



RELAX • INDULGE • PAMPER • DE-STRESS • UNWIND



DOUBLETREE
by Hilton
DUNBLANE • HYDRO

CONTENTS

- Page 3 **Spa Packages**
- Page 4-5 **Facials**
- Page 6-7 **Mums to be & Body Treatments**
- Page 8-9 **Massage & Complementary Therapies**
- Page 10-11 **Hand & Foot & Finishing Touches**

WELCOME

Indulge and relax with our selection of treatments from Thalgo. Choose from a selection of facials, body treatments or massages and complimentary therapies, the perfect way to relax and restore your equilibrium.

Our spa packages are the ultimate way to de-stress and make the perfect gift for loved ones. Gift vouchers are available from our leisure club reception and are valid for 6 months from date of purchase.

We wish our customers visit to be stress free, therefore we request that you arrive 10 minutes prior to your treatment time to complete your consultation. If you are running late we will do everything possible to honour your booking, but this cannot be guaranteed. A 50% non-refundable deposit will be requested at the time of booking. Our treatments are subject to availability.

SPA PACKAGES

THERAPISTS CHOICE

Indulge in a stress relieving back, neck & shoulder massage using pre-blended aroma oils followed by a Jessica manicure to help keep your hands & nails strong & healthy.

Duration: 1 hour 30 mins. Cost: £69

PAMPER DAY OPTION 1

Enjoy our relaxing pamper day with an aromatic back, neck & shoulder massage using our pre blended aroma oils, a relaxing deep cleanse facial and a Jessica file & polish. Included in this package is a healthy two course lunch in our renowned Nick Nairn restaurant.

Duration: 1 hour 30 mins. Cost: £79

PAMPER DAY OPTION 2

The ultimate aromatherapy experience enjoying a luxurious aromatherapy facial using oils personalised to suit your needs, accompanied by a relaxing aroma back, neck & shoulder massage. Also included in this package is a healthy two course lunch in our renowned Nick Nairn restaurant.

Duration: 1 hour 30 mins. Cost: £79

THALGO DAY

Discover the incredible benefits of marine algae with our rebalancing back treatment as it deep cleanses, detoxifies and smoothes the skin leaving you feeling deeply relaxed. This is followed with a collagen velvet facial and eye treatment. Using pure native soluble collagen, this luxurious treatment plumps out fine lines and wrinkles leaving the skin soft and radiant. *Not suitable for puffy eyes*

Duration: 2 hours. Cost: £119

ALL SPA DAYS INCLUDE THE FULL USE OF THE HEALTH CLUB FACILITIES.

(17m pool, sauna, steam room & spa bubble pool)

FACIALS

HYDRA-MOISTURE SOURCE FACIAL

A moisture quenching treat for dehydrated skin featuring active marine ingredients and vegetal milks combined with a unique mask to combat dehydration, improve skin texture and leave skin feeling soft and radiant. Suitable for all skin types.

Duration: 1 hour. Cost: £49

EXTREME COMFORT FACIAL

A facial designed to nourish, repair and restore comfort to dry and very dry skin. A melt away mask is used to bathe and soothe the skin, along with omega 3 & 6 oils, wild rose oil and shea butter.

Duration: 1 hour. Cost: £49

AROMA ESSENTIAL FACIAL

An intensive customised facial using aromatherapy oils suited to your skin type. Combining the purest essential oils, plant extracts and a cool marine algae mask. Softens expression lines and is totally tension relieving for all skin types.

Duration: 1 hour. Cost: £49

For over 40 years Thalgo has drawn on the riches of the ocean to find the essential elements for authentic and effective skincare. The marine algae and other riches from the sea are packed with vitamins, minerals and nutrients essential for the care and rebalancing of our skin.

COLD MARINE FACIAL

The SOS treatment for sensitive skin. Thalgo uses reviving marine and plant extracts particularly suited to fragile, delicate skin in this treatment, which includes a cool mint mask to reduce redness and relax tension lines. Perfect for sensitive skin prone to blotchiness.

Duration: 1 hour. Cost: £49

OXYGENATING CHRONO-DETOX FACIAL

Protect your skin against pollution and harmful free radicals with Thalgo's Chrono-Detox Facial. Thalgo's new anti-pollution complex creates a shield to help skin breathe and recover its radiance. The refreshing cool mask repairs and reinforces the skin's barrier function. Ideal for city girls, this facial is the perfect 'pick me up' for tired, stressed skin or if you are suffering from jet lag.

Duration: 1 hour. Cost: £49

COLLAGEN VELVET FACIAL

A luxurious treatment for moisture deficiency, fine lines and wrinkles. Thalgo's much sought after collagen mask softens and smoothes the skin, leaving it plump and radiant. The ultimate pampering treatment with instant results.

Duration: 1 hour. Cost: £59

THALGO SKIN PERFECTING FACIAL

Renew your skin to reveal perfection! This skin perfecting programme featuring a high performance skin exfoliator and chemical peel, intensely smoothes the micro-contours of your skin for an even-toned, firm and radiant complexion. Wrinkles and fine lines are visibly smoothed away! Always apply Thalgo SPF50 sunscreen after a micro-dermabrasion treatment as your skin will be more sensitive to sun exposure.

Duration: 1 hour. Cost: £59

EXCEPTIONAL FACIAL (ANTI-AGEING 45+)

The ultimate anti-ageing facial to combat all signs of ageing. The Exceptional mask harnesses natural biological cellulose and marine algae hormones to decrease wrinkles and help skin recover suppleness and firmness. You'll be amazed by the results!

Duration: 1 hour. Cost: £69

MINI FACIAL

The perfect express facial if you're on the go, for an instant infusion of marine active ingredients and essential nutrients, tailored to your skin type and specific concerns

Duration: 30 mins. Cost: £34

MUMS TO BE

FACIAL

A relaxing facial using products specially selected to suit your skin type or concern. An excellent facial to rejuvenate and refresh.

Duration: 1 hour. Cost: £49

THALGOMINCE PREGNANCY PAMPER TREATMENT

Regain and protect your skin's elasticity and tone with this relaxing pamper treatment featuring Thalgo's celebrity favourite Stretch Mark Cream to fade stretch marks. Combining marine algae, elastin, wheat germ oil and plant extracts, skin is strengthened and firmer. It is safe to have this treatment after the first 12 weeks of pregnancy.

Duration: 1 hour. Cost: £55

FOOT & LEG MASSAGE

Enjoy a foot soak, exfoliation & massage for lower legs & feet to help with water retention & poor circulation. Relieves tired aching feet & legs leaving them fresh & rejuvenated.

Duration: 40 mins. Cost: £34

BACK, NECK & SHOULDER MASSAGE

Enjoy a relaxing back, neck and shoulder massage to ease away stress, aches & pains

Duration: 30 mins. Cost: £34

THALGO BODY TREATMENTS

REBALANCING MARINE ALGAE BACK TREATMENT

A deeply relaxing back treatment which relieves muscular fatigue, cleanses and purifies the skin. Using warm marine algae rich in vitamins, minerals and trace elements this treatment is excellent for general well being and total relaxation.

Duration: 45 mins. Cost: £55

THALGO INDOCEANE

Indoceane is an exotic spa ritual, taking you on a journey of ultimate relaxation across the continents. This most sensual of treatments commences with a Mediterranean influenced body exfoliation, followed by an Ayurvedic inspired massage using warmed oils and an ancient Indian technique. The final Asian step is a Sublime body wrap with elements which harness the serenity and relaxing powers of the Orient. The ritual is completed with a cup of Indoceane Spa Tea. After 90 minutes of hands-on therapy, you and your skin will feel re-born!

Duration: 1 hour 30 mins. Cost: £70

THALGO SEA & SENSES HOT STONES BODY TREATMENT

After a full body exfoliation, warm volcanic basalt stones are applied to decongest and eliminate toxins, while cool marine stones re-mineralise the body. During this ultra-sensorial experience incorporating a unique massage technique, tension quickly gives way to deep relaxation.

Duration:

Full body - 1 hour 15 mins. Cost: £59

Back, neck & shoulder - 30 mins. Cost: £45

THALGO SEA & SENSES FACE & BODY TREATMENT

A face & body ritual based on marine hot stones with a unique massage, for re-mineralising and relaxing benefits. For total well being and indulgence, experience the complete sea & senses face & body ritual, allow the face to regain its natural beauty, let the tension melt away and give way to deep relaxation.

Duration: 2 hours 30 mins. Cost: £125



MASSAGE & COMPLIMENTARY THERAPIES

SWEDISH MASSAGE

A traditional medium to firm massage to alleviate muscular tension. Improves circulation, helps to ease tension and loosens up tight muscles.

Full Body

Duration: 1 hour Cost: £49

Back, neck & shoulders: 30 mins Cost: £34

AROMATHERAPY MASSAGE

A deep relaxing massage combined with the therapeutic effect of pre-blended pure essential oils gives a relaxing & effective antidote to stress. A complete body treatment which stimulates the elimination of toxins and promotes a healthy equilibrium between mind, body and spirit.

Full Body

Duration: 1 hour Cost: £49

Back Neck & Shoulders: 30 mins Cost: £34

REFLEXOLOGY

A unique system of foot massage, reflexology is based on holistic principles & springs from the same Chinese roots as acupuncture. Locating & gently massaging the reflexology points on the feet helps to redress the imbalance of energy that can cause stress & ill health. It is deeply relaxing, relieves tension & promotes the natural healing of the body.

Duration: 45 mins. Cost: £35

INDIAN HEAD MASSAGE

Feel your stress, aches and pains disappear with the wonderful experience of Indian head massage. Massage of the scalp, neck, shoulders, upper back, arms & face reduces stress & tension and leaves you feeling amazing.

Duration: 45 mins. Cost: £35

REIKI

Reiki means universal life force energy. This holistic treatment activates and balances the body, working on your physical, emotional and spiritual levels. It is a safe, non intrusive treatment which promotes natural healing and well being.

Duration: 45 mins. Cost: £35

JESSICA HAND & FOOT CARE

JESSICA MANICURE

Beginning with a nail analysis to treat your nail type, the manicure includes exfoliation, massage and cuticle care. Your nails will be beautifully shaped and finished with the perfect polish.

Duration: 1 hour. Cost: £35

JESSICA FILE & POLISH

File, shape & your choice of Jessica polish.

Duration: 30 mins. Cost: £25

JESSICA DELUXE MANICURE

This treatment combines the Jessica manicure with the luxurious added benefits of Thermal mittens, helping oils and creams to penetrate deep into the skin as well as increasing circulation and relieving stiff, painful joints.

Duration: 1 hour 15 mins. Cost: £45

FRENCH MANICURE

A manicure using French-style varnish for a healthy natural look.

Duration: 1 hour 15 mins. Cost: £40

JESSICA AROMA FOOT PEDICURE

Feet are exfoliated followed by a luxurious massage leaving feet feeling smooth & soft. Cuticles are cared for, nails shaped and finished with the perfect polish.

Duration: 1 hour. Cost: £40

HAIR REMOVAL & WAXING

A temporary method of hair removal which is quick & effective.

Eyebrow shape. **Duration: 15 mins. Cost: £10**

Underarm. **Duration: 15 mins. Cost: £10**

Lip or Chin. **Duration: 15 mins. Cost: £8**

Lip & Chin. **Duration: 20 mins. Cost: £14**

Bikini. **Duration: 20 mins. Cost: £15**

1/2 Leg. **Duration: 30 mins. Cost: £20**

3/4 Leg. **Duration: 30 mins. Cost: £25**

Full Leg. **Duration: 1 hour. Cost: £30**

MENS WAXING

Back wax. **Duration: 30 mins. Cost: £20**

Chest wax. **Duration: 30 mins. Cost: £20**

MAKE UP

Day/Evening make up. **Duration: 45 mins. Cost: £30**

Bridal make up (including trial) **Duration: 1 hour. Cost: £50**

MENS TREATMENTS

OCEAN FACIAL

The high tech facial for stressed male skin. Combines energising active ingredients with relaxing massage movements to diffuse them directly to the heart of the skin. Relaxed and recharged, your skin regains all its energy and balance.

Duration: 1 hour. Cost: £49

PEDICURE FOR MEN

A relaxing foot treatment, involves removing hard skin and massaging feet and legs with deep conditioning creams. Cuticles are left clean and tidy, and nails will be perfectly shaped.

Duration: 45 mins. Cost: £30

EYECARE

Eyelash tint. **Duration: 20 mins. Cost: £15**

Eyelash & eyebrow tint. **Duration: 30 mins. Cost: £20**

Eyebrow tint. **Duration: 10 mins. Cost: £9**

*A patch test must be done 24 hours prior to tinting.

FAKE BAKE FULL BODY SPRAY TAN

Fake bake is a safe & sunless tan giving you a healthy, natural glow.

Duration: 30 mins. Cost: £25



For more information or to book an appointment
please call 01786 821230 or dial ext. 680.

MEMBERS RECEIVE 10% DISCOUNT. PLATINUM MEMBERS RECEIVE 20% DISCOUNT.

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