





# RELAX... REJUVENATE... RESTORE...

The award winning Spa at Lochside provides a perfect blend of tranquillity and luxury.

Embark on a truly personal journey combining the natural balance of heat, water and the precious gift of time. Our Holistic Spa Therapists will be sure to take you on a journey that will encapsulate you from start to finish.

## INNER BEAUTY *55 minutes / £80*

Deeply cleanse, hydrate and renew with this 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.

## PURIFYING *55 minutes / £80*

Ideal for oily, congested and problematic skin, or those suffering with hormonal imbalance. This deep cleansing facial helps to regulate oil secretions and refine open pours. Essential Tea Tree and White Thyme oils, which are naturally de-congesting and anti-inflammatory are used to soothe and calm the skin, encouraging a more balanced and clearer complexion.

## OPTIMAL SKIN *55 minutes / £80*

Rebalance, hydrate and revitalise with this targeted facial that unites the pioneering formulas of our Optimal Skin collection with expertly tailored facial techniques. Tri-Phase cleansing technology is enhanced with Clarisonic brushing for a deep cleanse, while new Optimal Skin ProMoisturiser targets the delivery of nutrient-rich, hydrating actives to where your skin requires them the most.

Instantly reviving and brightening the complexion, this facial ultimately helps to protect against environmental damage and delay the early stages of skin ageing.

## INTENSE REGENERATING *55 minutes / £85*

Visibly diminish wrinkles and fine lines with this powerfully age-defying facial. Instantly effective, naturally renewing formulas combine with restorative massage to noticeably tone, plump and intensely hydrate mature skin. Youthful radiance is awakened and your skin is left feeling beautifully refined, soft and supple.

## ADVANCED ENZYME FACIAL *1 hour 25 minutes / £110*

*Due to the nature of this treatment, we do not recommend use of the thermal suite prior to treatment*

A powerful and highly effective facial to boost cell regeneration and give an instantly, smooth and radiant complexion. A deep brush cleanse is followed by an intense Enzyme peel containing botanical extracts and Pumpkin Enzyme to deeply exfoliate and remove dead skin cells.

After a soothing massage using Rose Quartz Crystals to help cool and calm, Lifting and Smoothing mask is applied, containing concentrated Seaweed Extracts, Argan Oil and menthol, to give your skin a more plumped and firmer appearance.

## REFINING ENZYME *55 minutes / £80*

*Due to the nature of this treatment, we do not recommend use of the thermal suite prior to treatment*

This powerful and highly effective natural facial peel dramatically smooths, softens and evens skin tone. A brush cleanse is followed by an intense Enzyme peel containing botanical extracts and Pumpkin Enzyme to deeply exfoliate and remove dead skin cells, followed by an application of soothing Rose Quartz Crystals to help cool and calm, revealing an ultra smooth, glowing complexion.

## INSTANT RADIANCE *1 hour 25 minutes / £100*

Restore skin's vitality and reveal a bright, smooth and radiantly youthful- looking complexion. Suitable for all skin types and ages, this treatment combines our unique Optimal Skin Pro Cleanser, which gently exfoliates as it melts into the skin, with a deep clarisonic brush cleanse and brightening mask to remove dead skin cells.

An age defying and sublimely relaxing massage using rose quartz crystals, followed with a lifting and smoothing mask and our revolutionary skin radiance intensive serum to powerfully brighten, firm and even skin tone. Leaving skin more smooth and supple.

## ULTIMATE LIFT AND FIRM *1 hour 25 minutes / £110*

Rebalance, hydrate and revitalise with this targeted facial that unites the pioneering formulas of our Optimal Skin collection with expertly tailored facial techniques. Tri-Phase cleansing technology is enhanced with Clarisonic brushing for a deep cleanse, while new Optimal Skin ProMoisturiser targets the delivery of nutrient-rich, hydrating actives to where your skin requires them the most. Instantly reviving and brightening the complexion, this facial ultimately helps to protect against environmental damage and delay the early stages of skin ageing.





**SIGNATURE**  
**HOT STONE RITUAL**



**CHAKRA BALANCING RITUAL**

*1 hour 50 minutes / £140*

An indulgent body treatment to melt away tension and bring your body and mind back into harmonious balance. The treatment begins with body brushing and exfoliation to smooth and soften the skin, an indulgent massage follows, using nourishing essential oils and warmed volcanic stones to penetrate tired, aching muscles. Finally a comforting head massage and gentle stretching allows you to relax and unwind.

**HOLISTIC BACK FACE AND SCALP RITUAL**

*1 hour 50 minutes / £140*

Designed to target the classic areas of stress, a stimulating and deep cleansing back exfoliation is followed by a powerful back massage using volcanic hot stones and aromatic oils to melt away tension.

The personalised ESPA Facial uses specific products designed to suit the needs of your skin and follows with a stress relieving scalp massage. The result is re-hydrated revitalised skin and a sense of deep relaxation.

**ESPA TIME** *2 hours / 3 hours / £140 / £200*

Surrender to your therapist and reserve 2 or 3 hours of time where your therapist will tailor and individualise your treatment time.

**LOCHSIDE SIGNATURE RITUAL**

*1 hour 25 minutes / £100*

Designed to target the classic areas of stress, a stimulating and deep cleansing back exfoliation is followed by a powerful back massage using volcanic hot stones and warm aromatic oils to melt away tension. A stress relieving scalp massage to follow. Relieve the pressures within the feet to finish leaving a sense of deep relaxation.

**ESPA** ESSENTIAL BODY



**ESSENTIAL BODY ENVELOPMENT**

*55 minutes / £80*

This tailor-made experience includes skin brushing, body exfoliation and a complete body wrap of Algae or Marine Mud combined with essential oils blended to meet your specific needs.

The body wrap is designed to comfortably raise the body temperature and induce perspiration to help eliminate toxins and increase the effects and absorption of the oils in the wrap. Ultimate tranquillity is achieved with a mind calming Oriental head massage.

**LIFT AND FIRM HIP AND THIGH**

*55 minutes / £80*

A highly effective, stimulating treatment to target cellulite, fluid retention and uneven skin texture. Using potent marine extracts, iced mitts, a deep detoxifying massage and specialised stomach massage technique to help cleanse and purify the colon giving excellent results. A course of 6 treatments is recommended.





## ESPA BODY MASSAGE

*After a detailed consultation our therapists will determine the most suitable massage for you choosing from the list below:*

### AROMATHERAPY MASSAGE

***1 hour 20 minutes / 55 minutes / £110 / £80***

A therapeutic full body massage using blends of essential oils personally selected for your individual needs. This deeply relaxing and aromatic massage works on the pressure points on the body using slow massage techniques to suit your needs and aromatherapy oils known for their healing properties; which are inhaled and absorbed through the skin to achieve your desired results.

### SWEDISH MASSAGE

***1 hour 20 minutes / 55 minutes / £110 / £80***

***Revive your body and enliven your spirits with this invigorating massage.***

Working swiftly and deeply where you need it most, traditional Swedish massage with pure, nourishing oils boosts circulation, alleviates tight, aching muscles and awakens the body from top to toe.

### HOT STONE MASSAGE

***1 hour 20 minutes / 55 minutes / £110 / £80***

***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.

### FITNESS MASSAGE

***1 hour 20 minutes / 55 minutes / £110 / £80***

***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.

### BALINESE FULL BODY MASSAGE

***1 hour 20 minutes / £110***

This massage uses long, warming strokes to encourage complete calm and well being. Gently heated aromatherapy oils are poured in to the centre of the body and massaged into the skin using stretching and sweeping movements for deep relaxation. Hot volcanic stones are used to tailor the massage pressure to your needs and release tension. The soothing and indulgent massage leaves your mind, body and spirit soothed and relaxed.

### INNER CALM ***1 hour 20 minutes / 55 minutes / £110 / £80***

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.

### STRENGTH & RESILIENCE ***1 hour 20 minutes / £110***

Transform mind & body, release muscular tension and rediscover a sense of wellbeing with this resilience boosting massage. Inspired by the arduous migration of the painted lady butterfly, this revitalising massage uses aromatherapeutic oils, yoga stretches and deep muscle massage to boost your energy levels and support your immune system. You emerge stronger and more resilient, ready to face life's unexpected journeys.

### MINDFUL MASSAGE ***1 hour 20 minutes / £110***

Soothe away stress and return body and mind to the present moment with this holistic and blissfully re-balancing experience. Unique in every way, guided breathing and visualisation combine with deeply therapeutic massage to release physical and emotional anxieties, relax the mind and restore a positive spirit.

### REFLEXOLOGY ***55 minutes / £80***

An ancient holistic treatment. Relaxing pressure point foot massage, improves circulation, eases tension balancing the mind and body.



LIFE IS A BALANCE BETWEEN  
REST AND MOVEMENT



## PRE NATAL RELAX AND RESTORE

*1 hour 20 minutes / £110*

A deeply nourishing body treatment designed to target areas prone to stress and tension during pregnancy. Gentle body exfoliation is followed by a nourishing massage then a moisture rich body mask is applied. Finally truly relax mind and body, whilst your scalp is massaged. A course of 6 treatments is recommended following the first trimester of pregnancy.

## POST NATAL RELAX AND RESTORE

*1 hour 20 minutes / 55 minutes / £110 / £80*

Completely personalised to your post baby needs whether you need to tone and firm your skin, aid weight loss, or simply relax and restore energy. This is an ideal treatment to deeply nourish, hydrate and balance your body. A course of 6 treatments is recommended.



## HOLISTIC HAND AND NAIL TREATMENT

*55 minutes / £50*

A relaxing arm, hand and nail treatment including a gentle skin refiner, cuticle work and a therapeutic massage using aromatherapy oils and volcanic hot stones. Hands and nails are then treated to a warm envelopment of paraffin wax to intensively nourish; nails are then painted to achieve that polished finish.

## HOLISTIC FOOT AND NAIL TREATMENT

*1 hour 10 minutes / £65*

A soothing foot, leg and nail treatment including gentle exfoliation, cuticle work and a relaxing massage using essential oils and volcanic hot stones. The feet are enveloped in warm paraffin wax to soften, deeply nourish and condition; toes are then painted to achieve that polished finish.





INDULGE A LITTLE LONGER

### SALT AND OIL EXFOLIATION / £35

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. A luxurious addition to any ESPA body treatment.

### EYE "LIFT" / £35

Smooth, firm and hydrate with this instantly revitalising eye treatment. Targeted massage with proven Tri-Active™ formulas relaxes the mind while smoothing fine lines, quenching delicate skin and diminishing puffiness and dark shadows.

### ORIENTAL SCALP MASSAGE / £35

Ultimate tranquillity is achieved with a mind calming oriental scalp massage.

### BACK, NECK AND SHOULDER MASSAGE / £35

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.

*\*A luxurious addition to any 55 minute or above ESPA treatment.  
Not available as a stand alone treatment.*



## ESPA FOR MEN

*Our ESPA face and body treatments for men are specifically tailored to your skin type, each one designed to ensure you experience the best physical and therapeutic benefits depending on your needs.*

### AGE REBEL FACIAL *55 minutes / £80*

An effective, age-defying facial designed to deliver immediate results to tired looking skin and reduce fine lines.

### PURIFYING FACIAL, SHOULDER AND SCALP MASSAGE *55 minutes / £80*

This facial works at a deep level to cleanse and hydrate the skin whilst easing any muscular tension. A triple cleanse with hot towels soothes and softens the skin and facial hair to aid in clearing the complexion and preventing blocked pores. A relaxing massage of the face, shoulders and scalp follows to release tight muscles and tension.

### DEEP CLEANSING BACK TREATMENT

*50 minutes / £70*

The back is deep cleansed, body brushed and exfoliated to help stimulate circulation and cell renewal. A calming Aromatherapy Massage and application of Marine Mud mask will ease tension, calm and soothe the skin. Lower legs and feet receive a deeply relaxing massage whilst the mask takes effect.

### GENTLEMAN'S TONIC *55 minutes / £80*

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.

### STRESSBUSTER *1 hour 25 minutes / £110*

Ideal for those suffering with stress related tension from business pressure, travel and a fast-paced lifestyle. Gentle skin cleanse involving skin brushing and body exfoliation followed by a full body massage with hot stones and scalp massage. Gentle stretching leaves your body feeling soothed, revitalised and de-stressed.





## FINISHING TOUCHES

### MII MAKEUP

*Make up Application / 40 minutes / £40*

Developed through the feedback from spas, salons and their customers, Mii enhances, rather than hides, your natural beauty. Mii doesn't have 'one season wonders' but is a carefully curated makeup collection that will give you the confidence to reveal the very best of you every day, every evening and for every special occasion. Mii's mineral makeup, pressed eye shadows, liquid foundations, moisture rich lipsticks, high pigment blushers and more have been created to deliver plenty of real benefits.

### ST TROPEZ TANNING

*Full Body Spray Tan / 30 minutes / £20*

*Full Body Application Tan / 40 minutes / £30*

A tan is well known to have positive effects on self image and confidence. St Tropez provides tanning services to celebrity and VIP clients across the globe and are the first choice for fashionista's and icons for a naturally glamorous tan.

### LUXURY WAXING

Skin brushing and exfoliation help to prepare the skin prior to waxing. The treatment is finished with an application of a light, moisturising balm to soothe the skin.

*Specialised Waxing from £15*

*Bikini / £10      Half Leg / £15*

*Full Leg / £25      Lip/Chin / £7*

*Underarm / £10      Eyebrows / £7*

### LASHES AND BROWS

*Eyebrow Shape / £7 Eyebrow Tint / £7 Eyelash Tint / £15*

*Signature Brow (define, tint, wax, trim, shape to finish) / £20*

“

EASY TO CHOOSE,  
EASY TO USE AND EASY  
TO UNDERSTAND, MII  
MAKEUP HAS BEEN MADE  
WITH YOU IN MIND.





# ESSENTIAL HAND AND FEET

## ESSENTIAL MANICURE *40 minutes / £35*

Achieve amazing results or maintain nails in exceptional condition with this treatment Includes: Soak – nail file and shape – exfoliate – cuticle work – application of hand cream – polish or buff.

## FILE AND POLISH *15 minutes / £15*

Essential maintenance for hands or feet. Includes: Nail file and shape – moisturise – polish or buff.

## ESSENTIAL PEDICURE *55 minutes / £45*

Achieve amazing results or maintain nails in exceptional condition with this nourishing treatment. Includes: Soak – cut and file – exfoliate – cuticle work application of Foot cream – polish or buff.

## ADDITIONAL SERVICES

*Compliment your Manicure or Pedicure with:*

### HOT STONE FOOT MASSAGE

*allow an extra 15 minutes / £10*

### REFLEX FOOT MASSAGE

*allow an extra 15 minutes / £10*

### PARAFFIN WAX ENVELOPMENT

*allow an extra 15 minutes / £10*

### SHELLAC POLISH

*allow an extra 15 minutes / £10*

Say Hello to Shellac™ goes on like polish, wears like gel. 14 day wear. With mirror finish and zero drying time.

SPA DAYS ARE  
THE BEST DAYS





# SPA DAY RITUALS

## SPAFTERNOON TEA

*2 hours / £140*

- Use of Thermal Suite facilities
- Welcome Foot Ritual
- Warming Back Neck and Shoulder Massage with Hot Stones
- Skin Analysis
- Intensive Facial
- Lochside Afternoon Tea

## NEW BEGINNINGS

*2 hours / £140*

***This Package has been carefully tailored for mothers-to-be***

- Full use of spa facilities
- Calming Back Cleanse and Exfoliation
- Nurturing Back Massage
- Gentle Body Exfoliation,
- Deeply Nourishing Full Body Mask
- Therapeutic Scalp Massage
- Luxurious foot soak and polish
- 2 Course Spa Cuisine Lunch

## LOCHSIDE EXPERIENCE

*1 hour 25 minutes / £110*

- Use of Thermal Suite facilities
- Full Body Salt and Oil Scrub
- Revitalising Aromatherapy Back Neck and Shoulder Massage
- Skin Renewing Boutique Facial
- 2 course Spa Cuisine Lunch

## RELAX BY THE LOCH

*55 minutes / £80*

- 1 hour Thermal Suite Experience\*
- Welcome Foot Ritual
- Choice of Full Body Aromatherapy or Hot Stone Massage
- Light Bite and Refreshing Fruit Smoothie

## KICK START

*55 minutes / £80*

- Spa Cuisine Breakfast on arrival
- 1 hour Thermal Suite Experience\*
- Energising full body Salt and Oil Exfoliation
- Invigorating Back Ritual

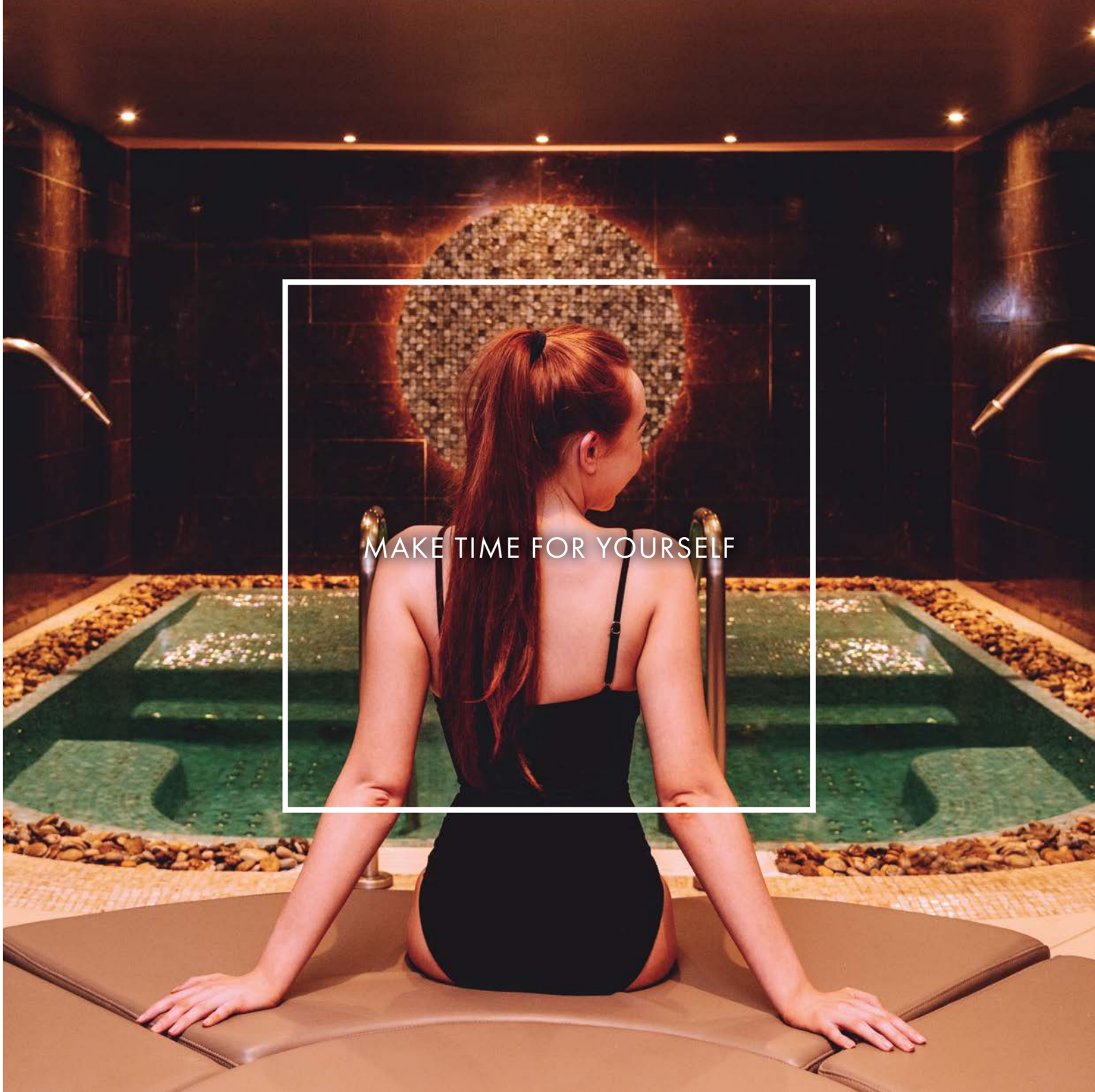
## HERE COME THE GIRLS

*25 minutes / £70*

- 1 hour Thermal Suite Experience\*
- 25 Minute Treatment of choice
- 2 Course Spa Cuisine Lunch
- Mini bottle of Prosecco

***\*Thermal Suite Prior to Treatments***

MAKE TIME FOR YOURSELF



# HOW TO SPA

## SPA ARRIVAL

It is advisable to arrive at the spa reception 60 minutes prior to your treatment reservation to enable you to enjoy the full use of the exclusive facilities at the spa.

## SPA RESERVATIONS

To make an appointment for the perfect treatment, please contact the spa where we will be delighted to assist you.

## SPA ETIQUETTE

The spa environment is one of tranquillity and relaxation. Please respect other guests, mobile phones should be switched off prior to entering the spa.

## AGE REQUIREMENT

The minimum age requirement for access into the spa and to experience treatments is 16 years old.

## WHAT TO BRING

For your comfort we will provide you with a luxurious robe, towels and slippers to use throughout your visit (minimum of 1 hour booking time applies). Hotel Guests (on a residential spa package) may wish to arrive in their bedroom robe to help with their continued relaxation.

We would like to advise you, however, to bring a bathing suit if you wish to use the Thermal Suite Facilities.

## THERMAL SUITE

Enjoy the luxurious heat and cool experiences which cleanse the body and soothe the mind. Our Thermal Suite Experience is complimentary with treatments with a minimum booking policy of 55minutes.

Hotel residents have complimentary use of the Thermal Suite between 7am-9am and 7pm-9pm Monday to Sunday subject to availability. Use of facilities out with these times for Hotel Guests will be charged at £10.00 per person.

## CANCELLATIONS

24 hour cancellation is required for all treatment bookings and 48 hours for any Spa Day Ritual to avoid a 100% charge.

## HEALTH CONDITIONS

Kindly advise us of any health conditions, allergies or injuries, which could affect your choice of treatment when making your spa reservation.

## GIFT VOUCHERS

Gift vouchers are available for Day Spa Rituals and are an ideal present for someone special. Gift vouchers are non-refundable and must be presented at time of treatment or purchase.

TRULY | MEMORABLE | EXPERIENCE





*01290 333 005*

*spa@lochside-hotel.com*

*lochside-hotel.com*

*radhotelgroup.com*