



Serenity Spa

AT THE UGADALE



About Serenity

Passionate about their work, and more importantly, their clients, Serenity provides the highest quality service and treatments available in Kintyre. Specializing in facials and body treatments, Serenity uses the award-winning products of DECLÉOR Paris to give you the ultimate in relaxation and luxury beauty services. Established in 2006 by Laura Kennedy, Serenity exists to make you feel and look like your best self.



Decléor Facial Treatments

DECLÉOR CLASSIC AROMATIC FACIAL (75 mins)

This multi-active, 100% natural treatment is tailored to suit every skin type. Your therapist will carefully select products to re-balance your skin concerns. At the heart of this treatment is a mask with Linseed, Wheat Germ and Sunflower to moisturise and deep clean, leaving skin glowing.

AROMA EXPERT FACIAL TREATMENTS (90 mins)

These highly targeted treatments offer a concentrate of pure Essential Oils and Plant Extracts and provide an expert response to the needs of every skin type (even the most demanding).

AROMA EXPERT ESSENTIAL – This precision treatment provides an instant and long-term response for thirsty skin. HYDRA FORCE combines Fruit Powder and Flower Syrup, to boost and restore moisture balance.

AROMA EXPERT PURIFY – An intensive balancing treatment with purifying and Essential Oils of Ylang Ylang and Tea Tree that immediately leaves your skin clearer, more luminous and refined.

AROMA EXPERT SOOTHE – This calming treatment brings immediate comfort to stressed skin using natural Essential Oils of Rose, Neroli and Petit-Grain. The epidermis is soothed and re-balanced leaving the complexion smooth and cool.

AROMA EXPERT ANTI-AGEING – Using the latest anti-ageing innovations and natural ingredients, this incredible facial produces an immediate lessening of expression lines and prevents the premature appearance of wrinkles. The skin will be gorged with anti-ageing Retinol, to stimulate the production of collagen types I and III, revealing smooth, hydrated and luminous skin.

AROMA TIME PRECIOUS FACIAL (30 mins)

(add face, neck and shoulder massage: 15 mins)

Packed with Essential Oils, this facial is perfect when time is of the essence and the skin needs a boost of radiance.

Decléor Body Treatments

DECLÉOR AROMA BODY MASSAGE (60 or 90 mins)

Choose from: Relax, Detox, Flow or Tonic

Your skin is treated to the incredibly soothing sensation of a warm Aromatic Balm selected to suit your needs, whilst the expert touch of your therapists hands melt away stresses and leaves your body with renewed energy.

DECLÉOR AROMA BODY ENVELOPMENTS (60 mins)

Soothe your body with a rich, creamy mask full of Essential Oils and Plant Extracts, chosen according to your needs. For a beneficial, comforting sensation, enjoy the pleasure of a heated blanket. Whilst the products work their magic, your face or scalp will be relaxed with beautiful Aromatic Balms.

AROMA DETOX BODY ENVELOPMENT – Essential Oils and Marine Algae rich in minerals breakdown fatty deposits, drain toxins and eliminate excess water retention.

AROMA RELAX BODY ENVELOPMENT – After a gentle exfoliation, warm Aromatic Relax Balm is smoothed over the entire body followed by a sumptuous creamy mask leaving a soft and silky skin.

AROMA TONIC BODY ENVELOPMENT – Instantly increases skins radiance with a unique blend of toning, firming and anti-ageing ingredients.

DECLÉOR PERFECT ANTI-CELLULITE TREATMENT (60 mins)

Blitz cellulite with this ultra-smoothing targeted treatment. Thighs, hips and bottom are noticeably refined even after one treatment. This exclusive cocktail of Essential Oils is proven to break down fat in just 28 days.

DECLÉOR SUMPTUOUS MOTHER-TO-BE TREATMENT (90 mins)

Let our therapist relax you and melt away any mother-to-be concerns. This nurturing treatment will help to preserve the tone of your skin, reduce the risk of stretch marks, lighten your legs and brighten your complexion to ensure you look as radiant as you feel.

DECLÉOR AROMA BACK RELIEF (30 mins)

Vulnerable areas of the back, neck and shoulders, where tension accumulates are instantly relaxed. Stresses are dissolved with deep massage and a stimulating aromatic mask with Essential Oils.

DECLÉOR AROMA FOOT RELIEF (30 mins)

Hot towels saturated with Essential Oils relax the feet and lower legs before a stimulating warm massage balm is applied with a unique reflex point massage. Feet and lower legs are immediately relaxed, circulation is stimulated and excess fluids are dispersed, leaving your feet feeling fresh and light.

Facial & Body Treatments for Men

ENERGY EXPRESS TREATMENT (30 mins)

Detoxify, Refresh, & Energise. An express facial treatment, for a burst of energy to the skin.

ULTIMATE RELAXER AROMA BODY MASSAGE (60 or 90 mins)

A deeply relaxing massage treatment to de-stress, release built-up tension and coax skin into better condition. Pure Aromatic Balms diffuse their benefits deep into your skin whilst expert massage techniques soothe away muscular tension and stiffness.

ESSENTIAL GOLFERS TREATMENT (60 mins)

Tee off with a relaxing back massage to ease muscle tension and follow with a DECLÉOR Aroma Foot Relief treatment to relieve any aches and pains of feet that may be feeling a little below par.

Massage Treatments

(30 or 60 mins)

Full-Body Swedish Massage

Full-Body Sports Massage

Full-Body Hot Stone Massage

Reflexology

Indian Head Massage

Hydrotherm

The ultimate in relaxation, enjoy perfect spinal alignment and release of muscle tension in this form of massage. Treatment occurs on warm water-filled cushions that support your body and enable tight muscles to relax before the massage even begins.

Manicure & Pedicure Treatments

Using the world-class, renowned Jessica Natural Nail Care System, we offer manicures, pedicures and hand and foot treatments to help make you look and feel great.

Deluxe Jessica Hand Treatment (*with heated mittens*) (60 mins)

Jessica Manicure (40 mins)

Geleration (*fingers or toes*) (45 mins)

File & Polish (*fingers or toes*)

Deluxe ZenSpa Pedicure (*with heated boots*) (70 mins)

ZenSpa Pedicure (50 mins)

Please bring open-toe footwear when having a pedicure treatment.

Waxing & Eye Treatments

Full Leg Wax (*includes standard bikini line*)

1/2 Leg Wax

Underarm

Bikini (*standard*)

Bikini (*extended*)

Eyebrows

Upper Lip

Eyelash Tint

Eyebrow Tint

Lash & Brow Tint

Eyebrow Tint & Wax

Tanning Treatments

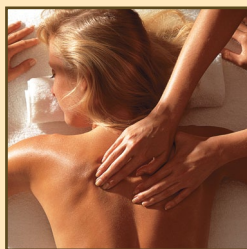
Using Xen-Tan and White to Brown professional tanning products

Full-Body Spray Tan

Full-Body Spray Tan & Exfoliation

When having a spray tan, it is advisable to wear loose dark clothing.





Serenity Spa

AT THE UGADALE

Daily
10:00-18:00
Other times available
by appointment

The Ugadale Hotel & Cottages
The Village at Machrihanish Dunes
Machrihanish, Argyll
Tel: 01586 810025
serenityspa@machdunes.com



THE UGADALE

HOTEL & COTTAGES