



# Relaxation



## SIGNATURE TREATMENT

### **TRANQUIL JOURNEY for total relaxation**

90 minutes / £105

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.

### **MOHOM DEEP PRESSURE**

for muscle healing

60 minutes £80

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.

### **WARM COCONUT SOOTHER**

for a relaxed body and softened skin

90 minutes £105

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.

### **COCONUT HEAD MASSAGE**

for a calmed mind and nourished hair

50 minutes / £60

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.

### **HOLISTIC HOT STONE MASSAGE**

60 minutes £70

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.

### **BACK, NECK & SHOULDER MASSAGE**

30 minutes / £40

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.



## Skin Enhancers

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

30 minutes / £40

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 / £40

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 £70

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.

### **INDIAN HEAD MASSAGE**

30 minutes / £40

Relieves tension and stress from the shoulders, neck, scalp and face. Leaves you feeling totally relaxed in mind and body.





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# Body Treatment



## **BODY TREATMENT ENHANCERS**

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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.

## **FLAT BELLY**

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to refine the waistline

60 minutes / £70

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**

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to sculpt figure

90 minutes / £105

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.

## **SAMSARA MOTHER TO BE**

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to feel cocooned

60 minutes £85

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.

## **GARDEN OF DEEP CALM**

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for quiet harmony

60 minutes / £70

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.



## House Treatments

### LUXURY SPA MANICURE

60 minutes / £35

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

### SMOOTH SOLES

30 minutes / £40

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.

Add a file and polish for £15.

### LUXURY SPA PEDICURE

60 minutes / £35

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 / £20

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

£35

### LUXURY GEL MANICURE / PEDICURE

Including gel application

£45

Gel nails removal £10

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



*Dalhousie Castle*

HOTEL AND AQUEOUS SPA