

Inspired Spa at Carnoustie

Experience the true meaning of relaxation

Facial Treatments

Skin Specific Taster Facial – 25 minutes (P)	£40
Skin Specific Full Facial – 55 minutes (P)	£70

Body Therapy

Back, Neck and Shoulders Massage – 30 minutes	£50
Full Body Massage – 60 minutes	£70

Hot Stone Massage:

Back, Neck and Shoulders – 30 minutes	£55
Full Body – 60 minutes	£75

Pregnancy Massage – requires 90 minutes (P)	£80
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Golfers Tonic – 60 minutes	£70
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Hands and Feet

Inspire Spa Foot or Hand Treatment	
30 minutes (P)	£40
60 minutes (P)	£60

File and Polish Hand or Feet – 30 minutes (P)	£20
Pedicure – 60 minutes (P)	£40
Manicure – 60 minutes (P)	£40

Holistic Treatments

Reflexology – 45 minutes (P*)	£50
Indian Head Massage – 45 minutes (P*)	£50

Email: reservations.carnoustie@bespoke-hotels.com

Call: 01241 411 999

P indicates suitable treatment when Pregnant
* indicated not suitable during first trimester
Full details of treatments can be found overleaf

Facial Treatments

Using Elemis products this treatment works to cleanse, exfoliate and help target any skin concerns. This relaxing treatment is suitable for Both males and females, will include custom masks, warm compresses, and soothing massage techniques. Each facial will be custom to your needs after a consultation with the therapist to determine the right products for you.

Body Therapy

Deep Tissue Massage – A deep rhythmic process massage designed to alleviate stress and ease aching muscles. Your therapist will use luxurious warm oils and preform a massage of your chosen pressure.

Hot Stone Massage – This soothing massage treatment uses hot basalt stones to realise heat into your muscles helping to reduce stress and tension, boost circulation and charge energy levels.

Pregnancy Massage – This tried and tested treatment using safe massage techniques is adapted to each stage of pregnancy. This helps relieve tension in the lower and upper back as well as alleviating swelling of the hands and feet while easing the mind.

Golfers Tonic – Refreshing peppermint body scrub cleanses and soothes, leaving the skin feeling soft and revitalised, followed by a back, neck, shoulder and leg massage, this is designed to work out any muscles aches, pains and tension.

Hands and Feet

Inspired Spa Foot Treatment – Warm aroma therapeutic oils nourish and condition neglected feet and nails. Feet are left exfoliated, soothed and soft. .

Inspired Spa Hand Treatment – Cuticles and nails are strengthened while the indulgent Elemis skin nourishing milk bath combined with luxurious hand and nail cream intensely hydrates for instantly smooth youthful looking hands.

Pedicure / Manicure – Includes shaping of the nail, cuticle work, foot filing, exfoliation, massage and polish.

Files and Polish – Fingers or Toes – Nails shaped and polished.

Holistic Treatments

Indian head Massage – An Indian head massage will energise your mind, and allow your tensions to slip away. This ancient technique has been passed from generation to generation. This treatment concentrates on the shoulders, upper arms, back, face and head leaving your inner balance restored.

Reflexology – Reflexology is a theory and therapy that uses the feet to treat the whole body. By manipulation and applying pressure to certain parts of the feet the whole body can be brought back to inner balance.

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Waxing and Eyes Menu (P)

15 minute treatments:

Underarm, Eyebrow, lip or Chin	£11
Bikini Wax	£13
Forearm	£15
Eyebrow Tint or Lash Tint **	£11

30 minute treatments:

Back or Chest	£23
Leg	£18
Hollywood or Brazilian	£31
Eye Package **	£21

(includes eyebrow wax, eyebrow tint and eyelash tint)

60 minute treatments:

Both Legs	£23
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** requires patch test 48 hours prior to treatment