease tensions, while the facials offer spectacular results in purifying, hydrating and firming.

All Thalgo facials begin with the wonderful “Dé couverte de la mer” (Discovery of the Sea) welcome massage.





Express Chronodetox Oxygen

45 mins

Let your skin breathe new life with our new oxygen anti-pollution and detox facial. This facial will help to intensively purify, detox and protect the skin from pollution with its complex oxygen protect special formula. Results in a healthy glow. Your therapist will help you to choose between a cooling gel effect or a thermal heated mask.

Aquarelle

55 mins

A facial suitable for all skin types to revitalise and re-mineralise and hydrate. Incorporating a natural marine algae mask. To help devitalised and dehydrated skin.

Re-Balancing with Micronized Marine Algae

55 mins

Combining pure natural seaweed, rich in minerals and vitamins with high potency marine extracts, this treatment stabilises and deep cleanses. Its anti-bacterial effect is ideal for combination, oily and problem skin types. With every session sebum production is balanced and gradually you are more in control of your own skin.

Purity Ritual

30 mins

For all skin types – an introduction to the Thalgo range, this facial allows clients to experience the products best suited to them. An Express treatment for clients with little time on their hands.

Extreme Comfort

55 mins

For dry and very dry skins – a gentle, warming and relaxing mask to soothe and relieve congestion of fragile delicate skin. This unique mask is combined with anti-wrinkle extracts for a firming and re-hydrating effect, restores comfort and radiance.





Collagen

55 mins

For mature skins – a luxury treatment for fine lines, wrinkles and moisture deficiency. Excellent for sun damaged and dehydrated skin. Luxury pampering treatment with instant results.

Exceptional

55 mins

For mature and menopausal skin – a worldwide cosmetic first with second skin effect. An intensive treatment that works on all the signs associated with ageing. Ideally suited for all skin types concerned about ageing and showing signs of hormone deficiencies in menopause. Moisturising, soothing and uplifting facial.

Cold Marine

55 mins

Consisting of a soothing clay mint mask and cleansing milk, this treatment is a haven of relaxation for all types of sensitive skin. Decongests and visibly reduces redness, leaving a fresh and luminous complexion.

Hydra Moisture Source

55 mins

Good for all skin types, especially younger skins, softens, hydrates and improves texture. Truly hydrating moisture featuring active marine ingredients and vegetal milks combined with a unique mask to combat dehydration, improve skin texture, and leave the skin soft and radiant.





Ocean Men's

55 mins

This "hi-tech" professional facial is based upon relaxing massage movements and the highly energising Algae Blue Vitale to leave the skin relaxed and recharged.

Sea and Senses Hot Stone

40 mins

Featuring a unique relaxing massage using volcanic hot stones and cold marine stones and a specific mask to suit your skin type. Promotes deep relaxation. Face looks rested, healthy and glowing.

Organic Radiance

1hr 15 mins

A synergy of sea and plant life from the Mediterranean. An organic solution for the skin that encounters daily stress that cause irritation and fatigue. Your therapist will select the appropriate essential oil concentrate for your skin type and apply to the face and neck. Followed by warm Mediterranean pouch movements to relax features. Continuing with a moisturising and relaxing sculpting massage. Organically nourished and hydrated, the complexion is left radiant.

Clear Expert Brightening

55 mins

Lighten and brighten your skin with our new clear expert facial. Pigmentation marks will fade and youthful radiance is restored with a new Thalgo patent product. A more even skin tone is achieved with a visibly youthful finish.

Microdermabrasion (non-mechanical) facial

55 mins

Skin is re-boostered and cellular regeneration set in motion and super-activated using resurfacing cream rich in aluminium oxide to brighten, heal, hydrate and soothe. Complexion more luminous, its dull veil lifted and skin visibly smoother after first treatment. For pigmentation, acne scarring, deeper wrinkles and loss of firmness.





Extreme Comfort For Eyes

45 mins

Intensive treatment for dehydration lines, congestion, puffiness and dark circles. Has a lifting and nourishing effect.

Collagen Velvet Eye

45 mins

Intensive treatment for fine lines and crows feet. Using pure native soluble collagen, this luxurious eye treatment leaves the eye contour soft and smooth and plumps out fine lines and wrinkles. Not suitable for puffy eyes.

Collagen Lip Treatment

30 mins

Rehydrating lip treatment to plump out fine lines and wrinkles that appear around the contour of the mouth.



Three Algae Body Wrap

55 mins

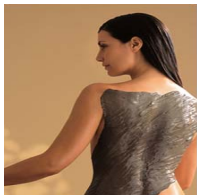
Great for eczema, psoriasis and detoxifying – the micronized marine algae wrap acts on water retention, fatty deposits and the accumulation of metabolic waste. In addition to its advanced slimming effect, this body wrap also offers intense remineralisation, necessary for general well being (cramps, circulation and general fatigue).

Aromaceane Wrap

55 mins

This treatment is a personalised body wrap that combines the effectiveness of essential oils with marine mud. Specific manual massage and reflex activity, followed by effleurage techniques add to the effectiveness of this treatment. Choose from Aromaceane-Slender, Aromaceane-Detox, Aromaceane-Relax.





Sweet and Savoury Body Scrub

30 mins

Based on brown sugar, citrus and lemon. This scrub cleanses and revives, leaving you feeling fresh and invigorated.

Luxury Aquatic Crystal Scrub

30 mins

This deluxe, aquatic salt crystal body scrub eliminates dead surface skin cells, softens and soothes rough areas and stimulates the skins surface. Contains marine salt crystals and nourishing oils of sweet almond, apricot and sunflower, arousing the senses. Intense mineralisation for soft satiny skin. A great treatment for vitality and well-being.

MMA Back Treatment

40 mins

Great for blemishes and dry skin on back, includes a scrub and marine algae application in this relaxing back treatment.

Marine Prelude Mud Wrap

55 mins

Great before holidays and self tanning – not for eczema and psoriasis sufferers. Ultra-exfoliation combining natural sea salts and marine mud. Eliminates dead skin cells, helps smooth skin roughness, refines skin texture, and invigorates the entire body, activating the micro-circulation, Includes reflex-activity of the feet.

Ocean Memory Spa Ritual

1 hr 30mins

Purifying exfoliation with petals and crystals followed by a mineral source massage with aquatic oils and warm algae press then cocooned in a warm crackling seaweed mousse and finally energised with memory cream application to leave you re-energised.

Seascape Full Body Massage

40 mins

Introductory treatment to our ocean memory ritual.





Indoceane Oriental Ritual

90 mins

Thalgo has crossed the seas and oceans to harness the serenity and relaxing powers of the orient and create a true vital relaxation ritual. Featuring a sweet and savoury scrub, a unique massage and a gorgeous sublime wrap, you will feel totally and utterly relaxed. This treatment takes you on a journey through the Mediterranean, India and China.

Serenity Full Body Massage

40 mins

Introductory treatment to our Indoceane ritual.

Pregnancy Pamper Treatment

55 mins

Must be over 12 weeks pregnant. Contains Vitamin E-Combining Marine Algae, Elastin, Wheat Germ Oil and plant extracts to strengthen the skin tone and firm. Can be used throughout pregnancy to improve the skins natural elasticity and lessen the appearance of stretch marks.

Aromatic Massage

55 mins

A specific full body massage using a pre-blended essential oil, based on Swedish massage techniques. Activates circulation and lymphatic system, detoxifies and improves the function of the nervous system, ultimately relieving all signs of stress.

Swedish Massage

55 mins

Back and Scalp Massage

40 mins

Reflexology

45 mins

Face and Scalp Massage

25 mins

Indian Head Massage

40 mins

Back, Neck and Shoulders

30 mins

Varieties of massage movements are used to relieve accumulated tension and stress, stimulate circulation and restore joint movement. Totally relaxing treatments.





hot/cold stones treatments



Relaxing Treatments with Hot and Cold Stones

Signature Treatments to promote deep relaxation, ease tensions, muscle aches and pains. Remineralising and relaxing, these unique sensorial treatments are based on very hypnotic undulating movements. Massage with hot and cold stones meets a new beauty need – total relaxation.

Sea and Senses

Hot Stones Body Treatment 1 hr 15 mins

More than just a new massage method, this is a complete purifying, remineralising and relaxing treatment. The exfoliation and massage is with volcanic and marine stones.

Pebbles Hot Stones Body Massage 50 mins

Promotes deep relaxation with slow relaxing effleurage moves. Helps to relieve tension, muscle aches and pains. Let yourself drift away.

Sea and Senses

Hot Stones Facial Treatment 1 hr 15 mins

A true moment of relaxation with a unique massage using volcanic and marine cold stones to leave the skin rested, healthy and glowing.

Sea and Senses

Hot Stones Face and Body Treatment 2 hrs

Face and body hot stones for complete well being.

Sea and Senses

Hot Stones Back Treatment 40 mins

Ideal for those who are looking for a deeper treatment than a back massage – soothes away tensions, aches and pains.





Jessica Beauty Treatments

Jessica is a pioneer in the professional nail care industry. She was the first to recognise that all nails are not alike and has created specific treatments for each nail type. Jessica's unique nail care philosophy is behind each and every product from her extensive range.

Beautiful nails are not born, they are cultivated. By using Jessica nail care treatments you can achieve healthy, beautiful, natural nails

Jessica Prescriptive Manicure 40 mins
(Polished with complimentary polish)

Jessica French Manicure and Polished 40 mins

Deluxe Jessica Manicure with Mask 55 mins
A complete facial for the hands including Le Remedi by Jessica hand treatment programme and complimentary polish.

Le Remedi Hand Treatment Programme 20mins
Hand cleanse, handsilk, hand restructure mask and hand renew liposomes (no polish)

File & Polish 25 mins

Zen Spa Pedicure 40 mins
(Polished with complimentary polish)

French Spa Pedicure and Polished 40 mins

Deluxe Zen Spa Pedicure with Mask 55 mins
Includes foot and lower leg massage with mask and complimentary polish.





Zenspa Foot Treatment Programme 25 mins

A complete foot treatment – exfoliation and stimulating foot mask and souffle for tired feet. (No polish)

Paraffin Wax Treatment 15 mins

Can be added to any of the above.

Paraffin Wax Treatments

Gentle exfoliation and massage movements. Moisturising and warming. Excellent for dry hands and provides excellent relief for arthritis sufferers.

Hands 30 mins

Feet 30 mins

Hands & Feet 55 mins

Initial Nail Consultation and Manicure 45 mins

In depth nail consultation and manicure including an agreed programme to suit your nails. Includes complimentary polish to take away.

Nail Maintenance 30 mins

Treatment and evaluation including polish – once per week. Course of six – includes home-care kit worth £24.75.

GELeration – Soak Off Gel Polish

The beauty of Jessica in a gel. With the health of the natural nail in mind GELeration's gel formula delivers a long lasting, flawless finish that dries in seconds and protects the natural nail. GELeration is available in a wide range of Jessica colours.

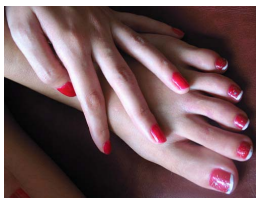
GELeration Sculptured Manicure 90 mins

Includes hand exfoliation, massage and cuticle care with full set of GELeration sculptured nails finished with Jessica's GELeration polish.

GELeration Sculptured Nails (per nail) 10 mins

Ideal for repairs.





Deluxe GELeration Gel Overlay Manicure 55 mins

Includes the benefits of the Le Remedi Luxury Hand Treatment. Your hands will be smoother, silkier and firmer. Cuticles will be cared for, nails will be shaped and polished with the GELeration gel polish.

GELeration Gel Overlay Manicure 45 mins

Includes hand exfoliation, massage, cuticle care, nail shape and finished with Jessica's GELeration gel polish.

GELeration Gel Nail Shape & Polish 30 mins

Nails are filed and shaped before polishing with GELeration gel polish.

GELeration Refresh Manicure with Clear or Coloured Gel 30 mins

A coloured or clear gel applied over your existing GELeration polish to make your GELeration manicure last even longer.

Zenspa Pedicure with GELeration 45 mins

Choose from either Calming Green Tea, Energising Ginger or Revitalising Citrus for this luxurious foot and leg treatment. Hard skin is removed, feet and legs massaged with conditioning creams. Cuticles are groomed, nails shaped and then polished with GELeration gel polish.

Existing Gel Removal (Prior to a GELeration Manicure or Pedicure) 15 mins

Clients with existing gel nails to be removed must allow an additional 15 mins for removal with an additional charge of £4.00. Please advise when booking if removal of existing gel is required.





Waxing and Tinting Treatments

Full Leg Wax

Eye Lash Tint

Brow Shape (Tweeze or Wax)

Bikini Line

Eye Lash Tint & Eye Brow Tint

Half Leg Wax

Eye Brow Tint

Lip or Chin

Underarm Wax

Back Wax



Jane Iredale Make-up

*Known as **The Skin Care Make-up**, Jane Iredale is so natural and beneficial to use and is recommended by Plastic Surgeons and Dermatologists throughout the world. Jane Iredale combines the most up-to-date colours with skin-care benefits that conventional make-ups can only envy.*

Jane Iredale Wedding Make-up

Wedding make-up out of spa. A minimum of three people, with free trial included for the bride. Please contact the spa directly for more information.

Personal Make-up Lesson

45 mins

Make-up for that Special Occasion

45 mins

Jane Iredale Camouflage Make-up Session

45 mins

Ideal to temporarily cover scarring, tattoos, birthmarks, etc for that special occasion.

Tanning Treatments

Fake Bake Full Body Tan

45 mins

Includes full body exfoliation for great results.

Fake Bake Upper Body or Legs Only

30 mins





PEBBLES
Spa & Leisure

pebbles spa and leisure

INFORMATION AND ADVICE

To maximise your experience we ask you to arrive 15 mins before your appointment. Credit card details are required at the time of booking to guarantee your appointment. We therefore require your permission to pass on your card details to the Spa.

You are respectfully advised that the full treatment costs will be incurred if less than 48 hours notice is given of an appointment cancellation or postponement. Arriving late may interfere with your treatment time.

Heat treatments and use of the swimming pool are not recommended after any waxing treatment.

Re-hydration is an important part of Spa Therapy we therefore recommend that you drink plenty of water.

Please advise the therapist prior to your treatment if you suffer from medical conditions or are taking medication.

Pebbles Spa reserves the right to decline to administer any treatment.

And most important – Enjoy your day with us.

01465 891233 • www.pebblesspa.com



STOCKISTS OF



PEBBLES
Spa & Leisure

GLENAPP FACE AND BODY TREATMENTS AT PEBBLES SPA

Facials

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| Express Chronodetox Oxygen Facial | £75.00 |
| Aquarelle | £70.00 |
| Re-Balancing (with Micronized Marine Algae) | £70.00 |
| Purity Ritual | £50.00 |
| Extreme Comfort | £70.00 |
| Collagen | £85.00 |
| Exceptional | £100.00 |
| Cold Marine | £70.00 |
| Hydra Moisture Source | £70.00 |
| Ocean Men's | £70.00 |
| Sea and Senses Hot Stone – 40mins | £60.00 |
| Organic Radiance | £80.00 |
| Clear Expert Brightening | £85.00 |
| Microdermabrasion (Non-mechanical) | £90.00 |

Eye/ Lip Treatments

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|--------------------------|--------|
| Extreme Comfort for Eyes | £60.00 |
| Collagen Velvet Eyes | £70.00 |
| Collagen Lip Treatment | £55.00 |

Body Treatments

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|------------------------------|---------|
| Three Algae Body Wrap | £75.00 |
| Aromaceane Wrap | £75.00 |
| Sweet and Savoury Body Scrub | £45.00 |
| Luxury Aquatic Crystal Scrub | £60.00 |
| MMA Back Treatment | £60.00 |
| Marine Prelude Mud Wrap | £75.00 |
| Ocean Memory Spa Ritual | £105.00 |
| Seascape Full Body Massage | £70.00 |
| Indoceane Oriental Ritual | £100.00 |
| Serenity Full Body Massage | £65.00 |
| Pregnancy Pamper Treatment | £80.00 |
| Aromatic Massage | £70.00 |
| Swedish Massage | £70.00 |
| Back and Scalp Massage | £60.00 |
| Reflexology | £70.00 |
| Face and Scalp Massage | £45.00 |
| Indian Head Massage | £55.00 |
| Back, Neck and Shoulders | £45.00 |

Hot and Cold Stones Treatment

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| Sea and Senses Hot Stones Body Treatment | £90.00 |
| Pebbles Hot Stones Body Massage | £65.00 |
| Sea and Senses Hot Stones Facial Treatment | £90.00 |
| Sea and Senses Hot Stones Face & Body Treatment | £130.00 |
| Sea and Senses Hot Stones Back Treatment | £55.00 |

GLENAPP BEAUTY TREATMENTS AT PEBBLES SPA

Manicures/Pedicures

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| Jessica Prescriptive Manicure | £40.00 |
| Jessica French Manicure | £45.00 |
| Deluxe Jessica Manicure With mask | £55.00 |
| Le Remedi Hand Treatment Programme | £25.00 |
| File and Polish | £25.00 |
| Zenspa Pedicure | £40.00 |
| French Zenspa Pedicure | £45.00 |
| Deluxe Zenspa Pedicure with Mask | £55.00 |
| Zenspa Foot Treatment Programme | £25.00 |
| Paraffin Wax Treatment (added to any of above) | £15.00 |
| Paraffin Wax – Hands | £30.00 |
| Paraffin Wax – Feet | £30.00 |
| Paraffin Wax – Hands & Feet | £55.00 |

Nails

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|--------------------------------------|--------|
| Initial Nail Consultation & Manicure | £45.00 |
| Nail Maintenance | £30.00 |

GEL Nails

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| GELeration Sculptured Manicure | £55.00 |
| GELeration Sculptured Nails (per nail) | £7.00 |
| Deluxe GELeration Gel Overlay Manicure | £50.00 |
| GELeration Gel Overlay Manicure | £40.00 |
| GELeration Gel Nail Shape & Polish | £35.00 |
| GELeration Refresh Manicure | £20.00 |
| Zenspa Pedicure with GELeration | £50.00 |
| Existing GELeration Removal | £4.00 |

Waxing and Tinting Treatments

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|----------------------------|--------|
| Full Leg Wax | £25.00 |
| Half Leg Wax | £18.00 |
| Eye Lash Tint | £15.00 |
| Eye Brow Tint | £12.00 |
| Brow Shape (Tweeze or Wax) | £10.00 |
| Lip or Chin | £10.00 |
| Bikini Line | £14.00 |
| Underarm Wax | £12.00 |
| Eye Lash & Eye Brow Tint | £20.00 |
| Back Wax | £18.00 |

Make-up

Wedding or Special Occasion
Call Pebbles Spa Reception Direct

Tanning Treatments

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|---|--------|
| Tanning Treatments with Exfoliation to help tan last longer | |
| Fake Bake Full Body Tan | £35.00 |
| Fake Bake Upper Body or Legs Only | £25.00 |

The cost of these beauty treatments at the Spa does not include entry to the Spa itself, or use of the facilities. Glenapp guests are welcome to use the Spa facilities for an additional entry fee.

