



Glenapp Castle In-Suite Treatment List

Body

Full Body Massage£95 / £130
60 or 90 minute treatment

A therapeutic full body treatment designed to restore equilibrium and bring deep relaxation to the body and mind. Alleviate tension with this combination of deep tissue and traditional Swedish massage techniques

Back, Neck & Shoulders Massage.....£50
30-minute treatment

Focusing on areas of tension within the back, neck & shoulders, relieve tight muscles and melt away any stress with this classic massage

Pregnancy Massage.....£95
60-minute treatment

A soothing massage for both mum & baby, help relieve the aches and pains of pregnancy and promote wellbeing. (Please note this treatment is only suitable after the 1st trimester of pregnancy)

Lymphatic Massage.....£95
60-minute treatment

Gentle movements stimulating the natural drainage of toxins and the promotion of blood flow, restoring balance to the lymphatic system

Modelling Massage.....£50
30-minute treatment

Strong intense movements over the stomach, lower back & thighs which act on deeper skin tissue, stimulating the natural drainage of toxins, reducing the appearance of cellulite and boosting metabolism

Quick Massage.....£40
20-minute seated chair massage

Release everyday tension & ease muscles with a seated back, neck & shoulders massage leaving you relaxed and revived

Hands & Feet

Gel Manicure / Pedicure.....£55
55-minute treatment

File & shape, basic cuticle care, application of 'The Gel Bottle' gel polish, finished with cuticle oil to nourish and maintain healthy nails

Deluxe Gel Manicure / Pedicure.....£75
75-minute treatment

File & shape, comprehensive cuticle care, application of 'The Gel Bottle' gel polish, finished off with cuticle oil and a relaxing massage to complete the ultimate manicure or pedicure experience

Gel Removal.....£20
30-minute treatment

Soak gel removal, file & shape, cuticle care and oil. (Gel removal must be advised at the time of booking any nail treatment)

To avoid disappointment, we politely request a minimum 24 hours booking notice for any spa treatments. Cancellations and/or No Shows within 48 hours of a booking will be charged 100% of the treatment fee.

