Our Signature Spa Packages have been carefully selected to provide the ultimate in relaxation, designed to stimulate both your body and mind. Enjoy a warm and friendly welcome and allow our specialist team to pamper you throughout your day.
SPA DAYS

AMARYLLIS

Day package includes:
• Tea or Coffee on arrival
• Taster Aromapure Facial
• Back, neck & shoulders massage
• Well balanced lunch with glass of wine or fresh fruit juice
• Luxury nail file & polish
• Unlimited use of the leisure facilities
  • Robes & towels
UTOPIA

Day package includes:
• Tea or coffee on arrival
• Taster Aromapure facial
• Relaxing full body massage
• Well balanced lunch with glass of wine or fresh fruit juice
• Luxury nail file & polish
• Unlimited use of the leisure & spa facilities
• Robes & towels

INDULGENT TREAT

Day package includes:
• Lime & Ginger Body Scrub (25 min)
• Back, neck & shoulder massage (25 min)
• Taster Facial (25 min)
• Delicious 2 Course Lunch
• Use of the leisure & spa facilities

MOTHER TO BE SPA DAY

Day package includes:
• Peaceful pregnancy treatment
• File and Polish, Fingers or Toes
• Delicious 2 Course Lunch
• Use of the leisure & spa facilities
• Robes & towels

Upgrade to Gel Polish £9
Advance booking required.

Arrival for all Spa Days is between 9:30am & 10am unless otherwise stated at time of booking.
Please read full terms and conditions.
**SHEER BLISS**

Escape for a day at the Spa where each of you will enjoy 2 x 25 minute treatments from the choice below:

- Back, neck & shoulder massage
- Elemis taster facial
- Pro Collagen hand treatment
- Sole Delight foot scrub
- Hand or foot file & polish
- Delicious 2 Course Lunch

PLUS use of the leisure & spa facilities

**DESIGNER SPA DAY**

Design your own day with your choice of treatments – up to 2 hours. Below are just some of the treatments you could choose:

- Deep Tissue Full Body Massage (55min)
- Elemis Full Facial (55min)
- Exotic Lime & Ginger Salt Glow (40min)
- Deluxe Manicure (55min)
- Back, Neck & Shoulder Massage (25min)
- Taster Facial (25min)
- Sole Delight Foot Therapy (25min)

PLUS a delicious 2 course lunch & complimentary use of the Leisure Club & Spa facilities.

Arrival for all Spa Days is between 9:30am & 10am unless otherwise stated at time of booking. Please read full terms and conditions.
REVITALIZE ME
(OVERNIGHT PACKAGE)

• Accommodation in a classic double / twin room
  • Robes & slippers
• Mini-bottle of Prosecco & strawberries in room
  • Back, neck & shoulder massage
  • Elemis taster facial
  • Complimentary use of the leisure & fitness facilities during your stay
• A well balanced lunch with a fruit smoothie and fruit kebab
  • 3-course dinner in the Grill Room
• Full Scottish breakfast before you depart
SPA BREAKS

TRANQUIL TOUCH
(overnight package)

• accommodation in a classic double / twin room
  • robes & slippers in room
  • a 25-minute treatment (choice available)
  • complimentary use of the leisure & fitness facilities during your stay
• 3-course dinner in the Grill Room
  • full Scottish breakfast

DUAL INDULGENCE
(2 night stay package)

Day One
• Relaxing full body massage
  • A well balanced lunch with a fruit smoothie and fruit kebab
  • A mini bottle of Prosecco and strawberries in your room on arrival, delicious dinner in The Grill Room and full Scottish breakfast before you depart

Day Two
• Luxury file & polish
  • Unlimited use of the leisure & fitness facilities
  • Robes & towels

All spa breaks are subject to availability. Rates are based on 2 adults sharing a classic twin/double room. Upgrade to an executive suite for £35 per room per night. Please call the Spa direct to book your treatments. Terms & conditions apply.
Our Signature Spa Packages have been carefully selected to provide the ultimate in relaxation, designed to stimulate both your body and mind.

**ELEMIS PRO-COLLAGEN AGE DEFY**

Tackle fine lines and wrinkles with the clinically proven* age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

*Independent Clinical Trials

**ELEMIS DYNAMIC RESURFACING PRECISION PEEL**

Clinically proven* to target the signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin.

*Independent Clinical Trials

**ELEMIS PRO-DEFINITION LIFT AND CONTOUR**

Powered by breakthrough technology, this facial helps restore the architecture of the face using the potent nutrients in plant actives found to help support the extra-cellular matrix. Creates a profoundly sculpted, youthful effect.

**ELEMIS WHITE BRIGHTENING PIGMENT PERFECTOR**

Restores even skin tone, targeting unwanted areas of pigmentation. Encapsulated Vitamin C acts as a potent brightener, inhibiting future pigmentation. The result is a more even, colour-corrected and illuminated complexion.
These targeted treatments will gently but firmly take on the challenges of sensitivity, oiliness and dullness for healthier complexions.

**ELEMIS SUPERFOOD PRO-RADIANCE**
A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven* to leave skin plumper, radiant and lit up with good health.

**ELEMIS ANTI-BLEMISH MATTIFY AND CALM**
A revelation for oily, congested or hormonal skin. This mattifying facial helps combat oil and shine, while intuitive massage helps restore micro-circulation. A deeply detoxifying treatment for clear, bright skin.

**ELEMIS SENSITIVE SKIN SOOTHER**
Fragile skin needs special attention. A soothing massage technique helps reduce the appearance of redness and protect against daily stresses. Texture and moisture levels are dramatically restored. Skin is left supremely soothed, comfortable and calm.

**ELEMIS TASTER FACIAL**
This introductory facial will give a quick and instant pick-me-up for dull, lifeless skin, as well as an excellent pre-make up facial for that very special occasion.

*Independent Clinical Trials

**ELEMIS FACE AND BODY COUTURE TOUCH**
Choose your own combination of facial and body massage or let your therapist personally prescribe the perfect treatment to work with skin, moods and needs.
Condition your skin and muscles with this all embracing experience. Combine any 55 minute hand on Touch Facial with your personalised freestyle deep tissue massage.
**ELEMIS FREESTYLE DEEP TISSUE MASSAGE**

Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation.

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**DEEP TISSUE BACK, NECK & SHOULDERS MASSAGE**

Minimum time, maximum tension-relieving results, specifically targets the back, shoulders and neck areas, where you need it most.

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**ELEMIS DEEPER THAN DEEP HOT STONE MASSAGE**

Balinese stones bathed in the Frangipani Monoi Body Oil are worked deep into the muscles, getting into areas of tension. The result is sparkling vitality with the added bonus of intensely hydrated skin.

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**ELEMIS GARDEN OF ENGLAND ROSE RESTORE**

Take a walk in an English rose garden with this lavishly hydrating massage and micro wrap. The unique trio of Rose, Camelina and Poppy seed oils leaves skin exquisitely moisturised, intensely supple and delicately scented.
ELEMIS HOT MINERAL
BODY BOOST

A powerful treatment to stimulate every cell in the body, helping alleviate muscular pain and remove toxins.

This is a revolutionary, minerally-charged experience of skin conditioning, metabolic balancing and energising wellness.

ELEMIS POUltICE-POWERED
MUSCLE RELEASE

Sore, aching muscles are worked away with this invigorating and deeply releasing treatment. Each area of tension is specifically targeted with the unique Amber and Quartz poultice to dissolve knots and ease tensions. Completed with a restorative facial massage, tension is dissolved.
**PREGNANCY**

Cleansing mineral salts, oil blends rich in actives and transportative aromatics are combined with an unparalleled level of expertise in massage and conditioning. For healthy, revitalised skin and deeply eased muscles.

**PEACEFUL PREGNANCY**

These thoroughly researched and carefully formulated treatments have been designed to gently nurture and support woman in each trimester.

An intuitive and relaxing massage hydrates skin that is expanding to accommodate a growing baby. Suitable for all mothers to be from 13 weeks of pregnancy.

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**HANDS AND FEET**

**ELEMIS GARDEN OF ENGLAND ROSE RESTORE HAND TREATMENT**

This is the last word in conditioning, restorative, anti-ageing hand treatments. Targets age spots and dryness.

**ELEMIS BEST FOOT FORWARD**

Take a load off with this foot-focused tension releaser. Lower legs and feet are thoroughly exfoliated, bathed and massaged. Feet are left nourished, soft and smooth.
**Independent Clinical Trials**

**ELEMIS TARGETED TONING TIGHTENER**

A powerful blend of massage and detoxifying clay for targeted toning and tightening on hips, thighs, abdomen and backs of arms. Clinically proven* to reduce the appearance of cellulite after just one treatment.

**ELEMIS THOUSAND FLOWER DETOX WRAP**

This nutrient-rich detox wrap uses the deeply nourishing Green Tea Balm to encourage super skin health and powerful detoxification. It helps stimulate the elimination process and restore equilibrium to leave you feeling completely reinvigorated.

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**ELEMIS BODY NECTAR Nourishing Wrap Sweet Orchid or Frangipani**

The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

**ELEMIS INTENSELY CLEANSING SALT SCRUB LIME AND GINGER OR FRANGIPANI**

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

**ELEMIS BODY NECTAR Nourishing Wrap Sweet Orchid or Frangipani**

The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

*Independent Clinical Trials*
INDIAN HEAD MASSAGE

Stress away every day tension and indulge in the ultimate relaxation head therapy. A concentrated massage focusing on head, neck, back and face.

HOPI EAR CANDLES

This is an ancient and natural therapy handed down by many civilisations. Hopi means peaceful people. Hopi ear candles induce a revitalising heat upon the head and ears, which soothes releases and relaxes.

The candles work on a chimney principle, drawing any impurities to the surface where they can be gently removed. The Hopi candle is a hollow tube of cotton flax, impregnated with healing extracts of honey and herb oils.

REFLEXOLOGY

Reflexology is a bodywork therapy that induces relaxation and helps to restore balance within all levels of the body. Reflexes in the feet are relative to all organs, functions and parts of the human body. Applying pressure to those points can bring about amazing results. Reflexology can help a wide number of disorders including migraines, sinus problems, hormonal imbalances, breathing difficulties, digestive problems, back problems, tension, stress and even depression.

INDIAN HEAD MASSAGE

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The treatment is very gentle and relaxing, pressure points are stimulated around the eyes to help re-balance, restore and rejuvenate.
Recognised as the best nail system in the world, Jessica Nails give you the confidence of knowing that all colours and products are formulated for the natural nail.

FILE & POLISH

LUXURY MANICURE WITH THERMAL MITTENS
The sole connection…
“Rediscover yourself in the Zenspa journey…”

Begin your Zenspa journey with an exquisite array of personalised foot treatments that will inspire your mind, body and soul. Harmoniously blending the eastern philosophy of natural botanicals and aromatic essences with western technology, the active enzymes help to break down rough, dry skin whilst regenerating new cells for healthy, smooth skin.

Go on, take the journey… you know you want to!

FILE & POLISH

LUXURY PEDICURE WITH THERMAL BOOTIES

FILE & POLISH

* Please note French polish will be £5.00 extra.

EXCLUSIVELY ZENSPA

SHELLAC NAILS

MANICURE WITH SHELLAC

REMOVAL OF SHELLAC

REMOVAL AND SHELLAC OVERLAY

SHELLAC NAILS

MANICURE WITH SHELLAC

REMOVAL OF SHELLAC

REMOVAL AND SHELLAC OVERLAY

* Please note French polish will be £5.00 extra.
TANNING

ST TROPEZ

St Tropez is a sunless tan designed to give you a natural looking tan by developing a natural glow from top to toe without using UVA rays. Look and feel fantastic. Relax in our tanning booth whilst your therapist expertly sprays you to a beautiful golden brown complexion.

EXPRESS TAN

Last minute event? No time to tan? Revolutionary express tan which builds to a golden glow within 60 minutes! The rapid tan technology develops the desired tan depth in the quickest time frame for the ultimate, beautiful natural looking tan.
Men’s skin behaves differently to women’s. Shaving, sports and lifestyle all make their own demands. ELEMIS responds with high performance facial therapies designed to restore energy, dynamism and lustre to male skin.

**MEN’S TREATMENT**

**MEN : TOUCH**

**HAND GROOMING FOR MEN**
Designed for hard working hands that have been exposed to the elements. This treatment has been developed specifically for men.

**FOOT GROOMING FOR MEN**
An invigorating treatment for the feet and lower legs, designed especially for men leaving your feet feeling light and rejuvenated.

**THE ULTIMATE SKIN AND BODY THERAPY**
Enjoy a Selected ant ageing facial, combined with a Dynamic and immediate tension-relief of Elemis deep tissue muscle massage. Achieve the ultimate goal of total time out

**REJUVENATING BACK TREATMENT**
A Back cleanse, exfoliation and mask, refreshes the skin while a stress relieving back massage relives tired and aching muscle.

**ELEMIS HIGH PERFORMANCE SKIN ENERGISER**
The hard-working facial for ageing, dehydrated skin and tired eyes. It maximises cell regeneration, as steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massage deeply relax.

**ELEMIS TASTER FACIAL**
This introductory treatment is perfect for the modern man.

**MEN : MASSAGE**

**BACK MASSAGE**
Minimum time, maximum tension-relieving results, specifically targets the back, shoulders and neck areas, where you need it most.

**INDIAN HEAD**
Stress away every day tension and indulge in the ultimate relaxation head therapy. A concentrated massage focusing on head, neck, back and face.

**NAIL TIDY**
This treatment is perfect for the modern hard working man.
MEN : WAXING

The Spa at Airth Castle uses the PHD system - the fastest and most hygienic system available, leaving you with the best results in the shortest time!

EYEBROW  BACK

NOSE  CHEST

EAR

MEN : TANNING

The Man Tan is a professional solution created exclusively for male clients. It gives light/medium results and uses 8% DHA. It is formulated with a unique male fragrance which has undertones of Musk and Vetiver, a subtle fragrance to enjoy while the tan develops over 8 hours.
The Spa at Airth Castle uses the PHD system - the fastest and most hygienic system available, leaving you with the best results in the shortest time!

- Half Leg
- Full Leg
- Underarm
- Lip or Chin
- Eyebrow
- Bikini
**EYEBROWS & EYELASHES**

**EYEBROW SHAPE**

**EYEBROW TINT***

**EYELASH TINT***

**ALL THREE**

**LASH LIFT**

**BROWS BY MII**

For the perfect set of brows to beautifully frame your face, this bespoke eyebrow treatment begins with an indepth consultation, followed by tinting, waxing, shaping and finishing.

Whether your eyebrows are in need of nurturing, refining or just a little TLC, Brow by Mii is the perfect treatment for you.

**MAINTENANCE**

*Tint test is required 24hrs prior to treatment time

*Spa Terms and conditions can be found on our website at www.airheastlehotel.com