THE SPA AT

Dalhousie Castle

Treatment Menu

For the ultimate in Relaxation, we have created The Spa at Dalhousie Caste, 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. These include everything from the Hydro Pool, with its multi-massage jet pool, to the Ottoman, a Turkish style steam bath, to the Tropical Rain & Cold Fog Shower which gently refreshes your sense and invigorates your body.

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!

Membership & Gift Vouchers

Gift Vouchers are available and are valid for 6 months.

For details on memb [illegible] stle & Gift Vouchers

Spa Facilities

• **Hydro Pool** – Cleanse Mind & Body in the Hydro Pool, a beautiful feature of the Spa area. A multi massage jet pool incorporating an airbed, neck & specific muscular body massage jets at a temperature of 30 degrees; Designed to relieve aches and pains leaving one feeling energised and invigorated.

• **Ottoman** – A Turkish Style steam bath where the volume of steam can be varied to achieve different comforting effects. Aroma essences can be introduced and relax the user. Kneipp hoses are provided to cool down the body and stimulate circulation.

• **Tropical Rain & Cold Fog Shower** – Activate your sense with this Snail Shaped Shower; It incorporates lighting effects to induce a feeling of warmth and well being. The Cold Fog replaces a traditional plunge pool to cool down the body after heat exposure.

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

• **Tepidarium** – Relax and enjoy a new feeling of Well Being in the Conservatory Tepidarium which overlooks the South Esk River as well as spectacular views of the castle grounds and surroundings.

• **The Orangery Restaurant** – Easily accessible from the Spa; Enjoy fresh foods and light dishes in this Conservatory Style Facility which also overlooks the South Esk River meaning that it is an ideal place to replenish and unwind.

Spa Packages at Dalhousie Castle

Couple Duo Spa Day
One Hour of Treatment Time per person
Couples Full Body Massage in a Double Treatment Room
£15.00 Spend Per Person on a Two Course Lunch Served in The Orangery
Full Use of Spa Facilities for Two Hours.

£150.00 per couple.

Signature Spa Day
Two Hours of Treatment Time
Whispers of the Esk signature Face & Body Treatment
£15.00 Spend on a Two Course Lunch Served in The Orangery
Full Use of the Spa Facilities for Two Hours.

£125.00 per person.

Relaxation Spa Day
25minutes of Treatment Time
Your choice of a Mini [Comfort Zone] Facial or a Back Massage
Afternoon Tea Served in The Orangery
Full Use of the Spa Facilities for Two Hours.

£50.00 per person.

Bridal Packages

Sit back, relax and get pampered right here at the castle.

Whether you would like to have your Make-Up done privately in the comfort of your bedroom or have a gossip and giggle with your closest friends in one of our private lounge areas, or the Spa itself, with a complimentary glass of Champagne, our fully trained beauty therapists can make your day that little bit more special.

Bridal Pamper Package:
Luxury Manicure
Luxury Pedicure
Bridal Make-Up with a complimentary glass of Champagne.

£90.00 per person.

Bridal Make-Up (45-60minutes)
with a complimentary glass of Champagne.

£35.00 per person.

Trial Make-Up (up to 60minutes)
including a Cleanse, Tone & Moisturize
3 Step Procedure using Comfort Zone Products.

£45.00 per person.

There is no better way to relax before the biggest day of your life!

The Face Collection by [Comfort Zone]

Hydramemory Collagen Facial – 24 Hour Deep Hydration – (60minutes)
The ultimate facial using a pure collagen mask working to retain moisture in the skin leaving the skin feeling silky smooth.

£65.00 per person.

Glorious Skin Facial – Instant Lifting & Firming – (60minutes)
"Botox in a Bottles" this is the must have treatment to embrace the very epitone of Dalhousie Castle outstanding natural beauty. A non-invasive answer to Botox, using perfection peptide3™, this instant lifting and firming treatment deeply hydrates the skin, leaving it looking smoother and firmer!

£65.00 per person.

Recover Touch Facial – Anti-oxidant Vitamin Enriched – (60 minutes)
Retreat to Dalhousie Castle and prepare your skin for the adventures of this magnificent seclusion. The Skin is fed a boost of vitamins, nourishing cloudberry and canola oil to replenish dull and tired complexions. This anti-oxidant treatment revives skin and works to neutralise free radicals which can harm the skin's natural collagen and elastin.

£55.00 per person.

Men & Woman's Luxury Comfort Zone Facial
Our fully qualified Therapists will analyse your skin type and decide which facial is perfect for you. Whether your skin is extremely sensitive, dry and mature or maybe you are prone to oily skin; we will have products tailored to your requirements.

60 Minute Facial - £50.00 per person.

30 Minute Facial - £25.00 per person.

Upgrade any of the above Treatments to include the 15 minute
Eye Supreme Anti-Ageing Treatment.
Please contact the Spa direct for more information on 01875 822 777.

£15.00 per person.

The Body Collection by [Comfort Zone]

Tranquillity Body Massage – (30 – 60minutes)
Tranquillity body massage uses our signature massage blend of vanilla and mimosa 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.

Full Body Massage - £55.00 per person.

Back, Neck & Shoulders - £30.00 per person.

Holistic Hot Stone Massage – (60minutes)
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.

Full Body Massage - £65.00 per person.

Subject to availability.

Indian Head Massage - (25minutes)

£25.00 per person.

Monticelli Warm Mud Cocoon - (60minutes)
This detoxifying and draining treatment uses thermal mud, taken from the river banks of Monticelli Italy which is enriched with mineral salt thermal waters that deliver a healing and restorative action. Having been wrapped in this warm sumptuous mud, your skin is left feeling conditioned and cleansed.

£60.00 per person.

D-age Cocoon Firming & Anti-ageing Body Treatment – (60minutes)
A nurturing full body treatment that firms and repairs damaged skin, using the powerful ingredients that nature presents us with. Rich kamani oil stimulates collagen synthesis and walnut works against the damaging effects of atmospheric pollution, reducing the appearance of stretch marks and aids in the prevention of new ones.

£60.00 per person.

Nutritional Wrap – (60minutes)
This is an ideal treatment for giving your body a sense of well being. Deeply hydrating to the skin and a refreshing treatment for the body to provide a perfect tone elasticity.

£60.00 per person.

Aromasoul Ritual Body Scrub - (45minutes)
Awaken your ancient soul with this Ritual Body Scrub including a mini-facial. The Ritual Scrubs are evocative of the region they are derived from and integrate ancient cultures with contemporary rituals, using unique blends of essential oils and ingredients native to the region.

£40.00 per person.

Sacred Nature – Complete Face & Body Ritual – (90minutes)
This is an anti-ageing ritual which is nourishing and protective; using products which have been formulated according to ecocert® guidelines. Sacred Nature offers a natural treatment which is suitable for all skin types including the most sensitive. This treatment Detoxifies, nourishes and protect the skin in a pleasant and embracing ritual using unique massage techniques.

£80.00 per person.

Please note that many of the above treatments are suitable or can be altered so that they are suitable for Woman that are Pregnant.

The Hand & Foot Collection

Luxury Spa Manicure – (60minutes)
This includes a full exfoliation, a hand mask and a massage. Finish the treatment with a polish of your choice.

£30.00 per person

£5.00 extra for a French Polish.

Why not enjoy sipping on a glass of Champagne whilst having your nails done? Even bring some friends with you to share the experience.

£11.95 per glass.

£45.00 per bottle.

Luxury Spa Pedicure – (60minutes)
This includes a foot soak, an exfoliation, a foot mask and a massage. You can also pick the perfect shade of polish! for you!

£30.00 per person

£5.00 extra for a French Polish.

File & Polish – (30minutes)
For Hands & Feet.

£15.00 per person.

Please note treatment time includes
consultation and prescription with a therapist.

Finishing Touches

Eyebrow Wax	**£8.00**
Lip Wax	**£8.00**
Chin Wax	**£8.00**
Lip & Chin Wax	**£13.00**
Underarm Wax	**£10.00**
Half Leg Wax	**£18.00**
Full Leg Wax	**£26.00**
Traditional Bikini Wax	**£12.00**
Full Leg & Bikini Wax	**£30.00**
Men's Back Wax	**£20.00**
Men's Chest & Abdomen Wax	**£20.00**
Men's Eyebrow Shape Wax	**£10.00**
Eyelash Tint	**£12.00**
Eyebrow Tint	**£8.00**
Lash & Brow Tint	**£15.00**

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

Non Residents

Spa Facilities – (2hours)

£15.00 per person.

Any Non-Residents that wish to use the Spa before or after having a treatment will be able to do so for a maximum of Two Hours when they spend £50.00 or more.

Preparing for your Day

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

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.

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 pa facilities during pregnancy; however our team will assist you on what you can use.

Opening Times
Monday to Friday 10am to 8pm
Saturday and Sunday 10am to 8pm.

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

Deposit
Group bookings will be requested to pay a 10% deposit which is non refundable.

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 all Spa Facilities and Treatments to avoid disappointment.

Personal Belongings
Please note the Spa will not be held responsible for any loss or damage to you personal belongings.

Mobile Phones
The Spa is a mobile free area.

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

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.

For More Information & Offers Please Visit:

www.dalhousiecastle.co.uk

Dalhousie Castle Hotel & Spa, Cockpen Road,
Bonnyrigg, Midlothian, EH19 3JB
Spa Telephone: 01875 822 777
Email: info@dalhousiecastle.co.uk