



SCOTLAND'S SPA HOTEL

TREATMENT MENU

WELCOME TO
SCOTLAND'S SPA

The sea has always been a source of vital energy for humans, which can regenerate both physically and mentally.

Thalgo has infused this marine energy into its beauty products using extracts with the highest concentration of active ingredients from five algae-rich regions around the world.

***....LEAVE THE OUTSIDE WORLD BEHIND AND
ENTER A WARM, CALM, HEAVENLY RETREAT
AWAY FROM THE HUSTLE AND BUSTLE***



MASSAGE

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 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.

TIME SPENT GETTING A MASSAGE IS NEVER WASTED.



Back, Neck and Shoulder Massage

30 minute

Monday - Friday £49

Saturday and Sunday £59

This massage focuses on reducing areas of tension caused by everyday stress, we use Thalgo's 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.

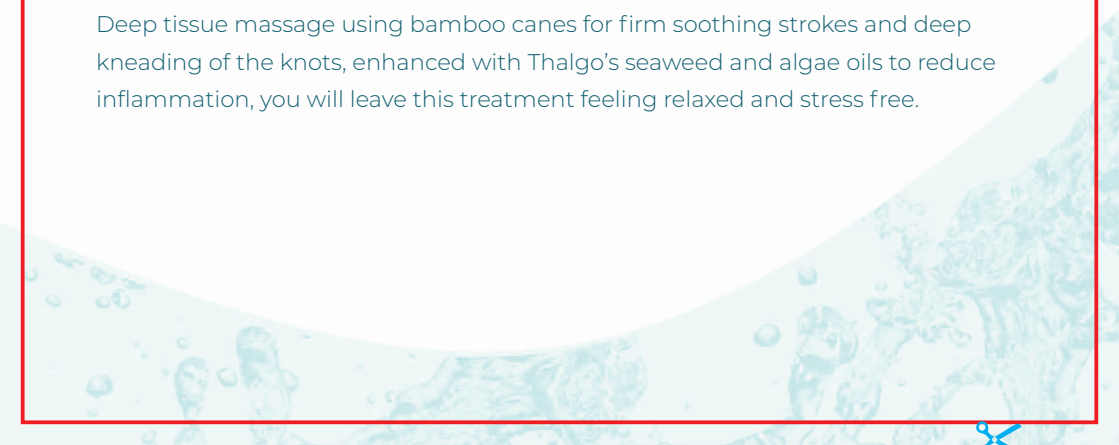
Bamboo Back, Neck and Shoulder Massage

30 minutes

Monday - Friday £59

Saturday and Sunday £69

Deep tissue massage using bamboo canes for firm soothing strokes and deep kneading of the knots, enhanced with Thalgo's seaweed and algae oils to reduce inflammation, you will leave this treatment feeling relaxed and stress free.



SPA EXPERIENCE

Refreshing Detox 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

Marine Detox and Wellness Spa Day

2 x 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

Merveille Arctique Spa Ritual

90 minutes

An invigorating spa experience for when you need deep relaxation. Think landscapes of immaculate white ice, sensorial hot springs and incredible sea life and enjoy the benefits of ancient Nordic rituals where relaxing heat from a massage inspired by deep tissue and Swedish massage combines with invigorating cold, using Thalgos innovative massage balls, taking turns to calm the body and release tension.

Monday- Friday £130

Saturday and Sunday £140

Healing Harmony

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.

RELAXATION IS A STEPPING STONE TO TRANQUILITY







FACIAL

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

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.

Algae Facial

60 minutes

Monday - Friday £65

Saturday and Sunday £75

Experience true marine beauty with this signature "thalasso" algae facial. a unique brush cleanse and exfoliation, a warm mask of remineralising and revitalising natural seaweed is applied. The heart of the ocean massage recreates the rhythmic motions of the sea to relax and relive tension and the treatment is completed with a skin specific moisturiser and energising eye gel to leave your complexion soft, radiant and clear.



Heart of the Ocean Facial

60 minutes

Monday - Friday £74

Saturday and Sunday £84

This Thalgo signature facial ritual begins with the Discovery of the Sea welcome massage, cleanse, and exfoliation. Thalgo's heart of the ocean massage recreates the rhythmic motions of the sea relaxing the facial muscles and relieving tension in the arms, shoulders, and neck. Completed with a skin specific mask and moisturiser, leaving the complexion restored to its natural beauty.

Hyalu-Procollagen Wrinkle- Correcting Facial

60 minutes

Monday - Friday £80

Saturday and Sunday £90

Wrinkle to Wrinkle anti-ageing 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

The 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 cannot be booked on its own.



BEAUTY

Waxing

Eyebrows £15

Upper lip £10

Chin £10

ADD-ON TREATMENTS

Back Exfoliation

15 minutes

Monday - Sunday £15

A welcome ritual and exfoliation to relax and soften the skin on the back before soaking up Thalgo's massage oil.

(This can be added to any massage, excluding the Signature Back Treatment)

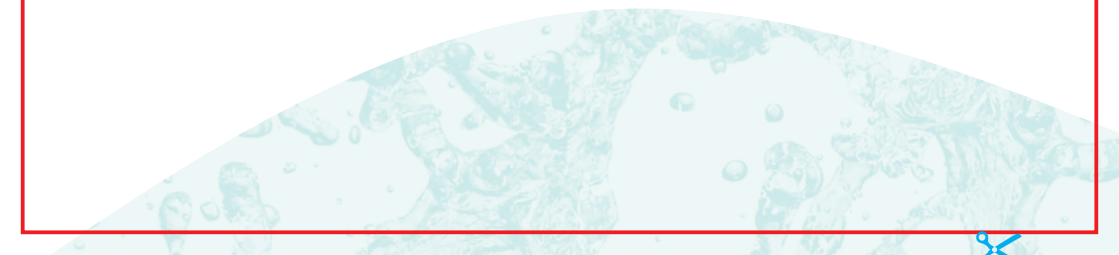
BODY TREATMENTS

Deeply Nourishing foot treatment

Monday - Friday £49

Saturday and Sunday £59

This relaxing treatment features a foot exfoliation and uses specific massage techniques to repair, protect and restore comfort to dry feet.



Arriving at the Spa

Please arrive 10 minutes prior to your treatment or package time 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

To book please email us: spa@scotlandshotel.com

We recommend booking in advance to avoid disappointment.

If appointments are cancelled within 48 hours, the client will be charged the full treatment price.

Age Restrictions

Spa treatments are restricted to 16 years and over. If you have 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

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 do not currently 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 comfortable, 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.





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