

## Scotlands Spa hotel Treatment Menu

### **Massage**

Back, Neck and Shoulder massage

30 minutes

Monday- Friday £49

Saturday and Sunday £59

This massage focuses on reducing areas on tension caused by everyday stress. Using Thalgos oil and massage techniques to hydrate the skin and leave the muscles feeling truly relaxed.

Hot stones Back, Neck and shoulder massage

30 minutes

Monday – Friday £59

Saturday and Sunday £69

Hot Basalt Stones are used for a deep massage relieving tension. This warm massage will help reduce stress and aid sleeping Using thalgo's seaweed and algae oils to reduce inflammation and improve skin texture.

Bamboo Back, Neck and Shoulder massage

30 minutes

Monday- Friday £59

Saturday and Sunday £69

Soothing deep tissue massage using bamboo canes. Using the bamboo canes for firm soothing strokes and deep kneading of the knots. You will leave this treatment feeling relaxed and stress free. Using thalgo's seaweed and algae oils to reduce inflammation and improve skin texture.

Signature back treatment

45 minutes

Monday – Friday £60

Saturday and Sunday £70

Beginning with a back exfoliation to treat any congestion followed by a back, scalp and facial massage. This treatment allows you to relax and destress. Ideal for those who suffer from headaches and who struggle to relax.

Full Body massage

60 minutes

Monday – Friday £74

Saturday and Sunday £84

Inspired by the powers of the ocean this massage incorporates the powerful techniques of the Swedish massage schools. Using thalgo oils this will promote wellbeing, reduce tension, and will leave you fully relaxed.

Hopi Ear Candling

45 minutes

Monday- Friday £60

Saturday and Sunday £70

Also known as Thermal Auricular Therapy. This is a non-invasive treatment used to treat the ears and other various conditions such as migraines, Sinusitis, Stress relief and Tinnitus. This treatment includes a facial massage to help drainage.

## **Facials**

Discovery facial

30 minutes

Monday- Friday £49

Saturday and Sunday £59

The perfect express facial if you are on the go, tailored to your skin type, featuring thalgo's signature discovery of the sea welcome massage, unique brush cleanse and exfoliation, an application of a skin specific mask, moisturiser, and eye cream. You will feel refreshed, relaxed, and have beautiful glowing skin.

Signature Facial

45 minutes

Monday- Friday £60

Saturday and Sunday £70

45 minutes -A luxurious facial using the best suited products from the thalgo range. Your facial includes a deep cleanse and exfoliation, a muscle relaxing pressure point massage and while your skin absorbs a host of vitamins and minerals with a face mask you will receive a scalp massage to complete the experience. This treatment is designed to leave your skin glowing, refreshed and hydrated.

Heart of the ocean Facial

60 minutes

Monday – Friday £74

Saturday and Sunday £84

This personalised thalgo signature facial ritual begins with the discovery of the sea welcome massage, cleanse, and exfoliation. Thalgos heart of the ocean massage recreated the rhythmic motions of the sea to relax the facial muscles and relieve the tension in the arms, shoulders, and Neck. A skin specific mask and moisturiser correct any skin concerns, leaving the complexion restored to its natural beauty.

Hylau-Procollagen Wrinkle- Correcting Facial (anti-ageing)

60 minutes

Monday- Friday £80

Saturday and Sunday £90

Wrinkle to Wrinkle treatment combining hyaluronic acid and marine pro collagen using roller boosters for visible effectiveness, Instantly the face looks younger as if relaxed and even pronounced wrinkles appear smoothed.

Rejuvenating Eye treatment

15 minutes- £15

This is a perfect add on to any facial treatment. Designed to lift, plump and brighten the eye area. Using thalgo expert mask and roller techniques to reduce puffiness and dark circles. This treatment is an add on to any facial treatment and can not be booked on its own.

## **Nails**

Luxury Manicure

60 minutes - £60

A deep exfoliation followed by nail and cuticle work to ensure the best finish for your chosen colour. Using Peacci Polish or Gel Bottle Gel. Finished with a nourishing hand massage leaving your hands looking there best. Please let us know at time of booking if you would like Polish or Gel.

Luxury Pedicure

60 minutes- £60

A deep exfoliation followed by nail and cuticle work to ensure the best finish for your chosen colour. Using Peacci Polish or Gel Bottle Gel. Finished with a nourishing foot massage leaving your feet looking there best. Please let us know at time of booking if you would like polish or gel.

## **Waxing**

Eyebrows £15

Upper lip £10

Chin £10

## **Spa Days and experiences**

Scotlands Spa Day

A 30-minute treatment from the choice below

- Back, Neck and Shoulder massage
- Discovery Facial
- Deeply Nourishing Foot treatment

Afternoon tea & Use of the leisure facilities

Monday- Friday £68

Saturday and Sunday £78

Luxury Spa Day

2x 30-minute treatments from the choice below

- Back, Neck and Shoulder massage
- Discovery Facial
- Deeply Nourishing Foot treatment

Afternoon tea & Use of the leisure facilities

Monday- Friday £ 118

Saturday and Sunday £128

Ultimate spa day

A 60-minute treatment and a 30-minute treatment from the choices below

60-minute choices

- Full Body Massage
- Heart of the Ocean Facial

30- minute Choices

- Back, Neck and Shoulder massage
- Discovery Facial
- Deeply Nourishing Foot treatment

Afternoon tea & use of the leisure facilities

Monday- Friday £138

Saturday and Sunday £148

\* The 60-minute choice and the 30-minute choice cannot both be massage.

### Spa Information

To book Please email us on [spa@scotlandshotel.com](mailto:spa@scotlandshotel.com) We recommend booking as far in advance as possible.

If you have any questions regarding treatments, please do not hesitate to get in touch.

### Arriving at the Spa

Please arrive 10 minutes prior to your treatment or package to allow completion of your client consultation form. If you do arrive late, then unfortunately your treatment may have to be shortened so as not to inconvenience the next guest. The treatment will still be charged at full price. Changing time is included in treatment time.

### Parking

A Car permit must be obtained if you arrive by car. Please report to reception with your car registration. Our car park is managed by a third-party company, failure to provide the correct registration may result in a fine.

### Booking and Cancellation

Please book as far in advance as possible to avoid disappointment. If appointments are cancelled within 48 hours the client will be charged the full treatment price.

### Health and Pregnancy

Some treatments may not be suitable for certain conditions. It is important to let us know of any medical issues, surgeries or pregnancy when filling in your client consultation and at the time of booking. For pregnancy, we cannot carry out any treatment during the first trimester. Facials are suitable for after the first trimester. We currently do not offer Pregnancy massage.

### What to Wear

Swimwear is required for all wet areas in the Leisure facilities i.e., pool, Jacuzzi, sauna, and steam room. For guests having treatments we want you to be comfy but please come in dry attire. Masks must be worn while in the spa.

### Valuables

We strongly advise you do not bring valuables into the spa and Leisure facilities. Items can be left in your locker.

### Mobile Phones

Please ensure all mobile phones are either switched off or set to silent mode, so not to disturb other guests.

### Age Restrictions

Spa treatments are restricted to 16 years and over. If any queries, please contact the spa directly.

Gym – Minimum age is 16 years.

Pool – Ages 16 and above can use the pool unsupervised, 12-15 years with poolside supervision, under 12 years require an adult in the pool with them at a ratio of 2 children to 1 adult.

Sauna, steam room and Jacuzzi – Must be 16 or over.