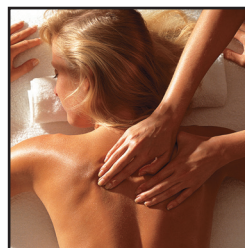




*Premium treatments with
Germaine de Capuccini products*

If you are looking for pure indulgence and total relaxation, we at Serenity Spa can provide you with a haven where you will find the most incredible and unique sensations, and where mind, body, and spirit converge to create an unforgettable and deeply pleasurable experience.



Serenity Spa

AT THE UGADALE

HOURS OF OPERATION

March through December
Monday – Saturday / 10 am to 6 pm

January and February
Tuesday – Saturday / 10 am to 6 pm

Other appointment times available with advance booking.

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



THE UGADALE
HOTEL & COTTAGES

 **SOUTHWORTH**
Europe

Serenity Spa

AT THE UGADALE

Premium treatments

Serenity Classic (60 mins) £50.00

Our skilled team of therapists will provide you with the most prescriptive treatment, designed specifically for your skin's needs. Regardless of your skin type, age, or concerns, this facial combines luxury with visual results.

Rose Serenity (75mins) £55.00

The Rose Serenity therapy uses the essence of flowers and plants in a concentrated formula with a highly active anti-stress action. With petals of the Gallic Rose and extracts of Arctic Rose, Black Rose, White Rose, and the Nepalese Rose, your skin is soothed, hydrated, and nourished.

Time Expert C+ (75mins) £58.00

This advanced treatment uses Ume Extract, a type of Japanese plum that counteracts the effects of glycation along with Vitamin C to repair the skin's luminosity, vitality, and firmness. One treatment provides a spectacular visible result; 4 weekly treatments provide a lasting revitalizing effect.

Time Expert Rides (75mins) £70.00

Utilizing a highly specialized lifting facial massage, this treatment is not only highly relaxing to receive, but the active ingredients within the treatment also work to leave the skin fully rejuvenated with reduced lines and wrinkles. The facial includes glycolic exfoliation.

Introduction to Germaine (30mins) £28.00

A facial designed to refresh your skin with prescriptive products. This insight into Germaine de Capuccini includes cleanse, exfoliation, and massage.

Glycolic (15mins) £13.00

A cosmeceutical approach that you can choose to receive before proceeding with any facial treatment. This is a highly active glycolic facial peel, formulated with alpha hydroxyl acids. The surface of the skin is immediately improved, wrinkles and irregularities are faded, open pores are minimized, and congestion is reduced.

Clinical Aox Peel (45 mins) £40.00

The Aox peel offers spectacular improvements to wrinkles, flaccidity, dark spots and uneven tone. Skin is revitalised, looks younger, and luminous.

Time Expert Lift (IN) (75mins) £60

This Lift works on the three essential factors of skin rejuvenation: vertical lifting, lateral lifting and volume. Define Lift includes an extraordinary facial massage which uses very precise 360 degree sculpting technique, working on the face from every angle.

Microdermabrasion

SkinBase (30 mins) £40

Microdermabrasion is a system of intense exfoliation and resurfacing that uses ultra-fine crystals to rejuvenate the skin. The irregular shape of the crystals helps to work on hard-to-reach areas without any damage to the skin while the vacuum action of the machine stimulates the circulation, increasing the production of collagen and elastin, resulting in firmer, more youthful looking skin.

Body Therapies

Exotic Orient (30 mins) £30

A full body exfoliation based on a blend of the finest and most expensive spices in the world. Includes oriental resins, bamboo, poppy, and nutmeg.

CO2 Carboxy Therapy (60 minutes) £60

The Universal Contour Wrap, anti-cellulite treatment, combines CO2 carboxy therapy with a range of powerful ingredients for proven results. Treatment includes a draining massage using your choice of either white jasmine and mint anti cellulite oil or rosemary and lime detox oil.

Foot Relief (30 mins) £30

Warm towels infused with aromatic oils are applied before a deeply relaxing massage, then an application of the 'dreamy legs' product leaves your feet and legs feeling cool, refreshed, and incredibly light.

Mother-To-Be Package (60 mins) £55.00 | (90 mins) £70.00

Our tailor-made, mother-to-be treatment commences with a relaxing back massage to ease away any stress, followed by a nurturing treatment to preserve the tone of the skin and reduce the risk of stretch marks. Next, lighten your legs and feet, then end with a relaxing facial and feel radiant.

Spa Massage and Wrap Treatments

Silk & Saffron (60 mins) £55.00

An exotic massage originating from Turkey, featuring the most luxurious oriental spice - saffron. This massage commences with our therapist using a large silk foulard to gently stretch the body to release tension, followed by a lavish therapy before continuing with a relaxing massage.

Silk Envelopment (60 mins) £55.00

This exquisite mask deeply hydrates and leaves your skin with a satin appearance. Warm pindas and a soothing scalp massage will relax the body.

Mediterranean Glow

(30 mins) £30.00 | (60 mins) £50.00 | (90 mins) £60.00

A luxurious warming body massage treatment that starts with a warm pinda pressure massage, while a Mediterranean candle emits a relaxing fragrance. The warm wax from the candle is then poured over the body with a prolonged body massage to ease tension, relax the mind, and deeply hydrate the skin.

Exotic Rituals

Blissful Surrender (90 mins) £70.00

Following a brief consultation to discuss your lifestyle and needs, we are able to choose a balancing ideal treatment for you. Your experience starts with a back, neck, and shoulder massage using custom aromatherapy oils. Warm towels are applied from head to toe and ends with a facial and scalp massage.

Eastern Journey (180 mins) £120

This Ritual commences with a spice body exfoliation packed with exquisite resins, woods, bamboo and poppy seeds. Followed by a body massage rich in anti-oxidants and Vitamin E. A silk foulard is used to gently stretch your neck and shoulders before concluding with our silk body envelopment which includes a full silk scalp treatment.

Massage Treatments

Swedish Massage (30 Min) £28 | (60 Min) £50

Full-Body Sports Massage (30 Min) £28 | (60 Min) £50

Full-Body Hot Stone Massage (30 Min) £30 | (60 Min) £54

Reflexology (30 Min) £28 | (60 Min) £48

Hydrotherm (30 Min) £30 | (60 Min) £54

Lava Shells (30 mins) £32 | (60 mins) £55

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) £35

Jessica Manicure (40 mins) £25

Geleration - fingers or toes (45 mins) £35

File & Polish - fingers or toes £32

Deluxe ZenSpa Pedicure - with heated boots (70 mins) £40

ZenSpa Pedicure (50 mins) £35

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

Waxing & Eye Treatments

Brazilian - £30

Eyebrow Tint - £8

Eyebrows - £9

Lash & Brow Tint - £12

Upper Lip - £6

Eyebrow Tint & Wax - £15

Eyelash Tint - £13

Tanning Treatments

Full-Body Spray Tan - £22

Full-Body Spray Tan & Exfoliation - £32