

Si!
SPA
AT THE GAILES

RELAX - REJUVENATE - RENEW



WELCOME TO Si! SPA AT THE GAILES

Where the land meets the Si! a never ending wonder of tranquility and luxury will be...

Set amidst the sparkling ocean and golden sand, a place where time stands still and peace reigns supreme. Immerse yourself in our spa that places your well-being and rejuvenation at the centre of all we do. The combination of heat, water and peace of mind allows you to embark on a journey to escape and rediscover.



ESPA

ishga

Organic Seaweed Skincare

GIFTS AND VOUCHERS

We have a range of luxurious ESPA and ishga products available to purchase from Si! Spa reception along with gift vouchers for treatments of your choice. Vouchers can also be purchased online at simplsinns.vouchercart.com



Scan to purchase gift vouchers and experiences online.



Scan to view treatment list online.



ESPA FACIALS

ESPA's skin focussed facial treatments combine highly effective techniques with proven skincare science and the restorative powers of nature to visibly enhance your skins natural beauty. All facials involve deep cleansing, exfoliation, massage with pressure and drainage, a mask, scalp therapy and application of finishing products.

ESPA INNER BEAUTY FACIAL £95 (55 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 aroma therapeutic oils encompass your mind. Skin looks clear, quenched, naturally beautiful, and inner calm is restored.

ESPA NATURAL FACE LIFT £100 (55 MINUTES)

Visibly diminish fine lines with this powerfully age-defying facial. Instantly effective, naturally renewing formulas combine with restorative massage to noticeably tone, plump and intensely hydrate mature skin. Youthful radiance is awakened and your skin is left feeling beautifully refined, soft and supple.

ESPA INSTANT RADIANCE FACIAL £140 (1 HOUR 25 MINUTES)

Restore skin's vitality and reveal a bright, smooth and radiantly youthful-looking complexion. Suitable for all skin types and ages, this treatment combines ESPA's unique Optimal Skin Pro Cleanser, which gently exfoliates as it melts into the skin, with a deep brush cleanse and brightening mask to remove dead skin cells.

An age defying and sublimely relaxing massage using rose quartz crystals is followed with a lifting and smoothing mask and our revolutionary skin radiance intensive serum to powerfully brighten, firm and even skin tone.

Leaves skin more smooth and supple.

ESPA BODY MASSAGE

Rediscover physical well-being and inner calm personalised to your needs. Powerful blends of natural oils coupled with holistic techniques from our expert therapists leave your body and mind rebalanced whilst muscular tensions are relieved.

INNER CALM AROMATHERAPY MASSAGE £95 (55 MINUTES)

Personalised to your physical and emotional requirements, this full body holistic aromatherapy massage brings peace to the mind, releases tension and promotes a sense of inner calm.

ESPA FULL BODY HOT STONE MASSAGE £100 (55 MINUTES)

Discover lasting relaxation for mind and body. A 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.

ESPA FOCUSED BACK, NECK AND SHOULDER MASSAGE £95 (55 MINUTES)

Ease tension where you need it most with this fast-acting, de-stressing back and scalp treatment which concentrates on areas of concern. This targeted massage with pure aromatherapy blends relaxes tight muscles and re-energises the body.

ESPA DEEP CLEANSING BACK TREATMENT £95 (55 MINUTES)

This blissful back of the body treatment begins with a deep cleansed, body brush and exfoliation to the back to stimulate circulation and cell renewal. A calming aromatherapy massage and application of Marine Mud mask will ease tension and soothe the skin, aiding the natural healing process.

ESPA GENTLEMAN'S TONIC £100 (55 MINUTES)

This ritual targets the back, neck, legs and feet. Enjoy a soothing foot soak and scrub, followed by a leg and foot massage. The back is then exfoliated and massaged with hot stones – the perfect treatment to restore energy.

ESPA BOUTIQUE THERAPIES

Choose two of our ESPA boutique therapies to make a unique 50 minute experience, or incorporate an additional 25 minutes on to one of our 55 minute treatments allowing the mind to switch off and the body to relax for that little longer.

Please note: ESPA boutique therapies cannot be booked as stand alone treatments.

EYE LIFT £45 (25 MINUTES)

A dedicated eye treatment to soften tensions, lift, de-puff and soothe. Tri-active products are then applied to leave the skin and eye area refreshed, brightened and tightened.

BRIGHTENING FACIAL £45 (25 MINUTES)

Our expert therapists will tailor this ESPA facial to your needs. Skin is deeply cleansed and exfoliated followed by a skin specific mask. Tri-active products are then applied to leave the skin nourished, brightened and refreshed.

THERAPEUTIC SCALP RITUAL £45 (25 MINUTES)

A soothing and tranquil scalp, neck and shoulder massage allows you to drift away in this serene peaceful ritual. Using ESPA's award winning Pink Hair and Scalp Mud product, your hair and scalp will be left nourished and conditioned.

BACK, NECK AND SHOULDER MASSAGE £45 (25 MINUTES)

Personalised to your unique needs, this express back, neck and shoulder aims to relieve stress and tension.

FULL BODY SKIN BRUSH AND POLISH £45 (25 MINUTES)

A stimulating full body deep cleansing skin brush and polish exfoliates, soothes and hydrates the skin.



ishga

Organic Seaweed Skincare

ishga is derived from the Gaelic word for water. An innovative range harnesses the anti-ageing properties of the finest hand-picked seaweed from the Scottish Hebrides to create an organic skincare range that can revitalise, repair and moisturise the skin.

ISHGA FACIALS

UPLIFTING FACIAL £90 (55 MINUTES)

A rejuvenating facial designed to repair whilst toning, firming and nourishing. This treatment will cleanse, tone and moisturise the skin leaving it revitalised and hydrated. The high content of Seaweed Extract in the products used is scientifically proven to preserve the skins natural collagen with powerful anti-ageing properties.

REMINERALISING FACIAL £140 (1 HOUR 25 MINUTES)

An indulgent, luxurious spa facial incorporating three intensive masks and deep exfoliation using a vitamin packed sea kelp powder to resurface leaving the skin bright and glowing. This facial includes a warming massage of the face, scalp, shoulders and arms using heated sea-salt and seaweed poultices which will absorb congestion and detoxify the skin adding a host of vitamins and minerals into the face and upper body.

ISHGA BODY TREATMENTS

ISHGA INVIGORATING FULL BODY MASSAGE £90 (55 MINUTES)

Combining the invigorating benefits of seaweed with juniper berry and rose geranium oils, this customised full body massage is designed to target all areas of tension while leaving your body balanced, uplifted and nourished.

ISHGA DEEP TISSUE MASSAGE £100 (55 MINUTES)

This bespoke powerful massage concentrates on increased pressure and focused techniques for people suffering with chronic tension and sports related injuries.

Ishga's specially formulated muscle recovery oil is used with long, slow and firming strokes along with myo-facial release.

ISHGA NEW BEGINNINGS PREGNANCY MASSAGE £100 (55 MINUTES)

Specifically designed to calm and relax you during pregnancy, this nurturing full body massage helps soothe aches and pains and general muscle fatigue. ishga's Nurturing Oil hydrates the skin and improves elasticity, releasing a sense of well-being for both mum and baby. Suitable after the first trimester.

COCOONING BODY ENVELOPMENT £95 (55 MINUTES)

The ultimate body treatment involving a powerful Oil Scrub and Seaweed Body Wrap with a warming therapeutic scalp ritual whilst you are cocooned. Tailored to your goals, this envelopment is designed to eliminate toxins, reduce cellulite, boost energy and improve skin tone as well as soothe, nourish, repair and moisturise the body.

ISHGA BOUTIQUE THERAPIES

Incorporate an additional 25 minutes with one of our luxurious add on boutique therapies which allow the mind to switch off and the body to relax for that little bit longer.

Please note: ishga boutique therapies cannot be booked as stand alone treatments.

ISHGA SALT AND OIL SCRUB £45 (25 MINUTES)

A Hebridean sea salt and oil scrub which gently exfoliates sweeping away dull, dry skin. Circulation is increased leaving the skin smooth, soft and glowing.

ISHGA SEAWEED HAND THERAPY £45 (25 MINUTES)

Hand-harvested seaweed salt brightens dry, dehydrated hands and forearms while nutrient rich oils soothe and condition. A therapeutic hand and arm massage allows the mind to switch off before finishing with a detoxifying seaweed mask to purify and hydrate the skin.

ISHGA SEAWEED FOOT THERAPY £45 (25 MINUTES)

Hand-harvested seaweed salt brightens dry, dehydrated feet and lower legs while nutrient rich oils soothe and condition. A therapeutic foot and leg massage allows the mind to switch off before finishing with a detoxifying seaweed mask to purify and hydrate the skin.



RASUL EXPERIENCE

TAKE YOUR SENSES ON A JOURNEY...

Deriving from the Arabic word 'Rassala' which means 'to wash', our expertly designed Rasul experience encompasses the use of our private spa room, a steam infusion and a soothing clay application with refreshing shower experience. As your ritual begins, exfoliate and purify your skin with our ishga Salt and Oil Exfoliation. Cocoon your body in the restorative seaweed infused mud and unwind as the tropical steam room and natural ingredients purify the body. Our signature treatment is completed with a warm shower that removes the applied mud followed by cold shower jets to leave your skin feeling refreshed and rejuvenated.

*Complimentary use of the Thermal Suite heat and water experience included prior to your Rasul treatment. Maximum of two people.

30 MINUTES

Enjoy as a stand alone treatment or add to any treatment of a minimum 55 minutes

(£50pp as a stand alone treatment | £35pp when added to a 55min treatment)

Please note: The Rasul Experience includes a steam room which can result in your body temperature rising significantly and is therefore not suitable whilst pregnant.

REFLEXOLOGY

REFLEXOLOGY £95 (55 MINUTES)

An ancient well-being treatment targeting the feet. Pressure point massage is applied to reflex areas on the feet, activating the body's systems to clear blockages and energy pathways. Reflexology promotes stress reduction, deep relaxation, overall health and healing.

HANDS AND FEET

VINYLUX FILE AND POLISH £25 (25 MINUTES)

Shapes and polishes the nails with application of CND Vinylux polish.
Available for hands or feet.

SHELLAC FILE AND POLISH £35 (25 MINUTES)

A treatment for either hands or feet. Shapes and finishes the nails
with application of CND Shellac.

Using Ishga's organic seaweed range, your hands and feet will
be beautifully rejuvenated and nourished.

REVITALISING MANICURE RITUAL £45 | £55

(VINYLUX 40 MINUTES, SHELLAC 55 MINUTES)

A cleansing hand ritual with sea salt scrub to brighten and smooth while nutrient
rich oils soothe and condition, relieving tension with a therapeutic massage.
A detoxifying seaweed mask follows to purify and hydrate the skin, and for the
perfect finish nails are shaped, cuticles are tidied and polish is applied.

REJUVENATING PEDICURE RITUAL £55 | £65

(VINYLUX 55 MINUTES, SHELLAC 70 MINUTES)

A softening foot ritual with soak, sea salt scrub to renew while nutrient rich
oils soothe and condition, relieving tension with a therapeutic massage.
A detoxifying seaweed mask follows to purify and hydrate the skin, and for the
perfect finish nails are shaped, cuticles are tidied and polish is applied.

OUTDOOR SPA EXPERIENCE

Si! Spa also boasts a luxurious and relaxing open-air experience where you
can ease away your stress in our outdoor hydro pool. It's the perfect place to relax at
any time of the year, and for that little extra indulgence, treat yourself to a glass of
bubbly on the deck from our champagne bar to enjoy your well-earned downtime.

Please note: Access to our outdoor spa experience is included only with spa day
packages, spa breaks and treatments of 55 minutes or longer.





PACKAGES

TIME FOR TEA £185 (1 HOUR 50 MINUTES)

- 1 hour Thermal Suite heat and water experience prior to treatment
 - Outdoor spa deck with hydro pool
 - Welcome Foot Ritual
 - Uplifting full body brush and polish
- Balancing full body aromatherapy massage
 - Comforting face and scalp massage
 - Si! Spa Afternoon Tea

HARMONY AT Si! SPA £100 (50 MINUTES)

- 1 hour Thermal Suite heat and water experience prior to treatment
 - Outdoor spa deck with hydro pool
- Deep cleansing back exfoliation and mask
 - Back, neck and shoulder massage
 - Back of the legs massage
- Si! Spa Afternoon Tea + fruit smoothie

UNWIND AT Si! SPA £140 (1 HOUR 25 MINUTES)

- 1 hour Thermal Suite heat and water experience prior to treatment
 - Outdoor spa deck with hydro pool
 - Welcome foot ritual
- Relaxation back, neck and shoulder massage
 - Inner beauty facial
 - Si! Spa Afternoon Tea

£20pp supplement charge applies to packages booked Fridays, Saturdays and Sundays

PACKAGES

RISE AND SHINE £100 (55 MINUTES) (AVAILABLE 9-11AM)

- 1 hour Thermal Suite heat and water experience prior to treatment
 - Outdoor spa deck with hydro pool
 - 55 minute treatment including: Awakening foot ritual, Invigorating back, neck and shoulder massage with exfoliation
Foot and scalp massage
 - Si! Spa breakfast

INDULGE AT Si! SPA £100 (55 MINUTES)

- 1 hour Thermal Suite heat and water experience prior to treatment
 - Outdoor spa deck with hydro pool
- Choose two of the following 25 minute ishga boutique therapies:
Back, neck and shoulder massage | Luxurious foot treatment
Luxurious hand treatment | Therapeutic scalp ritual | Boutique facial
- Lite Bite at Si! Spa + Refreshing signature fruit smoothie

MATERNAL MOMENTS £135 (1 HOUR 25 MINUTES)

Suitable for during pregnancy from 12 weeks

- Use of Si! Spa Relaxation Lounge
 - Welcome foot ritual
- Nurturing full body pregnancy massage
 - Boutique facial
 - Si! Spa Afternoon

£20pp supplement charge applies to packages booked Fridays, Saturdays and Sundays

PACKAGES

BE TWO-GETHER £140PP (1 HOUR 20 MINUTES)

- 1 hour Thermal Suite heat and water experience prior to treatment
 - Outdoor spa deck with hydro pool
 - Rasul Experience
- 50 minute couples treatment in double treatment room
 - Choose two of the following ishga treatments:
Back, neck and shoulder massage | Express facial
Scalp therapy | Seaweed hand and foot therapy
 - Si! Spa Afternoon Tea + Glass of Prosecco

BESPOKE SPA DAY PACKAGES (8 PEOPLE OR MORE)

Please call our spa team direct on 01294 316090 and they will be happy to discuss bespoke day packages for your party





THERMAL SUITE

Our Thermal Suite heat and water experience provides a selection of 'hands off' therapies to revitalise the body, soothe the mind and invigorate the senses. Guests are advised to arrive 1 hour prior to their treatment time in order to take advantage of our Thermal Suite Experience.

VITALITY POOL

A bespoke luxurious pool designed to target the classic areas of stress. Our stimulating vitality pool relieves the pressures within the body leaving a sense of deep relaxation.

SAUNA

Traditional wood lined sauna that generates optimal heat; the perfect condition to stimulate the blood circulation and boost the immune system.

STEAM ROOM

A high humidity environment combined with aromatic essential oils help keep your skin supple and hydrated. Steam also has a positive effect on your respiratory system.

RAINFOREST SHOWER

Choose from warm tropical rainfall to invigorating Arctic mist, our rainfall cascade shower will enliven your senses.

RELAXATION

Immerse yourself in our relaxation space that places your well-being and rejuvenation at the centre of all we do. The combination of heat, water and peace of mind allows you to embark on a journey to escape and rediscover.

HOW TO SPA

ARRIVAL

For those not wishing to use the Thermal Suite, we advise you arrive approximately 10-15 minutes prior to your treatment to complete our spa consultation. We recommend arriving 60 minutes prior to your treatment time so you can change, relax and enjoy the Thermal Suite facilities. Please be advised late arrivals will result in a reduction of treatment time.

SPA BOOKINGS AND AMENDMENTS

To secure your booking we require a £20 per person non-refundable deposit, voucher code or full payment. Bookings can be rescheduled within 48 hours, cancellation, no show or reschedule less than 48 hours, incurs a full service charge, lost deposit or full voucher redemption.

SPA ETIQUETTE

To ensure an environment of relaxation and tranquillity at Si! Spa, please switch all mobile phones to silent and do not accept or make calls in public areas. For those who wish to take photographs during their visit, please respect other visitor's privacy, ensuring that no guests out with your own party are in any of your images.

THERMAL SUITE HEAT AND WATER EXPERIENCE

Our Thermal Suite heat and water experience provides a selection of 'Hands Off' Therapies to revitalise the body, soothe the mind and invigorate the senses. This warm and quiet environment is complimentary for guests booking treatments of a minimum 55 minutes, spa day packages and spa breaks.

SPA ATTIRE

For your comfort at Si! Spa, robes and towels will be provided for all day spa guests and treatments with a minimum 55-minute duration. Please be advised, use of heat and water experiences will require appropriate swimwear. SimpsInns endeavour to work towards a greener future, and as part of our commitment to reducing wastage, we no longer include slippers in our spa packages. We kindly ask all guests to please bring suitable footwear for the spa, for example, flip flops which are ideal when using the Thermal Suite where the floor can be wet.

CHILDREN POLICY

We are delighted to offer manicure and pedicure services for children under the age of 16 years. Access to the rest of Si! Spa including the Thermal Suite heat and water experience, changing facilities and gym are restricted to over 16 years.

HEALTH CONDITIONS

Kindly advise of us of any health conditions or allergies which could affect your choice of treatment when making your Si! Spa reservation.

PREGNANCY

We have specially designed treatments for expectant ladies or nursing mothers. Please allow our spa team to guide you in selecting which treatments are most suitable after the first trimester to ensure your time with us is safe but special.

VALUABLES

Please keep all valuables in the lockers provided during your visit. We regret we cannot be held responsible for any loss or damage of personal items.

Si! SPA DINING AND REFRESHMENTS

Enjoy dishes created from our special menu served in the Si! Spa lounge. You can also indulge with a glass of Champagne, Prosecco, or a cocktail or simply relax with our selection of teas, coffees or soft drinks.

ENHANCE YOUR EXPERIENCE

If looking to add an overnight stay, please let us know. We have some excellent packages available, including dinner, bed and breakfast packages in addition to spa treatments. Choose your stay at **The Gailes**, Irvine, **Old Loans Inn**, Troon or **The Waterside Hotel**, West Kilbride.

Si! SPA AT HOME

To continue your spa experience at home, all our ESPA and ishga products used within treatments are available to purchase at Si! Spa reception.

PREGNANCY

We welcome expectant mothers to Si! Spa to enjoy one of our specially tailored treatments which are suitable after the first trimester. Please note that due to the temperature in the Thermal Suite, this area along with our outdoor hydro pool is not suitable during pregnancy.



Si! Spa at The Gables

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