

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 simpsinns.vouchercart.com



Scan to purchase gift vouchers and experiences online.



Scan to view full treatment list online.



Scan to view Spa Breaks



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 £100 (55 MINUTES)

Cleanse, hydrate, and renew with this facial routine for instant results. Tailored to your skin's precise needs, our purifying, hydrating formulas work to transform your complexion. These formulas balance according to your skin's unique needs, feeding the complexion with personalised nutrients. Skin looks clear, quenched and naturally beautiful.

ESPA OPTIMAL SKIN PRO-FACIAL £100 (55 MINUTES)

Reveal your skin's true potential by having this facial with expertly tailored facial techniques and the Optimal Skin Collection. It is designed to rebalance, hydrate and revitalise. This facial instantly revives and brightens the complexion while helping to protect against environmental damage and delay the early, invisible signs of ageing. Optimal Skin Pro-Facial is for all skin types and all ages.

ESPA NATURAL FACE LIFT £140 (1 HOUR 20 MINUTES)

The complete approach to skin health using pre and probiotic technology combined with the same benefits of physical exercise to detoxify, invigorate, sculpt and relax. Powerful age defying techniques inspired by Japanese Kobido massage, along with stimulating Jade rollers give instant results, leaving the skin firm, lifted and beautifully radiant.

Prices noted are Mon-Thu. There is a £20 supplement charge for treatments and packages booked Fri-Sun.

ESPA | THE LIGHT SALON

The combined power of ESPA's natural skincare with The Light Salon LED light treatment further advances ESPA's results-driven facial treatments to deliver longer lasting and more powerful results. The use of advanced nano-dermabrasion leaves complexions brightened and refreshed whilst

LED light smoothes and renews skin from a cellular level.

LED is a non-invasive form of skincare that not only triggers an increase in collagen but has a positive effect on the body and promotes a sense of calm and balance. Delivering optimised intensities of clinically-proven Red 633nm and Near-Infrared 830nm wavelengths, used to re-charge the cells 'energy' battery. The skin is then able to use the energy as a fuel to repair and rejuvenate damaged cells dramatically increasing hydration levels, firmness and reduction of wrinkles.

BOOST LED £60 (25 MINUTES)

ESPA's LED Light BOOST Treatment combines skincare with advanced technology. From a facial cleanse, enzymatic and hydrogel mask, relaxing scalp massage to the LED light therapy, each step will deliver visible results and a heightened sense of well-being.

REJUVENATE LED FACIAL £115 (55 MINUTES)

This comprehensive and truly indulgent treatment is designed to revitalize and transform your skin, leaving it glowing, refreshed, and renewed. The power of LED light therapy combined with nano-dermabrasion will unveil your skin's natural radiance, leaving you with a complexion that is vibrant, youthful, and revitalised.

Please note: The Light Salon treatments do not include access to thermal suite, outdoor spa area or spa lounge. These treatments can also be purchased as a 6-week course, recommended for optimal results.



ESPA BODY MASSAGE

Release tension, brighten your complexion, and restore inner calm with our most renowned treatments, featuring five of our most beloved ESPA signatures. Discover rich, sensorial luxury with these botanical aromatherapy blends and comprehensive, indulgent routines to soothe, restore, relax and renew.

INNER CALM AROMATHERAPY MASSAGE £100 (55 MINUTES)

Quiet your mind, soothe tension, and nourish your skin with this holistic, restorative experience with this indulgent routine for the body. Featuring sensorial textures, relaxing aromatics, and intense nourishment. Carefully chosen aromatherapy blends soothe and comfort. Natural ingredients alleviate muscle pressure, soothe busy minds, and evoke profound relaxation.

ESPA FULL BODY HOT STONE MASSAGE £110 (55 MINUTES)

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 FOCUSED BACK, NECK, SCALP AND SHOULDER MASSAGE £100 (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 £100 (55 MINUTES)

This blissful back of the body treatment begins with a deep cleanse, 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 GOLFER'S TONIC £100 (55 MINUTES)

This awakening ritual targets the back, legs and feet. Enjoy a refreshing and detoxifying brush and polish to back to the body followed by a leg and foot massage. A specific massage is performed to relieve aches and pains with option of hot stones – the perfect treatment to restore energy and eliminate toxins.



Prices noted are Mon-Thu. There is a £20 supplement charge for treatments and packages booked Fri-Sun.

ESPA BOUTIQUE THERAPIES

ESPA boutique therapies are perfect to allow the mind to switch off and the body to relax for that little bit longer. *These cannot be booked as stand-alone treatments but are a luxurious add on or ideal for two to be performed together to make up a unique 50 minute experience.*

EYE LIFT (25 MINUTES) £45

Experience a burst of reawakening with this instantly revitalising eye treatment. ESPA's luxurious formulas are naturally powered and expertly crafted to soothe and restore the eyes. Gentle, yet highly effective. This eye-care routine works to noticeably smooth fine lines, quench delicate skin, and visibly diminish puffiness and dark shadows.

BRIGHTENING FACIAL (25 MINUTES) £45

Designed to reveal your skin's true potential in a powerful 25-minute experience version of the Optimal Pro-Facial. This luxury treatment leaves the skin with instantly visible results, appearing bright, fresh-looking and healthy.

THERAPEUTIC SCALP RITUAL (25 MINUTES) £45

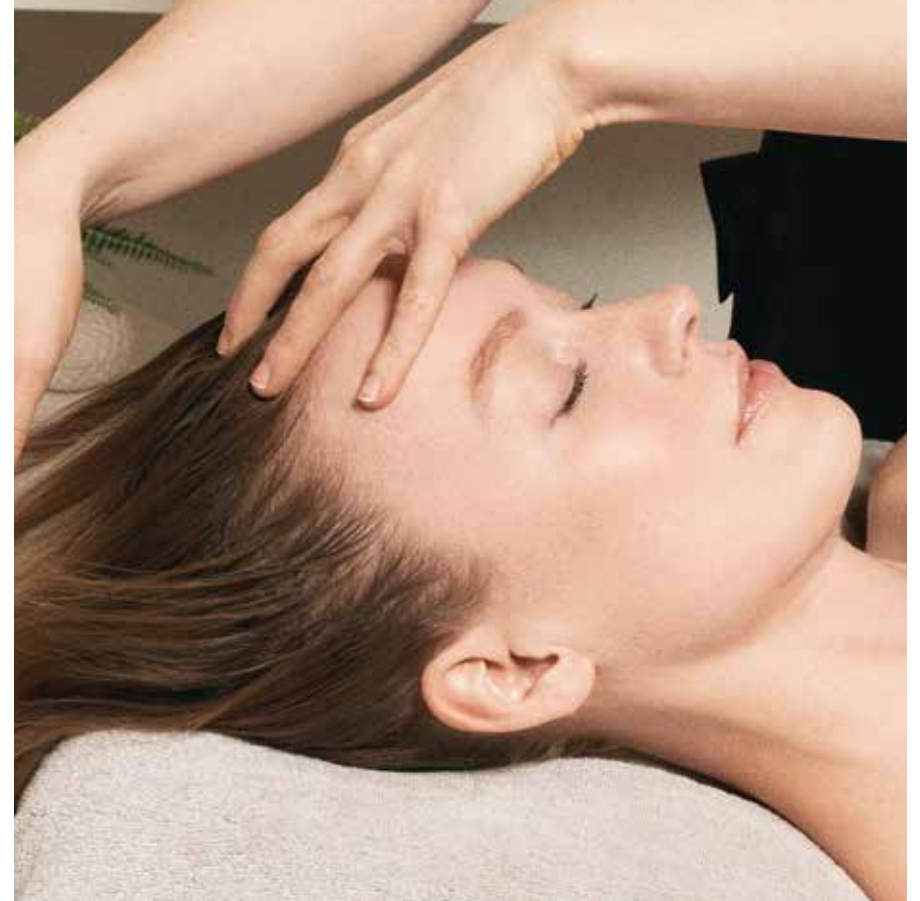
A soothing and tranquil scalp, neck and shoulder massage, allows you to drift-away in this serene peaceful ritual. Using ESPA's award winning Pink Hair and Scalp Mud product, your hair and scalp will be left nourished and conditioned.

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

Personalised to your unique needs, this express back, neck and shoulder aims to relieve stress and tension coupled with a beautiful aromatherapy blend.

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

Revive skin's natural softness and glow with this intensely exfoliating treatment. An ideal way to prepare skin for other treatments, a natural blend of sea salt and the purest oils polishes away dull, dry cells and infuses skin with rich nourishment. Skin feels smooth, supple and looks radiantly healthy with the help of ESPA's natural body brush and nutrient-rich body serum.



ISHGA FACIALS

UPLIFTING FACIAL £100

(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, 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

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 BODY TREATMENTS

ISHGA INVIGORATING FULL BODY MASSAGE £100

(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 £105

(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 wellbeing 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.

Prices noted are Mon-Thu. There is a £20 supplement charge for treatments and packages booked Fri-Sun.

ISHGA ONCOLOGY TOUCH THERAPIES

We offer a range of treatments suitable for those seeking recuperation before, during or after the effect or treatment of cancer. These are designed with relaxation and healing in mind and are delivered in a safe and gentle way so there is no interference with ongoing treatment plans or medication. The effects of seaweed help to boost the immune system, detoxify the body from radiation, increase vitality and wellbeing.

ISHGA NURTURING TOUCH FACIAL (55 MINUTES) £100

A healing and replenishing facial designed to repair whilst strengthening and nourishing. This treatment is adapted to each individual to allow maximum comfort. Using products carefully blended, aromatherapy and seaweed extract which is scientifically proven to re-mineralise and feed the skin with amino acids, vitamins and antioxidants for optimum skin health.

ISHGA HEALING TOUCH THERAPY (50 MINUTES) £100

This completely bespoke body massage uses the ishga Nurturing Body Oil to calm the mind, soothe the body and leave the skin beautifully supple.

ISHGA HERO TOUCH THERAPY (1 HOUR 20 MINUTES) £145

Delivered for complete comfort and bespoke to each client, this therapeutic back, neck and shoulder massage is followed with a nourishing hand and foot therapy. Whilst our hero mask is softening the hands and feet, an optional scalp massage or express facial is performed leaving the body and mind at peace.

ISHGA BOUTIQUE THERAPIES

ishga boutique therapies are perfect to allow the mind to switch off and the body to relax for that little bit longer. ***These cannot be booked as stand-alone treatments but are a luxurious add on or ideal for two to be performed together to make up a unique 50 minute experience.***

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 EXPRESS FACIAL (25 MINUTES) £45

This effective ishga facial brightens and renews all skin types. Beginning with deep cleansing, a scalp or hand and arm massage then allows the mind to switch off whilst an exfoliating, detoxifying seaweed mask purifies and hydrates the skin, completed with application of finishing products.

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

Personalised to your unique needs, this express back, neck and shoulder aims to relieve stress and tension coupled with a beautiful aromatherapy blend.

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

Enjoy as a stand alone treatment or add to any treatment of a minimum 55 minutes
(£55 or £35 when added onto any 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 £30

(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.

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

REVITALISING MANICURE RITUAL

(VINYLUX 40 MINUTES £50, SHELLAC 55 MINUTES £65)

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

(VINYLUX 55 MINUTES £60, SHELLAC 70 MINUTES £70)

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 prior to your treatment.





PACKAGES

TIME FOR TEA £195 (1 HOUR 50 MINUTES)

- 1 hour Thermal Suite heat and water experience and access to outdoor spa deck with hydro pool prior to treatment
 - 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 £110 (50 MINUTES)

- 1 hour Thermal Suite heat and water experience and access to outdoor spa deck with hydro pool 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 £150 (1 HOUR 25 MINUTES)

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

PACKAGES

RISE AND SHINE £110 (55 MINUTES) (AVAILABLE 9-12PM)

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

INDULGE AT Si! SPA £110 (55 MINUTES)

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

MATERNAL MOMENTS £145 (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

PACKAGES

BE TWO-GETHER £150PP (1 HOUR 20 MINUTES)

- 1 hour Thermal Suite heat and water experience and access to outdoor spa deck with hydro pool prior to treatment
 - 30min 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.
Price on request.



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.



FINISHING TOUCHES

At Si! Spa we offer a range of finishing touches for skin, lashes, brows, hands and feet. Available as stand alone treatments when you require a bit of a glow-up. View full treatment list online by scanning the QR code below.

ESPA | THE LIGHT SALON

The combined power of ESPA's natural skincare with The Light Salon LED light treatment further advances ESPA's results-driven facial treatments to deliver longer lasting and more powerful results.



Scan QR code to view full ESPA | The Light Salon information and full Finishing Touches list online.



Please note, access to thermal suite, outdoor spa area and spa lounge is not included with Finishing Touches treatments.

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. Please note that due to the temperature in the Thermal Suite, this area along with our outdoor hydro pool is not suitable during pregnancy.

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.



Si! Spa at The Gailes

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