

# Lavender Spa



ATHOLL PALACE  
HOTEL

[www.athollpalace.com](http://www.athollpalace.com)





## *Signature Treatment*



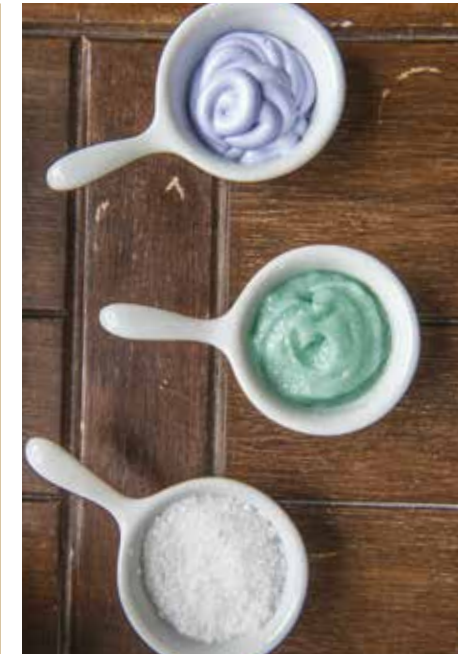
### Lavender Lullaby

80 minutes

£90

Our signature treatment, unique to the Lavender Spa and inspired by the lavender in our gardens, is a deep relaxation treatment combining a full body exfoliation using marine sea salt scrub, a mini facial and then finishing with gentle massage techniques using delicately scented cream that leaves the skin satiny and soft while encouraging relaxation.

We advise to book treatments in advance to save disappointment.





## Massage & Holistic Treatments

### Tension Melt

25 minutes £40

A firm favourite for relaxation. Melt away tensions in your back, neck and shoulders with this targeted massage.

### Relaxing Body

50 minutes £60

A Swedish style massage, tailored to meet your well being desires. We use a body milk to massage you, which leaves your skin feeling soft and nourished.

### Ocean Glow

25 minutes £40

Full body sea salt scrub then an application of moisturiser, leaving the skin silky smooth.



### Hot Pebbles Tension Melt

25 minutes £45

A deep, penetrating thermal experience, concentrating on the often neglected areas of the back, neck and shoulders.

### Full Body Hot Stone Massage

75 minutes £80

Our Hot Stone Massage promotes deep muscle relaxation through massage and the placement of smooth, heated stones at key points on the body. The hot stones ease stiffness and tensions melt away.

## Hot Lava Shell Massage

### Hot Lava Shell Relax Massage

50 minutes £70

An indulgent and truly pampering relaxing full body treatment using the natural benefits of heated tiger clam shells. This treatment stimulates blood supply resulting in healthier looking skin whilst easing away muscle tension, releasing energy flow and restoring a sense of balance to the entire body and mind.

*Treat a friend with a  
Lavender Spa Gift Voucher!*

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### Hot Lava Shell Back Treatment

25 minutes £45

For an intensive back, neck & shoulder treatment using the heat from the Lava Shells to release tension, aches and pains leaving you feeling instantly stress free and rejuvenated.

### Hot Lava Shell Core Strength

40 minutes £55

An ideal treatment for anyone suffering with minor back ache. The hot lava shells are used to massage the tummy and back, working as a natural colonic and relaxant to achieve total body alignment.

### Hot Lava Shell Tummy

15 minutes £20

Heated lava shells are used to massage the abdominal area which improves the function of the digestive system. This treatment is ideal for anyone suffering from IBS or bloating.

## Face

### Phytomer's Marine Prescriptive Facials

50 minutes £60

Our facials will leave you with a radiant complexion. Relax whilst we cleanse, exfoliate and massage, finishing with a skin nourishing cream.

### Hydra Blue Plumping Moisturising Facial

For dehydrated and dry skin. This treatment is like a bath for the skin, boosting hydration, leaving skin silky smooth.

### Comforting Soothing Facial

For sensitive skin. This will instantly cool, calm, reduce redness and irritation leaving the skin strengthened and soothed.

### City Life Pollution Shield Facial

A breath of oxygen to detoxify the skin, reduce shine and regain luminosity. Ideal for dull skin, smokers and neglected complexions.

### Extended Youth Facial

This treatment delays signs of ageing, focusing on lines, wrinkles and firming.

### Eye Perfection

A targeted treatment to diminish signs of fatigue while softening lines, firming and reducing shadows and puffiness. The eyes feel soothed and refreshed.

### Mini Facial

25 minutes £40

### Mellow Mama

55 minutes £65

The perfect treat for mums to be. Enjoy a refreshing facial with a scrub and moisturiser to your tummy, followed by a relaxing massage of the hands & arms or feet. You'll feel tension drift away, restoring your state of inner calm.



All Lavender Spa treatments are tailored for men and women.





## Essential Beauty Treatments

### Mini Manicure

25 minutes £30

### Mini Pedicure

25 minutes £30

### Manicure

45 minutes £40

### Pedicure

45 minutes £40

### French Polish £5 supplement

### Makeup

45 minutes £40

A natural look or full on glamour – let us help you choose the best way to enhance and complement your natural beauty.



### Gel Nail Polish

45 minutes £40

Gel Polish provides a super high gloss finish that will last for up to 2 weeks. Professional removal is recommended.

### Gel Nail Polish Removal

15 minutes £10

### Waxing

Eyebrow Wax/Shape £15

Lip/Chin £10

Underarm £15

Bikini £15

Extended Bikini £20

Brazilian £40

Half Leg £20

Full Leg £35

Full Leg & Bikini £45

### Tinting

Eyelash £15

Eyebrow £15

(patch testing is essential before tinting)



## Relax and Pamper Days

### Pamper at the Palace

Monday - Thursday £45 per person  
Friday - Sunday £50 per person

Take afternoon tea with a glass of bubbly and choose a treatment from our list of pampering therapies:

- Tension Melt • Mini Facial
- Ocean Glow • Mini Manicure
- Mini Pedicure

For an additional £10, relax in our luxurious pool and leisure facilities.

### Indulge You Spa Day

£140 per person

*Indulge You Spa Day includes:* Tension Melt, Facial, Manicure or Pedicure, use of the pool and leisure facilities and afternoon tea.

### Relax Spa

£110 per person

Everyone needs a little self indulgence from time to time and with this half day spa, you will feel very relaxed.

*Relax Spa includes:* a Lava Shells Relax Massage and a Mini Facial, use of the pool and leisure facilities and afternoon tea.

### Totally You

£130 per person

A half day package to make you feel very special.

*Totally You includes:* Lavender Lullaby, Manicure or Pedicure, use of the pool and leisure facilities and afternoon tea.

### Lavender Treat

£80 per person

Restore your inner and outer glow with a Lavender Spa Treat.

*Choose from:*

- Mini Facial & Tension Melt
- Ocean Glow & Tension Melt
- Mini Manicure and Mini Pedicure

Lavender Spa Treat includes use of the pool and leisure facilities and afternoon tea.

### Yummy Mummy

£140 per person

A collection of treatments designed especially for mothers to be.

*Yummy Mummy includes:* Mellow Mama, Manicure, Pedicure, use of the pool and leisure facilities and afternoon tea.

## Spa Breaks

### One Night Break

*Includes:*

- 1 night Dinner, Bed & Breakfast
- Afternoon Tea
- Bathrobe and slippers
- Use of hydro pools and leisure facilities

*Choose one of the following treatments:*

- Phytomer Facial
- Relaxing Body Massage
- Manicure
- Pedicure

Sunday to Thursday £150 per person

Friday and Saturday £185 per person

All prices are subject to change.



### Two Night Break

*Includes:*

- 2 nights Dinner, Bed & Breakfast
- Afternoon Tea with bubbles
- Bathrobe and slippers
- Use of hydro pools and leisure facilities

*Enjoy two treatments! Choose one from each column:*

- |                       |               |
|-----------------------|---------------|
| Phytomer Facial       | Ocean Glow    |
| Relaxing Body Massage | Tension Melt  |
| Manicure              | Mini Facial   |
| Pedicure              | Mini Manicure |
|                       | Mini Pedicure |

Sunday to Thursday £295 per person

Friday and Saturday £330 per person



★★★★  
ATHOLL PALACE  
HOTEL  
*Lavender Spa*

## *Weddings*

### Sensational Bride

#### Phytomer Facial

Revitalise and rejuvenate with our instant beauty facial which will leave you with a radiant complexion in preparation for your big day.

#### Manicure:

A pampering hand and nail treat which leaves you with perfectly manicured nails and cuticles.

#### Makeup:

A trial consultation followed by makeup on the day.

Sensational Bride: £150

Makeup only: £40 per person



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### All Girls Together

#### Makeup

Pre-wedding makeup consultation for the Bride, followed by makeup for the Bridal Party (up to five people) on the special day.

#### Nails:

Manicures for the Bride and Bridal Party

Up to 5 people, including  
the Bride - £375

Bespoke packages are available.  
Get in touch to discuss your  
individual requirements:

01796 473777

lavenderspa@athollpalace.com

## Leisure Club Membership

A Lavender Spa Leisure Club Membership will allow you to enjoy:

- Gym with Powerhouse machines – suitable for all levels of fitness
- Indoor pool, jacuzzi, plunge pool, and sauna
- Use of snooker table and tennis courts
- Unique setting overlooking the Tummel Valley
- Full, Off Peak and Family Memberships available
- A complimentary massage or facial for each new member
- Members enjoy 10% off all Lavender Spa health and beauty treatments



### Opening Times

Mon to Fri	7.00am – 9.00pm
Sat & Sun	7.00am – 7.00pm
Off Peak Mon to Fri	9.00am – 5.00pm

### Memberships 6 Months 12 Months

Individual	£300	£440
Joint	£480	£720
Family	£570	£995
Child	£75	£120
Off Peak Single	£200	£350
Off Peak Joint	£390	£600

Payment must be by cheque, credit card, cash or standing order. There is an administration fee of £30 per annum (per membership) for standing order payments.

For more details, please phone us on 01796 473777 or email us: [lavenderspa@athollpalace.com](mailto:lavenderspa@athollpalace.com)

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## Lavender Spa

### Terms & Conditions

Groups of 5 or more must pay in full 1 week prior to arrival. This is non-refundable.

Cancellation less than 72 hours before your appointment will incur a charge of 50% of your treatment fee. If you cancel your treatment less than 48hrs before your appointment, you will be charged the full cost of the treatment you have booked.

We would advise you to use the pool facilities prior to your treatment to maximise the benefits of the products applied during your treatment.

We ask you to arrive 10 minutes before treatment time to fill in a consultation form. Late arrival will result in your treatment time being shortened.







## *Lavender Spa*

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