




THE SPA


AT CULLODEN

TREATMENT
PORTFOLIO



BODY, MIND, SOUL & SENSES

THE SPA
AT CULLODEN



Welcome to the 5 star Culloden Estate and Spa - Northern Ireland's premier sanctuary for both body and mind and an antidote to the hustle and bustle of everyday life.

Here you will find an oasis of tranquillity where our ESPA treatments fuse advanced techniques with ancient therapies to deliver the finest modern holistic therapeutic experiences in the world. Aromatic and pure essential oils work in harmony with powerful plant extracts and deeply nourishing marine elements to create a collection of treatments and products that are both calming and luxurious.

With luxurious treatment suites, relaxation rooms, swimming pool, a range of heat experiences and an extensive selection of therapies on offer, the Spa at Culloden offers the perfect haven to enjoy some time out and pampering in.

So indulge your senses and escape to a place where tension, fatigue and stress all simply melt away.



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SIGNATURE TREATMENTS

CELTIC DREAM 80 MINUTES £135

An all-encompassing full body ritual, created to release tensions, soothe and revive mind and body. Begin your experience with our ocean wrap, featuring a full body exfoliation to increase circulation and a gentle application of mineral-rich marine mud for intense hydration. A muscle releasing back massage with warming hot stones then melts away tension and inspires deep relaxation. Conclude your experience with relaxing oriental scalp massage. A truly blissful treatment, inspired by Ireland.

Includes: Ocean wrap, hot stone back massage and oriental scalp massage





BAMBOO JOINT RELEASE EXPERIENCE

**80 MINUTES (MASSAGE ONLY)
£135 OR 110 MINUTES £175**

A full body treatment using bamboo to massage, assist in stretching, joint mobility and improve flexibility. Ideal for anyone in need of deep tension release and those who exercise regularly. This fast paced, free flowing and energetic treatment is perfect for slowing busy minds, stretching and elongating tight muscles, whilst helping to soothe and reduce tension.

Includes: Foot ritual, body exfoliation, facial cleanse, full body joint release incorporating stretching joint rotations followed by full body massage using essential oils and bamboo and scalp massage

PURIFYING POULTICE RITUAL

110 MINUTES £135

The poultice treatment is designed to give a revitalising and cleansing effect to the mind and body, achieved by the use of stimulating exfoliation and warm herbal poultices. This gives heat to muscles and joints at the same time increasing circulation and is followed by a purifying and rebalancing massage. Then a warm, soothing compress infused with traditional Thai herbs is applied. This creates an overall feeling of wellbeing.

Includes: Foot ritual, body exfoliation and herbal poultice massage






THE SPA
AT CULLOBERT

ESPA SERIOUSLY ADVANCED, RESULTS-DRIVEN FACIALS



Our results-driven facials are world-renowned to defy the effects of life lived on your skin. Reduce lines and wrinkles visibly. Rejuvenate your joie de vivre and let your age remain a beautifully well-kept secret. Delivering what your skin really needs, all of our tailored facials include:

- An in-depth skin analysis using SkinVision™ technology to identify skin conditions not visible to the naked eye
- A detailed consultation
- Cleansing, exfoliation, steam and extraction where necessary
- A treatment specific massage, mask and intensive serum chosen to achieve the best possible results
- A tinted moisturiser leaves you ready to face the world again

To maintain the ultimate in healthy radiant skin we recommend a facial once a month

THE ESPA NATURAL FACE LIFT

80 MINUTES £135

Invest in your skin's future with a new, holistic approach to age defying skincare. A revolutionary new facial with cutting edge pre and probiotic technology clinically proven to help increase the biodiversity of the skin. Combined with a jade roller massage to give the same benefits of physical exercise, for visibly stronger, healthy looking and youthful skin.

Includes: Triple cleanse, skin analysis with SkinVision™ lamp, steam if required, triple facial massage with jade roller to detoxify, invigorate and sculpt. Professional lifting and smoothing mask and scalp massage, finishing with Probiome range

THE ENZYME FACIAL

**80 MINUTES £135 OR
50 MINUTES £85**

A powerful and highly effective facial to boost cell regeneration and give an instantly smooth, radiant complexion.

Includes: a deep brush cleanse and skin analysis followed by an intense Enzyme Peel containing botanical extracts and Pumpkin Enzymes to deeply exfoliate and remove dead skin cells. After a soothing massage using age defying Rose Quartz Crystals to help cool and calm, a Lifting and Smoothing Mask is applied, containing concentrated Seaweed Extracts, Argan Oil and Menthol, to give your skin a more plumped and firmer appearance and is completed with a scalp massage



THE ULTIMATE LIFESTAGE FACIAL

80 MINUTES £135

Our most effective and targeted age defying facial using the technologically advanced LifeStage product range to address all the most visible signs of ageing. This luxurious facial will minimise wrinkles, immediately improve hydration levels whilst helping to reduce the appearance of pigmentation, large pores and redness.

Includes: Deep brush cleanse, skin analysis with SkinVision™ lamp, steam and extraction if required, Skin Radiance Mask, specialised age defying, contouring and lifting facial massage techniques, professional lifting and smoothing mask and the ultimate LifeStage product range

PERSONALISED FACIAL

50 MINUTES £85

Deeply cleanse, exfoliate, purify and boost your complexion with this exclusively tailored facial from ESPA. Featuring naturally advanced products and bespoke facial massage, it reveals exceptional results whatever your skincare concern.

Includes: Triple cleanse, skin analysis with SkinVision™ lamp, steam and extraction if required, facial massage, personalised mask and scalp massage

OPTIMAL PROFACIAL

50 MINUTES £85

For naturally beautiful and visibly healthy skin. Reveal your skin's true potential by having this facial with expertly tailored facial techniques and the Optimal Skin collection. It is designed to rebalance, hydrate and revitalise. This facial instantly revives and brightens the complexion while helping to protect against the environment damage and delay the early, invisible signs of ageing. Optimal Pro Facial is for all skin types and all ages.

Includes: Deep brush cleanse, skin analysis with SkinVision™ lamp, steam and extraction if required, facial treatment mask, ESPA Optimal Skin product range, facial and eye area massage, hand and arm exfoliation and treatment

ESPA EYE LIFT

25 MINUTES £45

Smooth fine lines and wrinkles with this anti-ageing, eye brightening treatment. Cooling, revitalising and firming, this targeted treatment uses specialised eye products to help reduce puffiness, dark circles and hydrate.

Includes: A cleanse, exfoliation, massage, firming eye mask and application of our Lift and Firm Intensive Eye Serum



BODY TREATMENTS

TOTAL BODY BLISS

110 MINUTES £175

Melt away tension and restore harmonious balance to body and mind. Re-discover soft, smooth, richly replenished skin as you alleviate tired, aching muscles with this deeply restorative holistic body experience, uniting an instantly effective body wrap, full body massage and comforting scalp massage.

Includes: Body exfoliation, detoxifying algae or nourishing marine mud wrap, scalp massage and aromatherapy massage





ESPA ICONIC BACK, FACE AND SCALP TREATMENT

**80 MINUTES £135 OR
110 MINUTES £175**

Renowned as our 'Hero' treatment and loved by all, this ESPA experience delivers triple results by targeting three key areas – the back, face and scalp – making it the ideal treatment for anyone.

Includes: Back exfoliation, back massage with hot stones, personalised facial and scalp massage

CONTOUR AND FIRM RITUAL

110 MINUTES £175

A specialised body treatment that combines a wrap and advanced massage techniques focusing on the hips, thighs and stomach to target cellulite, fluid retention and uneven skin texture. Circulation is stimulated using warm and iced mitts, an algae wrap is applied, followed by lymphatic drainage and a deep detoxifying massage to help the body eliminate toxins and tone the skin.

Includes: Exfoliation with detoxifying salt and oil scrub, iced and warm mitts, algae wrap, lymphatic drainage and deep stimulating massage, specialised colonic massage techniques and scalp massage

OCEAN AND EARTH BODY WRAP

50 MINUTES £85

Purify the body or deeply nourish skin with this instantly effective body wrap. Detoxify or richly condition with this complete body wrap of algae or marine mud combined with essential oils to rejuvenate skin, before a therapeutic scalp massage unwinds a busy mind.

Includes: Skin brush, body exfoliation, detox algae or nourishing marine mud wrap and scalp massage





MASSAGE



AROMATIC HOT STONES MASSAGE

80 MINUTES £135

The ultimate massage booster – volcanic stones give the therapist super powers to sort those muscles.

Includes: Hot stone aromatherapy massage to back, legs, arms, abdomen, neck and shoulder areas

DEEP MUSCLE MASSAGE

80 MINUTES £135

Alleviate deep-seated discomfort, muscular stress or tension in the neck, shoulder or back areas with this powerful and targeted massage.

Includes: Specialised targeted massage to specific areas of concern

RELAXATION MASSAGE

50 MIN £85/80 MIN £135

A therapeutic full body massage using blends of essential oils personally selected for your individual needs.

Includes: Aromatherapy massage to back, legs, arms, abdomen, neck and shoulder areas

SWEDISH SERENITY

50 MIN £85/80 MIN £135

Using traditional stimulating movements and a nourishing calendula infused oil.

Includes: Swedish massage to back, legs, arms, abdomen, neck and shoulder areas

ESPA INNER STRENGTH AND RESILIENCE MASSAGE

80 MINUTES £135

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, yogic 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.

Includes: Yogic stretching – reflex zone foot massage – back massage – sinus release – scalp massage



SALT AND OIL SCRUB

Why not complement your massage treatment with;

GRAPEFRUIT AND CYPRESS

25 MINUTES £45

Invigorating grapefruit, cypress and eucalyptus stimulate circulation and help eliminate toxins while nourishing sweet almond oil melts into skin to deeply hydrate and replenish.

Includes: Full body salt and oil scrub

LIME AND MENTHOL

25 MINUTES £45

Stimulating menthol and lime intensely awaken and invigorate the senses, while sweet almond oil deeply hydrates.

Includes: Full body salt and oil scrub

ROSEMARY AND LAVENDER

25 MINUTES £45

A deeply calming blend of essential oils to help soften, smooth, relax and renew.

Includes: Full body salt and oil scrub





ESPA MATERNITY

YUMMY MUMMY

50 MIN £85/80 MIN £135

Target areas prone to stress and tension during pregnancy with this deeply nourishing body treatment. Gentle back exfoliation, if required, is followed by a soothing body massage specifically designed to suit your individual concerns, focusing on the areas needed to alleviate muscular aches whilst helping to relax, restore and revitalise.

Includes: Back exfoliation (if required), personalised body massage and scalp massage

LIGHTER LEGS

40 MINUTES £65

Soothe tired, aching or swollen feet and heavy legs with this luxurious and revitalising treatment.

Includes: Foot ritual, lower leg and foot exfoliation and massage





MUM TO BE

140 MINUTES £190

Target areas prone to stress and tension during pregnancy with this deeply nourishing treatment. A welcome foot ritual alleviates tired, aching feet, and a gentle back exfoliation is followed by a soothing body massage. A personalised ESPA facial will cleanse, exfoliate, purify and boost your complexion. The treatment is completed with a divinely relaxing scalp massage.

Includes: Welcome Foot Ritual, Gentle Back Exfoliation, ESPA Prenatal Maternity Massage, ESPA Facial with Oriental Scalp Massage, Light Lunch in our Zest Juice Bar

MOTHERS GLOW BEST

110 MINUTES £145

This advanced brightening facial treatment helps refresh tired skin while evening out skin tone to help boost collagen and elasticity, leaving the skin hydrated and revitalised. A relaxing oriental scalp and shoulder massage eases tension, followed by an indulgent manicure or pedicure which to repair, replenish and condition your nails.

Includes: ESPA Skin Radiance Facial with Oriental Scalp Massage, choice of Boutique Manicure or Pedicure, Light Lunch in our Zest Juice Bar





ESPA FOR MEN

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

FITNESS MASSAGE 80 MINUTES £135

Specialised techniques concentrate on specific areas of concern and alleviate common discomforts such as a stiff neck, painful lower back and sore, tight shoulders.

Includes: Specialised targeted massage to specific areas of concern

GOLFER'S TONIC 50 MINUTES £85

After a hard day on the greens, this treatment soothes aching muscles and targets the back, neck, legs and feet. Enjoy a soothing foot soak and scrub followed by a therapeutic leg and foot massage. The back is then exfoliated and massaged with hot stones – the perfect treatment to restore energy to a weary body.

Includes: Foot soak, foot, leg and back massage, back exfoliation and massage with hot stones

MEN'S DEEP CLEANSE FACIAL 50 MINUTES £85

Clear, cool and balance the complexion with this refining facial from ESPA. Whatever your skincare need, naturally advanced products and tailored facial massage are selected to hydrate, calm or reawaken skin. A clarifying scrub clears congested pores before a specialised mask draw out impurities, leaving you looking and feeling ready for anything.

Includes: Double cleanse, exfoliation, face massage, personalised mask and scalp massage



WELLBEING

ESPA MINDFUL MASSAGE

80 MINUTES £135

Unwind a busy mind, escape the pace of everyday life and emerge feeling focussed, with a sense of renewed positivity.

This holistic, deeply relaxing and clarifying experience works on the concept of mindfulness, focusing on both mind and body to help the guest reduce stress and 'be more in the present'. The therapist first skilfully guides you through breathing and visualisation techniques to help relax the mind and release physical or emotional anxieties. The metamorphic zones on the feet are then massaged to help rebalance and ground, before a soothing, deeply therapeutic massage is continued up through the body to promote positivity to the mind, finishing with a re-energising scalp massage using warm rose quartz crystals.

Includes: Breathing and visualisation techniques, massage on the metamorphic zones of the feet, full body massage and scalp massage with warm rose quartz crystals






ESPA MINDFUL FACIAL

80 MINUTES £135

Soothe, nurture and revitalise skin and spirit with this holistic personalised facial.

Naturally advanced formulas and warmed herbal poultices unite with therapeutic hands to deeply cleanse, hydrate and rejuvenate skin while also calming a busy mind. Feel negative energies fade as your therapist expertly guides you through breathing and visualisation techniques, before long, lifting strokes using warmed poultices sculpt and tone the facial contours while nourishing the skin. Finishing with your choice of a soothing scalp massage or hand and arm massage, you emerge feeling relaxed, nurtured and with beautifully smooth, radiant and nourished skin.

Includes: Breathing and visualisation techniques, triple cleanse, personal SkinVision™ analysis, facial massage with herbal poultice and rose quartz crystals, overnight hydration therapy, and scalp or hand and arm massage



ESPA SLEEP RITUAL

80 MINUTES £135

The definitive answer to a truly blissful night's sleep.

This tailor-made experience starts with your therapist guiding you through breathing and visualisation techniques to release physical and emotional anxiety and restore energies. A deeply indulgent and totally relaxing personalised massage follows to release deep-seated muscular tension using a combination of hot stones and warm oil gently poured onto your body, before a soothing scalp massage helps clear your mind and enables you to completely switch-off, ensuring an uninterrupted and blissful night's sleep.

Includes: Breathing and visualisation techniques, personalised massage with hot stones and therapeutic scalp massage



NURTURE & SUPPORT



Working with Wellness for Cancer™ a non-profit educational foundation, ESPA has developed a collection of nurturing face and body rituals for those who are living with, through and beyond cancer.

The following rituals have been carefully designed to soothe the guest and nourish their body, using specially selected products.

All experiences begin with breath-work and visualisation to commence relaxation, with the emphasis on a holistic approach to each guest's wellbeing.





BE NURTURED ENERGY BALANCER

90 MINUTES £135

Rebalance the body, hydrate the skin and calm the mind with this relaxing ritual.

This gentle and indulgent massage uses long, warming strokes, nourishing body oil and expertly selected crystals to effectively restore serenity.

BE NURTURED BACK, FACE & SCALP.

90 MINUTES £135

Soothe mind and body with this renowned experience.

This relaxing and deeply effective ritual addresses the main areas of tension – the back, the face and the scalp. A soothing back massage addresses areas of tension before a personalised facial completes this totally indulgent experience.

BE NURTURED FACIAL

60 MINUTES £85

Leave skin nourished and radiant with this relaxing facial.

Beginning with a detailed consultation and entirely tailored to your individual concerns, this facial expertly combines the most suitable selection of cleansing, massage, mask, serum and moisturiser according to your needs.

BE NURTURED MASSAGE

60 MINUTES £85

Soothe, relax and rebalance the body with this personalised massage.

Focussing on areas of concern and using gentle but rich oil, this unique experience will deeply nourish and hydrate skin while calming the mind.

A large, stylized leaf graphic in a light red color, positioned in the top right corner of the page. The leaf has a central vein and several smaller veins branching off, creating a delicate, organic shape.

SPA DAY PROGRAMMES

THE ULTIMATE CULLODEN RETREAT

200 MINUTES £280

- Salt and oil exfoliation
- ESPA back massage with hot stones
- ESPA personalised facial
- Oriental scalp massage
- Advanced pedicure or manicure
- Light spa lunch

SPA-TISSERIE

50 MINS MON-FRI £105

50 MINS SAT-SUN £115

- Personalised 50 minute treatment of your choice
- Afternoon tea is served in Zest Juice Bar

LADIES SPA ESCAPE

140 MINUTES £190

- Full body salt and oil exfoliation
- ESPA aromatherapy facial
- Personalised massage with oriental scalp massage
- Light spa lunch

GENTLEMEN'S BREAK

110 MINUTES £170

- Fitness massage
- Express deep cleanse facial
- Scalp massage
- Light spa lunch

All spa programmes include the use of the spa facilities.







HANDS AND FEET

Enjoy an indulgent Spa Manicure or Pedicure whilst reclining in the luxurious surroundings of our beautiful treatment rooms.

ADVANCED SPA MANICURE

70 MINUTES £75

Includes: Soak - exfoliate - file - cuticle work - hot stone massage - warming mask with thermal mitts - polish or buff

ADVANCED SPA PEDICURE

70 MINUTES £75

Includes: Soak - exfoliate - file - cuticle work - hot stone massage - warming mask with thermal booties - polish or buff

BOUTIQUE MANICURE

50 MINUTES £45

Includes: Soak - cut and file - cuticle work - relaxing hand massage with heated mitts - polish or buff

BOUTIQUE PEDICURE

50 MINUTES £45

Includes: Soak - nail file and shape - exfoliation - cuticle work - relaxing foot massage with heated booties - polish or buff

TWO WEEK GEL POLISH

40 MINUTES £27

GEL POLISH SOAK OFF

30 MINUTES £15

For express nail services, please see our Nail Bar Menu.



FINISHING TOUCHES

To complete your relaxing and rejuvenating day at the Spa, why not add some finishing touches to your treatments.

WAXING

A full range of waxing and tinting treatments are available on request including:

Eye brow shaping **£8**

Upper lip **£10**

Chin **£10**

Standard bikini line **£15**

Half leg **£20**

Full leg **£30**

Underarm **£14**

Eye brow tinting **£12**

Eyelash tinting **£18**

All tinting treatments require a 24 hour patch test

FULL MAKEUP APPLICATION

50 MINUTES £50

A full makeup look from lips to lashes, wedding day or special event makeup, specially created by a highly skilled makeup artist to complement your style or theme.

SPRAY TANNING BY VITA LIBERATA

Full body spray tan **£30**

Half body spray tan **£20**



SPA INFORMATION

SPA OPENING HOURS

Monday to Friday **9.00AM–9.00PM**
Saturday & Sunday **9.00AM–8.00PM**

SCHEDULING AN APPOINTMENT

To schedule an appointment for your perfect treatment, please contact our Spa reservations team who will be able to guide you to the right choice. To ensure your preferred time and service is available we recommend to book in advance. All spa treatments and packages will need to be guaranteed with a credit card.

ARRIVAL TIME

Please allow sufficient time before your treatment to complete a Spa Consultation Form and/or Health Questionnaire. We recommend you arrive up to 1 hour in advance of your treatment so that you can change, relax and enjoy the spa facilities. Please be advised that late arrivals will result in a reduction of treatment time.

The spa will provide luxurious towels, robes and slippers and any amenities required for use during your spa visit.

SPA FACILITIES AND ACCESS

The following spa facilities are available in the Spa and thermal suite: eucalyptus steam room, needle shower, swimming pool, jacuzzi, changing areas and relaxation rooms.

GYM

A state-of-the-art gym equipped with Technogym cardiovascular and strength machines and free weights area. Personal trainers are on hand to help you prepare for sporting events, specific goals or assistance with the creation of a life-changing fitness routine. The gym is available to hotel guests, members and day spa guests.

NAIL STUDIO

A glamorous studio dedicated to manicures and pedicures. Due to obvious time constraints, guests who have booked a nail treatment only, will be escorted directly to and from the Nail Studio.

ZEST SPA CAFE

Offering nutritional and healthy breakfast, lunch and afternoon tea and a wide selection of freshly squeezed juices.

CHILDREN'S POLICY

We are delighted to offer treatments for children under 16 years old however they must be accompanied by an adult for the whole duration. Please contact the Spa reservations team for details on treatments available for our young guests. Access to the rest of the spa including the changing facilities, spa and heat experiences and gym are restricted to over 16's.

CANCELLATION POLICY

A 100% charge will be incurred for any treatment not cancelled at least 24 hours prior to your scheduled time. Late arrival will shorten your treatment time.

SPA ETIQUETTE

Our spa environment is one of relaxation and tranquillity. Please respect all spa guests' right to privacy and serenity. In light of this, the spa is a mobile phone, pager, camera and smoke free zone.

HEALTH CONDITIONS

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

PREGNANCY

We have specially designed treatments for expectant women or nursing mothers. Please allow our spa team to guide you in selecting which treatments are most suitable during this special time.

GIFT VOUCHERS

An ideal gift for someone special. Please contact the Spa reservations team for details.

HOMECARE

To continue your spa experience at home, most products used in our treatments are available at our Spa reception.

VALUABLES

The Spa at Culloden accepts no responsibility for loss of valuables and jewellery at any time on the spa premises.

LOST PROPERTY

All lost property found on the premises should be handed in at our Spa reception. Items will be stored for four months, if they are not collected within this time they will be donated to local charities. Liquids, under garments and hair brushes are kept for 24 hours only.

PRICES

All prices are quoted in GBP and are subject to change at any time. Gratuities are not included and are welcomed at your discretion.



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