

**sequoia**  
SPA + GYM



# Treatment Price List

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Sneak away to  
our very own  
on-site spa

In line with the luxurious surroundings of Argyll, our trained Spa therapists will help you relax and unwind with our fantastic selection of treatments. Feel your stress melt away and leave feeling thoroughly energised and refreshed.



## Natural Nail Care

<b>Mini Manicure</b>	10
Shape, cuticle work, buff	
<b>Deluxe Manicure</b>	20
Shape, cuticle work, scrub, masque, massage	
<b>Luxury Manicure</b>	25
Shape, cuticle work, scrub, paraffin wax, massage	
<b>Add polish to any manicure</b>	5

## Foot Care

<b>Regular Pedicure</b>	18
Cut, shape, cuticle work, foot cream	
<b>Deluxe Pedicure</b>	25
File, cuticle work, scrub, removal of dead skin, masque, massage	
<b>Luxury Pedicure</b>	30
File, cuticle work, scrub, removal of dead skin, paraffin wax, massage	
<b>Add polish to any pedicure</b>	5

## Shellac or Gel

<b>Fingers</b>	20
Shape and Shellac	
<b>Toes</b>	20
Shape and Shellac toenails	
<b>Fingers and Toes</b>	35
Shape and Shellac fingers and toenails	
<b>French Fingers</b>	22
Shape and French manicure with Shellac	
<b>Removal</b> (no charge with reapplication)	10
Removal of product and buff	

## Gents Nail Care

<b>Male Manicure</b>	10
Shape, cuticle work and buff	
<b>Male Pedicure: Regular</b>	18
Cut, shape, cuticle work, foot cream	
<b>Male Pedicure: Deluxe</b>	25
File, cuticle work, scrub, removal of dead skin, masque, massage	

## Eye Treatments

• Patch test required 48 hours in advance

<b>Eyelash Tinting</b>	10
<b>Eyebrow Tinting</b>	7
<b>Lash and Brow Tint</b>	15
<b>Lash and Brow Tint and Tidy</b>	20
<b>Eyebrow Reshape</b>	10

## Waxing

<b>Eyebrow</b>	8
<b>Lip</b>	7
<b>Chin</b>	7
<b>Lip and Chin</b>	11
<b>Underarm</b>	10
<b>½ Arm</b>	10
<b>Full Arm</b>	15
<b>½ Leg</b>	15
<b>Full Leg</b>	22

## Kids Treatments

<b>File and Polish</b>	6
Shape & polish	
<b>Mini Manicure and Polish</b>	8
Shape, cuticle tidy & polish	
<b>Toenails File and Polish</b>	6
Shape & polish toenails	
<b>Fingers and Toes</b>	10
Shape and Polish fingers and toenails	

## Chair Massage

<b>Massage (10/30 mins)</b>	8 / 20
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# Sequoia Spa By

**DECLÉOR**  
PARIS

## Discover Decléor

Indulge in one of our handpicked treatments, carefully selected for you by Decléor, renowned market leader and celebrity favourite in beauty treatments and products. For more than 40 years, Decléor continues to lead with its visionary approach to beauty, as the trusted expert and innovator in aromatherapy skincare. Combining nature's purest and most potent active ingredients, Decléor scientifically selects and masterfully blends premium Essential Oils to deliver for each skin need, targeted and proven skincare solutions. Understanding that beauty and well-being are intrinsically linked, Decléor offers a unique sensorial experience that visibly enhances the skin's natural health and radiance. Now is your time to step away from stress and urban pollution.



# Decléor Facials

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## Decléor Express

### Jasmin Power Booster (30 mins) 30

Awakens even the most tired of complexions in the shortest of times. Revitalises the mind and body, leaving the skin luminous and as fresh as the morning dew.

### Discovery Facial (30 mins) with Hydra Floral Expert Mask 30 with Orexcellence Mask 30 with Clay & Herb Mask 30

Short of time? Discover why Decléor facials are world famous, with this rescue remedy. Includes revitalising massage, Essential Oils and a gentle polish to wake-up tired skin leaving it fresh and radiant.

## Decléor Luxury

### Ultimate Vitamin Glow (60 mins) 60

Power-packed with vitamins and anti-oxidants, this award winning facial melts away stress. Combines a rebalancing Essential Oil elixir plus warm, decongesting mask for skin that's purified, perfectly replenished and glowing.

## Decléor Prescriptive

### Moisture Quench (75 mins) 75

This super-hydrating facial quenches the thirstiest skin. Includes gentle exfoliation to smooth then a nutrient-rich mask to intensively rehydrate for skin that's supple and cashmere soft.

### Moisture Bright With Hydra Floral Ultra Plumping Mask And White Petal (75 mins) 75

A brightening treatment with a vitamin C power booster to help restore luminosity, lighten pigmentation marks and turbo-charge cell regeneration.

### Divine Nutrition (75 mins) 75

By cocooning skin in deliciously nourishing Essential Oils and active nutrients, this facial comforts, renews and restores. Ultra-nourishing to feed dull, dry, exposed skin, it transforms complexions to radiant and satin smooth.

### Harmonie Calm (75 mins) 75

Acting like a calming comfort blanket, this blissful treatment relieves stressed, angry skin. Power-packed with skin strengthening Essential Oils and including a skin-perfecting peel-off mask, it works immediately for clear, soothed and resilient skin.

### Oxygenating Pure & Matt (75 mins) 75

For instant clarity on dull, devitalised skin, this antibacterial and mattifying facial treats spots and shine. Includes Aquatic Plant Powders and an oxygenating power mask for a brighter and shine-free complexion that's simply flawless.

## Decléor Anti-Ageing

### Hyaluronic Acid Wrinkle Resist (30/75 mins) 40 / 75

For immediately visible results, powerful ingredients and gentle exfoliation target lines and wrinkles. A mineral mask also lifts, plumps and firms for a luminous, younger-looking complexion.

### Facial Lift Yoga (30/75 mins) 40 / 75

A lifting facial for smoothed, firmed and luminous skin – for 40+ years.

### Facial Pilates (30/75 mins) 40 / 75

Inspired by pilates, delivers a natural lift to the face, whilst helping reshape the contours of the face with a re-cushioning effect. The skin is left flawless, glowing with rosy youthfulness.

### Vital Eyes (30 mins) 30

Put the sparkle back! Featuring restoring and intensively hydrating eye masks, this targeted treatment fights fatigue, quenches moisture loss and helps erase the appearance of wrinkles for a sparkling, rested eye zone.

# Decléor Body

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## **Soft Feet (30 mins) 30**

Treat sore and aching feet to a restorative purifying exfoliation, deeply relaxing massage and nourishing mask to banish dry, cracked heels and even improve the look of callouses leaving skin smoother and brighter.

## **Soft Hands (30 mins) 30**

Nurture hard-working hands with an indulgent blend of skin smoothers and softeners. Dry, damaged skin is restored and weak or brittle nails strengthened; a hand and arm massage blissfully relaxes too.

## **Aromatherapy Body Massage (75 mins) 75**

Relax, refine, tone or stimulate with one of these tension-releasing, holistic treatments. Stresses and strains blissfully melt away and skin all over is left revitalised and velvety.

## **New Mum Indulgence Treat (75 mins) 75**

Combining a divine body massage, tailor-made facial and soothing mask, this rejuvenating and relaxing treatment has been specifically created for the needs of new mums. Leaves skin perfected and strengthened... and you unwound.

## **Deep Tissue Muscle Energiser (30/60 mins) 30 / 60**

Pure therapeutic relaxation to alleviate stress deep down and release the discomfort of aching muscles. 100% natural Essential Oil Balms enhance the experience, leaving your mind calmer and muscles intensely soothed.

## **Aromatherapy Warm Stone Massage (75 mins) 75**

Stimulate energy flow while soothing body and mind with this heavenly massage that uses the warmth of heated stones to ease every tension. Decléor's Aromatic Balms heighten the ecstasy and also supremely soften skin. Just heaven.

## **Divine Indulgence Face And Body Ritual (90 mins) 90**

Decléor offers the ultimate in a Face & Body Treatment. The most blissful way to soothe the body and mind, you will feel revitalised and the energy levels rebalanced. Skin is left deeply cleansed, perfectly replenished and glowing with youthfulness and vitality.

## **Aromablend Treatments (75 mins) 75**

Our expert Therapists will create your very own personally-tailored sculpting massage targeted to your individual needs be it; waistline, thighs and bottom, legs or all three. Whether its pure relaxation, body firming or refining your silhouette, this highly effective massage will ensure your needs will be met.

## Decléor Gents Treatments

### **Deep Tissue Back Massage & Facial (30/60 mins) 30 / 60**

This is a highly targeted treatment that focuses solely on releasing tension in back and shoulders with a powerful deep tissue massage. Intensely de-stressing to actively revitalise mind and body.

### **Deep Tissue Full Body Massage (60 mins) 60**

### **Deep Tissue, Neck & Shoulder Massage (30 mins) 30**

Intensely de-stressing, your therapist customises the level of pressure in a powerful deep tissue massage to break down and disperse all aches and pains caused by tight muscles.

### **Hot Stones Full Body Massage (60 mins) 60**

### **Hot Stones, Neck & Shoulder Massage (30 mins) 30**

Stimulate energy flow while soothing body and mind with this heavenly massage that uses the warmth of heated stones to ease any tension. Decléor's Aromatic Balms supremely soften skin and relax both the mind and body.

## Attending Your Appointment

- a. Please arrive 10 minutes prior to any treatment times booked to allow time to complete your consultation form if you are visiting for the first time. We will not carry out a treatment without a completed consultation form and so arriving less than 10 minutes prior to your appointment may shorten the length of your treatment(s).
- b. We reserve the right to alter, refuse or terminate a treatment, without refund, in the event of:
  - i. a client declaring a previously undisclosed medical condition that contraindicates their treatment (please see below for more information about medical conditions).
  - ii. a client being under the influence of high levels of alcohol, etc.
  - iii. a client engaging in inappropriate behaviour or making inappropriate requests of a therapist.
  - iv. a client abusing a member of staff physically, emotionally, verbally or in any other way.
- c. Certain treatments are contraindicated by some medical conditions. In some circumstance a client may waive their rights by signing a disclaimer stating that they are happy to continue with treatment despite being advised that there is a potential contraindication.
- d. It is a client's responsibility to raise medical conditions with us at the time of booking so that we can confirm the requested treatment is not contraindicated.

## Cancellations and Rearrangements

- e. We operate a 24 hour cancellation / rearrangement policy for most treatments. This means:
  - i. Paid / Voucher or Gift Card Appointments:
    - 1. If you cancel or ask to reschedule your appointment more than 24 hours before your appointment time, you will not forfeit your payment. Instead it will be held as a prepayment credit in your client account to use for your next appointment.
    - 2. If you cancel or ask to reschedule your appointment less than 24 hours before your appointment time we reserve the right to keep your payment / process your voucher or gift card in lieu of payment and it will not be available to use against any other treatment in the future.
  - f. Some treatments/offers/packages/parties have a notice period greater than 24 hours and additional terms and conditions. Where applicable this is highlighted for the specific appointment type.
  - g. Please note that these terms and conditions apply for appointments made for yourself or on behalf of a third party. If making a booking for a third party it is your responsibility to ensure that person can attend the appointment and is aware of the cancellation policy.
  - h. In the event that we need to cancel or reschedule an appointment we will endeavour to offer acceptable alternatives or refund any deposit.



## TO BOOK

Telephone 01301 703 344 or  
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 [argyllholidays.com](http://argyllholidays.com)