



# THE SPA

CARNOUSTIE  
*Golf Hotel*

## 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
Golfers Tonic - 60 minutes	£70

## 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](mailto: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



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## FACIAL MENU

Skin Specific Taster Facial - 25 minutes (P) £40

## ELEMIS PRO- GLOW FACIAL MENU

### Pro-Glow Renewal Facial

FOR GORGEOUS GLOWING SKIN - 50 Minutes (P) £75

ELEMIS' signature deep cleansing skin wellness facial, showcasing Prebiotics and antioxidant-rich goodness to deliver a healthy-looking, lit-from-within glow. In one treatment, skin looks visibly refreshed and rebalanced.

### Pro-Glow Smooth Facial

THE HIIT WORKOUT FOR YOUR SKIN - 50 Minutes (P) £75

Powerful resurfacing technology lifts away dead skin cells to smooth, renew and refine, improving the appearance of skin tone and luminosity. Skin is prepped for an infusion of hydration that will double its moisture content, leaving it feeling plump and hydrated, whilst delivering an immediate tightened effect. After just one treatment, the complexion looks firmer, supremely smooth and rejuvenated.

### Pro-Glow Resurface Facial

FOR STUNNINGLY SMOOTH SKIN - 50 Minutes (P) £75

Purify and brighten as skin's texture is transformed. With a spotlight on enlarged pores, blemishes, and blackheads, this unique facial powered by patented Tri-Enzyme technology minimises the look of uneven tone, texture, fine lines, and pigmentation. Dull, uneven, tired-looking skin will appear instantly brighter, smoother, and renewed.

### Pro-Glow Brilliance Facial

YOUR RECIPE FOR RADIANCE - 50 Minutes (P) £75

Turn up the brightness with our triple cleanse, melting away make-up, daily pollutants, and grime. Gentle resurfacing dissolves away dead skin cells to reveal healthy and clearer looking skin. A fusion of Superfoods and antioxidant-rich facial oils plump the skin with moisture, whilst helping to nourish and protect. Immediately revealing an outdoor-fresh glow, skin is left feeling fresh, radiant and healthy.

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## ELEMIS SCRUBS AND WRAPS

### **ELEMIS Exotic Lime and Ginger Salt Glow Wrap** £80

An Exotic exfoliation ritual to invigorate and revitalise the body. After body brushing, the Exotic Lime and Ginger Salt is applied using warm oil to polish the skin and stimulate the senses. Your skin will be deeply cleansed, polished and softened to perfection with an express facial whilst you are cocooned in your exotic wrap, your skin will be vibrant, replenished and flawless.

### **ELEMIS Exotic Frangipani Wrap** £80

This treatment starts with a frangipani monoi salt glow after a body brush. This nourishing body wrap drenches the skin with moisture for immediate softness and suppleness. Exotic aromatic Tahitian coconut and frangipani flowers are soaked together to produce the Monoi oil used in this wrap, which provides the ultimate radiance, vitality and all over body glow. An intensive moisturising and conditioning treatment which is excellent for dry skin and is combined with a facial pressure point massage and de-stress scalp treatment.

All Scrubs and Wraps are 60 minutes in length, this includes showering after your treatment.

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## 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 perform 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.

**Terms and Conditions apply, Minimum age for treatments is 16 years of age**



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## Waxing and Eyes Menu (P)

### 15 minute treatments:

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

### 30 minute treatments:

Chest Wax	£23
Half Leg Wax	£18
Bikini Wax	£21
Eye Package **	£28
<small>(includes eyebrow wax, eyebrow tint and eyelash tint)</small>	

### 60 minute treatments:

Full Leg	£30
Back Wax	£30

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P indicates treatments are suitable when pregnant

\*\* requires patch test 48 hours prior to treatment