



GILPIN HOTEL

## SPA TREATMENT LIST

*As we are a couples spa, all our treatments take place in our dedicated couples' treatment rooms. For optimal relaxation, we recommend that couples choose treatments of the same duration. This ensures you both can fully unwind together.*



#### PURE LAKES AROMATHERAPY MASSAGE (£105 - 50 MINUTES)

A light to medium-pressure 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 (£105 - 50 MINUTES)

A treatment specially designed to relax and soothe the legs and feet. The feet are soaked and 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.

## ESPA

#### ESPA GILPIN SIGNATURE EXPERIENCE (£160 - 80 MINUTES)

Unravel tension, instantly boost your complexion and restore inner calm with our most renowned treatment. Targeted massage techniques combined 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 and scalp massage.*

#### ESPA GILPIN BODY RITUAL EXPERIENCE (£220 - 110 MINUTES)

A comprehensive full-body deep cleanse and exfoliation, succeeded by the administration of a body mask addressing the guest's specific concerns. Subsequently, the therapist will envelop the body to enhance the absorption of the potent ingredients deep into the skin. During this cocooning phase, you will indulge in a profoundly soothing scalp massage, employing warm pink hair and scalp mud to nurture both the scalp and hair. Upon the removal of the wrap and mask, your therapist will alleviate all tension through the Inner Calm Massage, employing Espa's aromatherapy oils.

*Only available as a couple's treatment.*

#### ESPA NATURAL INNER BEAUTY FACIAL (£105 - 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 NATURAL CRYOTHERAPY FACIAL (£160 - 80 MINUTES)

Refresh, invigorate, and soothe your skin with the cooling benefits of ESPA's Cryo Globes. Inspired by the ancient practice of skin icing, this revitalising treatment helps to lift, tighten, and relieve facial tension while promoting a sense of calm. The smooth stainless-steel globes glide effortlessly over the contours of the face, delivering a refreshing cooling sensation to awaken the skin and clear the mind. Designed to boost circulation and encourage a radiant complexion, this holistic ritual restores balance, leaving your skin feeling revitalised and beautifully refreshed.

*Includes: Double cleanse – exfoliation – facial massage – personalised mask – scalp massage – Cryo globe drainage techniques- isotonic mask – Hand / foot massage*

### ESPA HOT STONE REVIVER (£165 - 80 MINUTES)

Discover lasting relaxation for the 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: Light to medium-pressure full-body aromatherapy massage with hot stones – scalp massage.*

### ESPA NATURAL INNER CALM MASSAGE (£105 - 50 MINUTES)

### ESPA NATURAL ULTIMATE INNER CALM MASSAGE (£160 - 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 – Light to medium-pressure full-body aromatherapy massage.*

*Ultimate Includes: Breathwork – Light to medium-pressure full-body aromatherapy massage – scalp massage.*

### ESPA DEEP MUSCLE MASSAGE (£175- 80 minutes)

Relieve deep-seated tension and restore ease of movement with this powerful, results-driven massage. Combining active stretching with specialised massage techniques, this treatment focuses on the neck, shoulders, and back to alleviate muscular tightness and discomfort. Expertly blended aromatherapy oils enhance relaxation while soothing aches and pains, leaving you feeling stronger, more supple, and re-energised.

*Includes: Targeted massage, focussing on areas of concern with the use of warm volcanic stones to warm the muscles.*

### ESPA INDIAN HEAD MASSAGE (£105 - 50 MINUTES)

Relax and rebalance the body and soul. Using ancient techniques, the Indian head massage will help to de-stress and relieve 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 HOLISTIC BODY CARE TREATMENT (£160 - 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 - Light to medium-pressure full-body aromatherapy massage.*

### ESPA PRE-NATAL RELAX & RESTORE (£105 - 50 MINUTES)

### ESPA PRE-NATAL ULTIMATE RELAX & RESTORE (£160 - 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.*

### NURTURE & SUPPORT TREATMENTS (£105 / £160 - 50 / 80 MINUTES)

A gentle and compassionate treatment designed for those living with cancer, offering the same deeply relaxing ESPA experience in a safe and nurturing environment. Beginning with a personal consultation, this soothing ritual is tailored to provide comfort, ease stress, and promote inner calm. Guided breathwork and visualisation help steady the mind, while gentle, mindful techniques encourage deep relaxation. Where appropriate, crystals are incorporated to enhance tranquillity, leaving you feeling supported, comforted, and at peace.

## ESPA PURE RADIANCE BODY POLISH (£55 - 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, and supple and looks radiantly healthy.

*Includes: Skin brush – full body exfoliation.*

## MUD RASUL (£70 - 45 MINUTES)

(self-administered treatment)

The treatment begins with a salt and oil scrub to soften the skin and create a radiant glow, preparing it for mineral mud. Guests then relax as heat and steam enhance exfoliation and toxin removal. Our steam room, equipped with rainforest showers and nozzles, allows for rinsing off the mud after 20-30 minutes. The treatment concludes with the application of nourishing body cream.

*A discretionary service charge of 7% will be added.*

*If you prefer a single treatment or separate treatment rooms, these are available at our Jetty Spa at the Lakehouse. Please enquire at the time of booking.*