

Si!
SPA
AT THE GAILES

RELAX - REJUVENATE - RENEW



WELCOME TO Si! SPA AT THE GAILES

Join us in your perfect place to relax, unwind and rejuvenate.
All products reflect our commitment to quality with ESPA as our chosen principal treatment partner.

Our experienced and knowledgeable therapists will be happy to advise on the treatments
and products most appropriate for you.

Make time for yourself with our range of holistic therapies.
The Si! Spa team will be delighted to offer you advice and guidance on the best
treatments to meet your individual needs.

GIFTS AND VOUCHERS

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

ESPA



Si! SPA THERMAL SUITE

Our Thermal heat and water experience provide 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.



Si! SPA LUXURY PACKAGES

TIME FOR TEA £160 (2HRS)

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

SIMPLY Si! SPA £120 (1HR 25MINS)

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

DRIFT AWAY £120 (1HR 25MINS)

- Thermal Suite heat and water experience
 - Welcome hand ritual
 - Signature Si! Spa remedy
- Si! Spa Tapas + Refreshing signature fruit smoothie

RISE AND SHINE £80 (55MINS) available 9-11am

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



Si! SPA LUXURY PACKAGES

INDULGE AT Si! SPA £80 (55MINS)

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

MATERNAL MOMENTS £120 (1HR 25MINS)

- Thermal Suite heat and water experience
- Gentle back exfoliation
- Focused body massage
- Therapeutic scalp ritual
- Signature 2-course Spa Cuisine Lunch

GIRLS DAY OUT £70 (25MINS)

- Thermal Suite heat and water experience (45mins)
- Choose from one of the following boutique therapies:
Back, neck and shoulder massage | Luxurious foot treatment | Therapeutic scalp ritual
- Signature Si! Spa Sharing Board

GOLFER'S TONIC £90 (55MINS)

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



Si! SPA SIGNATURE RITUALS

Si! SPA REMEDY (1HR 25MINS) £120

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

RAINBOW OF HOPE (45 MINS) £65

Signifying hope - enjoy our immune boosting back, scalp and foot ritual.

Emerge energised with renewed focus and lasting positivity

- Cleansing Hand Ritual
- Relaxing Back Therapy
- Therapeutic Scalp Ritual
- Warming Foot Massage
- Refreshing Isle of Arran Sorbet



Si! SPA 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. Your body feels rebalanced and skin's natural beauty is restored.

ESPA FULL BODY AROMATHERAPY MASSAGE (55 MINS) £80

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

ESPA FULL BODY HOT STONE MASSAGE (55MINS) £80

Discover lasting relaxation for mind and body. 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 AWAKENING BODY EXPERIENCE (55 MINS) £80

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, restoring mind, body and soul.

Si! SPA TRADITIONAL MASSAGE (55 MINS) £80

Revive your body and enliven your spirits with this invigorating massage. Working swiftly and deeply where you need it most, traditional Swedish massage with pure, nourishing oils boosts circulation, alleviates tight, aching muscles and awakens the body from top to toe

ESPA BACK, NECK AND SHOULDER MASSAGE (25 MINS) £40

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.

Si! SPA 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 MINS) £80

This ritual soothes aching muscles and 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.

DEEP CLEANSING BACK TREATMENT (55 MINS) £80

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. The use of hot stones brings about total balance in the body, which aids the natural healing process.



HANDS & FEET

Luxurious manicures and pedicures use leading cosmetic brands to nourish and strengthen your nails.

FILE AND POLISH (15 MINS) £20

A treatment for either hands or feet. Shapes and finishes the nails and ends with a vinylux polish.

DELUXE MANICURE (40 MINS) £40

A blissful experience. Nails are shaped and nails and cuticles are nourished. Essential vitamins and minerals are absorbed during a luxurious hand and arm massage. The treatment is finished with our vinylux polish.

ULTIMATE PEDICURE TREATMENT (55 MINS) £50

Holistic treatment and sheer indulgence as your feet are gently exfoliated, while nails and cuticles are cared for with creams and oils. The feet and legs are massaged with individually selected aromatherapy oils before your polish is applied.

COMPLEMENT YOUR HAND OR FOOT TREATMENT

Shellac (allow an additional 15 mins) £10

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

Add on hot stones £10



FINISHING TOUCHES

WAXING

Full leg £26

Half leg £18

Half arm (below elbow) £12

Bikini line £15

Underarm £11

Eyebrow £7

EYELASH AND EYEBROW TREATMENTS

Patch test required up to 24 hours prior to treatment

Combined eyelash and brow tint £20

Eyelash tint £15

Eyebrow tint £10



GENERAL INFORMATION

Si! SPA RESERVATIONS

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

ARRIVAL AT Si! SPA

Please allow sufficient time prior to your treatment to complete our spa consultation. We recommend arriving 15 minutes prior to your treatment time to allow you to shower and change. Please be advised late arrivals will result in a reduction of treatment time.

THERMAL SUITE - HEAT & WATER EXPERIENCE

This warm and quiet environment is complimentary with treatments with a minimum booking policy of 55 minutes.

Si! SPA ATTIRE

For your comfort; robes, slippers and towels will be provided for all spa therapy guests with a minimum treatment time of 55 minutes.

SPA ETIQUETTE

For the comfort of all of our guests, photography and use of mobile phones is prohibited when in treatment suites and relaxation rooms.

HEALTH CONDITIONS

Your wellbeing is our priority. Kindly advise us of any health conditions or allergies which could affect your choice of treatment when making your spa reservation.

SPA DINING & REFRESHMENTS

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

LOSS OR DAMAGE

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.

CANCELLATION POLICY

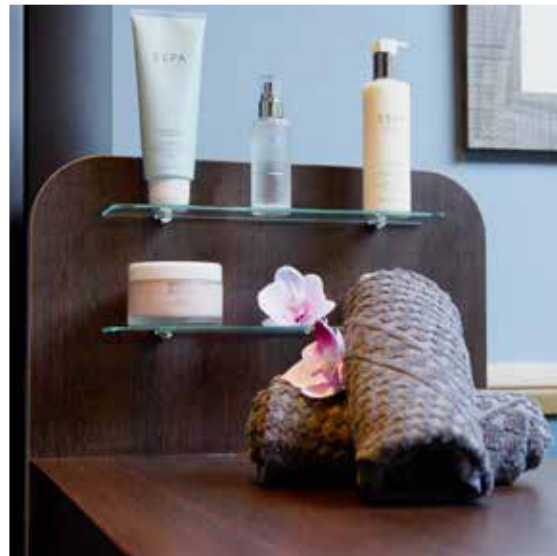
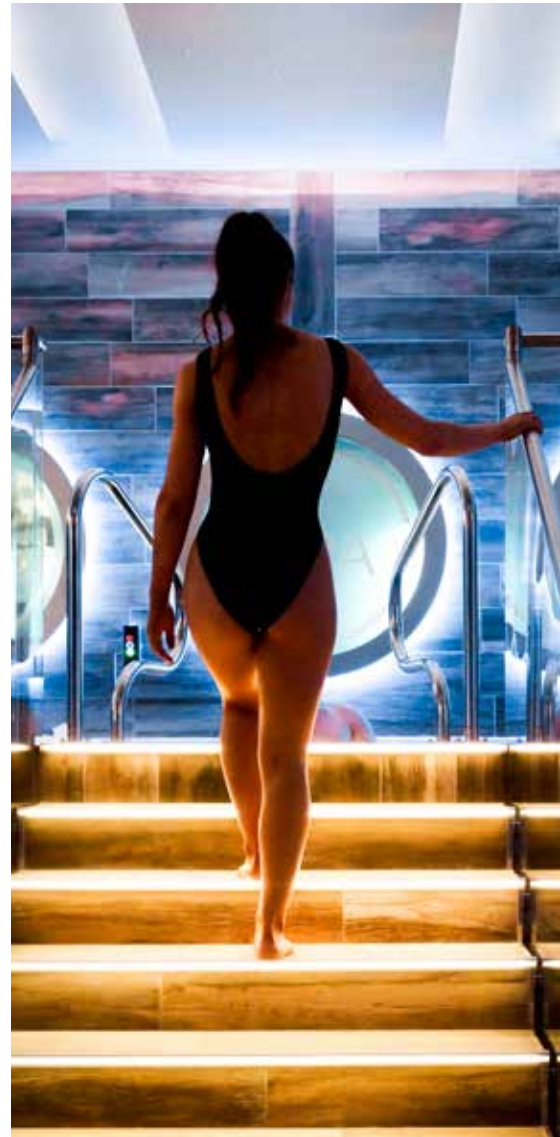
Our reservation and cancellation policies provide more flexibility and piece of mind. Changes or cancellations are permitted at no charge up to 48 hours before your scheduled arrival date. 100% charge will be incurred for any treatment or Spa Ritual not cancelled at least 48 hours prior to your scheduled time.

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.

Si! SPA AT HOME

To continue your spa experience at home, all our ESPA products used within treatments are available to purchase.



OUR COMMITMENT

Our commitment is to ensure all guests enjoy an exceptional experience at Si! Spa at The Gables. Relax and immerse yourself into the relaxed spa environment. At this time we have taken extra measures to safeguard all guests and therapists, including how the team works, interacts with guests and colleagues, how we look after the spa to how we deliver a five-star service in a safe environment (adhering to government guidelines) at all times.

All spa team will wear face coverings for everyone's safety. Upon arrival to Si! Spa, we ask that guests sanitise their hands (hand sanitiser will be available) and all guests wear a face covering. Face coverings are required to be worn for the duration of all treatments.

More of our facilities will become available as the public health situation improves and government restrictions are relaxed further.

THERMAL SUITE - HEAT & WATER EXPERIENCE

Following current government guidelines, our sauna and steam room remain closed. Our thermal suite facilities will be booked prior to your treatment for a maximum duration of 45 minutes. This is to allow the Si! Spa team to carry out a deep sanitisation between guests, ensuring the health and wellbeing of our guests are at the forefront in all we do.



Si! Spa at The Gailes

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