

*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 tranquillity 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 wellbeing 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.

STYLISH | SCOTTISH | SEDUCTIVE



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 [simpsinns.vouchercart.com](http://simpsinns.vouchercart.com)



## SIGNATURE RITUALS

### **Si! SPA REMEDY (1 HOUR 25 MINUTES) £140**

Designed to target the classic areas of stress, this ritual begins with a warming oil back, shoulder, hand and arm massage with volcanic hot stones which allows the body to drift to Si! As tension slowly melts, relieve the pressure in the face with a soothing massage and therapeutic scalp ritual, allowing you to fully relax and unwind.

### **Si! SPA ENCHANTED RITUAL (1 HOUR 50 MINUTES) £185**

Contemplate and unwind with this chakra balancing experience which is personalised to your individual needs. A transforming deep cleansing polish smooths the skin whilst a warming oil full body massage combined with breathing and visualisation allows you to embark on a journey of relaxation to escape and rediscover.

### **ESCAPE TO Si! SPA (1 HOUR 25 MINUTES) £140**

Relax, unwind and escape for a renewed sense of wellbeing. Hand-harvested Hebridean sea salt gently exfoliates to prepare the body for a combination of warm poultice and hands on massage. As the tension melts, skin is nourished, healed and rejuvenated.

### **Si! SPA HOLISTIC RITUAL (1 HOUR 50 MINUTES) £185**

A stimulating and deep cleansing back exfoliation is followed by a powerful back massage using volcanic hot stones and aromatic oils to melt away tension. The personalised ESPA Facial uses specific products designed to suit the needs of your skin and follows with a stress relieving scalp massage. The result is re-hydrated revitalised skin and a sense of deep relaxation.



## ESPA FACIALS

ESPA's highly effective, therapeutic range of products and treatments combine the restorative powers of pure nature and proven skincare science to visibly enhance your skin.

### ESPA INNER BEAUTY FACIAL (55 MINUTES) £90

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 blissfully restored.

### ESPA NATURAL FACE LIFT (55 MINUTES) £90

Visibly diminish fine lines with this powerfully age-defying facial. Instantly effective, ESPA's 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.

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## ESPA ADVANCED FACIALS

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

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 with a deep brush cleanse and brightening mask to remove dead skin cells.

An age defying and sublimely relaxing massage follows using rose quartz crystals, before applying a lifting and smoothing mask. This, combined with ESPA's revolutionary Skin Radiance Intensive Serum brightens, firms and evens skin tone to leave skin more smooth and supple.

## ESPA BODY MASSAGE

Guided entirely by your personal needs, expect instant and long-lasting results from these profoundly renewing rituals. Unique in every sense, they make use of nature's most powerful and effective actives and oils, coupled with innovative techniques from our expert therapists, leaving your body feeling rebalanced and skin's natural beauty restored.

### ESPA FULL BODY AROMATHERAPY MASSAGE (55 MINUTES) £90

Rediscover inner calm and physical wellbeing with a therapeutic full body massage using blends of essential oil personally selected for your individual needs.

### ESPA FULL BODY HOT STONE MASSAGE (55 MINUTES) £90

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 (55 MINUTES) £90

Ease tension where you need it most with this fast-acting, de-stressing treatment. Personalised to your unique needs, this targeted massage with pure aromatherapy blends relaxes tense muscles, re-energises your body and calms your mind. Incorporates a therapeutic scalp ritual to complete the experience.

### ESPA AWAKENING BODY EXPERIENCE (55 MINUTES) £90

Rediscover a sense of awakening with this comforting treatment to release emotional anxieties whilst relaxing the mind. This specialist treatment has been designed to take you on a journey of wellbeing to restore mind, body and soul.

### Si! SPA TRADITIONAL MASSAGE (55 MINUTES) £90

Revive your body and enliven your spirits with this invigorating massage.

Working swiftly and deeply where you need it most, traditional Swedish massage techniques are combined with pure, nourishing oils which boost circulation, alleviate tight, aching muscles and awakens the body from top to toe.

### ESPA BALINESE MASSAGE (1 HOUR 20 MINUTES) £125

Inspired by Ayurvedic healing, this holistic therapy combines gentle stretching with traditional massage to bring a sense of calm and wellbeing.

Warming essential oils are incorporated with long, sweeping massage movements to soothe and restore the mind.



## ESPA FOR MEN

Our ESPA face and body treatments for men are specifically tailored to your skin type, each one designed to ensure you experience the best physical and therapeutic benefits depending on your needs.

### ESPA GENTLEMAN'S TONIC (55 MINUTES) £90

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 DEEP CLEANSING BACK TREATMENT (55 MINUTES) £90

The back is deep cleansed, body brushed and exfoliated to help stimulate circulation and cell renewal. A calming aromatherapy massage and application of Marine Mud mask will ease tension and soothe the skin, while the use of hot stones brings about total balance in the body, aiding the natural healing process.



## ESPA BOUTIQUE THERAPIES

Incorporate an additional 25 minutes with one of our luxurious add on boutique therapies which will allow the mind to switch off and the body to relax for that little bit longer.  
Please note: ESPA boutique therapies cannot be booked as stand alone treatments.

### ESPA BRIGHTENING FACIAL (25 MINUTES) £45

Allow our expert therapists to tailor this ESPA facial to your specific needs. Skin is deeply cleansed and exfoliated followed by a skin specific mask. TriActive™ products selected by your therapist are then applied to leave the skin nourished, brightened and refreshed.

### ESPA THERAPEUTIC SCALP RITUAL (25 MINUTES) £45

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.

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

Ease tension where you need it most with this fast-acting de-stressing treatment. Personalised to your unique needs, this targeted massage with pure aromatherapy blends relaxes tense muscles, re-energises your body and calms your mind.





# 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 (55 MINUTES) £90

A rejuvenating facial designed to rehydrate, moisturise and nourish the skin. This relaxing treatment aims to combat dull, tired and environmentally damaged skin leaving skin feeling smooth and supple.

### TIMELESS FACIAL (1 HOUR 25 MINUTES) £140

A powerful and highly effective facial which boosts cell regeneration. Sea Kelp gently exfoliates to brighten the skin as the warming, age defying massage using heated sea salt and seaweed poultices absorb congestion and detoxify. Skin is rebalanced, purified and restored.

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## ISHGA BODY ENVELOPMENTS

### DETOXIFYING BODY ENVELOPMENT (55 MINUTES) £90

The ultimate body treatment combining the detoxifying and nourishing effect of the purest hand-harvested seaweed. This tailor-made experience includes salt and oil exfoliation and a complete body wrap designed to comfortably raise the body temperature and induce perspiration which ultimately eliminates toxins and increase the effects and absorption of the oils within the wrap. Tranquillity is achieved with a warming therapeutic scalp ritual.

### NOURISHING BODY ENVELOPMENT (55 MINUTES) £90

The ultimate body treatment combining the soothing and nourishing effect of the purest hand-harvested seaweed. This tailor-made experience includes hydrating salt and oil exfoliation followed by a cocoon nourishing mask to repair and moisturise the skin. Tranquillity is achieved with a warming therapeutic scalp ritual.

## ISHGA BODY MASSAGE

### ISHGA INVIGORATING FULL BODY MASSAGE (55 MINUTES) £90

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

### ISHGA DEEP TISSUE MASSAGE (55 MINUTES) £90

This bespoke powerful massage will concentrate on two body areas of your choice. Our highly trained Ishga therapists will work in a more remedial form allowing them to use more pressure and focused techniques. This massage is specifically targeted 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 FOCUSED BACK, NECK AND SHOULDER MASSAGE (55 MINUTES) £90

This massage focuses solely on the back, neck and shoulders; the most common area where everyday tension is held. Each massage is customised to your needs with pressure adapted to your own desire. The seaweed based oil contains lemongrass, lavender and juniper berry which will ease and soothe muscles leaving you tension free. Incorporates an Ishga scalp ritual to complete the experience.

### PURIFYING POULTICE EXPERIENCE (55 MINUTES) £90

This powerful detoxifying body massage uses warm poultices filled with sea salt and seaweed granules to traditionally massage and firmly stroke and knead the body. This will purify your body, ease the mind and leave you in a state of relaxation.

### ISHGA NEW BEGINNINGS PREGNANCY MASSAGE (55 MINUTES) £90

Specifically designed to calm and relax you during pregnancy, this nurturing full body massage helps soothe aches and pains and general muscle fatigue often experienced during pregnancy. Ishga's Nurturing Oil which hydrates the skin and helps to improve elasticity, reducing stretch marks, is used throughout the massage to release a sense of wellbeing for both mum and baby.

## ISHGA FOR MEN

### ISHGA GENTLEMAN'S FACIAL (55 MINUTES)

This ultimate gents' facial is designed to stimulate cell renewal combating signs of ageing and leaves skin feeling revitalised and hydrated.

### ISHGA MARINE BACK THERAPY (55 MINUTES)

A rejuvenating and powerfully detoxifying therapy for the back which combines a heated seaweed clay mask, lemongrass and key essential oils to soften, moisturise and clarify the skin. Muscular aches and pains of the back and backs of the legs will be a distant memory with our deeply relaxing and focused massage.







## ISHGA BOUTIQUE THERAPIES

Incorporate an additional 25 minutes with one of our luxurious add on boutique therapies which will 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 (25 MINUTES) £45**

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 (25 MINUTES) £45**

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 (25 MINUTES) £45**

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

as a stand alone treatment (£50 per person)  
or can be added to any treatment of a minimum of 55 minutes (£35 per person)  
(Prices differ)

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## REFLEXOLOGY

### REFLEXOLOGY (55 MINUTES) £90

An ancient art of healing practiced over five thousand years. Pressure is applied to reflex points in your hands and feet, activating the nervous system to clear any blockages in corresponding areas of the body. Stress reduction with improved circulation encourages the body to return to normal functioning and promotes deep relaxation to elevate the state of consciousness.

## HANDS AND FEET

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

### FILE AND POLISH (15 MINUTES) £23

A treatment for either hands or feet. Shape and finish the nails with a Vinylux polish.

### REVITALISING MANICURE RITUAL (40 MINUTES) £45

A cleansing ritual to rejuvenate hands and nails. Hand harvested sea salt brightens the skin 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, a Vinylux polish will be applied.

### REJUVENATING PEDICURE RITUAL (55 MINUTES) £55

Enjoy a soothing foot soak prior to gentle exfoliation with hand harvested sea salt to re-energise. Nails and cuticles are nourished while feet and legs are massaged with nutrient rich oils to soothe and rejuvenate. A detoxifying seaweed mask is applied to purify and hydrate the skin with a Vinylux polish applied for the perfect finish.

## COMPLEMENT YOUR HAND OR FOOT TREATMENT

### SHELLAC (ALLOW AN ADDITIONAL 15 MINS) £11.50

Up to 14 days of high performance wear, crystal shine with zero drying time

### ADD ON HOT STONES £12

## OUTDOOR SPA EXPERIENCE

Si! Spa also boasts a luxurious and relaxing open-air experience where you can ease away your stress in our 10-seater 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.





## PACKAGES

### TIME FOR TEA (1 HOUR 55 MINUTES) £185

- Thermal Suite heat and water experience
  - Awakening foot ritual
  - Uplifting full body brush and exfoliation
- Indulgent full body aromatherapy massage with warmed volcanic stones
  - Comforting face massage
  - Therapeutic scalp ritual
  - Si! Spa Afternoon Tea

### SIMPLY Si! SPA (1 HOUR 25 MINUTES) £135

- Thermal Suite heat and water experience
  - Awakening foot ritual
  - Relaxing back therapy
  - Therapeutic scalp ritual
  - Luxurious foot therapy
- Signature 2-course Si! Spa Lunch

### DRIFT AWAY (1 HOUR 25 MINUTES) £140

- Thermal Suite heat and water experience
  - Awakening foot ritual
  - Signature Si! Spa remedy
- Light Bite Lunch + Refreshing signature fruit smoothie

## PACKAGES

### RISE AND SHINE (55 MINUTES) £90 (AVAILABLE 9-11AM)

- Thermal Suite heat and water experience
- Invigorating salt and body exfoliation
  - Energising back therapy
  - Energising leg treatment
- Si! Spa breakfast on arrival

### INDULGE AT Si! SPA (55 MINUTES) £90

- Thermal Suite heat and water experience
- Choose two of the following boutique therapies:

Back, neck and shoulder massage | Luxurious foot treatment | Luxurious hand treatment  
Therapeutic scalp ritual | Brightening facial

- Lite Bite at Si! Spa + Refreshing signature fruit smoothie

### MATERNAL MOMENTS (1 HOUR 25 MINUTES) £140

Suitable for during pregnancy from 12 weeks

- Use of Si! Spa Relaxation Lounge
  - Awakening foot ritual
  - Gentle back exfoliation
  - Focused body massage
  - Therapeutic scalp ritual
- Signature 2-course Si! Spa Lunch

## PACKAGES

### 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

### GOLFER'S TONIC (55 MINUTES) £90

- Thermal Suite heat and water experience
- Strengthening back, neck and shoulder massage
  - Leg treatment
  - Therapeutic scalp ritual
- Light Bite Si! Spa + Refreshing signature fruit smoothie





## 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.

### 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 wellbeing 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

Please allow sufficient time 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 RESERVATIONS

To reserve your place at Si! Spa, please contact the spa to ensure your preferred time and service is available. All treatments and packages will be guaranteed with a non-refundable £20 deposit per person at time of booking. All spa treatment times are inclusive of consultation time with the therapists.

### SPA ETIQUETTE

Si! Spa is an environment of relaxation and tranquillity. Please respect all spa guests' right to privacy and serenity. Please be aware the spa is a mobile phone, electronic tablet and camera free zone.

### THERMAL SUITE HEAT AND WATER EXPERIENCE

Our Thermal Suite heat and water experience provide 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 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. Thank you for helping us to be environmentally responsible.



### 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.

### CANCELLATIONS

Our reservation and cancellation policies provide more flexibility and peace of mind. All treatments and packages will be guaranteed with a non-refundable £20 deposit per person at time of booking. Changes or cancellations are permitted up to 48 hours before your scheduled arrival date. 100% charge will be incurred for any treatment or spa package not cancelled at least 48 hours prior to your scheduled time.

### 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 Gables, 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.





Si! Spa at The Gailes

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