

Callus Peel treatment £15.00

Callus Peel is a luxury, spa foot treatment that removes hard, callused skin, leaving your feet feeling soft and revitalised. Please note this treatment is not suitable if pregnant.

This treatment may be added to a pedicure for an additional £10.00



Eye Treatments

Note: Treatments require a patch test 24 hours prior to treatment

Eyebrow Shape £9 | Eyebrow Tint £8

(Package deal with eyebrow shape £14)

Eyelash Tint £10

Lash Lift and Volume Treatment (1 hr) £30

Want longer more voluminous lashes?

This treatment is perfect for emphasising your natural lashes!

The treatment consists of lifting the lashes by the root, creating length and tinting the hairs to give more depth and colour.

Perfect for holidays, no need for mascara! The result lasts 6-8 weeks.

NOT SUITABLE IF PREGNANT.

Waxing

Pulls hair root from the hair follicle, preventing stubble and encourages slower hair growth!

Full Leg £23 (inc. bikini £30)

Half Leg £18

Underarms £8

Chin £7.50

Bikini £12

Upper Lip £7.50

Upper Lip and Chin £12

Note: If you are booked in for any type of waxing, we ask that you do not use the swimming pool for 24 hours after the treatment.



Make Up

Let our fully qualified, professional therapist

Amy take care of all your big occasions, weddings and bridal or even girly nights out so you can sit back and relax knowing that you will feel absolutely gorgeous walking out the door!

The highest quality products are used to achieve your makeup masterpiece with names including MAC, Smashbox, Urban Decay, Bobbi Brown, Hourglass... the list goes on! Our current pricelist is below but please get in touch with any other queries you may have. We also offer call outs service.

Occasion Makeup including lashes £30

Bridal Party per person inc. lashes (no trial) £40

Bridal Party Trial per person inc. lashes £20

Bride Trial including lashes £45

Bride Makeup on the Day inc. lashes (no trial) £55

Bridal Package on the Day inc. trial and lashes £100

Terms and Conditions:

APPOINTMENTS AND CANCELLATIONS Please be aware that lateness may result in your treatment being cut short or even refused. If you need to cancel please let your Therapist know 24 hours prior to your appointment as a "no show" may still be charged for the treatment. Deposits for treatments and pamper parties may be required.

PATCH TESTS Some of our treatments require a 24/48 hour skin patch test. Please make enquiries at the time of booking.

GIFT VOUCHERS Please refer to your gift voucher for terms and conditions of use.

MEDICAL CONSENT - If you have any adverse medical issues please contact your GP in advance of treatments, and bring a signed consent letter to your therapist. We never wish to cause any disappointment in having to refuse treatments, but do prefer that you have checked in advance.



Everyone loves a Gift Voucher for Simply Beauty...

birthdays, anniversaries, Valentines, Mothers Day, Fathers Day! Or simply a treat. All vouchers valid for 6 months.



simply beauty
CELTIC
Holiday Parks

relax, refresh, renew



“Take a little you time with the team at Simply Beauty”



Little Miss Manicure or Pedicure £8

Pampering is fun for all ages! Includes a tidy up and file of the nails with application of nail enamel colour. Nail art can be added at extra cost dependent on design.

We all love a good party

We all love a good party whatever our age. Our Beauty Therapists want to join in and host "Little Miss" Pamper parties. We can quote for individual mini treatments but little

ladies love having their nails done. Pricing extra dependant on design. Why not top this up with an afternoon tea, and your princess and her friends can feel exceptionally special!

Our parties are a fantastic way of celebrating birthdays, pre wedding or Hen Parties or even Baby Showers! Just give us a call and we can arrange the ultimate party experience.

Simply Beauty
Croft Country Parks,
Reynalton,
Kilgetty SA68 0PE
01834 860315



At **Simply Beauty** we're delighted to introduce the multi award winning Neals Yard Remedies. Organic, ethically conscious, completely cruelty free and vegan, comprising of the highest quality pure products. Our company focus is on Ethical Beauty.



Welcome to **Simply Beauty** at Croft Country Park. Our beauty and relaxation menu is extensive using high quality products including Neals Yard and Shellac which we are delighted to introduce to our treatments.

Entering our light and airy Reception is just the start of your beauty experience.

A warm welcome from the Front of House team will definitely put you in the mood to unwind and indulge yourself in some of our soothing treatments.

Our treatment room is a calm oasis away from daily stresses, where our fully trained professional therapists ensure a tranquil setting for your desired treatment.

“ Amy and Claire always make me feel relaxed, I have had several different treatments, including the eye lash lift and a facial which is the best I have ever had.”



Facials

Good skin doesn't happen by chance. It begins with an appointment for our signature Neal's Yard facials. Treatments begin with an in-depth consultation to tailor your treatment to your particular skin type. Indulge and unwind with these gorgeous organic treatments which will leave you feeling completely blissful.

Pick Me Up - Organic Mini Facial (30 mins) £30

This facial is perfect if you are short for time but still need the therapeutic uplift of our deeply nourishing facials. You will radiate from even 30 minutes of our indulgent therapies.

Your treatment is as follows;

A consultation to identify your skin type, a deep cleanse removing all impurities, exfoliation to remove dull and dry skin leaving a fresh canvas to nourish with our follow on products. Hot mitts are used throughout treatment.

Full Indulgent Organic Facial (1 hr) £45

This hour long facial will leave you the most relaxed and rejuvenated you will ever feel. Your senses will be elevated in a trance with the wonderful aroma, textures and blissful massage movements from the work of our therapists.

Your treatment is as follows;

A consultation to find your every need, a deep cleanse and tone removing all impurities, exfoliation to the skin to vanish any dull and dry areas leaving only the freshest canvas. Your therapist then follows with a mask that will benefit and balance your skin and as this is setting we relieve any stress with a head massage. After the mask is removed, unwind with a tension relieving facial massage. We complete the facial by nourishing your skin with follow-on products tailored to your skin. Hot mitts are used throughout treatment.

Swedish Massages

Release muscular tension, aches and pains with a deeply relaxing massage treatment. Exceptionally beneficial for draining and detoxifying, improves circulation whilst easing all tension that has built up in your body. Your therapist will use Swedish Massage Therapy techniques. Using long strokes, kneading and deep circular movements which can increase your body's response and immune function and reduce blood pressure.



Neals Yard Organic Oils

Using organic ginger and juniper warming oil and additional essential oils bespoke to your treatment, with a choice of uplifting lemon, calming lavender, or grounding geranium. Your relaxing massage is completed with your choice of essential oils.

Full Body Massage (1 hr) £55

Back Neck and Shoulder Massage (30 mins) £30
Back, Neck, Shoulder and Back of Legs Massage (45 mins) £45

Hot Stone Massages

This treatment has the additional benefit of volcanic basalt stones which glide smoothly over your body and travel deep into your muscles stimulating warm relief from any aches. Additionally the energy stored within the stones can re-energise you, restoring peace and balance. Stones, massage and oils are a match made in heaven.

Full Body Massage (1 hr) £60

Back, Neck and Shoulder Massage and Back of Legs Massage (45 mins) £50
Back Neck and Shoulder Hot Stone Massage (30 mins) £35

Bamboo Massages

The warm bamboo sticks are a fantastic way to produce a much deeper penetrating massage getting into any tight and tense muscles. Using rolling, kneading and stretching techniques the bamboo sticks are effective in releasing muscular pain. The treatment is deep yet relaxing with the added warmth soothing on a tired body. An effective alternative to traditional sports massage.

Back, Neck and Shoulder Massage (30 mins) £35
Back, Neck and Shoulder and Back of Legs Massage £50

Full Body (1 hr) £60

“I love coming to Simply Beauty, and often indulge in my favourite treatment - hot stone massage. Leaves me feeling so relaxed and ready to face my world!”

ALB, client

Spa Packages

Let us plan the perfect gift or visit to us. Some packages include dining in our on site Restaurant “Charlie’s” and a swim in the fabulous Salt Water Hydro Pool. All packages include Neals Yard ethical beauty products.

Celtic Freedom Package £70

The choice is yours... in this package you can choose two 30 minute treatments*/manicure/ pedicure giving you control on how you want to spend your time with us. Package includes a blissful swim followed by a 2 course lunch from our £12.50 pp lunch menu at “Charlie’s”.

Celtic Unwind and Tea for Two £85

One to enjoy with that special someone in your life. Whether that's a close friend, partner or family member you want to spend some special time with. You both get to enjoy a 30 minute treatment* of your choice, a swim and delicious Afternoon Tea at “Charlie’s”.

Celtic Ultimate Indulgence Package £90

The perfect pair for total paradise, an Organic Full Indulgent Neals Yard Facial and Organic Neals Yard Full Body Massage. This will make you or that special somebody feel completely rejuvenated head to toe. Treatments will take two hours.

Celtic Mind, Body and Soul Package £120

This luxuriously indulgent package includes a full body Hot Stone/Bamboo Massage together with an Organic Full Indulgent Neals Yard Facial all using Neals Yard products, together with a blissful swim. Choose from either our 2 course £12.50 pp lunch menu, or indulge in a delicious Afternoon Tea with a glass of bubbly prosecco or Craft Gin in “Charlie’s”. Treatments take 2 hours, plus swim and dining time.

Please note, treatments are not able to be run simultaneously so please allow an hour in total for this element of your package as you both may need to take the pamper in turn, we suggest a cosy coffee and book whilst you wait to indulge.

*does not include hot stone or bamboo massage

Specialist Therapies

Indian Head Massage (45 mins) £40

Indian head massage is especially good for relieving stress, tension, fatigue, insomnia, headaches, migraine and sinusitis. Clients report that the experience is deeply calming, leaving them feeling energised and revitalised and results often in enhanced levels of concentration.

Pregnancy Massage - Full Body (1 hr) £45

Eases muscular discomforts in areas like the low back and neck, calf cramps, it also helps with tension and tightening that can be experienced throughout the body. Helps with relaxation and encourages good circulation.

Pregnancy Back Massage (30 mins) £35

Thai Foot Massage (1 hr) £45

Thai foot massage is a massage of the lower legs and feet that involves stretching and massage to open the energy lines.

A Thai foot stick is also used in this treatment.

Wellness Therapy

Reiki (approx 1 hr) inc. consultation £35

Reiki is a Japanese word that means universal life energy. Reiki may be experienced as a flow of energy, mild tingling, warmth, coolness, other sensations, or nothing at all. It's deeply relaxing and has a profoundly calming effect.

Reflexology (1 hr) £45

Reflexology deals with the principle that there are reflex areas in the feet and hands which correspond to all of the glands, organs and parts of the body.

Stimulating these reflexes properly can help many health problems in a natural way, a type of preventative maintenance. Reflexology is an holistic, non-invasive therapy.

Manicures and Pedicures

Our Beauty Therapy team love keeping your hands and feet in tip top condition, using top quality brands.



File and Polish £12

A quick tidy up of the natural nail including a file, buff, choice of nail enamel colour and application of cuticle oil - perfect for those with a busy lifestyle but still love the perks of pampering.

Full Manicure or Pedicure £20

Includes a cleanse, file, cuticle work, buff, choice of nail enamel colour, application of cuticle oil.

Deluxe Manicure or Pedicure £30

A deeply nourishing treatment. A full luxurious pamper including a soak (pedicure) and cleanse, exfoliation to the skin to refresh to remove unwanted dead skin cells, hard skin removal (pedicure) hydrating hand/foot mask, moisturise and massage. Nail work then includes your normal manicure/pedicure with file, cuticle work, buff and choice of nail enamel colour finished with application of cuticle oil.

This package leaves your skin baby soft and your nails in top condition - perfect for those who want a full pamper.

** Add Shellac for an additional £10.00*

Shellac Manicure or Pedicure £22 inc. removal

Shellac is a revolutionary hybrid nail polish, designed to bring the best of polish and gel together.



Applied like a polish but cured under a LED light to give the strength and shine of a gel nail. Shellac is the answer to your nail prayers! Instantly dry, strong, durable, high shine, fuss free and totally fabulous nails!

Removal is included in the price and maintenance is recommended every 2 weeks.