



Dalhousie Castle
HOTEL AND AQUEOUS SPA



AQUEOUS SPA

For ultimate relaxation we have created the Aqueous Spa at Dalhousie Castle, the first hydro spa of its kind in Scotland. We are delighted to use Darphin products throughout the spa, selected for its unique sensuality and exquisite results.

DARPHIN
PARIS

More than skincare, an Art.

WELCOME

The Spa combines relaxing and therapeutic treatments designed to invigorate and rejuvenate your body and mind. You can also enjoy our 'Signature Treatments' created especially for Dalhousie Castle, with facials that show results and a massage that will leave you feeling like you could float away.

Gift Vouchers are available as the perfect relaxation gift and are valid for 12 months.



AQUEOUS SPA LIFESTYLE MEMBERSHIP

An exclusive members club to balance and enhance your lifestyle.
£199 joining fee, membership offer includes:

- Lifestyle membership only £45 a month
- One hour Darphin treatment every month
- Complimentary use of the Aqueous Spa Facilities
- Complimentary towel, robe & slipper usage on every visit
- Rolling monthly membership
- 20% discounted spa treatments and preferential booking
- 20% discount on food in the Dungeon Restaurant & the Orangery
- Guest passes worth £150 p/year (pro-rata)
- Dalhousie Castle and Darphin gift on joining

Aqueous Spa Lifestyle Membership subject to terms and conditions.

SPA TREATMENTS



Dalhousie Castle

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ESSENTIAL FACIAL COLLECTION

Deep Soothing Facial - (30 minutes £30, 60 minutes £60, 90 minutes £90)

A calming treatment that soothes sensitive skin. This calming cocooning facial for sensitive skin will reduce redness to reveal a smooth, even-toned complexion.

Intense Hydrating Facial - (30 minutes £30, 60 minutes £60, 90 minutes £90)

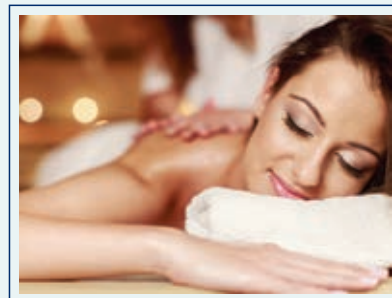
An intensively hydrating & nourishing treatment that quenches your skins thirst. This intensive hydrating & nourishing facial will provide a dewy-fresh, radiant complexion and deeply nourishes dry, uncomfortable skin. Instantly replenishes and reveals a smoothed and nourished complexion.

Instant Illuminating Facial - (30 minutes £30, 60 minutes £60, 90 minutes £90)

An energising treatment that treats tired skin. Delivers a high-powered boost of energy to increase skins natural vitality, targeting dull and tired skin. An intense infusion of nourishing vitamins and essential oils will protect and energise to reveal a radiant glow.

Pure Balancing Facial - (30 minutes £30, 60 minutes £60, 90 minutes £90)

A deep cleansing treatment that refreshes oily/combination skin. This purifying and detoxifying treatment for oily/combination skin will refine pores and leave the complexion refreshed, sparkling clean, clear and bright.



OUR FACILITIES



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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 and invigorated.

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. Kneipp Hoses are provided to cool down the body and stimulate circulation.

Kneipp Foot Baths

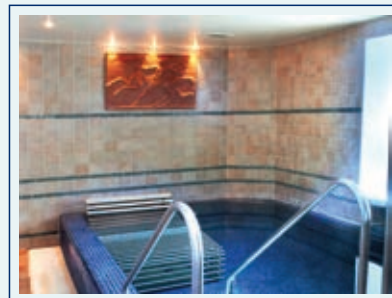
Designed with hot and cold taps to bathe and relax your feet with specially designed stones and pebbles to massage.

Tropical Rain & Cold Fog Shower

Activate your senses with our snail shaped shower incorporating lighting effects to induce a feeling of warmth and wellbeing. The Cold Fog replaces a traditional plunge pool to cool down the body after heat exposure.

Tepidarium

Relax and enjoy a new level of wellbeing overlooking spectacular views of the castle grounds.



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HOUSE TREATMENTS

Deep Rebalancing Massage

30 minute Back massage £30, 60 minute Full Body Massage £60

This signature massage uses rhythmical techniques to relax the deepest tension in the gentlest way. Using a blends of essential oils, this massage improves circulation to help oxygenate the skin and reveal a healthy glow. The mind and body are left energised and in a state of harmony.

90 minute Complete Face & Body Treatment £90

As above and also includes scalp massage, a gentle facial cleanse complete with a deep tissue facial massage to nourish and relax the skin from daily stresses.

Holistic Hot Stone Massage - (60 Minutes) £60

The deepest form of massage, The Hot Stone Massage uses various sizes of Hot Stones placed over the body for the ultimate relaxing treatment. The Hot Stone Massage will penetrate deep enough to relieve any aches and pains.

Natural Moor Back Treatment - (45 minutes) £60

Therapeutic Back Heat treatment to relax the muscles before massage using peat. 45 mins back heat treatment including back massage. Helps to relieve aches and pains, relieves stress and tension, warming and comforting.

Pure delight Exfoliation - (45 Minutes) £60

An exfoliating body treatment that polishes away dry skin. This energising exfoliating treatment will polish away dead skin cells to smooth and soften even the most delicate skin, while boosting the body's natural energy resources to revitalise, comfort and hydrate.

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.

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. £5 supplement for a French polish.

Luxury Spa Pedicure - (60 Minutes) £30

This includes a foot soak, an exfoliation, a foot mask and a massage.
You can also pick your perfect shade of polish.

File & Polish - (30 Minutes) £15

Available for hands and feet.

SPA TREATMENTS



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AGE EXPERT FACIAL COLLECTION

Ideal Renewing Facial - (30 minutes £30, 60 minutes £60, 90 minutes £90)

A perfecting treatment that corrects ageing and imperfections.

This renewing treatment will smooth lines and plump the skin.

Rediscover the days of polished and brightened skin to reveal a smooth texture complexion.

Ultimate Divine 8 Flower Lifting Facial - (30 minutes £30, 60 minutes £60, 90 minutes £90)

For all skin types exhibiting loss of suppleness, elasticity and firmness.

Improves elasticity and firms the look of the skin, reduces the look of lines and wrinkles,

enhances skin radiance, brightens age spots, deeply nourishes,

and strengthens and repairs skins barrier.

BESPOKE MALE TREATMENTS

Made for Men Facial (30 Minutes £30, 60 Minutes £60)

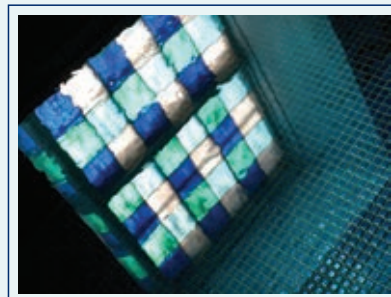
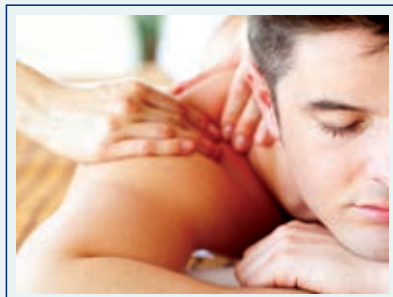
High-powered revitalising treatment – A revitalising treatment tailored to suit specific skin concerns, from deep cleansing and age prevention to hydration and ultimate relaxation.

Natural Moor Back Treatment - (45 minutes £60)

Therapeutic Back Heat treatment to relax the muscles before massage using peat.

45 mins back heat treatment including back massage. Helps to relieve aches and pains,

relieves stress and tension, warming and comforting.



PREPARING FOR YOUR SPA VISIT



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Age Restrictions

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

Spa Arrival

It is advisable to arrive at the Spa Reception 15 minutes prior to your Day Package. You will be requested to fill out a Consultation Form prior to Treatments and Spa use. Please advise us of any health conditions, allergies or injuries which could affect your choice of treatment prior to your reservation.

Pregnancy

We have specially designed treatments for expectant and nursing mothers. Please contact the Spa direct for more information. Please note it is not possible to use some of our spa facilities during pregnancy; however our team will assist you on what you can use.

Opening Times

Monday to Sunday 10am to 8pm. 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.

Dress Code

Swimwear must be worn at all times when using the Spa facilities. Towels, Robes and Pool Side Slippers will be provided. Pre-booking is highly recommended for Spa facilities and treatments to avoid disappointment.

Personal Belongings

Please note the Spa will not be held responsible for any loss or damage to your personal belongings.

Mobile Phones

The Spa is a mobile free area.

Smoking

The Spa is a no smoking area; inside & out.

Cancellation Policy

Please allow 24 hours notice of cancellation to avoid 50% charge. Cancellation within 12 hours will incur 100% charge. Non-arrivals and bookings that are cancelled with less than the required notice will be charged in full to the credit card provided at the time of booking.

PACKAGES & FINISHING TOUCHES



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Couple Duo Spa Day - £150.00

Couples full body one-hour massage in our double treatment room, two course lunch served in The Orangery and full use of the Spa facilities for two hours.

Signature Spa Day - £125.00

Two- hour Spa Treatment for one, two course lunch served in The Orangery and full use of the Spa facilities for two hours.

Relaxation Spa Day - £50.00

30-minute Spa Treatment for one, afternoon tea served in The Orangery and full use of the Spa facilities for two hours.

Spa facilities day pass

£30 per person, subject to availability. Allows access for 4 hours.

FINISHING TOUCHES

Eyebrow Wax	£8.00	Eyelash Tint	£12.00
Lip Wax	£8.00	Eyebrow Tint.....	£8.00
Chin Wax.....	£8.00	Lash & Brow Tint	£15.00
Lip & Chin Wax	£13.00	Men's Back Wax.....	£20.00
Underarm Wax	£10.00	Men's Chest Wax.....	£20.00
Half Leg Wax	£18.00	Men's Eyebrow Shape Wax.....	£10.00
Full Leg Wax	£26.00		
Traditional Bikini Wax	£12.00		
Full Leg & Bikini Wax.....	£30.00		

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

Make-up

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

Make-up trial - £45