



Dalhousie Castle

HOTEL AND AQUEOUS SPA



ΥΤΣΑΡΑ



Clinically Proven.
Vegan. Dermatology
Tested

Balance. Connection. Care.

Dalhousie Castle & Aqueous Spa offers therapeutic and beauty treatments using products from the holistic spa brand Ytsara. Ytsara is a 100% natural, vegan spa range which harnesses the healing properties of 'living' water, along with plant and marine extracts. Their unique formulations contain potent Asian rare botanicals that are responsibly harvested, empowered by French science and delivered with methods steeped in ancient wisdom from Eastern and Western holistic practice.

ΥΤΣΑΡΑ



Rediscover the
luxury of time

Our Facilities



Proud to be the first hydro spa of its kind in Scotland, our Aqueous Spa offers the ultimate in relaxation. The hi-tech thermal suite located in the castle basement includes a hydro pool, a Roman style sauna, a Turkish inspired steam bath and a tropical rain and cold fog shower to invigorate and rejuvenate body and mind and escape the stresses and strains of modern life.

As well as our hydro facilities, you can treat yourself to a range of personalised spa experiences.

From one-off treatments to full or half-day pampering and spa breaks, we have something to lift the spirits and soothe the body.



HYDRO POOL

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.

LACONIUM

A Roman style dry sweating room with a lower temperature than a common sauna, releasing heat through the benches and walls. Promotes a sense of peace & tranquility.

OTTOMAN

A Turkish style steam bath with similar heating principals as the Laconium, with a gentle introduction to steam. To relax your mind and soul.

FOOT BATHS

Designed with hot and cold taps to bathe and relax your feet, these foot baths have been specially designed with stones and pebbles to massage your feet on.

TROPICAL RAIN & COLD FOG SHOWER

Activate your senses with a Tropical Rain shower with lighting effects and aromas to induce a feeling of warmth and well-being. The Cold Fog replaces a traditional plunge pool to cool down the body.

RELAX ROOM

Our relaxation room catches the sun and offers spectacular views over the South River Esk.

Create Your Own Spa Day

We have created a haven of tranquillity where you can escape the everyday and take time for yourself. We offer a variety of treatment options and food options to build your own perfect spa day.

Our Spa packages include your chosen treatments package, 90 minutes use of our spa facilities and a light lunch with the option to upgrade, per person

Please check your email confirmation for your arrival time. Towels and bathrobes are all provided and included in the price.

****All treatment times include spa consultation & treatment****

Choose from the following:

AQUEOUS SPA DAY

£25 Includes 90 minutes spa use only
Upgrade with food option from £40

RELAX SPA DAY

includes 1 x 25-minute spa treatment from £70

REVIVE SPA DAY

includes 1 x 55-minute spa treatment from £100

REJUVENATE SPA DAY

includes 1x 55-minute + 1 x 25-minute spa treatment from £155

ESCAPE SPA DAY

includes a 2 x 55-minute or 1 x 55 + 2 x 25 min spa treatment from £200

Choose from the following:

25 MINS

Back, Neck & Shoulder Massage, Indian Head Massage, Mini Facial, Smooth Soles

55 MINS

Full Body massage, Facial

Choose from the following:

LIGHT LUNCH

Soup of the day & choice of sandwich – included

AFTERNOON TEA

Selection of savoury & sweet treats
(+ £10 supplement per person)

2 COURSE LUNCH

Starter & Main or Main & Dessert
(+ £15 supplement per person)

3 COURSE LUNCH

Starter, Main & Dessert
(+ £20 supplement per person)

Residential Spa Package



BOOK A LITTLE EXTRA...

Found the ideal package but want to treat yourself to something extra such as a facial, mini pedicure or even an eyebrow wax?

Please ask for additional treatments when making your booking. Additional treatments will be subject to availability.



Gift Vouchers & Aqueous Spa Membership



GIFT VOUCHERS

Looking for the perfect gift? Our luxury Spa vouchers are available for any treatment, spa package or product and make a memorable gift that is sure to delight. Gift vouchers are valid for 12 months from purchase.

AQUEOUS SPA MEMBERSHIP

Our annual spa membership provides a haven for regular relaxation and a calming environment to escape the stresses and strains of modern life and indulge in a little me-time.

Benefits:

- Unlimited use of the Aqueous spa and hydro facilities
- Complimentary 55-minute Ytsara treatment every month
- Complimentary towel and robe usage on every visit

- 20% off all spa treatments and preferential booking
- 10% off all retail products
- 20% off dining in the Dungeon Restaurant and The Orangery Restaurant
- Guest passes worth £150 per year (pro-rata)
- Priority on seasonal discounts and offers
- Extra 10% loyalty discount on spa treatments at our sister hotels within the Robert Parker Collection

Lifestyle membership of £85 payable per month, one month in advance after a one-off joining fee of £99.

Please speak to our spa team for more details on our membership options.



Facial treatments

All treatments commence with a foot cleansing ritual

Vegan
100% Natural
Clinically Proven



FACIAL YOGA for total rejuvenation

25 minutes / £55 / All skin types

Considered more precious than gold, jade stone brings beauty, balance and vibrancy to your face. Sacred Lotus, combats the effects of aging while Marine extracts increases inner moisture. Deep sculpting Guasha massage stimulates blood circulation thereby oxygenating and nourishing the tissues, plumping up the skin and smoothing away wrinkles. Skin is toned, lively and radiant.

Includes: Cleanse, exfoliation, Guasha Jade stone massage, hydration

THE YTSARA PRESCRIPTIVE FACIAL for all skin types and concerns

Choose any treatment from the following or speak with your Ytsara expert to decide on the best treatment suited to your skin type and any concerns you may have.

All treatments include: Cleanse, exfoliation, massage, mask, hydration

SKIN DRINK for total nourishment and hydration

55 minutes / £90

Dry, dehydrated skin

CORRECT AND BRIGHTEN for a luminous complexion

55 minutes / £90

Dull, lifeless skin

URBAN SHIELD for erasing city life

55 minutes / £90

Skin challenged by the effects of urban pollution

ABSOLUTE CONTROL AND CLARITY for clean and clear skin

55 minutes / £90

Combination / Oily skin

TIME REWIND for a visible, lifted look

55 minutes / £90 / Mature skin

Proven to boost the rejuvenating system of the skin, this treatment addresses the most visible signs of aging. Laminaria returns stem cells to the vitality of young skin, stimulates internal defense system to erase fine lines and wrinkles, Marine ferments stimulate collagen and elastin production for firmer skin and a sculpting Guasha massage helps to lift and firm.

Includes: Cleanse, exfoliation, Guasha Jade stone massage, mask, hydration

ULTIMATE FUSION FACIAL for deep relaxation and visible results

85 minutes / £120 / All skin types

Eastern and Western skincare techniques are blended together in this ultimate face ritual. Chinese Guasha Jade stone massage, Thai warm poultice and French massage techniques work in synergy to awaken the skin's optimum potential. Deeply rejuvenating on a holistic and physical level. Your skin is glowing, luminous and healthy.

Includes: Cleanse, exfoliation, Guasha Jade stone massage, Thai silk poultice massage, mask, targeted eye and neck treatment, hydration.

BEAUTY SLEEP for powerful regeneration

55 minutes / £90 / All skin types

Accelerate the nighttime renewal process on a much deeper level with time erasing nutrients specifically chosen to suits your needs. Available before bedtime this skin boosting treatment will slowly infuse its healing and restorative elements whilst you are dreaming. A heavenly scalp massage induces calm to the mind for a peaceful night's sleep.

Includes: Cleanse, exfoliation, massage, mask, scalp massage, hydration.

FACE TREATMENT ENHANCERS

All 15 mins / £25

Include one or more treatment enhancers as an 'add-on' for a personalized and targeted treatment.

WARM POULTICE FACIAL MASSAGE

To stimulate blood circulation and enhance relaxation

FLAWLESS EYE CONTOUR for a bright and lifted look

25 minutes / £45 / All skin types

Protect and perfect the delicate skin around the eye with an intensive treatment. Plankton extract and Micro Algae work to lift, erase fine lines and rebuild collagen lattice. Ginkgo Leaf and Horse Chestnut brighten, de puff and protect, whilst Cornflower moisturises and soothes. All signs of the passage of time are erased so eyes appear youthful.

Includes: Cleanse, eye exfoliation, eye contour massage, hydration

*** All treatment times include consultation with therapist ***

Body Treatment Menu

All treatments commence with a foot cleansing ritual

Relaxation

COCONUT HEAD MASSAGE for a calmed mind and nourished hair

40 minutes / £65

Targeting the hotspots of the shoulders, neck and head, a massage focusing on pressure points correlating to the body's chakras, promotes whole body energy flow. Organic Coconut Oil and a warm poultice further evokes relaxation and a conditioning hair wrap intensely nourishes the hair.

GARDEN OF DEEP CALM for quiet harmony

55 minutes / £90

Restore your body, mind & spirit with Thai style and western massage techniques. Malabar Grass melts tension away while Sweet Orange and Vetiver help to create an inner peace. Oils of Rice Bran, Sweet Almond, Soy and Wheat Germ help soothe and nourish the skin.

WARM COCONUT SOOTHER for a relaxed body and softened skin

85 minutes / £120

Drift into tropical wonders when warm, Virgin Coconut oil is drizzled over your body and a steamed, sesame and coconut poultice is gently glided to massage, nourish and condition your skin. Exhilarating sweet scents permeate your mind and nurture your soul.

BACK, NECK & SHOULDER MASSAGE

25 minutes / £55

Experience the healing effects of Thai style massage combined with western massage techniques and tropical essential oils. Focusing on the key areas where tension becomes stored and providing a much-needed dose of restoration.



SIGNATURE
TREATMENT

TRANQUIL JOURNEY for total relaxation

85 minutes / £120

Slow, deep movements work in tune with your breathing whilst a warm and calming, herbal poultice melts away tension.

Everything around you has slowed down. Your mind and body are reconnecting.

Deep Pressure

MOHOM DEEP PRESSURE for muscle healing

85 minutes / £120

Designed to encourage blood flow, stretch muscles and ease joints, this deep massage conditions the whole body. Thai therapeutic massage and pure plant essential oils work synergistically together and a warm, herbal poultice provides a medicinal remedy for sore or overworked muscles.



Contour

BODY CONTOUR

55 minutes / £95

A stimulating massage that uses Black Pepper, Cinnamon and Ginger to help sculpt the figure and re-define the shape. An excellent way to drain and regenerate tissues while dispelling the tensions that have built up and attain a state of absolute relaxation. A regenerative mask targets the abdomen for a more intense effect on this key area..

Pregnancy Treatments

MOTHER AND CHILDREN **SAMSARA MOTHER TO BE** to feel cocooned

55 minutes / £95

A gentle side-lying massage to release tensions in the back and the legs. Organic virgin Coconut oil nourishes dry and sensitive skin. Recommended after first trimester only.

*** All treatment times include consultation with therapist***



Skin Enhancers

HOM MALI JASMINE RICE SCRUB & MASSAGE

55 minutes / £90

Reveal the body's hidden glow with ingredients known to purify and refine the skin. Jasmine Rice removes dullness and brightens. Jojoba Oil and Shea Butter provide deep nourishment. A gentle exfoliation for sensitive skins.

PINK HIMALAYAN SALT SCRUB & MASSAGE

55 minutes / £90

The pink himalayan salt was created millions of years ago, when pristine seawater crystallized and was covered by lava, protecting it from modern-day pollution. Infused with over 80 minerals, Pink Salt delivers its pure nutrients while gently smoothing your skin. Refreshing Aloe Vera cream further nourishes. Your skin feels baby soft.

SKIN REVEAL WRAP

55 minutes / £95

An exceptional multifaceted exfoliation and body wrap using the powerful Black Mulberry extract combined with essential oils. Acting on the body to detox, firm, rejuvenate and brighten. Dull complexion, dehydrated and rough skin are all treated at once.



Feet

SMOOTH SOLES

25 minutes £45

A Himalayan Salt exfoliation and soak to the feet softens the skin and soothes aches whilst the neck and shoulders are massaged. Then lay back and enjoy further relief through a soothing foot and calf massage.



Bespoke Male Treatments

MEN'S FACE PERFECT for fresh, clean skin

25 minutes / £55 / All skin types

Enjoy a deep, express face care that leaves your skin matte and clear.

Calming and detoxifying French Green clay masque helps to draw out toxins and sebum responsible for dull, rough skin.

Bamboo Tears re-mineralize, whilst Centella and Hibiscus calm and refine pores. Includes: Cleanse, exfoliation, mask, hydration

INDIAN HEAD MASSAGE

25 minutes / £55

Relieves tension and stress from the shoulders, neck, scalp and face.

Leaves you feeling totally relaxed in mind and body.

HOLISTIC HOT STONE MASSAGE

55 minutes £95

The deepest form of massage, the hot stone massage, uses various sizes of hot stones placed over the body for the ultimate relaxing treatment which penetrates deep enough to relieve any aches and pains.

*** All treatment times include consultation with therapist***

Body Treatment Enhancers

BODY TREATMENT ENHANCERS

All 15 mins / £25

Include one or more treatment enhancers as an 'add-on' for a personalised and targeted treatment.

POULTICE

Include a steamed, herbal poultice as part of your massage treatment for added warmth, relaxation and indulgence.

FOCUS POINT

Additional time spent working on a specific area chosen by the guest to release tension and ease pain.

HEAD MASSAGE

Aids relaxation, eases tension and enhances clarity of mind.

FOOT TREATMENT

A foot exfoliation and massage to erase fatigue and balance energy.



Nail Care

FILE & POLISH

25 minutes £25

Available for hands and feet using Jessica polish

FILE & POLISH WITH GELERATION

£45

SMOOTH HANDS

25 minutes / £45

Skin on your hands reveals your age so they should be treated with the same care as your face. Exfoliation, hand mask & moisturise to restore the skin barrier & provide deep moisture – 25 minutes

DELUXE SPA MANICURE

55 minutes / £50

A luxury manicure with thermal mittens for deeper penetration of oils and creams. Helping soften cuticles, improve circulation and soothe stiff joints
Finish the treatment with a polish of your choice

GEL LUXURY MANICURE

55 minutes / £60

File, shape & application of Geleration, complete with exfoliation & massage

SMOOTH SOLES

25 minutes / £45

A Himalayan Salt exfoliation and soak to the feet softens the skin and soothes aches whilst the neck and shoulders are massaged. Then lay back and enjoy further relief through a soothing foot and calf massage.

DELUXE ZEN SPA PEDICURE

70 minutes / £50

A luxury pedicure with thermal booties for deeper penetration of oils and creams. Helping to soften cuticles, improve circulation and soothe stiff joints. Finish the treatment with a polish of your choice.

GEL LUXURY PEDICURE

70 minutes / £60

File, shape & application of Geleration, complete with foot scrub & massage

Please inform us when booking a manicure or pedicure if you require gel removal so we can allow extra time. Gel removal for return clients only.

Please note: there will be an additional charge of £5 for a French polish finish on any hand/foot treatment above. Subject to availability.



Finishing Touches

Eyebrow Wax £15

Eyelash Tint £15

Eyebrow Tint £10

Lash & Brow Tint £20

Brow Tint & Wax £20

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



Information and advice

A spa visit should be a completely relaxing experience. Please take a few moments to read the following information before your visit to ensure you get the most out of your trip.

Opening hours

The Aqueous Spa facilities are open between 10.00am and 7.30pm. Treatments can be booked between 10.00am and 6.30pm by calling **01875 820153** or emailing spa@dalhousiecastle.co.uk.

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.

Parking

There is a large car park at Dalhousie Castle & Aqueous Spa, for spa guests to use free of charge.

Arrival

Please make your way to the spa reception on the lower ground floor of the hotel. You will be greeted by a spa host who will guide you around the spa and you will be requested to fill out a consultation form prior to treatments and spa use. In order to make the most of your treatment time we recommend that you arrive a minimum of 15 minutes prior to a scheduled appointment. Regrettably, late arrival will result in a reduced treatment time and there will be no deduction to the price charged.

Treatments

All treatments are subject to availability. Please inform us of any medical or health conditions. Some treatments may require a medical note from your physician. All of our treatment times include consultation and aftercare advice.

Spa Attire

Robes and towels are provided for your comfort during your spa day and we would advise changing into your robe before any spa

treatments. There are lockers available for your use in our changing area. Swimwear must be worn at all times when using the Spa facilities. Robes are permitted when taking lunch or afternoon tea in The Orangery.

Spa Etiquette

Please respect all spa guests' right to privacy and serenity. We ask that you turn off your mobile phone whilst in the spa.

Personal Belongings

We have a limited number of lockers available for us on a first come, first served basis. Alternatively, items may be left at Reception and a receipt obtained. The management cannot accept responsibility for loss or damage to personal items not deposited in lockers.

Safety Risks

Please note that the hydro pool, steam bath and sauna are unmanned. Every person using the hydro pool, sauna and steam bath facilities do so at their own risk. The management cannot be held responsible for any damage or injury resulting from the use of these facilities.

Your Health

It is recommended that no alcohol is consumed immediately prior to your arrival and that you consume plenty of water following any treatments.

Please notify our staff if you are pregnant or have any special medical considerations so that appropriate treatment can be recommended. We have specially designed treatments for expectant and nursing mothers; please note that it is not recommended to use some of our spa facilities during pregnancy.

Dalhousie Castle & Aqueous Spa cannot be held responsible for any changes to treatments or cancellations that occur due to non-disclosure of medical conditions.

Patch Test

Clients wishing to have tinting treatments must have a patch test 24 hours prior to their appointment; please call us to arrange a suitable time. Unfortunately, we will be unable to perform the treatment without a prior patch test.

Age Requirements

Children under the age of 16 years are not permitted to use the Spa facilities.

Spa Products

We have a large range of retail products available to continue your experience at home. Please ask any of our therapists if you need advice. Should you require a tester of the product prior to purchase our therapists will be able to advise you on products. We are unable to offer refunds on any products that may have been opened, used or tampered with.

Smoking

Please note that the Aqueous Spa is a no smoking area.

Gift Vouchers

Gift vouchers are available for any treatment, spa day or product and make ideal presents. Vouchers are valid for 12 months from the date of purchase unless otherwise stated. Vouchers cannot be refunded, transferred or redeemed for cash credit and must be presented to spa reception on arrival. The life of the voucher cannot under any circumstances be extended.

Payment

We accept all major credit and debit cards. We regret that we are unable to provisionally reserve appointments and pamper days. We require a 50% non-refundable deposit per person or a Dalhousie Castle & Aqueous Spa gift voucher number on day of booking to secure a spa experience. Price includes VAT at the current rate. Any change in the rate of VAT will be reflected in the price at the time of invoicing. Dalhousie Castle Spa reserves the right to amend prices, adjust or remove treatments without prior notice.

Cancellation Policy

As a courtesy to other guests all spa packages require a minimum of 72 hours' notice of cancellation. Groups of 6 people or more are subject to a seven-day cancellation policy, after which time full charges will be applicable. Should you need to cancel a scheduled appointment or an individual treatment less than 72 hours beforehand, you will be charged in full.



Dalhousie Castle

HOTEL AND AQUEOUS SPA

— *part of* —
THE ROBERT PARKER COLLECTION

Dalhousie Castle and Aqueous Spa, Bonnyrigg,
Edinburgh, Scotland, EH19 3JB

www.dalhousiecastle.co.uk • spa@dalhousiecastle.co.uk
Tel: +44 (0)1875 820 153

