



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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SPA RITUALS

HEAVENLY RETREAT 140 MINUTES £210

Unravel tension, instantly boost your complexion, and restore inner calm with our most renowned treatment.

Includes: Full body salt and oil exfoliation, ESPA personalised facial, aromatherapy massage with oriental scalp massage

OCEAN & EARTH RITUAL 110 MINUTES £180 OR 80 MINUTES (MASSAGE ONLY) £135

Melt away tension and restore harmonious balance to body and mind.

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

SOLAR EXPERIENCE 80 MINUTES £135

A calming sensation that helps boost positivity.

Includes: Grounding crystal salt bath, tea ritual, facial, full body hydration, scalp massage and space mask

CULLODEN COCOON 80 MINUTES £135

This heavenly body and face treatment nourishes both physical and emotional wellbeing.

Includes: ESPA foot ritual cocoon, spearmint back exfoliation, marine mud back mask, lower leg and foot massage, aroma back massage and facial cleanse, polish and massage

ESPA ICONIC BACK, FACE AND SCALP TREATMENT 110 MINUTES WITH HOT STONES £180 OR 80 MINUTES £135

Unravel tension, instantly boost your complexion, and restore inner calm with our most renowned treatment.

Includes: Back exfoliation, back, neck and shoulder massage, personalised facial, scalp massage

SEQUOIA COUPLES SERENITY 100 MINUTES £170 PER PERSON

Spend some quality relaxation time with your partner with this couples' treatment.

Includes: Back, neck and shoulder massage, marma point to lower leg and foot massage, ESPA personalised facial and scalp massage.

SPA-TISSERIE 50 MINUTES £125

Personalised 50 minute treatment.

Choose between:

- ESPA Relaxation Massage
- ESPA Personalised Facial
- Ocean and Earth Body Wrap
- Prenatal Massage
- Body Tonic

Afternoon tea is served in Vespers.

DINE AND INDULGE 50 MINUTES £125

Personalised 2 x 25 minute treatments.

Choose between:

- Hot stone back massage
- ESPA boutique facial
- Scalp massage
- Lower leg & foot massage
- Salt and oil body exfoliation

Two course lunch in the Cultra Inn

Enhance your Spa Ritual with lunch at Zest for £15 extra



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 joi 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 and exfoliation
- A treatment specific massage, mask and intensive serum chosen to achieve the best possible results
- A tailored moisturiser leaves you ready to face the world again

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

Vegan and Gluten Free facials also available upon request

PERSONALISED FACIAL

50 MINUTES £95 /
80 MINUTES £135

Deeply cleanse, hydrate and renew with this instant results facial. Tailored to your skin's precise needs.

Includes: Skin analysis with Skin Vision™ lamp, triple cleanse, exfoliation, facial massage, personalised mask and scalp massage

NATURAL FACE LIFT

80 MINUTES £135

A revolutionary facial with cutting edge pre and probiotic technology clinically proven to help increase the biodiversity of the 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

ACTIVE NUTRIENTS GLOW FACIAL

50 MINUTES £95

This invigorating nutrient-rich treatment embraces ESPA's holistic approach to restoring radiance, feeding your skin and your mood so your face glow with vitality.

Includes: Skin analysis with SkinVision™ lamp, cleanse & exfoliation (including Foreo) steam-Gua Sha facial massage, double mask, hand & arm Gua Sha massage

MEN'S DEEP CLEANSE FACIAL

50 MINUTES £95

Clear, cool and balance the complexion with this refining men's facial from ESPA.

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



BODY

ESPA MINDFUL MASSAGE

80 MINUTES £135

Soothe away stress and return body and mind to the present moment with this holistic and blissfully re-balancing experience.

Includes: Breathwork and visualisation, massage to metamorphic zones of the feet, full body massage, scalp massage with warm Rose Quartz Crystals

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. This revitalising massage uses aromatherapeutic oils, yogic stretches and deep muscle massage.

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

BAMBOO JOINT RELEASE EXPERIENCE

110 MINUTES £180 OR 80 MINUTES (MASSAGE ONLY) £135

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.

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

AROMATIC HOT STONES MASSAGE

80 MINUTES £135

Tailored massage with hot stones unravels persistent muscular tightness.

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



DEEP MUSCLE MASSAGE

80 MINUTES £135

Active stretching and specialised massage with expertly blended aromatherapy oils.


Includes: Specialised targeted and stretching massage to specific areas of concern

RELAXATION MASSAGE

80 MINUTES £135

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

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

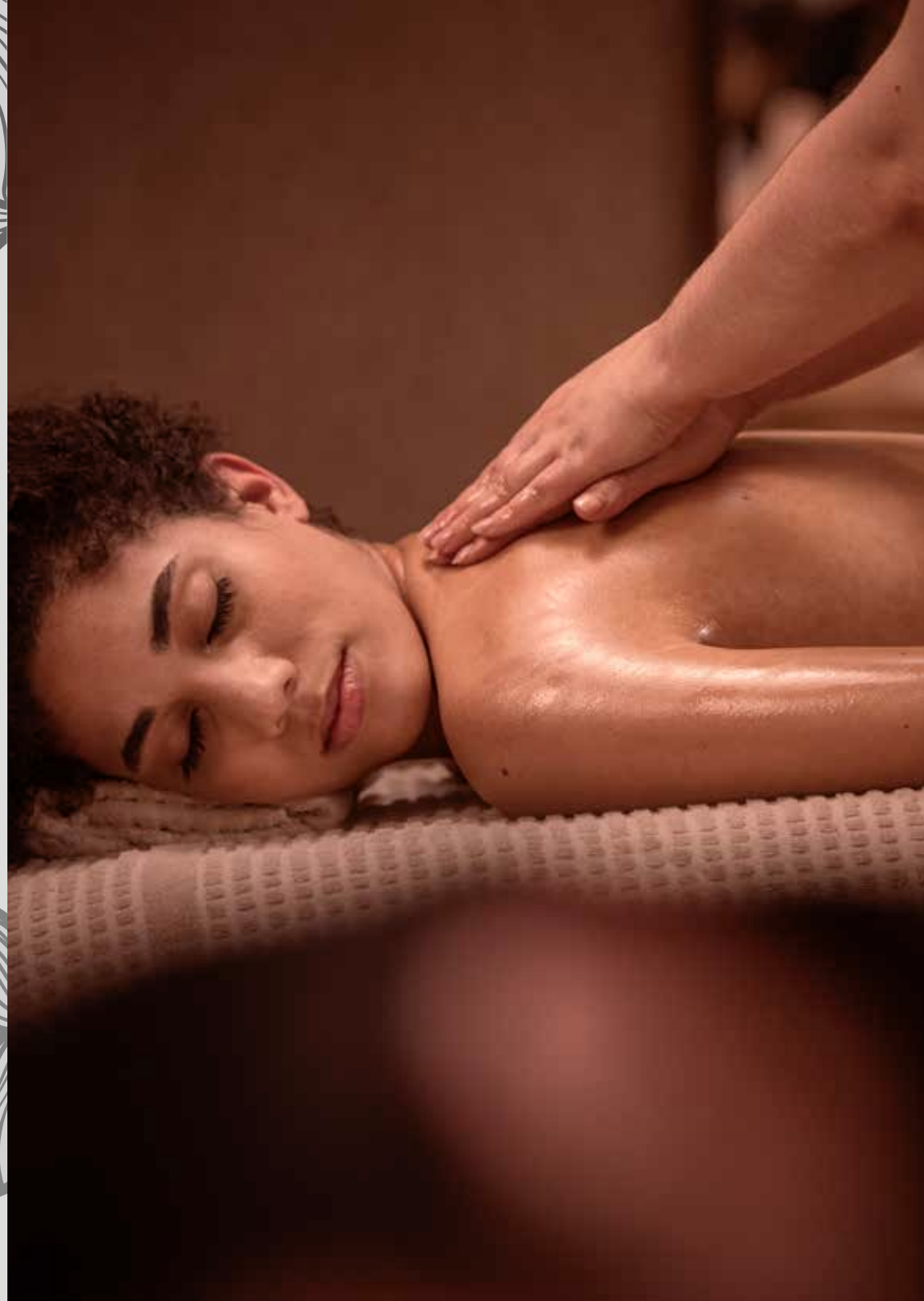


SWEDISH SERENITY

80 MINUTES £135

Using traditional stimulating movements and a nourishing calendula infused oil.

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





BODY TONIC

50 MINUTES £95

This treatment soothes aching muscles and targets the back, neck, legs and feet.

Includes: Back exfoliation, marine mud back mask, back massage with hot stones and leg and foot massage

BACK, NECK AND SCALP MASSAGE

50 MINUTES £95

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

Includes: Aromatherapy massage to back, neck, shoulder and scalp

PRENATAL MASSAGE

50 MINUTES £95 /
80 MINUTES £135

Target areas prone to stress and tension during pregnancy with this deeply nourishing body treatment.

Includes: Back exfoliation (only in 80 minute treatment), personalised body massage and scalp massage

MUMS TO BE

140 MINUTES £210

This deeply relaxing treatment uses nourishing formulas combined with expert massage techniques helping to smooth and even skin tone, while melting away tension.

Includes: Welcome foot ritual, gentle back exfoliation, ESPA prenatal maternity massage, ESPA facial with oriental scalp massage



NURTURE & SUPPORT

Working with Amethyst Trust, a charity established to meet the needs of people who have experienced cancer, we have developed a selection of suitable spa treatments.

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

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



NURTURE & SUPPORT

Treatments for those living with & beyond cancer

BE NURTURED BACK, FACE AND SCALP

80 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 MASSAGE

50 MINUTES £95 /
80 MINUTES £135

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

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

BE NURTURED FACIAL

50 MINUTES £95 /
80 MINUTES £135

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.

Please allow 10 minutes within this treatment time for consultation



NAILS

FILE AND POLISH
£18

PRINCESS POLISH
(UNDER 12'S) £12

**TWO WEEK
GEL POLISH**
40 MINUTES £30

**GEL POLISH
REMOVAL**
30 MINUTES £15

Add Gel to Manicure/Pedicure £15

**FULL SET OF GEL
EXTENSIONS**
£55

**FULL SET OF FRENCH
GEL EXTENSIONS**
£60

GEL INFILLS
£38

**NATURAL GEL
OVERLAY**
£45

**NATURAL FRENCH
GEL OVERLAY**
£45

Nail Art £3 PER NAIL

**REMOVAL OF GEL
EXTENSIONS**
WITH NAIL STRENGTHENER £25





HANDS AND FEET

ADVANCED MANICURE 70 MINUTES £75

Includes: Soak - cut and file -
exfoliate - cuticle work - massage -
personalised mask with hot stones -
polish or buff

ESSENTIAL MANICURE 50 MINUTES £55

Includes: Soak - cut and file - cuticle
work - application of hand cream -
polish or buff

ADVANCED PEDICURE 70 MINUTES £75

Includes: Soak - nail file and shape -
exfoliate - cuticle work - massage -
personalised mask with hot stones -
polish or buff

ESSENTIAL PEDICURE 50 MINUTES £55

Includes: Soak - nail file and shape
- exfoliate - cuticle work - application
of body cream - polish or buff



WAXING

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:

- Brow **£8**
- Lip **£10**
- Chin **£10**
- Underarm **£10**
- Half leg **£20**
- 3/4 leg **£25**
- Full leg **£30**
- Bikini **£15**
- Californian (high bikini) **£16**
- Brazilian (strip left) **£28**
- Hollywood (all off) **£32**

MALE WAXING

- Chest **£18**
- Back **£18**

TINTING

- Eyebrow tinting **£12**
- Eyelash tinting **£18**
- All tinting treatments require a 24 hour patch test*

TANNING

- Half Body **£20**
- Full Body **£30**



SPA INFORMATION

SPA OPENING HOURS

Monday to Sunday **9.00AM–7.00PM**

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, feature shower, tyariumn, swimming pool, jacuzzi, changing areas and relaxation rooms. A Day Pass can be purchased for £50 per person.

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 for manicures and pedicures. Nail services do not include the use of the Spa facilities.

CHILDREN'S POLICY

Please contact the Spa reservations team for details on treatments available for under 16's. Access to heat experiences and the gym are restricted to over 16's. Child rate for pool access is £25.

CANCELLATION POLICY

A 100% charge will be incurred for any treatment not cancelled at least 48 hours prior to your scheduled treatment. Late arrival will shorten your treatment time. Group bookings required 7 days notice.

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, 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 damage or 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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