



# *Dalhousie Castle*

HOTEL AND AQUEOUS SPA



ΥΤΣΑΡΑ





Clinically Proven.  
Vegan. Dermatology  
Tested

## Balance. Connection. Care.

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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.

YTSARA



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 floor.

### **OTTOMAN**

A Turkish style steam bath with similar heating principals as the Laconium. Aroma essences can be introduced 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.

### **TROPICAL RAIN & COLD FOG SHOWER**

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

### **RELAXATION ROOM**

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

## Spa Day Packages

We have created a haven of tranquility where you can escape the everyday and take time for yourself and we offer a variety of spa days to suit your needs.

Our spa packages include your chosen treatments, use of our spa facilities for two hours and a heavenly afternoon tea or lunch.

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

### COUPLE DUO SPA DAY

£160 per couple

A couple's full body one-hour massage in our double treatment room, a two-course lunch served in The Orangery Restaurant and full use of our spa facilities for two hours.

### THE RAMSAY SPA DAY

£135 per person

A two-hour spa treatment, a two-course lunch served in The Orangery Restaurant and full use of our spa facilities for two hours.

### RELAXATION SPA DAY

£55 per person

A 30-minute spa treatment, afternoon tea served in The Orangery Restaurant and full use of our spa facilities for two hours.

### SPA FACILITIES DAY PASS

£15 per person

Use of the spa facilities for two hours, subject to availability.



## Residential Spa Package



### ONE NIGHT SPA ESCAPE

From £300 per room, per night

Make time to relax, unwind and reinvigorate body and mind with a one-night spa getaway. Perfect as a gift or to enjoy as a couple, you'll be treated to champagne and chocolates, a 30-minute spa treatment, dinner in The Dungeon Restaurant, a castle bedroom, full Scottish breakfast, and use of our spa facilities.

Arrival from 3pm, departure following morning by 11am.

Please contact Reservations on **01875 820153** for more details.



### 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.



## Aqueous Spa Lifestyle 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 one-hour Ytsara treatment every month
- Complimentary towel, robe and slippers 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

### 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.

- 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 £55 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**

30 minutes / £35 / 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

## **FLAWLESS EYE CONTOUR for a bright and lifted look**

25 minutes / £35 / 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

## **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**

60 minutes / £65

Dry, dehydrated skin

## **CORRECT AND BRIGHTEN for a luminous complexion**

60 minutes / £65

Dull, lifeless skin

## **URBAN SHIELD for erasing city life**

60 minutes / £65

Skin challenged by the effects of urban pollution

## **ABSOLUTE CONTROL AND CLARITY for clean and clear skin**

60 minutes / £65

Combination / Oily skin

## **TIME REWIND for a visible, lifted look**

60 minutes / £65 / 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**

90mins / £95 / 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.

## **FACE TREATMENT ENHANCERS**

All 15 mins / £10

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**

To erase signs of fatigue around the eye area

## **BEAUTY SLEEP for powerful regeneration**

60 minutes / £65 / 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.

# Body Treatment Menu

## Relaxation

### **COCONUT HEAD MASSAGE** for a calmed mind and nourished hair

50 minutes / £45

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

60 minutes / £65

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

90 minutes / £95

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**

30 minutes / £35

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

90 minutes / £95

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

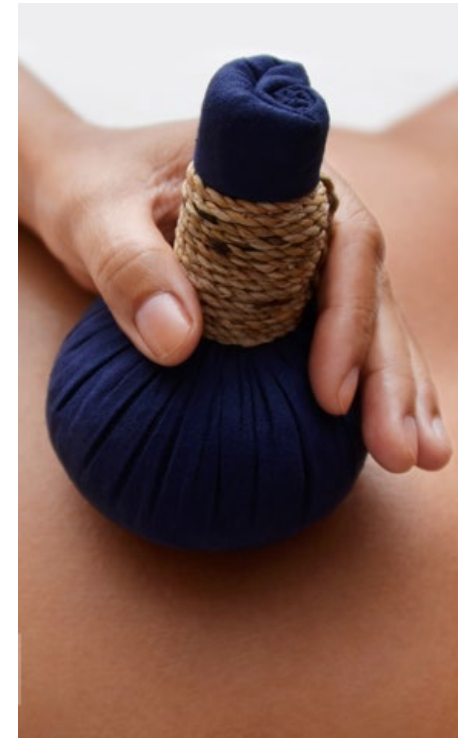
Everything around you has slowed down. Your mind and body are reconnecting.

## Deep Pressure

### **MOHOM DEEP PRESSURE** for muscle healing

60 minutes / £75

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

### **FLAT BELLY** to refine the waistline

60 minutes / £65

A slimming treatment targeted on the belly area starts with a stimulating scrub and is followed by Thai therapeutic and Taoist massage techniques to release fat, clustered deep in the area. A detoxifying wrap and hot cushion help to firm and sculpt the belly.

### **WARM BAMBOO ANMA** to sculpt figure

90 minutes / £95

Warm bamboo, called Take in Japanese, represents youth, prosperity and serenity in Asia. The warm Bamboo is slowly rolled on target areas to break down fatty deposits at the same time increasing circulation and relaxing muscles. Used in combination with Ytsara Sculpting oil, this treatment fights cellulite, tones muscles, stimulates lymphatic system and detoxifies the organs.

## Pregnancy Treatments

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

60 minutes / £70

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.





## Skin Enhancers

### **HOM MALI JASMINE RICE SCRUB**

30 minutes £35 / 60 minutes £65

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**

30 minutes £35 / 60 minutes £65

Millions of years ago, pristine seawater was crystallized and 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**

60 minutes / £65

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**

30 minutes £35 • Add a file and paint for an extra £15

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**

30 minutes / £35 / 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 / £30

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

Leaves you feeling totally relaxed in mind and body.

## Body Treatment Enhancers

### **BODY TREATMENT ENHANCERS**

All 15 mins / £20

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.





## House Treatments

### HOLISTIC HOT STONE MASSAGE

60 minutes £65

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.

### LUXURY SPA MANICURE

60 minutes £30

This includes a full exfoliation, a hand mask and a massage. Finish the treatment with a polish of your choice.

### LUXURY SPA PEDICURE

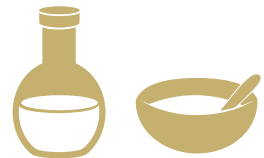
60 minutes £30

This soothing pedicure starts with a cleansing foot soak, exfoliation, followed by application of a nourishing foot mask and a massage. Cuticles are conditioned, nails are trimmed and perfectly polished using a colour of your choice.

### FILE & POLISH

30 minutes £15

Available for hands and feet



### JESSICA GELERATION

For a longer lasting, flawless finish that dries in seconds and is kind to your natural nail.

#### Gel application

fingers or toes £25

#### Gel luxury manicure/ pedicure including gel application

£40

#### Gel nails removal

£10

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

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** £10

**Lip wax** £10

**Chin wax** £10

**Lip and chin wax** £15

**Underarm wax** £15

**Half leg wax** £20

**Full leg wax** £26

**Traditional bikini wax** £15

**Full leg and bikini wax** £30

**Eyelash tint** £12

**Eyebrow tint** £10

**Lash and brow tint** £15

**Men's back wax** £20

**Men's chest wax** £20

**Men's eyebrow shape wax** £10

### MAKE-UP

Application of make-up for special occasions using Mii Mineral Make-Up £35

**Make-up and make-up trial** £45

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



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## 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 8.00pm. Treatments can be booked between 10.00am and 6.00pm by calling 01875 820153 or emailing [spa@dalhousiecastle.co.uk](mailto: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. Some treatments may require a medical note from your physician. All of our treatment times include consultation and aftercare advice.

### Spa Attire

Robes, slippers 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, spa bath, gym equipment and sauna are unmanned. Every person using the hydro pool, sauna and spa bath facilities do so at their own risk. The management cannot be held responsible for any damage or injury resulting for 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 at the time of booking 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 at the time of booking.

### 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

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