



SPA

*at Dalhousie Castle*

# WELCOME

The Spa at Dalhousie Castle is a sanctuary of tranquillity nestled within the walls of Scotland's oldest inhabited castle. Surrounded by serene woodlands and the natural beauty of the Scottish countryside, our luxurious spa offers a truly unique escape from the everyday. Whether you're seeking a moment of relaxation, rejuvenation, or indulgence, our bespoke treatments and therapies, delivered by expert therapists, are designed to refresh both body and mind. Experience the perfect balance of historic charm and modern wellness in an unforgettable setting.



# The Spa Facilities

Proud to be the first hydro spa of its kind in Scotland, Aqueous Spa offers the ultimate in relaxation. The 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 & tranquillity

## 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

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# Spa Packages

Indulge in the ultimate relaxation with the luxurious spa packages at Dalhousie Castle. Our expert therapists offer a range of rejuvenating treatments, including soothing massages, revitalizing facials, and bespoke wellness experiences tailored to your needs. Whether you're looking for a serene escape or a restorative day of pampering, our spa packages provide the perfect blend of relaxation and indulgence, ensuring you leave feeling refreshed and renewed.

## Inner Piece

Use of Spa facilities

Time 1 hour 30 minutes | £30

## Tranquil Spa Day

Full body salt and oil body scrub

Back neck and shoulder massage

Use of the Spa facilities

Treatment Time 55 minutes | £140

## Serenity Spa Day

Back neck and shoulder massage

Express facial

Scalp massage

Use of the Spa facilities

Treatment Time 1 hour 25 minutes | £180

## Dalhousie Signature Spa Day

Full body massage

Deep cleansing facial

Use of the Spa facilities

Treatment Time 1 hour 50 minutes | £210



*Make a day of it and add on a Spa Lunch for £26pp or Afternoon Tea for £30pp served in our Orangery Restaurant*



## Body Massage

### Back, Neck and Shoulder Massage

Ease tension where you need it most with this fast-acting de-stressing treatment. Personalised to your unique needs, targeted massage with pure aromatherapy blends relaxes tense muscles, re-energises your body and calms your mind.

30 Minutes | £70

### Muscle Reviver

Relax and revive body and mind with this multi-targeted massage. Instantly alleviate tension with this powerful yet soothing treatment focusing on the back, face and scalp. Using personally selected essential oils, persistent tension in the back is eased, skin looks re-energised, and a positive mindset is restored.

45 Minutes | £80

### Inner Calm Massage

Quieten your mind, release tension and nourish your skin with this holistic, ultimately restorative experience. Personalised to your physical and emotional needs, carefully chosen aromatherapy blends relax, cleanse or energise, while advanced massage alleviates muscular pressure, soothes anxiety and invokes profound relaxation. Mind and body feel balanced, energy renewed and inner calm beautifully restored.

60/90 Minutes | £100/£125

### Deep Muscle Massage

Restore comfort, suppleness and movement with this intensely effective massage. Active stretching and specialised massage with expertly blended aromatherapy oils alleviate deep-seated tension in the neck, shoulders and back with instant and lasting effect. Muscular pain is diminished, leaving you feeling stronger and more energised.

60/90 Minutes | £110/£130

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## Body Treatments

### Salt & Oil Scrub

Revive skin's natural softness and glow with this intensely exfoliating treatment. An ideal way to prepare skin for other treatments, a natural blend of sea salt and the purest oils polishes away dull, dry cells and infuses skin with rich nourishment. Skin feels smooth, supple and looks radiantly healthy.

25 Minutes | £70

### Back, Face & Scalp Treatment Hero Treatment

Unravel tension, instantly boost your complexion and restore inner calm with our most renowned treatment. Targeted massage techniques combine with the purest aromatherapy oils and a highly-personalised facial helping you to look and feel your very best – restored, de-stressed and beautifully radiant.

90 Minutes | £125

### Pre-Natal Relax & Restore

Nurture your changing body and calm your mind with this beautifully comforting treatment. Personalised to your needs and stage of pregnancy, the purest, most gentle formulas smooth and nourish skin while expert massage soothes tight, tender muscles and invokes a state of blissful relaxation.

60/90 Minutes | £100/£125

### Hot Stone Massage With Espa Products

Discover lasting relaxation for mind and body with this aromatherapeutic treatment. Tailored massage with hot stones unravels persistent muscular tightness and discomfort while pure, aromatic essential oils encompass the mind to relieve stress, recharge spirits and leave you feeling rejuvenated.

60 Minutes | £140

### Deep Cleansing Back Treatment

A tension releasing massage for tight muscles and congested skin on the back, neck or shoulders. The back is deep cleansed and exfoliated to help stimulate circulation and refresh the skin. A marine mud mask is then smoothed onto the back to remove impurities; lower legs and feet receive a deeply relaxing massage while the mask takes effect. Finally soothe away tension from the back with a calming back massage.

60 Minutes | £100

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# Facial Treatments

## Express Facial

Reveal a clear, refreshed, naturally beautiful complexion with this express facial. Personalised to your needs, natural active formulas cleanse, rebalance and hydrate while aromatic essential oils capture your mind, leaving you looking and feeling relaxed and radiant.

30 Minutes | £70

## Inner Beauty Facial

Deeply cleanse, hydrate and renew with these instant results facial. Tailored to your skin's precise needs, Tri-Active™ formulas work immediately to transform your complexion while pure aromatherapeutic oils encompass your mind. Skin looks clear, quenched, naturally beautiful, and inner calm is blissfully restored.

60 Minutes | £110

## Instant Radiance Facial

Brighten and revitalise with this intense, instantly effective facial. Innovative formulas unlock nature's power to transform a fatigued or lacklustre complexion. Fresh, toned, radiantly healthy-looking skin emerges, and your natural glow is restored.

90 Minutes | £125



# Bespoke Men's Treatments

## Deep Cleansing Facial

Deeply cleanse, hydrate and renew with these instant results facial. Tailored to your exact needs, Tri-Active™ formulas work immediately to purify and reawaken your skin while aroma therapeutic oils relax your mind. Skin looks clear, smooth, energised, while inner calm is restored.

60 Minutes | £100

## Deep Muscle Massage

Minutes Restore comfort, suppleness and movement with this intensely effective massage. Active stretching and specialised massage with expertly blended aromatherapy oils alleviate deep-seated tension in the neck, shoulders and back with instant and lasting effect. Muscular pain is diminished, leaving you feeling stronger and more energised.

60/90 | £110/£125

## Muscle Reviver

Relax and revive body and mind with this multi-targeted massage. Instantly alleviate tension with this powerful yet soothing treatment focusing on the back, face and scalp. Using personally selected essential oils, persistent tension in the back is eased, skin looks re-energised, and a positive mindset is restored.

45 Minutes | £80





# Nail Care

## File & Polish

Available for hands and feet using Jessica polish

25 minutes | £30

## Deluxe Spa Manicure

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

55 minutes / £60

## Deluxe Zen Spa Pedicure

a luxury pedicure with thermal booties for deeper penetration of oils and creams. helping to soften cuticles, improve circulation and sooth stiff joints. finish the treatment with a polish of your choice.

70 minutes | £60

## Finishing Touches

Eyebrow Wax | £15

Eyelash Tint | £15

Eyebrow Tint | £10

Lash and Brow Tint | £20

Brow Tint and Wax | £20



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

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# Gift Vouchers

*Perfect for any and every occasion*

Treat someone special to the gift of relaxation with a Spa Gift Voucher at Dalhousie Castle Hotel. Whether for a rejuvenating massage, a revitalising facial, or an indulgent day of pampering, our vouchers offer a truly memorable experience in the tranquil setting of our historic castle. Perfect for any occasion, our gift vouchers provide the ultimate escape, ensuring your loved ones leave feeling refreshed and restored.



*Scan QR code to  
view all our  
Gift Vouchers*

*Gift vouchers are valid for 12 months these can be purchased from  
our website or at the spa reception*





# Spa Memberships

*Perfect for any and every occasion*

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 Spa and hydro facilities
- Complimentary 55-minute ESPA treatment every month
- Complimentary towel and robe usage on every visit
- 10% off all spa treatments and preferential booking
- 10% off all retail products 20% off dining in the Dungeon Restaurant and The Orangery Restaurant

*£170 payable per month and a one-off joining fee of £100*

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





# Information

## Opening Times

The Aqueous spa facilities are open between 10.00am – 7.30pm by pre booked appointments by calling the spa on 01875820153 or email [spa@dalhousiecastle.co.uk](mailto:spa@dalhousiecastle.co.uk)

## Treatments

Please book in advance to avoid disappointment, although walk-ins and on-the-day enquiries are welcome. All Spa Treatments are subject to availability.

Please inform us of any medical or health conditions, some treatments may require a medical note from your doctor.

Arrive 15 minutes prior to your spa treatment to allow sufficient time to complete your consultation card as a courtesy to all our guests we do operate a prompt appointment schedule. Late arrival may mean your treatment time is reduced or that we are unable to honour your booking.

Dalhousie Castle spa reserves the right to amend prices, adjust or remove treatments without prior notice.

The management have the right to change bookings without prior notice, any of the facilities may be closed at any time for the purpose of maintenance and on the occasional exclusive use of the castle.

## Cancellation Policy

Treatments must be cancelled at least 48 hours before to avoid incurring a 100% cancellation charge. Groups of 6 people or more are subject to a 7 day cancellation policy.

## Spa Attire

Robes and towels are provided for your comfort during your spa day. There are lockers available for your use in our changing rooms. Swim wear must be always worn in the spa facilities. Robes and slippers are permitted when having food in our orangery restaurant.

## Spa Etiquette

This is a gentle reminder to please be considerate of people around you and keep the general noise levels to a minimum. We ask that you turn off your mobile phone whilst in the spa. No phone calls or music/ videos and no photography or recording of videos is permitted in the spa area.

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# Information

## Health and Safety Risks

- Please note that the spa facilities are unmanned
- Every person using these facilities do so at their own risk
- The management cannot be held responsible for any damage or injury
- Please notify the staff if you are pregnant or have any medical problems
- We have specially designed treatments for expecting and nursing mothers
- It is not recommended to use some of our spa facilities during pregnancy
- It is recommended that no alcohol is consumed before arriving or in the spa area
- No smoking or vaping is permitted anywhere in the spa

## Patch Testing

Clients wishing to have tinting must have a patch test 24 hours prior to their appointment. Unfortunately, we will be unable to carry out this treatment without this.



