



WELCOME TO THE 5 STAR CULLODEN
ESTATE AND SPA - NORTHERN
IRELAND'S PREMIER SANCTUARY
FOR BOTH BODY & MIND.
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. So indulge your senses and escape to a place where tension, fatigue and stress all simply melt away.

TREATMENT PORTFOLO

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NURTURE & SUPPORT

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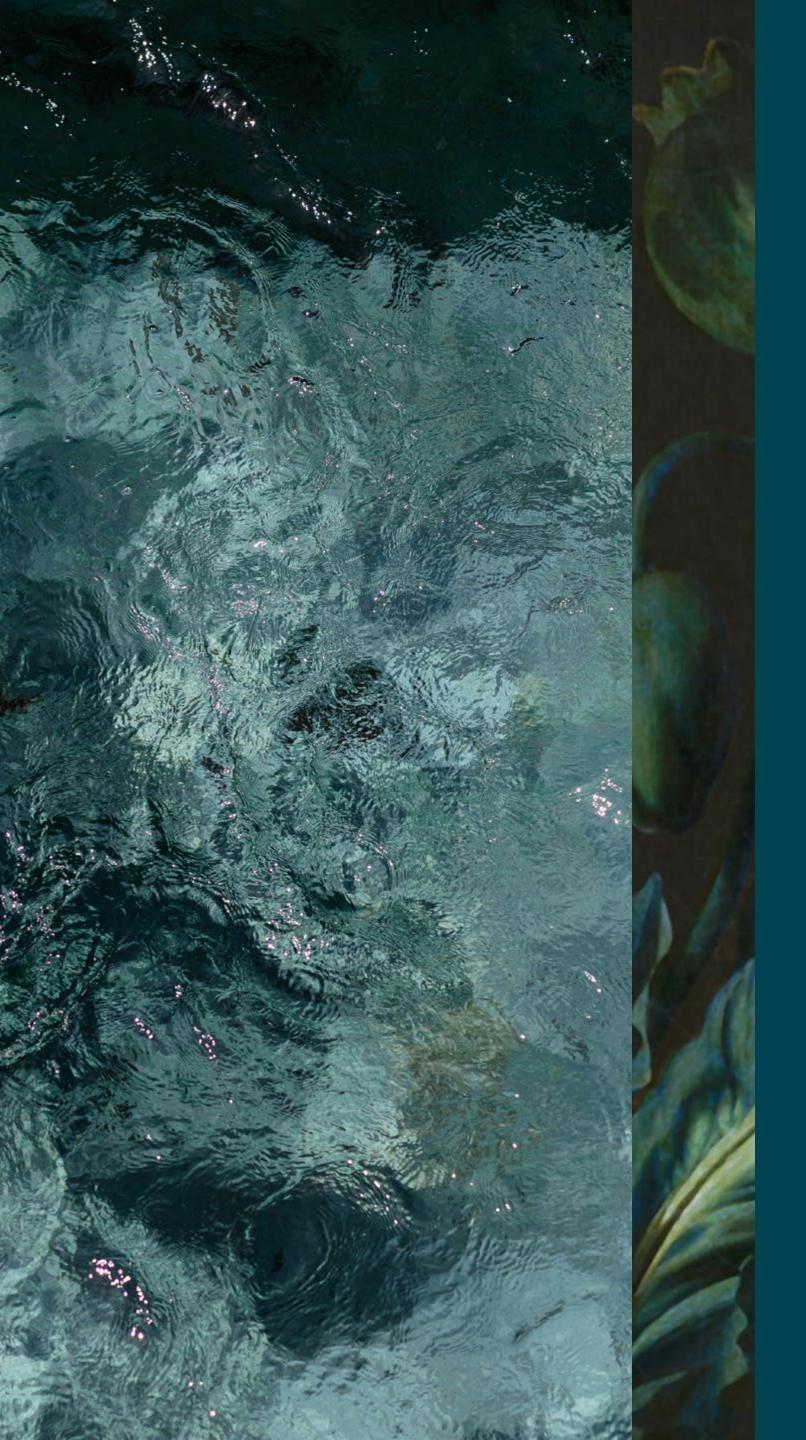
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HEAVENLY RETREAT

140 MINUTES £215

A calm soothing journey designed specifically to achieve ultimate relaxation and tranquillity.

Includes: Full body exfoliation, aromatherapy full body massage, ESPA personalised facial with scalp massage.

OCEAN & EARTH RITUAL

80 MINUTES £140 OR 110 MINUTES (FULL BODY MASSAGE) £185

This total body ritual combines body exfoliation with a nourishing wrap & reviving massage to restore balance.

Includes: Full body exfoliation, algae or marine mud wrap, scalp massage and aromatherapy back, neck & shoulder massage.

SOLAR EXPERIENCE

80 MINUTES £140

Designed to offer a truly unique & luxurious experience, our solo bathing ritual will ensure you feel refreshed & help boost positivity.

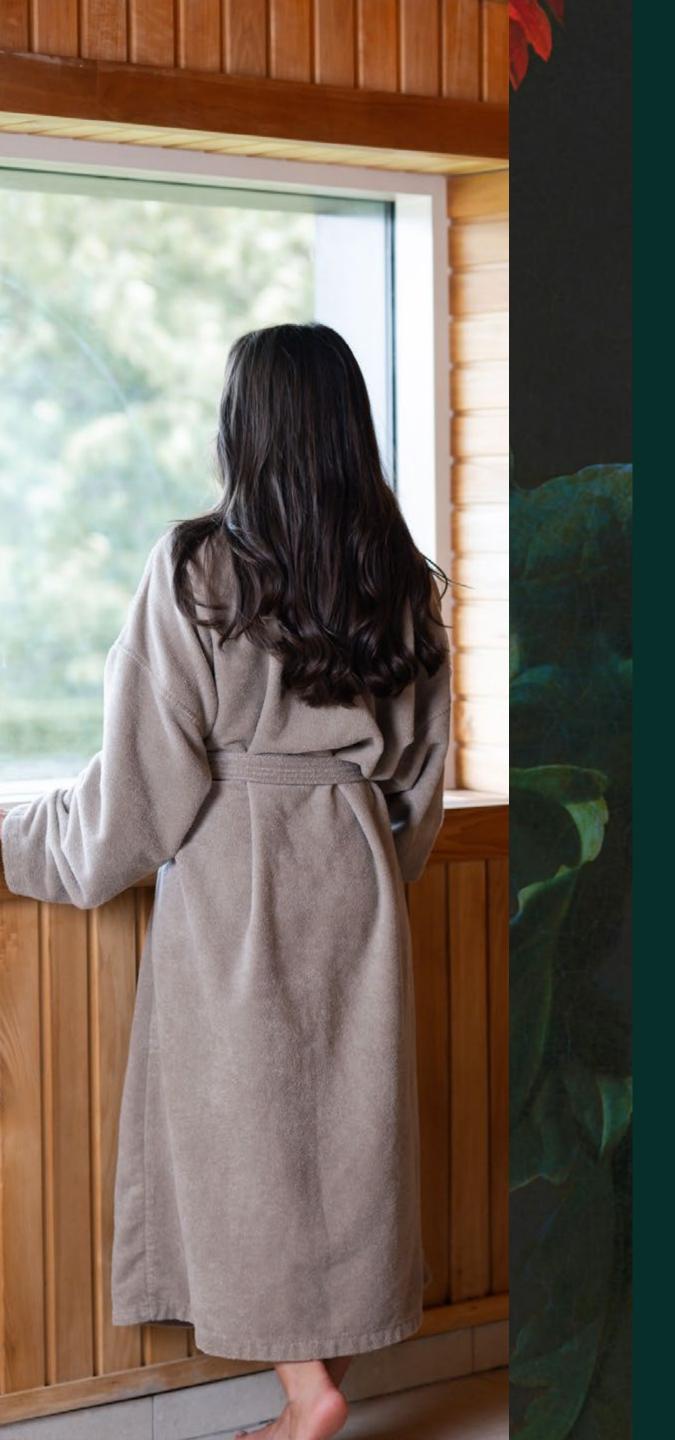
Includes: Grounding crystal salt bath, full body hydration, boutique facial, scalp massage with warming Space Mask.

CULLODEN DETOX

80 MINUTES £140

This highly effective ritual encourages lymphatic drainage and improves circulation, while having an overall therapeutic effect on the body.

Includes: foot ritual, full body dry brush, full body lymphatic massage.



ESPA ICONIC BACK, FACE & SCALP TREATMENT

80 MINUTES £140 OR 110 MINUTES (WITH HOT STONES) £185

ESPA's most renowned treatment will unravel tension, instantly boost complexion & restore inner calm.

Includes: back exfoliation, back, neck & should massage, personalised facial & scalp massage.

SPA-TISSERIE PACKAGE

50 MINUTES £135

Enjoy your choice of one 50 minute Spa treatment followed by a delicious afternoon tea, served in our Zest café or served in the hotel for a £10 supplement.

Choose between:

- Back, Neck & Scalp Massage
- Personalised Facial
- Prenatal Massage
- Body Tonic

SEQUOIA COUPLES SERENITY

100 MINUTES £175 PER PERSON

This treatment offers a shared escapism for two in the Sequoia spa suite, giving you & your partner some quality relaxation time.

Includes: back, neck & shoulder massage, marma points to lower leg & foot massage, personalised facial & scalp treatment.

DINE AND INDULGE PACKAGE

50 MINUTES £135

Treat yourself to a 50 minute ESPA treatment before enjoying a two course lunch at The Cultra Inn.

Choose between:

- Back, Neck & Scalp Massage
- Personalised Facial
- Body Tonic
- Prenatal Massage

RISE & UNWIND PACKAGE

40 MINUTES £105 PER PERSON

Enjoy breakfast in Cultra Inn between 9am – 11am followed by your choice of a 40 minute hot stone back massage or boutique facial.



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:

- A detailed consultation
- An in-depth skin analysis SkinVisionTM technology to identify skin conditions not visible to the naked eye
 - 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.

The Culloden Spa offers the perfect haven to enjoy some time out and pampering. Indulge your senses and escape to a place where tension, fatigue and stress all simply melt away. Vegan and gluten free facials.

Available upon request



PERSONALISED FACIAL

50 MINUTES £100 / 80 MINUTES £140

Deep cleanse, hydrate & renew with this instant results facial, tailored to suit your skin's precise needs.

Includes: double cleanse, exfoliation, skin analysis with skin vision lamp, facial massage, personalised mask & scalp massage.

MEN'S DEEP CLEANSE FACIAL

50 MINUTES £100

Clear, cool & balance the complexion with this refreshing men's facial from ESPA.

Includes: Double cleanse, exfoliation, skin analysis with skin vision lamp, facial massage, personalised mask & scalp massage.

NATURAL FACE LIFT

80 MINUTES £140

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

Includes: Double cleanse, exfoliation, skin analysis with SkinVision lamp, steam (if required), triple facial massage with jade roller to detoxify, invigorate & sculpt, lifting & smoothing mask & scalp massage.

ACTIVE NUTRIENTS GLOW FACIAL

50 MINUTES £100

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

Includes: Double cleanse, exfoliation (including Foreo), skin analysis with skin vision lamp, steam Gua-sha facial massage, double mask, hand & arm Gua-Sha massage.

LED & NANO-DERMABRASION FACIAL

50 MINUTES £125

The Light Salon signature treatment is using enzymes supercharged by nana dermabrasion to refine & polish with advanced LED to renew at a cellular level this revolutionises skin rejuvenation, harmonising with ESPA's potent formulations for clinically proven results.

Includes: Double Cleanse, Nano-Dermabrasion, Advanced Led Mask, Hydrogel Mask, Facial Massage & Exfoliation

Escape the ordinary Escape the ordinary Spanner Yourself

ESPA in partnership with GenM, carefully curated for women to feel empowered and confident throughout every step of their menopause journey.

Working alongside GenM,
ESPA provides a holistic approach to wellness
during all stages of menopause supported by expert
insights and resources. These thoughtfully designed
moments of selfcare can bring comfort
and help to manage menopause concerns.







BAMBOO JOINT RELEASE EXPERIENCE

80 MINUTES £140 (MASSAGE ONLY) OR 110 MINUTES £185 (FULL EXPERIENCE)

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

SWEDISH SERENITY

80 MINUTES £140

Using traditional stimulating movements with a nourishing Calendula infused oil.

Includes: Swedish massage, back, legs, feet, arms, shoulders, neck & scalp.

RELAXATION MASSAGE

80 MINUTES £140

A therapuetic full body treatment using blends of essential oils personally selected for your individual needs.

Includes: massage to back, legs, feet, arms, shoulders, neck & scalp.



MUMS TO BE

140 MINUTES £215

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

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

PRENATAL MASSAGE

50 MINUTES £100 (MASSAGE ONLY) OR 80 MINUTES £140 (FULL EXPERIENCE)

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

BACK, NECK AND HEAD MASSAGE

50 MINUTES £100

A therapuetic upper body massage using blends of essential oils personally selected for your individual needs.

Includes: Aromatherapy massage to back, neck & shoulder, finishing with scalp massage.

BODY TONIC

50 MINUTES £100

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

Includes: Back exfoliation, marine mud or algae back mask, hot stone back massage & lower leg & foot massage.

ESPA MINDFUL MASSAGE

80 MINUTES £140

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

AROMATIC HOT STONES MASSAGE

80 MINUTES £140

Tailored massage with hot stones unravels persistent muscular tightness.

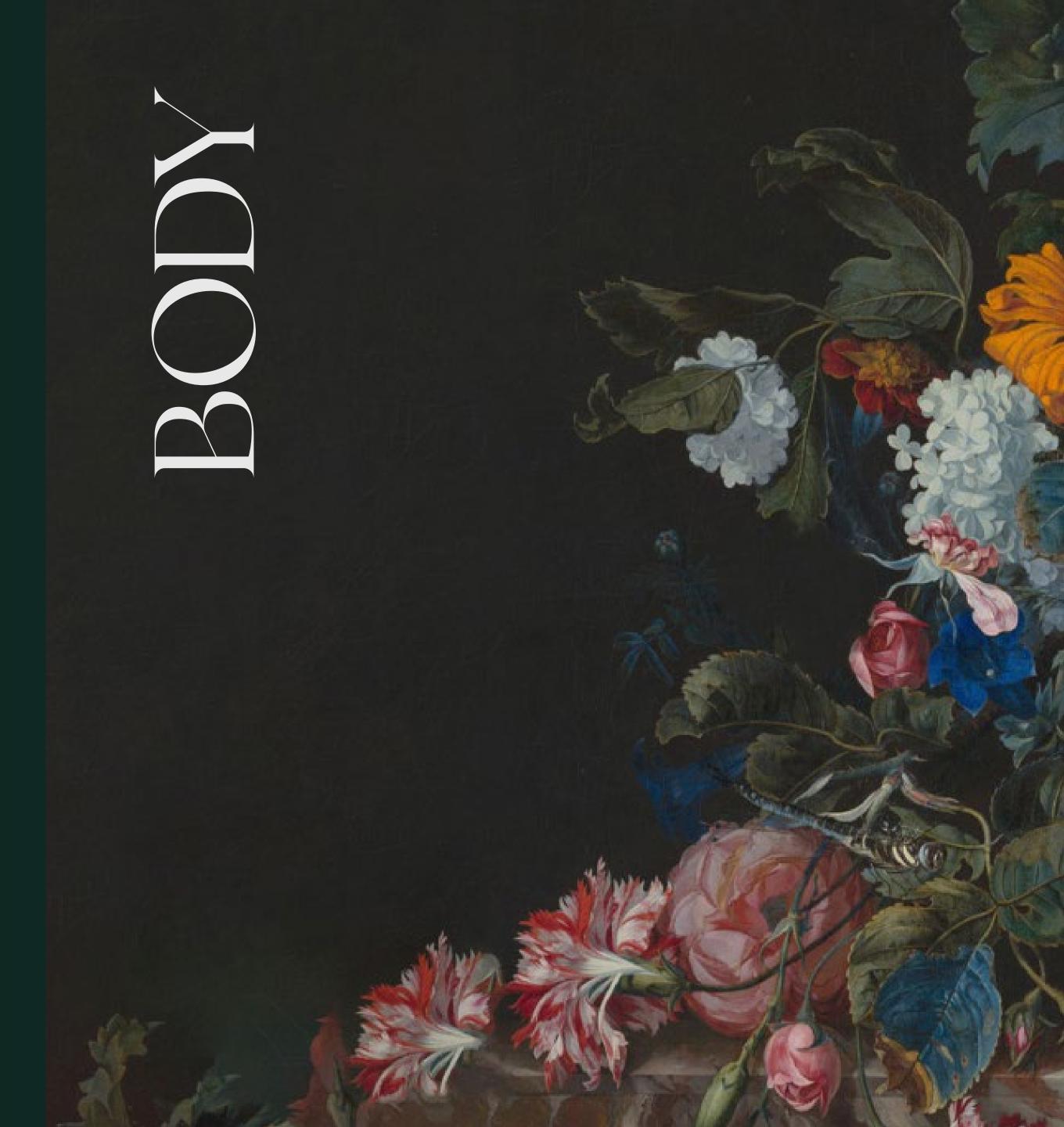
Includes: Hot stone, aromatherapy massage to scalp, back, legs, arms, neck and shoulder areas

DEEP MUSCLE MASSAGE GenM

80 MINUTES £140

Active stretching & specialised massage to target specific areas of tension.

Includes: Specialised stretching massage to back, legs, feet, arms, shoulders, neck & scalp.



Embrace
Tranquillity
& Luxury

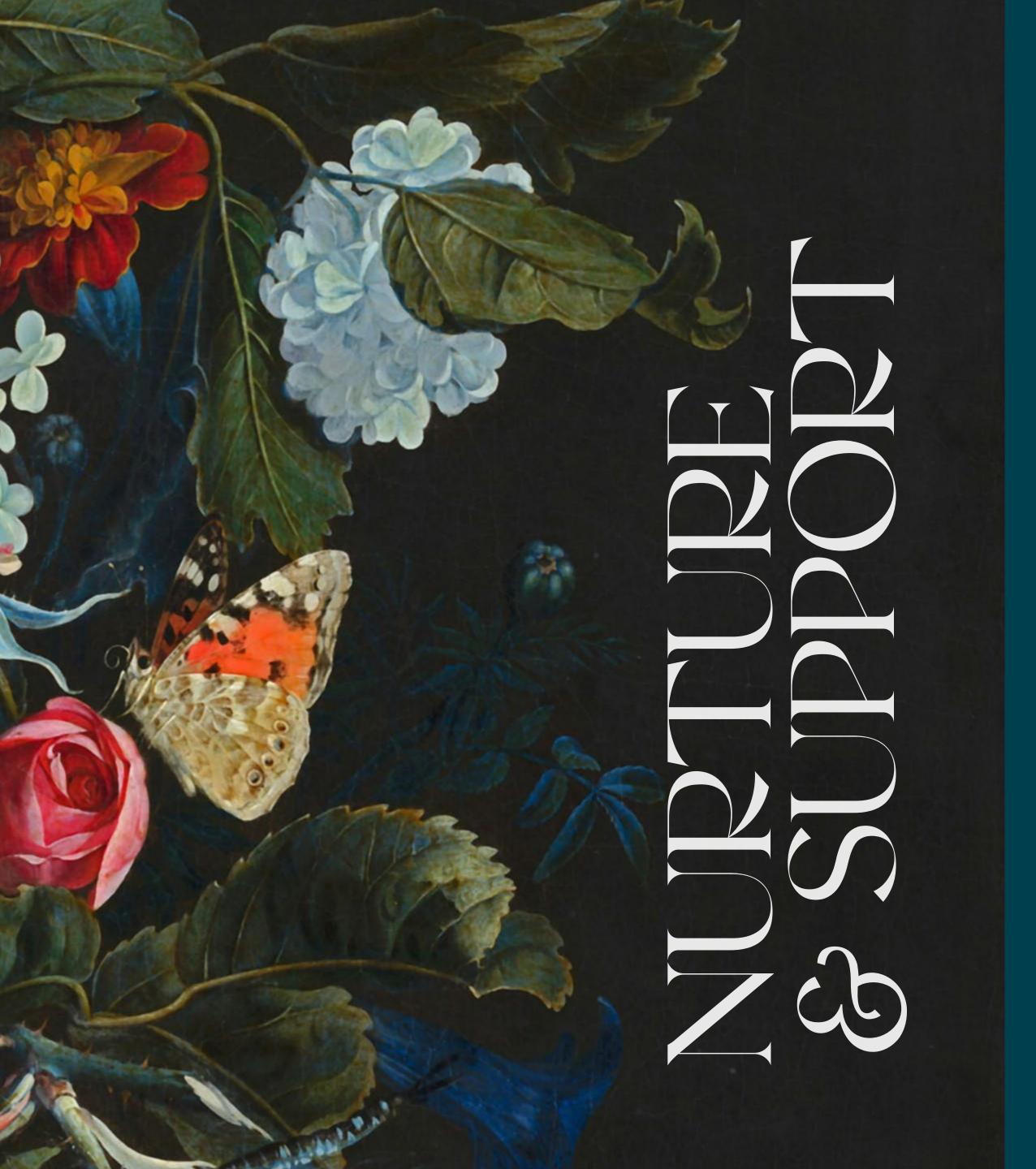






Working with Amethyst Trust, a charity established to meet the needs of people who have experienced cancer, we have developed a selection of suitable spa treatments.

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.



TREATMENTS FOR THOSE LIVING WITH & BEYOND CANCER

BE NURTURED BACK, FACE AND SCALP

80 MINUTES £140

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 £100 80 MINUTES £140

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 £100 80 MINUTES £140

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



FILE AND POLISH	£22
GEL SOAK OFF	£15
TWO WEEK GEL POLISH 40 Minutes	£36
BIAB APPLICATION	£55
BIAB INFILL	£46
FULL SET OF GEL EXTENSIONS	£70
REMOVAL OF GEL EXTENSIONS With nail strengthener	£30
ADD GEL TO MANICURE/PEDICURE	£15
ADD FRENCH TO MANICURE/PEDICURE	£15



ADVANCED MANICURE

75 MINUTES £85

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

ADVANCED PEDICURE

70 MINUTES £85

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

ESSENTIAL MANICURE

50 MINUTES £65

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

ESSENTIAL PEDICURE

50 MINUTES £65

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

ADD GEL TO MANICURE/PEDICURE

ADD FRENCH TO MANICURE/PEDICURE

£15

£15

BROWS	£10	CALIFORNIAN (high bikini)	£24
EYEBROW TINTING	£12	BRAZILIAN (strip)	£36
EYELASH TINTING	£18	HOLLYWOOD	£42
BROW WAX & TINT	£18	(all)	
BROW WAX & TINT & EYELASH TINT	£32		
LIP	£12	TANNING	
CHIN	£12	HALF BODY	£20
BROW, LIP & CHIN WAXING	£30	FULL BODY	£30
UNDERARM	£18		
HALF LEG	£24		
FULL LEG	£36		
HALF LEG & BIKINI	£42		
FULL LEG & BIKINI	£48		
BIKINI	£22	All tinting treatments requires 24 hour patch test	re a



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EYEBROW TINT	£15
EYELASH TINT	£22
EYEBROW WAX & TINT	£22
EYEBROW WAX & TINT	£39

All tinting treatments require a 24 hour patch test

MALE WAXING

CHEST

£22

ВАСК

£22

MALE TANNING

FULL BODY

£24

HALF BODY

£36





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. Please note that appointments may alter by 15 minutes from the time stated at the time of booking. Please note that the allocated treatment time includes time for consultation and aftercare advice.

NAIL STUDIO

A glamorous studio for manicures and pedicures. Beauty services do not include the use of the Spa facilities. Facility use can be added for £30 per person.

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.

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 aged over 16.



SPA FACILITIES AND ACCESS

The following spa facilities are available in the Spa and thermal suite: eucalyptus steam room, feature shower, tylarium, swimming pool, jacuzzi, changing areas and relaxation rooms. A Day Pass can be purchased for £60 per person.

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 £30 and are subject to designated children's times.

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.

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.

HEALTH CONDITIONS

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

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. For your wellbeing, whilst availing of the spa facilities the management reserves the right to stop serving alcohol to a guest who may be visually under the influence of alcohol. Alcohol & food can be purchased within our spa facilities, and so ask that none is brought in from external areas.



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.

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. We have a non-refund policy on vouchers, prepayments and retail products.

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.

Please note that appointments may alter by 15 minutes from the time stated at the time of booking. Please note that the allocated treatment time includes time for consultation and aftercare advice.





