



## GILPIN HOTEL & LAKE HOUSE

### SPA TREATMENT LIST



#### **PURE LAKES Aromatherapy Massage** (£90 - 50 minutes)

A full body aromatherapy massage with a choice of aromatherapy blended oils to help uplift or relax the mind, body, and soul.

#### **PURE LAKES Walkers Ritual** (£90 - 50 minutes)

A treatment specially designed to relax and soothe the legs and feet. The feet are scrubbed with key ingredients of tea tree, basil, and rosemary. Legs and feet are then massaged with luxuriously softening balm, leaving your skin feeling soft and legs feeling lighter. Lastly, stress and tension are massaged away from the neck and shoulders for an enhanced feeling of relaxation and contentment.

## ESPA

#### **ESPA Gilpin Signature Experience** (£135 - 80 minutes)

Unravel tension, instantly boost your complexion and restore inner calm with our most renowned treatment. Targeted massage techniques combine with the purest aromatherapy oils and a highly-personalised facial helping you to look and feel your very best – restored, de-stressed and beautifully radiant.

*Includes: Back exfoliation – back massage - Inner beauty facial – scalp massage.*

#### **ESPA Natural Inner Beauty Facial** (£95 - 50 minutes)

Deeply cleanse, hydrate and renew with this instant results facial. Tailored to your skin's precise needs, Tri-Active™ formulas work immediately to transform your complexion while pure aromatherapeutic oils encompass your mind. Skin looks clear, quenched, naturally beautiful, and inner calm is blissfully restored.

*Includes: triple cleanse – exfoliation – facial massage – personalised mask – scalp massage.*

### **ESPA Hot Stone Reviver** (£140 - 80 minutes)

Discover lasting relaxation for mind and body with this aromatherapeutic treatment. Tailored massage with hot stones unravels persistent muscular tightness and discomfort while pure, aromatic essential oils encompass the mind to relieve stress, recharge spirits and leave you feeling rejuvenated.

*Includes: Full body aromatherapy massage with hot stones – scalp massage.*

### **ESPA Natural Inner Calm Massage** (£95 - 50 minutes)

#### **ESPA Natural Ultimate Inner Calm Massage** (£135 - 80 minutes)

Quieten your mind, release tension and nourish your skin with this holistic, ultimately restorative experience. Personalised to your physical and emotional needs, carefully chosen aromatherapy blends relax, cleanse or energise, while advanced massage alleviates muscular pressure, soothes anxiety and invokes profound relaxation. Mind and body feel balanced, energy renewed and inner calm beautifully restored.

*Includes: Breathwork – full body aromatherapy massage.*

*Ultimate Includes: Breathwork – full body aromatherapy massage – scalp massage.*

### **ESPA Indian Head Massage** (£95 - 50 minutes)

Relax and rebalance the body and soul. Using ancient techniques, the Indian head massage will help to de-stress and relive tension in the back, shoulders, neck, face and scalp. It can also help relieve insomnia, headaches and migraines.

*Includes: Back, neck and shoulder massage- facial and scalp massage- pressure point and lymph drainage*

### **ESPA Pre-Natal Relax & Restore** (£95 - 50 minutes)

#### **ESPA Pre-Natal Ultimate Relax & Restore** (£135 - 80 minutes)

Nurture your changing body and calm your mind with this beautifully comforting treatment. Personalised to your needs and stage of pregnancy, the purest, most gentle formulas smooth and nourish skin while expert massage soothes tight, tender muscles and invokes a state of blissful relaxation.

*Includes: focussed body massage.*

*Ultimate Includes: Back exfoliation – focussed body massage – scalp massage.*

### **ESPA Holistic Body Care Treatment** (£135 - 80 minutes)

Skin brushing techniques are used to help circulation, then the deep cleansing body polish is used to soften and smooth the skin. You will then receive an aromatherapy full body massage to relieve tension and stress.

*Includes Skin Brushing - full body exfoliation - full body aromatherapy massage.*

### **ESPA Pure Radiance Body Polish** (£40 - 25 minutes)

(add on treatment only)

Revive skin's natural softness and glow with this intensely exfoliating treatment. An ideal way to prepare skin for other treatments, a cooling and revitalising body scrub to refine, smooth and refresh skin, while helping to boost hydration. Skin feels smooth, supple and looks radiantly healthy.

*Includes: Skin brush – full body exfoliation.*

# O·P·I

## **OPI Luxury Manicure** (£75 – 55 mins)

*£10 supplement for gel polish*

Includes cuticle work, nail shaping, hand exfoliation, deeply nourishing mask and hand and arm massage. Finished with gel colour and infinite shine polish.

## **OPI Luxury Pedicure** (£75 – 55 mins)

*£10 supplement for gel polish*

Includes cuticle work, nail shaping, exfoliation and removal of any hard skin, deeply nourishing mask and foot massage. Finished with gel colour and infinite shine polish.

## **Gel Polish Removal** (£15 - 15 mins)

Gel removal prior to a manicure or pedicure.