



Beach Hut mini spa Treatment guide

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Relax the body and calm the mind

the Gallivant

HAPPINESS IS A PLACE



WELCOME TO THE BEACH HUT

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Our mini spa is a relaxing little oasis to enjoy some serious ME time.

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Set in the corner of our coastal garden, our Beach Hut mini spa is where you can treat yourself to a therapeutic facial, relaxing massage or restorative manicure/pedicure.

For our facials we use Dermalogica, the number one choice of skin care professionals worldwide. Their products are cruelty free and have no artificial colours, fragrances, mineral oil, lanolin, S.D. alcohol, parabens or microplastics.

For massages we use Bee Warm massage balm from Bee Potion. They are a holistic and ethical apothecary located just down the road in Hastings. Katherine, the founder, is a teacher, beekeeper and creator of the brand. All her products are hand made in her garden studio using a concentrated combination of the finest healing bee ingredients, protein, vitamin rich butters and essential oils.

And for beautiful nails we use the luxury, award winning Nailberry L'Oxygene range. They deliver colour in a healthier manicure with no compromise on colour vivacity, shine or longevity. They are also 12 free, vegan, cruelty free, gluten free and Halal certified.

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We create environments in which you are free to do what nourishes you. In your own way. In your own time.

MASSAGES

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Following a brief consultation with one of our therapists you can agree the type of massage you would prefer, personalised to your needs.

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SWEDISH BODY MASSAGE

60 MINUTES - £75

- Rhythmic massage inspired by traditional Swedish methods

Rhythmic massage inspired by traditional Swedish methods. A bespoke massage specifically tailored for you. Whether you need a deeper, more restorative massage to manage knots, aches and pains or a smoother, relaxing massage to help you de-stress and re-connect.

PREGNANCY MASSAGE

60 MINUTES - £75

- A relaxing massage for expectant mothers

Designed for your comfort using pre-natal massage techniques that help to relieve aching muscles and sensitive joints whilst helping to reduce anxiety, leaving you feeling rejuvenated and refreshed. Suitable for women who are no longer in their first trimester.

SWEDISH BACK AND INDIAN HEAD MASSAGE

60 MINUTES - £75

- Traditional Ayurvedic massage focusing on the head and shoulders

Rhythmic Swedish massage combined with traditional Ayurvedic massage focusing on the head and shoulders. A stimulating and uplifting massage for the upper body working on the pressure points to dissolve away tension and you give you a deep sense of relaxation.

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Depending on what room you are in, the Swedish Body Massage can be enjoyed in the comfort of your room.





dermalogica

FACIALS

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Using Dermalogica products that are customised to your exact skin type, targeting key concerns and getting visible results.

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PROSKIN60 FACIAL

60 MINUTES - £75

- *Perfect for all skin types*

Want the best skin you've ever had? Our ultimate 60 minute treatment is customised to target all of your skin needs leaving your skin radiant and glowing. It incorporates exfoliation to improve texture and tone and touch therapy to relax and stimulate circulation. A fantastic facial, your skin will never feel so good..

MANICURES AND PEDICURES

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Both treatments include exfoliation, hot aromatic towel therapy, nail cutting and shaping, cuticle tidy and a Bee Potion soothing massage to finish.

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HAND RESTORATION MANICURE

60 MINUTES - £60

- *Perfect for all skin types*

A full Gallivant manicure followed by a relaxing scalp and shoulder massage to relax the mind.

FOOT RESCUE PEDICURE

60 MINUTES - £60

- *Perfect for all skin types*

Elegant, defined toes and nails, perhaps with a beachy vibe colour.

INFORMATION

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The Gallivant Beach Hut
Camber, East Sussex, TN31 7RB
01797 225 057

Monday to Sunday
9am to 7pm

7pm is our latest
appointment time

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ARRIVAL

Please come to reception 15 minutes before your appointment so we can complete a brief consultation.

HEALTH ADVICE

When making your booking please can you advise us of any conditions or any medications you might be taking. This includes if you are expecting. Please note we cannot give any treatments if you are in your first 12 weeks of pregnancy.

HOW TO BOOK

If you are staying with us you will have received an email from us showing you how to book. If you haven't booked please ask someone in reception who can check to see if there any free treatment times.

CANCELLATIONS

Please give us 24 hours notice that you would like to cancel otherwise the full cost of the treatment will be charged.

AGE

Treatments are for adults however we can offer treatments for 16 - 18 year olds with parental consent.

WHAT TO WEAR

If you are staying with us we would ask you to come to reception in a dressing gown with some underwear on. If you aren't staying with us, we will give you a dressing gown that you can change into in the Beach Hut.





JOIN US FOR YOGA OR PILATES ON THE BEACH

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Every morning and afternoon
8am and 4pm

If you are staying with us all classes are free.

If the weather isn't on our side the classes are in the Summer House. Please meet there 10 minutes before the class is due to start.

We absolutely welcome complete newbies, so please come along, classes are gentle and flowing, rather like the sea. We provide the mats so all you need to bring along is yourself and a good intention!



