



SPA TREATMENT MENU

July 2022

FACIALS

dermalogica

Our facials include: face mapping, deep cleansing, exfoliation, treatment application, hot towels, extraction if wanted, pressure point and drainage massage, a treatment mask (foot or hand massage while treatment mask is on) and SPF moisturiser to finish the treatment.

RELAX & REVIVE FACIAL

70 mins – £80

Truly customised to you, your skin and lifestyle. Following a detailed consultation with your therapist you will be treated to a double cleanse, exfoliation, targeted moisturising treatment delivered via massage to include face, décolleté, neck, shoulders, hands and arms.

Complemented by the use of our heated boots delivering a moisturising foot treatment ensuring you are truly relaxed.

EXPRESS FACIAL

30 mins – £60

A great treatment to top up your regular facial. Double deep cleanse, exfoliation and moisturising massage.

CLEAR START TEEN FACIAL

60 mins - £50

Treatment to teach the younger client about her own skin and how to look after it

PRO SKIN 30 FACIAL

30 mins - £45

Targeted mini treatment to treat specific concerns

PRO SKIN 60 FACIAL

60 mins - £70

AGE SMART - Anti-ageing

ULTRA CALMING - Sensitive

MEDIBAC - Active Acne Skin



DERMALUX CONTACT FREE FACIAL

40 mins – £35

Using our Dermalux Flex system that utilises the power of light to boost collagen and elastin production, supercharge skin functions and restore instant radiance.



CRYSTAL CLEAR
SKINCARE

MICRODERMABRASION FACIAL

60 mins - £55.00

Microdermabrasion is the process of spraying fine crystals onto the skin to gently buff away the top layer of the skin, improving skin tone and texture. After cleansing, and microdermabrasion your skin will benefit from a highly moisturising mini lift mask treatment finishing with hydrating brightening serum.

CHOPSTICK FACIAL

60 mins - £55.00

Non-surgical facelift technology - no needles, no surgery! Immediate firming and tightening, reducing puffiness and brightening dull skin.

A combination of cleansing, exfoliation, facial massage, mask and hydration. The Easy Lift Chopstick Facial gives skin a complete overhaul, lifting, firming and rejuvenating in just 45 minutes.

After cleansing and exfoliation, the two sonic powered lifting WANDS are gently rolled over the face and neck in a two-handed action whilst a super strength hyaluronic serum is automatically dispensed from the WANDS oscillating rollerball heads.

This unique, double-pronged approach delivers a mega dose of moisture to the skin thanks to the high and low molecular weight pharmaceutical grade serum, improving skin's hydration at a cellular level and creating a mattress effect under the skin, giving it back its bounce. At the same time the sonic waves from the two WANDS provide facial muscles with the equivalent of an intense workout programme, causing them to contract and creating more lifted, firmer skin.

Results are immediate; tense facial muscles are relaxed, eyebrows and cheeks significantly more lifted, jaw more defined, eyebags depuffed, neck tighter and complexion more luminous and glowy.

Chopstick WANDS can be added to any facial for an extra £10.

HANDS & FEET

Luxury Manicure (£50) – a gentle warming and exfoliation of the hands, cleaning of the cuticles and shaping of the nails. A gel polish is then applied and a moisture mask to finish.

Luxury Pedicure (£50) – a gentle warming and exfoliation of the feet, cleaning of the cuticles and shaping of the toe nails. A gel polish is then applied and a moisture mask to finish.

Paraffin Wax Treatment (60 mins - £50) - includes use of our heated boots or mitts to turbo charge the treatment. Massage & finish with our treatment cream.

Gel Polish Hands (£33) – a plain gel polish on natural nails with a variety of colours to choose from. Includes cuticle work and a nourishing hand cream treatment.

Gel Polish Toes (£30) – a plain gel polish on natural toe nails with a variety of colours to choose from. Includes cuticle work and a nourishing foot cream treatment.

Removal of Hard Gel or Acrylic (£20)

Removal of Gel Polish (not applied by us) (£5)



The Gel Bottle (BIAB) - Manicure without Extensions (£40)

The Gel Bottle (BIAB) - Manicure with Extensions (£50)
– either tips or sculpted using BIAB

The Gel Bottle (BIAB) - Infill and colour change (£35)

EYEBROWS & EYELASHES

Eyebrow Enhancements

Wax (£10) - define and enhance the shape of your natural eyebrows, getting rid of stray hairs to leave a neat and tidy finish.

Tint (£10) - temporarily changes the colour of the eyebrow hair to enhance and define the brows.

Wax & Tint (£18) - a semi-permanent eyebrow dye is used to enhance the colour and shape of your natural eyebrows whilst tidying stray hairs with wax and tweezers.

Henna (£22) - Ciabrow Henna is a vegan and cruelty-free, semi-permanent eyebrow dye. It strengthens eyebrow hair and stimulates hair growth which is perfect for the finer brows. This treatment is gentle and effective lasting up to 6 weeks and gives a tattooing effect.

Brow Lamination (£45) – 45 mins

Eyelash Enhancements

Lash Lift & Tint (£50) - 45 mins – a semi-permanent curl and tint for the natural eyelashes making your eyelashes visibly longer and thicker with a natural curl.

Lash Tint (£20) - 20 mins - temporarily changes the colour of the eyelashes to enhance and define. Different coloured tints can be used depending on skin tone, hair colour and the desired appearance.





MASSAGE TREATMENTS

Swedish Back, Neck & Shoulder Massage - a relaxing massage focusing on the upper body which manipulates the soft tissues to improve overall wellbeing, enhance circulation, ease aches & pains and calm the mind.

30 mins £45

45 mins £60

Soft Tissue Full Body Massage - a top to toe relaxing massage which manipulates the soft tissues to improve overall wellbeing, enhance circulation, ease aches & pains and calm the mind.

60 mins £70

Deep Tissue Back, Neck & Shoulder Massage – a bespoke massage focusing on your upper body. Different techniques are used to encourage blood flow, repair damaged cells and release chronically tight muscles.

30 mins £45

45 mins £60

Deep Tissue Lower Body Massage – a bespoke massage focusing on lower body including glutes, upper leg, lower leg and feet. Different techniques are used to encourage blood flow, repair damaged cells and release chronically tight muscles.

30 mins £45

45 mins £60

Deep Tissue Full Body Massage - a bespoke massage focusing on the parts of your body that tend to hold the most tension. Different techniques are used to encourage blood flow, repair damaged cells and release chronically tight muscles.

60 mins £70

Sports Massage - our therapist will work deep into the muscles manipulating them to treat any damaged tissue caused by repetitive strenuous activity or trauma. This will release tight muscles and realign the tissues which improves posture, increases flexibility and alleviates pain.

30 mins £45

45 mins £60

60 mins £70

Hot Stone Back, Neck & Shoulder Massage – focusing on the upper body, our therapist will use the localized heat and weight of smooth stones to warm and relax the muscles allowing for deeper pressure to release any knots or tension.

30 mins £45

45 mins £60

Hot Stone Full Body Massage – our therapist will use the localized heat and weight of smooth stones to warm and relax the muscles allowing for deeper pressure to release any knots or tension.

60 mins £70

Aromatherapy Massage - a holistic treatment using essential oils through the application of massage to relieve stress and anxiety, promote relaxation and aid pain relief. A variety of essential oils are selected by our therapist individually for you based on your specific requirements.

30 mins £45

45 mins £60

60 mins £70

WAXING

Bikini (£25) - 20 mins

Brazilian (£35) – 30 mins

Hollywood (£40) – 30 mins

Underarm (£20) - 15 mins

Half Leg (£25) - 20 mins

Full leg (£35) – 30 mins

Upper lip (£12) - 10 mins

Chin (£12) – 10 mins

SPRAY TAN

St Tropez spray tan offering a choice of colour from 'sun kissed' to 'deep bronze'

30 mins £30





SPA PACKAGES

'Mum to Be'

Scalp, neck & shoulder massage followed by luxury manicure or pedicure.

90 mins £80

'Time for You'

Combine our Relax & Revive Facial with a Soft Tissue Full Body Massage followed by luxury manicure or pedicure.

180 mins £180

'Beach Ready'

Full body scrub followed by deep moisturising treatment plus Gel Polish Hands & Toes

90 mins £80



'Day Spa Package'

Arrive at 10am and enjoy a coffee in our lounge soaking in our glorious panoramic views across Edinburgh, the Forth and surrounding East Lothian countryside.

Relax and destress with your choice of a Dermalogica Pro60 facial, a 60minute massage or a luxury manicure or pedicure.

Followed by a light lunch accompanied by a glass of fizz.

Use of our hot tub and relaxation room included.

4 hours £150



"We've been to many spas over the years so we were keen to try out the new Spa @Garleton Lodge.

We pre-booked treatments and lunch. On arrival we received a lovely friendly welcome from Angela, the owner, who offered us refreshments.

On entering the luxurious spa we were met by therapists Charlie and Carolyn. The treatments they gave us were just perfect.

Our treatments were followed by a 2 course lunch which was delicious, the views from the restaurant were spectacular.

All in all we had a fabulous, relaxing day. It was so good we are booked to go back in 2 weeks' time. We would highly recommend a visit.

Thank you Garleton Girls." Annette R.

'Life is short and time moves fast so relax and treat yourself at The Spa @ Garleton Lodge'

"Had an amazing experience at the Spa @ Garleton Lodge yesterday. I had a really warm welcome from the staff there and was put immediately at ease.

I was in for a Fathers' Day Facial, something I've never had before. It was simply wonderful, something I'd deffo go back for again.

My skin which is usually quite dull and dry was left with a glow and even my beard benefitted.

Thanks guys" Richard T