



Sleddoch
hotel spa & golf



SPA TREATMENT MENU





ELEMIS SKIN FACIALS

Skin Radiance Booster Facial - £40

Reveal radiant skin with this moisture boosting treatment. A unique mask, rich with amino acids and vitamins, helps to regenerate skin cells, providing instant energy to the skin. Regular treatments can help delay the signs of ageing and provide free-radical protection.

Modern Skin Booster Facial - £40

Restore radiance to stressed skin. Designed for challenged skin that is reacting to the stress of modern living. Bursting with anti-oxidant rich minerals and vitamins, this purifying treatment helps remove damaging toxins, regenerate skin cells and rebalance sebum. The results: remineralised, rebalanced and renewed skin.

Tri-Enzyme Resurfacing Facial - £60

Resurfacing treatment, powered by the enzymatic action of papain fruit extract and white truffle, to safely and effectively help reduce the thickening layer of the epidermis. Designed to smooth the skin, reducing the appearance of fine lines, acne scarring and uneven pigmentation.

Visible Brilliance Facial - £70

To combat ageing, stressed and slackened skin. Independently tested with revolutionary results, this anti-ageing face and eye treatment instantly firms, rejuvenates and plumps skin, whilst helping to reduce dark circles. Moisturisation levels of the skin are proven to increase by up to 61% and elasticity by 40%, after just one treatment!

Specialised micro-circulatory massage techniques are combined with powerful formulations and the two-phase Amino Active Mask to help smooth, sculpt and restore skin radiance.

| Independent Clinical Trials

Pro-Collagen Quartz Lift Facial - £75

Anti-wrinkle facial with immediate results. Powerful mineral ingredients and unique facial massage techniques help to lift and firm the skin. Padina Pavonica marine algae, empowered by electrical energy from quartz, visibly revitalises by promoting cellular activity.





Skin Specific Facials - £55

Fruit Active Glow – Bring back the glow to a lifeless complexion. Skin is deeply cleansed and stimulated by specialist Eastern massage techniques, whilst powerful conditioning actives and renew vital radiance.

Exotic Moisture Dew – Treat your skin to a moisture boost. Following a specialist facial massage, the skin is fed with thirst-quenching actives that will bring back that healthy, dewy look to skin.

Herbal Lavender Repair – For perfect restoration of skin balance. Deep cleansing to draw out skin impurities, this facial will help reduce unwanted shine, refine pores and treat skin breakouts.

Pro-Intense Lift Effect Facial - £75

Powerful lifting techniques target sagging jowls, cheeks, chin and neck for the ultimate lift effect. Powered by breakthrough technology that combines cutting-edge plant stem cells, nutrient-rich natural lipids and firming plant actives. Powerful lifting techniques target sagging jowls, cheeks, chin and neck, whilst helping to reduce puffiness and fluid retention associated with sagging skin.

ELEMIS HANDS & FEET

Exotic Hand and Arm Re-Energiser - £35

Stretch out your palms, from the tips of your fingers to your upper arm with this beautiful Thai massage sequence. Combining the hedonistic Exotic Frangipani Monoi Moisture Melt with hot stones helps to increase circulation, deeply hydrate and nourish the skin.

Pro-Collagen Hand and Nail Treatment - £25

Cuticles and nails are conditioned and strengthened, whilst the indulgent Elemis Skin Nourishing Milk Bath combined with the anti-ageing Pro-Collagen Hand and Nail Cream intensely hydrates for irresistibly smooth, youthful looking hands.

Soothing Foot Treat - £30

Your feet are gently cleansed with warm lime mitts. Soothing Musclease Active Body Concentrate is applied in a dual motion with Instant Refreshing Gel using hot stones to massage into the soles of the feet and between the toes. Your feet will feel lighter, with your body more grounded!

Sole Delight Grooming for Feet - £35

Warmed aroma-therapeutic oils nourish and super-condition neglected feet and nails. The extra-rich hydration replenishes and softens hard working heels, lavishing a rich and soothing action on your skin.





ELEMIS FOR MEN

Only for Men Booster Facial - £40

Designed for men's skin, this power-charged treatment helps to cleanse, firm and hydrate the skin, reducing the appearance of wrinkles. Intelligent Adaptogenic Technology helps channel moisture to where it is needed most.

Swedish Back Massage - £35

Specifically targeting the back, shoulders and neck areas to relieve stress and muscle tension. The key techniques of the Swedish Muscle Massage are applied in this mini-massage.

Face and Body Sensation - £55

Experience the perfect Elemis treatment duo, a sensational massage combined with a pre-scribed anti-ageing taster booster facial. Choose from the unique Re-Energiser, an 'ice-cool thermal' massage to relieve stress, tension and ease aching muscles, or Tranquillity, a 'thermal-soothing' massage.

MASSAGE

Hot Stone Massage - £60

After heating the stones in warm water, we then place small stones on key energy points of the body, evoking an aura of warmth while the deep penetrating heat from the large stones are used to massage the body using traditional techniques to ease pain and tension from aching muscles, as well as deeply relaxing and re-balancing the mind and body.

Full Body Massage - £55

Alleviate stress, ease aching muscles and revive the senses with this powerful, customised massage. Dynamic blends of Essential Oils are prescribed to target individual needs and reduce specific stress and muscle tension.





ELEMIS BODY

Absolute Spa Ritual - £105

The ultimate skin and body therapy for maximum results. Choose from one of the Elemis Skin Facials and combine it with powerful effects of the Elemis Swedish Muscle Massage. Two hours of pure relaxation with dramatic results.

Swedish Back Massage - £35

Specifically targeting the back, shoulders and neck areas to relieve stress and muscle tension. The key techniques of the Swedish Muscle Massage are applied in this mini-massage.

Aroma Spa Ocean Wrap - £60

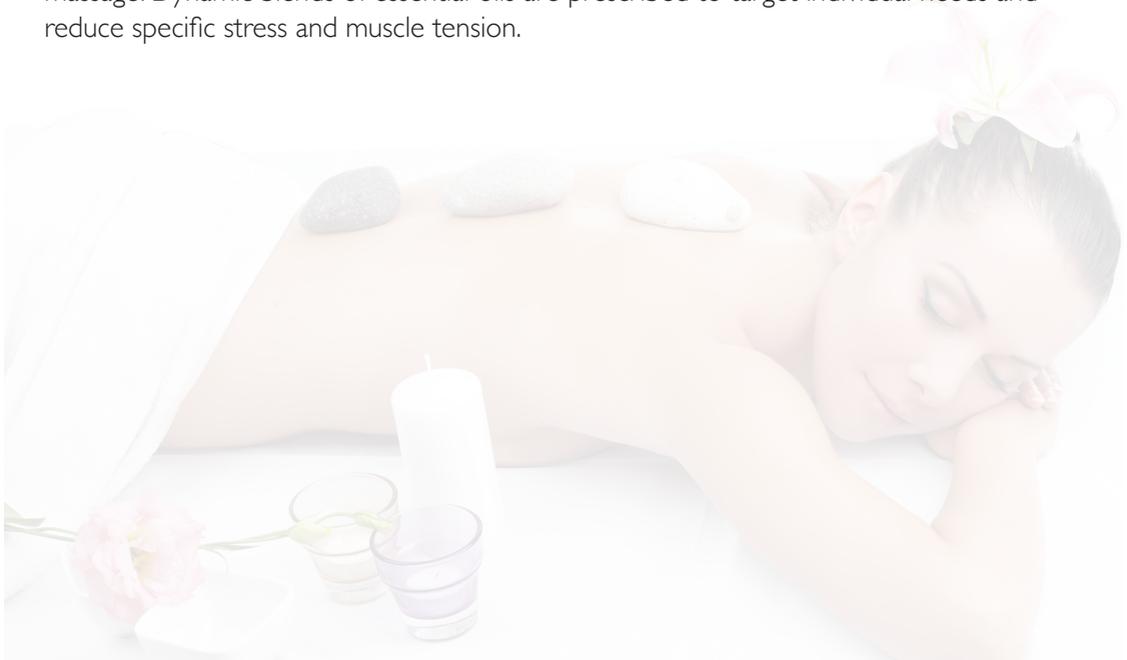
Powerful seaweed wrap for complete muscle relaxation. Drift away whilst you are cocooned in a comforting foil wrap or unique dry float and treated to a pressure point facial and de-stress scalp treatment. Using a warming blend of essential oils, this specialised treatment helps ease aching, tense muscles.

Exotic Lime and Ginger Salt Scrub - £30

A body exfoliation ritual to invigorate and revitalise the body. After light body brushing, warm oil is dripped luxuriously over the body, before the sublime Elemis Exotic Lime and Ginger Salt Glow is applied.

Face and Body Sensation with Swedish Massage - £50

Alleviate stress, ease aching muscles and revive the senses with this powerful, customised massage. Dynamic blends of essential oils are prescribed to target individual needs and reduce specific stress and muscle tension.





NON-ELEMIS TREATMENTS

Mini-manicure - £15

Choose from one of our nurturing manicure treatments. File and Polish

Classical Manicure - £28 (+ £5 for French)

We will give you a professional consultation. Find the perfect shape for your nails. A hand massage and pep up your nails with your favourite colour - or do it the French way.

Mini-pedicure - £15

Give your feet a break - spoil them with a pedicure treatment. File and polish.

Classical Pedicure - £32 (+ £5 for French)

We will give you a professional consultation. Make sure we bring your nails to a healthy beautiful shape. A foot massage and pep up your nails with your favourite colour - or do it the French way.

Shellac - £20

Spray Tan - £20

Eye care

All tints will require patch test 24 hours prior to application.

Eyelash Tint - £10

Eyelash and Eyebrow - £16

Eyebrow Tint - £8

Eyelash Extensions from - £20

WAXING

Eyebrows - £8

Lip or Chin - £6

Lip & Chin - £10

Underarm - £10

Half Arm - £10

Full Arm - £14

Bikini Line - £10

Half Leg - £14

Full Leg - £20

Half Leg and Bikini - £23

Full Leg, Bikini and Underarm £37

Bikini Line - £10

Back £10

Chest - £25



Old Greenock Road · Langbank · Renfrewshire PA14 6YE

www.gleddoch.com · spa@gleddoch.com

Hotel:T: 01475 540 711 · F: 01475 540 201

