



## *Aqueous Spa*

*For the ultimate in Relaxation, we have created the Aqueous Spa at Dalhousie Castle, a hydro spa, the first of its kind in Scotland. The Spa combines relaxing and therapeutic spa treatments with the invigorating and rejuvenating hydro facilities.*

*Our facilities include our Hydro Pool, a multi-massage jet pool, our Ottoman, a Turkish style steam room, a Tropical Rain & Cold Fog Shower which gently refreshes your senses and invigorates your body, Kneipp Footbaths to relax your feet, our Laconium, a Roman Sauna with a slightly lower temperature than a common sauna, releasing heat through the benches and floor and our Tepidarium where you can enjoy the sun overlooking the river Esk as well as three comfortable and relaxing treatment rooms.*

*You can benefit from a wide choice of treatments which include signature treatments written especially for Dalhousie Castle, facials with results and a massage that will leave you feeling like you could float away!*

*Gift Vouchers are available and are valid for 12 months.*

## *Preparing for your visit to Aqueous Spa*

### ***Age Restrictions***

*As a matter of Health and Safety, Children under the age of 16 are not permitted to use the Spa Facilities.*

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### ***Spa Arrival***

*It is advisable to arrive at the Spa Reception 15 minutes prior to your Day Package. You will be requested to fill out a Consultation Form prior to Treatments and Spa use. Please advise us of any health conditions, allergies or injuries which could affect your choice of treatment prior to your reservation.*

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### ***Pregnancy***

*We have specially designed treatments for expectant and nursing mother. Please contact the Spa direct for more information. Please note it is not possible to use some of our spa facilities during pregnancy; however our team will assist you on what you can use.*

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### ***Opening Times***

*Monday to Sunday 10am to 8pm*

*The Management Reserves the right to change these times without prior notice, any or all of the facilities may be closed at any time for the purpose of cleaning, decorating or maintenance and on the occasion of exclusive use.*

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### ***Dress Code***

*Swimwear must be worn at all times when using the Spa facilities. Towels, Robes and Pool Side Slippers will be provided.*

*Pre-booking is essential for Spa facilities and treatments to avoid disappointment.*

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***Personal Belongings***

*Please note the Spa will not be held responsible for any loss or damage to your personal belongings.*

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***Mobile Phones***

*The Spa is a mobile free area.*

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***Smoking***

*The Spa is a no smoking area; inside & out.*

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***Cancellation Policy***

*Please allow 24 hours' notice of cancellation to avoid 50% charge. Cancellation within 12hours will incur 100% charge. Non-arrivals and bookings that are cancelled with less than the required notice will be charged in full to the credit card provided at the time of booking.*

## *Aqueous Spa Facilities*

### *Hydro Pool*

*Cleanse mind and body in our Hydro Pool, a beautiful feature of the spa area. This multi massage jet pool incorporates an airbed, neck and specific muscular body massage jets. Designed to relieve aches and pains leaving you feeling energized and invigorated.*

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### *Laconium*

*A Roman style dry sweating room with a slightly lower temperature than a common sauna, releasing heat through the benches and floor.*

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### *Ottoman*

*A Turkish style steam bath with similar heating principals as the Laconium. Aroma essences can be introduced and relax your mind and soul. Kneipp Hoses (below) are provided to cool down the body and stimulate circulation.*

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### *Kneipp Foot Baths*

*These Foot Baths are designed with hot and cold taps to bathe and relax your feet with specially designed stones and pebbles to massage. The foot baths cool your body's circulation in a sociable setting.*

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### *Tropical Rain & Cold Fog Shower*

*Activate your senses with our snail shaped shower incorporating lighting effects to induce a feeling of warmth and wellbeing. The Cold Fog replaces a traditional plunge pool to cool down the body after heat exposure.*

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### *Tepidarium*

*Relax and enjoy a new level of wellbeing in the Conservatory Tepidarium overlooking the South Esk River offering spectacular views of the castle grounds and surroundings.*

## *Aqueous Spa Treatments*

### *EXPRESS - Treatments for those short of time*

*Instant Skin Reviver - Immediate pick-me-up £30 30 min*  
*A detoxifying and relaxing facial that recharges the skin and helps lift the spirit. Ideal as a quick pick-me-up.*

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*Eye Reviver - Awakening eye treatment £30 30 min*  
*Complete rejuvenation for the fragile eye area. Eyes look fresh, bright, younger and well-rested.*

### *ESSENTIAL - Treatments for essential needs*

*Extreme Hydration Facial - Intensive hydrating treatment £60 60 min*  
*Quenches dehydrated skin. This intensive hydrating facial provides a dewy-fresh, radiant complexion.*

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*Deeply Nourishing Facial - Truly replenishes dry skin £60 60 min*  
*Counteracts dryness, corrects and protects with toning massage techniques combined with a nourishing mask. The skin is smoothed and regains its comfort and elasticity, suppleness and a gorgeous glow.*

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*Seriously Soothing Facial - Calming soothing treatment £60 60 min*  
*A calming cocoon for sensitive complexions. Redness is reduced to reveal a smooth, even-toned complexion.*

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*Stop Shine Purifying Facial - Deep cleansing treatment £60 60 min*  
*A deep purifying and detoxifying treatment for oily/combo skin that refines pores and leaves the complexion refreshed, sparkling clean, clear and bright.*

*Made for Men Facial - High-powered revitalising treatment £60 60 min*  
*A revitalising treatment tailored to suit specific skin concerns, from deep cleansing and age prevention to hydration and ultimate relaxation.*

***EXPERT - Treatments for anti-ageing results***

*Essential Vitality Awakening Facial - Energises tired skin £60 60 min*  
*Delivers a high-powered boost of energy to increase skin's natural vitality and anti-ageing resources, targeting dull and tired skin. An intense infusion of nourishing vitamins, essential oils and a dynamic massage will protect and energise the skin to reveal a radiant glow.*

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*Line Polish Revitalising Facial - Erases first lines £60 60 min*  
*A perfecting treatment that corrects ageing and imperfections in a three-dimensional approach: brightens, perfects skin texture and polishes lines. Lines are smoothed and skin looks luminous with a refined, smooth texture.*

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*Smart Firming Facial - Smooths and plumps deep lines £60 60 min*  
*Rediscover the days of smoother skin. This facial works wonders to plump lines and firm muscles for beautifully smoother, younger-looking skin.*

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*Total Anti-Ageing Facial - Lifts, firms and tones mature skin £60 60 min*  
*This deeply nourishing anti-ageing treatment will lift, firm and tone your skin as well as help to reduce redness, age spots and the appearance of wrinkles for a rejuvenated complexion.*

## *House Treatments*

*Dalhousie Castle Body Massage £30/£60* *30/60 min*

*Our house body massage uses our signature massage blend of Jojoba to soothe and calm tension and relieve stress. Choose the 1 hour complete body massage or half hour back, neck and shoulders for sheer relaxation and bliss.*

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*Holistic Hot Stone Massage £60* *60 min*

*The deepest form of massage, The Hot Stone Massage uses various sizes of Hot Stones placed over the body for the ultimate relaxing treatment. The Hot Stone Massage will penetrate deep enough to relieve any aches and pains.*

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*Indian Head Massage £30* *25 min*

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*Luxury Spa Manicure £30* *60 min*

*This includes a full exfoliation, a hand mask and a massage. Finish the treatment with a polish of your choice. £5 supplement for a French polish.*

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*Luxury Spa Pedicure £30* *60 min*

*This includes a foot soak, an exfoliation, a foot mask and a massage. You can also pick the perfect shade of polish! for you!*

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*File & Polish £15* *30 min*

*For hands and feet*

## *Aqueous Spa Packages*

### *Couple Duo Spa Day £150*

*Couples Full Body Massage in a double treatment room  
Two-Course Lunch served in The Orangery  
Full use of the Spa facilities for two hours*

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### *Signature Spa Day £125*

*Two-hour Aqueous Spa Treatment  
Two-Course Lunch served in The Orangery  
Full use of the Spa facilities for two hours*

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### *Relaxation Spa Day £50*

*30-minute Aqueous Spa Treatment  
Afternoon Tea served in The Orangery  
Full use of the Spa facilities for two hours*

## *Finishing Touches*

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| <i>Eyebrow Wax</i>            | <i>£8.00</i>  | <i>Eyelash Tint</i>              | <i>£12.00</i> |
| <i>Lip Wax</i>                | <i>£8.00</i>  | <i>Eyebrow Tint</i>              | <i>£8.00</i>  |
| <i>Chin Wax</i>               | <i>£8.00</i>  | <i>Lash &amp; Brow Tint</i>      | <i>£15.00</i> |
| <i>Lip &amp; Chin Wax</i>     | <i>£13.00</i> | <i>Full Leg &amp; Bikini Wax</i> | <i>£30.00</i> |
| <i>Underarm Wax</i>           | <i>£10.00</i> | <i>Men's Back Wax</i>            | <i>£20.00</i> |
| <i>Half Leg Wax</i>           | <i>£18.00</i> | <i>Men's Chest Wax</i>           | <i>£20.00</i> |
| <i>Full Leg Wax</i>           | <i>£26.00</i> | <i>Men's Eyebrow Shape Wax</i>   | <i>£10.00</i> |
| <i>Traditional Bikini Wax</i> | <i>£12.00</i> |                                  |               |

*Please note it is not possible to have heat treatments 24 hours prior to or after having waxing.*