



LAVENDER SPA

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Lavender Spa

TREATMENT MENU

ATHOLL PALACE HOTEL





Terms & Conditions

A non-refundable deposit of £10 per person is required on booking. Groups of 5 guests or more are required to pay in full 1 week prior to arrival. All payments and deposits are non-refundable.

Bookings can be amended or cancelled up to 72 hours prior to arrival without charge. Cancellation within 72 hours will incur a charge of 50% of the total due, cancellation within 48 hours will incur a 100% charge. Charges will be taken at the time of cancellation. If using a gift voucher, this will be void if cancelled within 48 hours.

We would advise all of our guests to use the pool facilities before having treatments in order to maximise the benefits and results. Swimwear is required to be worn in all wet areas. Please arrive for your treatment in dry attire.

We politely request that our guests arrive 10 minutes before their treatment time in order to fill in a consultation form. Late arrival will result in your treatment time being shortened.

All facilities are used at the guest's own risk.

Lavender Spa

Signature Treatment

Lavender Lullaby

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.

80 minutes

£95



Massage

Tension Melt

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

25 minutes

£45

Relaxing Body

A Swedish style massage, tailored to meet your wellbeing desires.

50 minutes

£65

Ocean Glow

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

25 minutes

£45

Hot Stones Massage

Our Hot Stone Massage promotes deep muscle relaxation through massage without adding extra pressure. The placement of smooth, heated stones at key points on the body ease stiffness and tensions melt away.

Tension Melt - Back, neck and shoulders

25 minutes

£50

Back of body hot stones massage

50 minutes

£75

Full body hot stones massage

80 minutes

£95

Prices

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/debit card, cash or standing order.

There is an administration fee of £30 per annum (per membership) for standing order payments.

First month's payment must be paid upfront

For more details, please call us on 01796 473777 or email us: lavenderspa@athollpalace.com

All prices are subject to change



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 steam room
- Use of snooker table and tennis courts
- Unique setting overlooking the Tummel valley
- Full, off-peak and family memberships available
- Members enjoy a 10% discount on all Lavender Spa health and beauty treatments

Opening Times

Monday - Friday 7.00am - 9.00pm
Saturday & Sunday 7.00am - 7.00pm

Off-Peak

Monday - Friday 9.00am - 5.00pm

Hot Lava Shell Massage

An alternative to our popular hot stone massage, heated Tiger Clam shells allow your therapist to provide a continuous and seamless warming massage. Lava Shells owe their magic to a mix of minerals, including dried sea kelp, Dead Sea salt, algae and essential oils.

Choose from our Lava Relax full body massage for an all over treat or target the tension in your back and shoulders with our Lava Tension Melt massage. Our Lava Core incorporates the back, neck and shoulders and the abdomen, while the Lava Tummy targets the abdominal area and improves the function of the digestive system, ideal for those who suffer from IBS.

Lava Tummy

15 minutes

£25

Lava Core

45 minutes

£60

Lava Tension Melt

25 minutes

£50

Lava Relax full body massage

50 minutes

£75



Phytomer's Marine Facials

Prescription Facial

Our tailored facials will leave you with a radiant complexion. Relax whilst we cleanse, exfoliate and massage, finishing with a skin nourishing cream to suit your skin's needs

50 minutes

£65

Mellow Mama

The perfect treat for mums to be. Enjoy a refreshing facial which includes a relaxing massage of the hands and arms or the feet and lower legs. You will feel the tension drift away, restoring your state of inner calm.

50 minutes

£70

Self-Heating Eye Mask

This add-on is perfect for any of our Prescription Facials. A soothing, self-heating mask is used over the eyes to melt away stress and tension.

Take the mask home with you after your treatment and use it to calm and reset an overactive mind or as a sleep aid.

£25

or add-on to any Prescription Facial £15

Top to Toe

This truly relaxing treatment begins with a deep cleanse, followed by a facial massage and the application of a self-heating mask to encourage increased circulation and promote a healthy and natural glow. While the mask works its magic enjoy a hand, arm, foot and leg massage. This treatment is finished with a moisturiser tailored to your skin's needs.

50 minutes

£75

Spa Breaks

Two Night Spa Break

Includes:

- 2 Nights Dinner, Bed & Breakfast
- Bathrobe & flip flops
- Afternoon Tea with bubbles
- Use of hydro pools and leisure facilities
- 1 x 50 minute treatment

Choose one of the following treatments:

Relaxing Body Massage

Phytomer Facial

Manicure

Pedicure

Prices from:

Sunday - Thursday £314 per person

Friday & Saturday £354 per person

Saturday & Sunday £354 per person

Spa Breaks

One Night Spa Break

Includes:

- 1 Night Dinner, Bed & Breakfast
- Bathrobe & flip flops
- Use of hydro pools and leisure facilities
- 1 x 25 minute treatment

Choose one of the following treatments:

Mini Facial
Tension Melt
Ocean Glow

Prices from:

Sunday - Thursday	£169.50 per person
Friday	£194.50 per person

Manicure and Pedicure

Mini Manicure	£35	Mini Pedicure	£35
25 minutes		25 minutes	

Manicure	£45	Pedicure	£45
45 minutes		45 minutes	

Gel Polish Manicure

Gel polish provides a super high gloss finish that will last for up to 2 weeks.

Professional removal is recommended.

45 minutes
£45

Gel Polish Removal

15 minutes*
£15

*Please note we cannot guarantee the timing of the removal of products other than Shellac or Artistic Gel Gloss. Removals which take longer than 15 minutes will be charged at £10 for every 15 minutes.

Eyebrow Shape	£20
Eyelash Tint	£20
Eyebrow Tint	£15

Relax and Pamper Days

Pamper at the Palace

Monday - Thursday £55 per person

Friday - Sunday £60 per person

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

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

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

Lavender Treat

£95 per person

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

Choose From:

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

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

Relax Spa

£135 per person

Everyone needs a little self indulgence from time to time and our Relax Spa is the perfect choice.

Relax Spa includes:

Lava Shell Relax massage and a Mini Facial, use of the pool facilities and afternoon tea.

Totally You

£150 per person

A half day package of pure bliss!

Totally You includes:

Lavender Lullaby, Manicure or Pedicure, use of the pool facilities and afternoon tea.

Indulge You Spa Day

£160 per person

Indulge You Spa Day includes:

It doesn't get more relaxing than this!

Tension Melt, Facial, Manicure or Pedicure, use of the pool facilities and afternoon tea



Gift Vouchers

Treat your loved one or yourself to a gift voucher from the Lavender Spa!

Vouchers are available for monetary amounts or for specific treatments, spa days or spa breaks.

Email: lavenderspa@athollpalace.com

Phone 01796 473 777