

THE BEACH HUT AT THE GALLIVANT

In the corner of the coastal garden sits the Beach Hut,
home to a beautiful treatment room.
A peaceful oasis to enjoy a deeply relaxing massage, facial, manicure or
pedicure.

Open throughout the day and into the early evening our expert
therapists will help you un-wind and de-stress using WIDEYE
ethical health and beauty products that are natural formulas designed
to cleanse, protect and hydrate your body without the use of any
synthetic dyes, fragrances or other chemical nasties. They are
exclusively blended in the UK and are absolutely not tested on animals.

TO BOOK A TREATMENT

If you are staying at the Gallivant please dial '0' to speak to someone at
reception. Bookings are confirmed at the time of booking.

If you aren't a guest please either call 01797 225 057 or email
thebeachhut@thegallivant.co.uk

Please give at least 24 hours notice if you would like to cancel an ap-
pointment otherwise 100% of your treatment fee will be charged.

MASSAGE

Karma De-Stress Full Massage £60 for 60 minutes

Using Swedish massage movement techniques on the muscles, this massage aims to ease tension and relieve stress. A firm yet relaxing massage using oils infused with patchouli, lime, lemongrass and bergamot to stimulate your senses and soothe your mind.

Karma De Stress Back Massage £40 for 30 minutes

The perfect pick me up if you're feeling tired and stressed out. Using Swedish massage movement this firm yet relaxing massage will help your worries drift away leaving you relaxed and re-invigorated.

Beach Bum Himalayan Salt Scrub £50 for 45 minutes

This skin softening treatment will smooth and nourish dry skin. A mixture of Himalayan pink salts, rich in 84 natural minerals and untouched by many of the modern pollutants, pink clay, grapefruit, juniper and jojoba oil is massaged into your skin to exfoliate and nourish. Then hot muslin cloths remove excess salts and WiDEYE Skin Fuel body butter with collagen is massaged into your skin leaving your skin feeling firm and beautifully smooth.

WiDEYE

WiDEYE use natural formulas designed to cleanse, protect and hydrate your body without the use of any synthetic dyes, fragrances or other chemical nasties.

They are exclusively blended in the UK and are absolutely not tested on animals.

Based in Rye, we are proud to source these products, like so many things at the Gallivant from within 10 miles of us.

BRAMLEY BATH PRODUCTS

We are proud to supply Bramley natural bath and body products in all our bathrooms. Handmade in the South West of England they only use natural ingredients and are free from parabens, sulphates and petrochemicals.

If you would like to take some home please buy whatever you would like from reception. We don't add any mark up to the prices advertised on the Bramley website.

Hand Wash 250ml £12

A revitalising hand soap with clary sage and lemongrass essential oils.

Hand Cream 250ml £12

A nourishing hand lotion with grapefruit and lavender essential oils.

Shampoo 250ml £12

A mild shampoo with rosemary and lemon essential oils.

Conditioner 250ml £14

A gentle conditioner with geranium and and lemon essential oils.

Body Wash 250ml £12

A refreshing wash with mandarin and lemon grass essential oils.

Body Lotion 250ml £14

A moisturising body lotion with juniper berry and bergamot essential oils.

Bath Salts £12

Relaxing bath salts with lavender flowers and geranium essential oils.

HANDS AND FEET

Treat your hard working hands and feet to one of our deeply nourishing skin and nail treatments all finished with our low toxic nail polish which is formulated to be “5 free”.

Rehab Manicure £35 for 45 minutes

This deeply nourishing treatment has the luxurious rich scents of Neroli & Patchouli and will leave your hands feeling soft and looking bright. The hands are one of the most exposed parts of the body and the skin can suffer damage from the elements. Jojoba & Coconut oils are used for their replenishing properties and provide a protective moisturising barrier and maintain a healthy skin. Our manicure includes cutting & shaping of the nails and tidy cuticles. Exfoliation of the hands to remove rough skin and a hot aromatic muslin cloth to remove will stimulate circulation and encourage nail growth naturally. A massage of the hand and arm is then applied to relive tension and deeply nourish the skin.

Foot Rescue Pedicure £45 for 60 minutes

We have blended the products used in this treatment to rescue the most worn out souls! The Peppermint oil will cool tired heavy feet and the lavender can reduce swollen ankles too. We also use hemp oil to deeply nourish dry skin and soften hard skin areas.

Our pedicure treatment includes removal of hard skin and exfoliation to soften the dry skin areas. Nail cutting & shaping and cuticle tidy. A stimulating massage to the legs & feet with our rich Foot Cream and our WiDEYE Natural Foot balm applied to the really dry zones to soften and add a longer lasting moisture.

MASSAGE

Recharge Full Japanese Bamboo Sports Massage £75 for 75 minutes

Starting with some leg and arm stretching, a certain degree of flexibility helps, before this ancient art of massage begins. Using oils blended with Australian thyme, eucalyptus and bergamot to re-charge and focus the mind, flexible bamboo canes are then used to work the tension away from your muscles to increase circulation, aid lymphatic drainage and ease any tension.

Indian Head Massage £60 for 60 minutes

Stress relieving massage of the upper body, including the head, neck, shoulders and upper arms. This holistic therapy combines gentle massage and acupressure techniques to relieve tension using oils infused with patchouli, lime, lemongrass and bergamot to stimulate your senses and soothe your mind.

Hot Stone Massage £75 for 75 minutes

Perfectly smooth volcanic stones are gently heated and then used to give you a deeply soothing, gentle massage. A full body massage that will relax muscle tensions and banish any aches and pains leaving you feeling calm and deeply relaxed.

BUYING WIDEYE PRODUCTS

You can buy all the products we use in any of our massages, facials, manicures or pedicures, just ask your therapist.

WiDEYE have also put together some lovely Mini Hampers which are great selections of some of their best products.

We don't add any mark up to their normal retail prices.

FACIALS

Rehab Regular Skin Care Facial £60 for 60 minutes

We personalise our facials to your individual skin type and needs, whether you need a boost for sallow complexions, to nourish a dry skin type or balance a combination skin. After a brief consultation all facials begin with the three steps - cleanse, smooth and tone using products perfect for you. A facial massage follows with facial essential oils, followed by a personalised mask while we relax you further with a neck and shoulder massage. This facial ends with warm aromatic towels and a protective application of facial cream to moisturise.

Rapid Rehab Facial £40 for 30 minutes

Personalised to meet your skins individual needs this facial aims to perform a powerful skin rejuvenation in a short period of time. A cleanse, smooth and tone is performed before a light massage to the face. Any excess essential oils are removed with warm aromatic towels before an all important protective facial care cream is applied to treat and shield.

Skin Fuel Facial £75 for 75 minutes

This Marine Collagen boosting facial will help smooth and plump up the skin, resulting in a smoother skin tone and more youthful appearance. A cleanse and smooth begins the treatment with the WIDEYE Marine Collagen range. Your face is then deeply nourished using a specific facial oil then firmed with a hand blended mask while you enjoy a relaxing shoulder massage. Finishing with warm aromatic towels and a protective facial cream.

Expectant Mums

Please tell us if you are expecting in your initial consultation. Most of the treatments can be adapted if needed for Mums to be.

WIDEYE MINI HAMPERS

Beach Bum Kit £19

WIDEYE's signature range of products to leave your skin smelling fresh and remind you of those relaxing days by the beach

Beach Bum Bath Bomb - A Gorgeous Citrus and Aloe Vera soothing bath bomb that makes bathing a luxury experience.

Beach Bum Body Lotion - Easily absorbed, enriched with Vitamin E, Bergamot and Coconut oil, to keep your skin incredibly soft.

Beach Bum Lip Balm - Raspberry and Lime with blended Cocoa butter.

After Beach Kit £31

The perfect apres beach kit to soothe, repair and moisturise after a day by the beach

Rehab Body Lotion - Golden Jojoba and essential oils of Chamomile, Lavender and Eucalyptus, a perfect body moisturiser for all skin types.

Barefoot Rescue Balm - Foot relief with refreshing Peppermint, Eucalyptus and Lime with moisturising butters Shea, Jojoba and Aloe.

Aloe Seaweed Gel - A rich anti-oxidant gel for restoring damaged skin.
Sun and Wind Repair Balm - Vitamin rich Sea Buckthorn with Coconut oil and natural Apricot. A great barrier balm.

Beach Bum Lip Balm - Raspberry and Lime with blended Cocoa butter.

5 O'Clock Shadow Box £28

Men's shaving kit that will reduce irritation and repair the skin

Natural Foaming Shave Bar - Patchouli and Lime with Shea butter

Patchouli and Lime Shaving Cream - Naturally antiseptic

Skin Fuel Face Cream - Anti ageing Marine Collagen, Neroli & Vitamin C.

Sleeping Beauty Box £16

For those who have trouble drifting off or just want a super deep sleep
Sleeping Beauty Spray - Stress busting Lavender for your pillow to help you drift off to sleep at bedtime.

Sleeping Beauty Balm - Calming oils of Lavender and Vetiver.

Lavender Butter Cup - A delicious bath cupcake with Lavender and Cedarwood with enriching Cocoa and Shea butters.