

EBB AND FLOW
Spa & Leisure

Rest, Relax & Recharge

A photograph of a modern indoor spa. In the foreground, a large circular hot tub with bubbling water is visible. To the right, a staircase with a dark mosaic tile wall and a metal handrail leads up. In the background, several lounge chairs are arranged near large windows that offer a view of the outdoors. The interior features dark stone walls, a high ceiling with exposed pipes, and a balcony with a metal railing.

Welcome



EBB AND FLOW

Spa & Leisure

A place to relax, reflect and revive in tranquil surroundings. We are proud to work in partnership with ELEMIS, offering the best products and treatments using the finest ingredients to ensure that your time with us will leave you feeling truly refreshed and reinvigorated. Offering unique treatment packages designed specifically for your needs, our expert therapists will ensure that your time with us will leave you revitalised.

A photograph of a spa lounge area. In the foreground, there are several lounge chairs with brown cushions and headrests, each with a white towel rolled up on it. The chairs are arranged on a light-colored wooden deck. In the background, a large window with dark frames looks out onto a landscape with green fields and a fence. The sky is overcast. The overall atmosphere is calm and relaxing.

How to spa...

Spa Show Round

A member of the spa team will give you a complete show around of the spa facilities, ensuring maximum enjoyment whilst looking after your safety. Please do not hesitate to ask any questions at this time.

During your Spa Session

It is important that you take time to rest at regular intervals between the heat experiences. You can cool down by using our shower facilities. The spa is a place for everyone to relax and unwind and would appreciate your consideration to fellow guests.

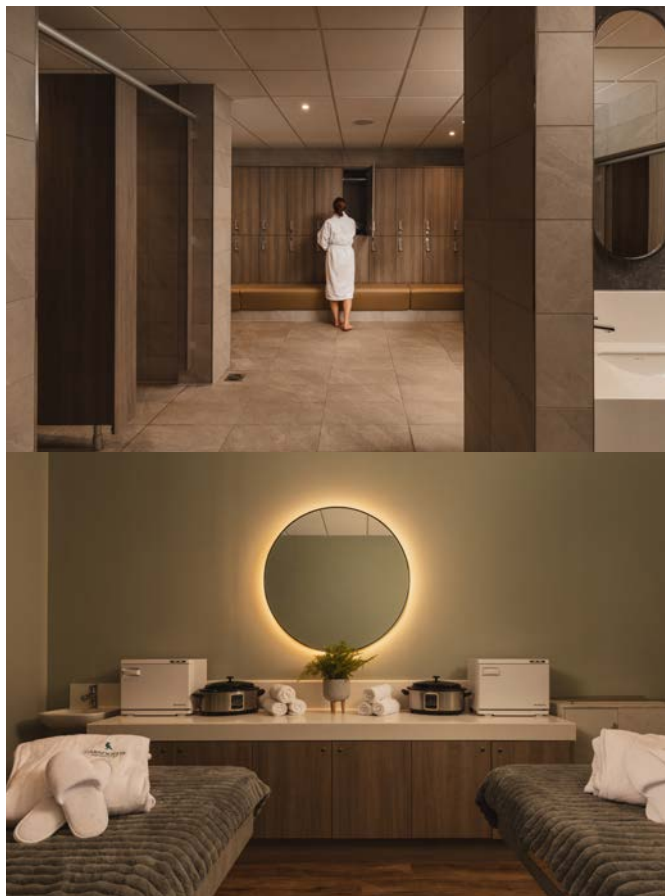
After your Spa Session

We recommend you drink plenty of fluids to restore your hydration, it's also advisable not to take in any strenuous exercise immediately afterwards.

All Spa Sessions will include:

- A welcome tour of the Spa
- Use of all the spa facilities*
- A personal spa consultation
- Complimentary towel, robe and slippers*

** Dependant on package type*

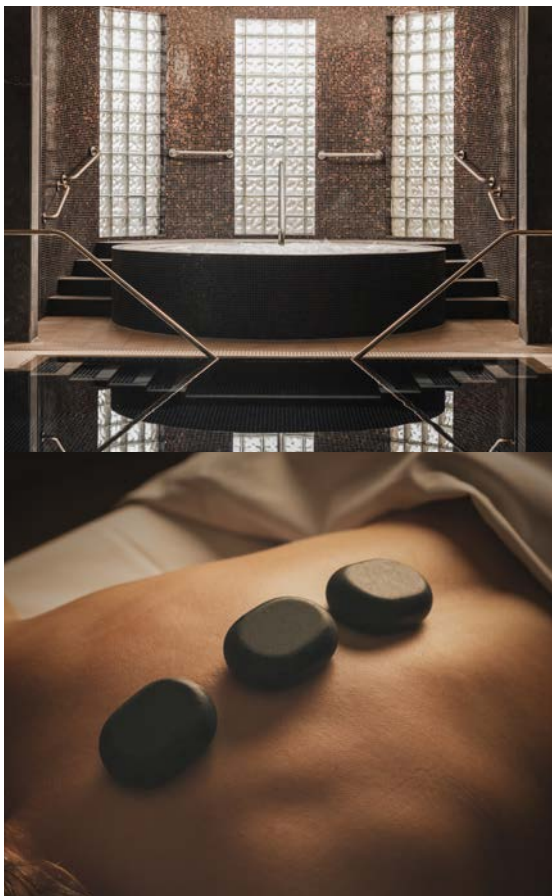


Gift Vouchers

Our beautifully presented gift vouchers are available for treatments, spa experience access, spa days and gift sets. They will help to solve your 'what-to-buy dilemma' for that special occasion, anniversary surprise, Christmas gift, birthday treat, Valentines present or simply show friends and loved ones how much you really care.



To purchase a gift voucher please enquire at the spa reception or buy online.



Spa Day Packages

Our carefully designed spa days are the best way to escape the busy lifestyle and relax. The spa will provide you with a combination of the very best in spa treatments, coupled with our highly qualified therapists, who will advise and provide your chosen spa treatment.

Relax and unwind

In the welcoming surroundings of EBB and FLOW Spa, whether you are spending an hour or an afternoon with us, we'll make sure you achieve total wellbeing and leave feeling relaxed, restored and rejuvenated.

Mini Escape

Indulge in a serene and rejuvenating experience with the Elemis Mini Escape for One.

This bespoke spa day offers the perfect opportunity for you to unwind, recharge, and indulge in pure relaxation. Choose one signature Elemis treatment:

- 25-minute Elemis Expert Touch Nourish Facial, designed to deeply hydrate and refresh your skin. (P) (O*)
- 25-minute Elemis Back, Neck, and Shoulders Deep Tissue Tension Ease Massage, expertly crafted to target and release built-up tension. (P) (O*)

£80

- Enjoy a 2-course lunch in Calders Restaurant and Bar

£95

* Not Suitable for Oncology Guests. If Pregnant, only the Facial treatment will be available. Please see our Pregnancy treatment options.

Escape

Indulge in a serene and rejuvenating experience with the Elemis Escape.

This bespoke spa day offers the perfect opportunity for you to unwind, recharge, and indulge in pure relaxation. Choose one signature Elemis treatment:

- Any 50 Minute ELEMIS Expert Touch Facial, a treatment that deeply nourishes and refreshes your skin. (P) (O*)
- ELEMIS Full Body Deep Tissue Tension-Ease Massage, a 50-minute session that targets muscle tension and promotes full-body relaxation. (P*) (O*)

£105

- Enjoy a 2-course lunch in Calders Restaurant and Bar

£120

* Not Suitable for Oncology Guests. If Pregnant, only the Facial treatment will be available. Please see our Pregnancy treatment options.

EBB and FLOW Two-gether

Treat yourself and someone you love to a wonderfully indulgent day of pampering

Begin your journey to relax and de-stress yourselves, followed by your selection of a 75 min treatment. Choose from:

- Full facial 50 min & Back massage 25 min
- Full body massage 50 min & Express facial 25 min

£209 per couple

- Enjoy a 2-course lunch in Calders Restaurant and Bar

£235 per couple

Make your appointment now by calling 01241 411999, or scan this QR code to book now...



Elemis Expert™ Touch Facials

Our globally renowned, hands-on facial treatments use touch as a powerful diagnostic tool, softening and prepping the skin, resulting in the perfect glow

Expert™ Touch Nourish Facial

Cleanse, Rebalance & Revive

Boost skin radiance with our triple cleanse facial infused with a blend of antioxidant-rich facial oils, leaving your skin feeling nourished, rebalanced and revived. (P) (O*)

50 min - £95

Expert™ Touch Reveal Facial

Resurface, Smooth & Glow

Powered by our patented Tri-Enzyme technology, this facial helps to minimise the look of pores and uneven skin texture, revealing skin that looks visibly resurfaced, smooth and glowing. (P) (O*)

50 min - £95

Expert™ Touch Renew Facial

Hydrate, Lift & Firm

Improve skin firmness, whilst reducing the look of fine lines and wrinkles with our clinically-proven formulas and skin-lifting massage techniques. After just one treatment the complexion looks supremely hydrated, lifted and firm. (P) (O*)

50 min - £95

Expert™ Touch Define Facial

Energise, Rejuvenate & Sculpt

This innovative facial captures the power of clinically-proven intelligent skincare to deliver transformative results for energised skin. Includes hand and arm, scalp and jawline, chin and eye massage for the ultimate defined facial. (P) (O*)

80 min - £130

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Elemis Expert™ Body Treatments Your Skin Is Our Expertise

Cleansing mineral salts, oil blends rich in actives and transportive aromatics, are combined with an unparalleled level of expertise in massage and conditioning for healthy, revitalised skin and deeply eased muscles

Deep Tissue Tension-Ease Massage

Renewed, Grounded & Focused

Perfect for combating a busy lifestyle. This full body massage offers more than just muscle relaxation. It is tailored to ease tension and target deep-seated muscle knots, leaving you feeling renewed, grounded and focused. (P*) (O*)

25 min - £70 | 50min - £90

Expert™ Transformative Hot Stone Massage

Soothe, Relax & Relieve

This deeply transformative treatment incorporates heated volcanic stones which are worked into the body, persuading the muscles to relax with warm Frangipani Monoi Body Oil to soothe a tired mind and relieve aching muscles. (P*) (O*)

50 min - £95

Absolute Face + Body Ritual

Restored, Rejuvenated & Renewed

Immerse yourself in luxury with this tailored treatment. Choose your own combination of facial and body treatments, or let your therapist prescribe the perfect treatment to leave you feeling rejuvenated from head to toe. (P*) (O*)

50 min - £110 | 75 min - £160

Bespoke to you Facial Treatments

ELEMIS EXPERT™ TOUCH facial - **25 min - £65**

ELEMIS EXPERT™ TOUCH facial - **50 min - £95**

Bespoke to you Body Treatments

Cleansing Salt Scrub & Frangipani Body Wrap - **50 min - £100**

Cleansing Salt Scrub & Tension Ease Back Massage - **50 min - £95**



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Pregnancy

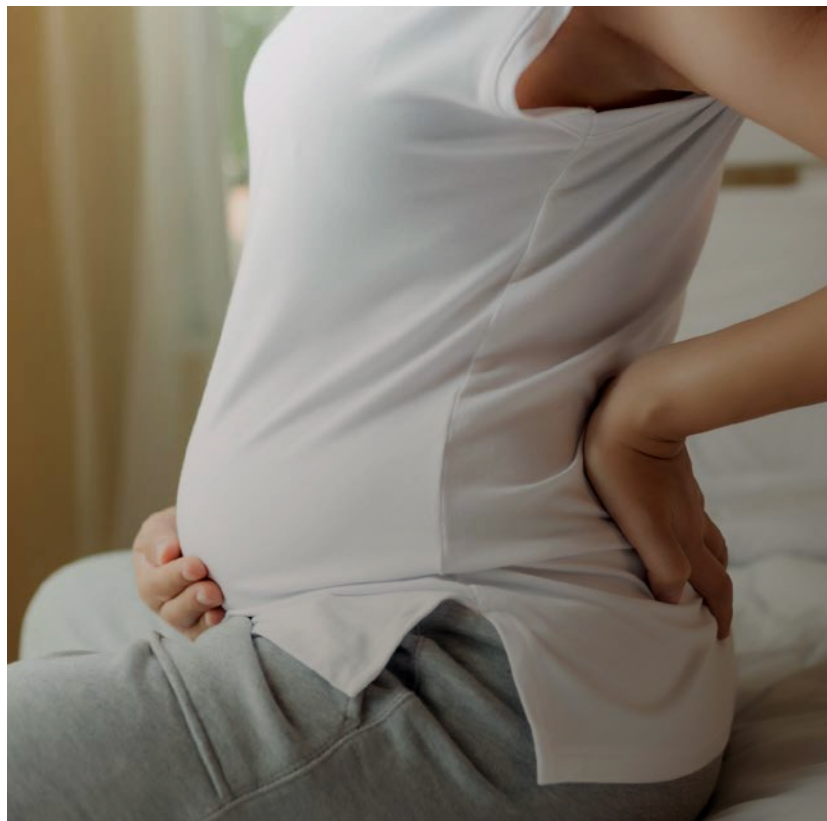
Pregnancy is a beautiful time! This tranquil and restorative mother-to-be massage deeply hydrates skin that is expanding to accommodate your growing baby. Aromatics which are safely formulated to be used during pregnancy are selected for optimum wellbeing, leaving you feeling nurtured, restored and calm. (O*)

Elemis Expert™ Peaceful Pregnancy Massage

Nurture, Restore & Calm

- Initial consultation 15 mins
- Treatment time 60 mins
- Post treatment rest 15 mins

90 min - £105



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EBB and FLOW treatments specially for you

We offer a wide range of therapeutic and rejuvenating treatments, each one tailored to the individual needs of the client. All of our treatments are carried out by highly qualified therapists using only the best products with the finest ingredients.

Holistic Treatments

Indian Head Massage

An Indian head massage will energise your mind and allow your tensions to drift away. This treatment concentrates on the shoulders, upper arms, back, face and head, leaving your inner balance restored. (P*) (O*)

45 min - £75

Reflexology

Reflexology is a theory and therapy that uses the feet to treat the whole body by manipulating and applying pressure to specific area of the feet. The whole body can be brought back to inner balance. (P*) (O*)

45 min - £75

EBB and FLOW Signature Massage

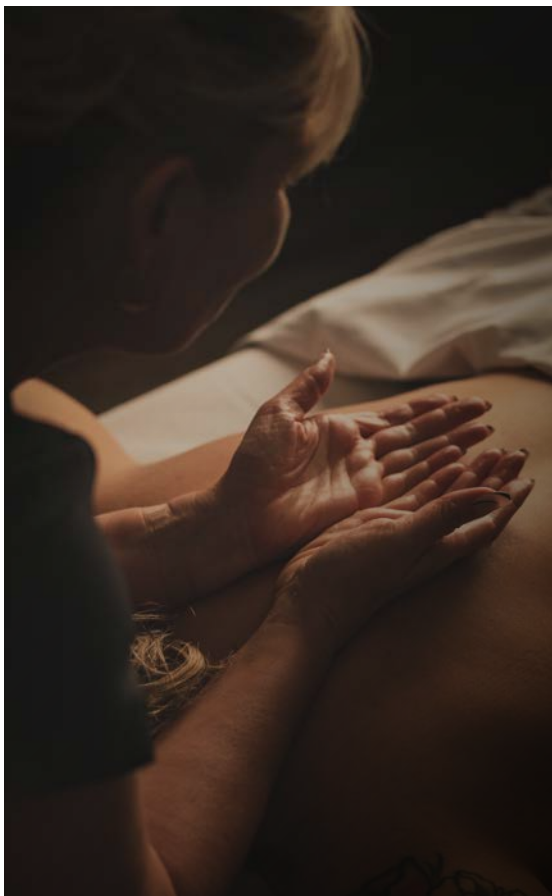
Your therapist will customise and tailor your treatment to your needs, whether for total relaxation or deep tissue manipulation to reduce stress or target specific areas of concern, relieving aches and pains. This full body massage also includes a facial and scalp massage, leaving you with the feeling of total relaxation and rejuvenation

90 min - £160

Golfers Tonic

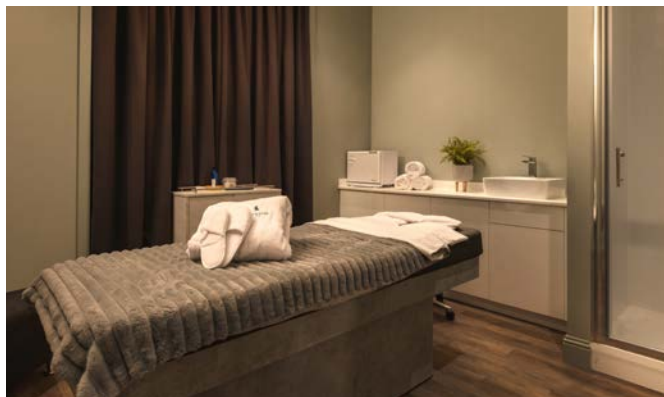
Refreshing peppermint body scrub cleanses and soothes, leaving the skin feeling soft and revitalised, followed by a back, neck, shoulder and leg massage. Designed to work out any muscle aches, pains and tension. (P*) (O*)

50 min - £95



Oncology Massage Treatments

Oncology therapists work with the cancer-sufferer's mind, body, and spirit; providing treatments tailored to your personal needs and energy levels at every stage of your oncology journey. This non-invasive and compassionate therapy is suitable for clients currently undergoing treatment or have previously been affected by cancer. Oncology massage can be beneficial at all stages of your cancer journey. Please speak with our trained oncology therapists who will discuss and tailor a treatment specific to your needs.



Oncology Massage

Gentle and therapeutic massage, that has been modified and tailored to suit the requirements of any individual currently undergoing cancer treatment or previously affected. (P)*

- Initial consultation 15 min
- Treatment time 60 min
- Post treatment 15 min

90 min - £105

Oncology Facial

A gentle and therapeutic facial that can be modified to suit the needs of the skin of an individual that is currently undergoing cancer treatments or has previously been affected by cancer. (P)*

- Initial consultation 15 min
- Treatment time 60 min
- Post treatment 15 min

90 min - £105

Oncology Combination

*25 min Oncology Massage
& 25 min Oncology Facial*

- Initial consultation 15 min
- Treatment time 50 min
- Post treatment time 15 min

80 min - £95

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EBB and FLOW Hands and Feet

Our team of therapists can create beautiful-looking hands and feet whether you're looking to enhance your natural nails, add strength with a gel polish or simply leave your hands & feet feeling smooth and pampered.

EBB Foot Treatment

Warm aroma therapeutic oils nourish and condition neglected feet and nails. Feet are left exfoliated, soothed and soft. (P) (O*)*

50 min - £80

Option to add on shellac polish. (+ 40 minutes) **£110**

Add Vinylux Polish (+ 25 mins) **£85**

FLOW Hand Treatment

Cuticles and nails are strengthened while the indulgent luxurious hand and nail cream intensely hydrates for instantly smooth, youthful-looking hands. (P) (O)*

50 mins - £80

Option to add shellac polish (+ 40 minutes) **£110**

Add Vinylux Polish (+ 25 mins) **£85**

CND Shellac Manicure / Pedicure

CND semi-permanent polish that lasts up to 14 days. (O)*

50 min - £45

Vinylux Polish Manicure / Pedicure

File and cuticle work with polish finish. (O)*

25 min - £25

Removal of Shellac / Gel

If removal is required, please advise when booking. We will not offer the removal of Acrylic or BAIB Builder nails. (O)*

25 mins - £20



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EBB and FLOW Essentials

Waxing Treatments

Eyebrow wax (P) (O*): **25 min - £25**

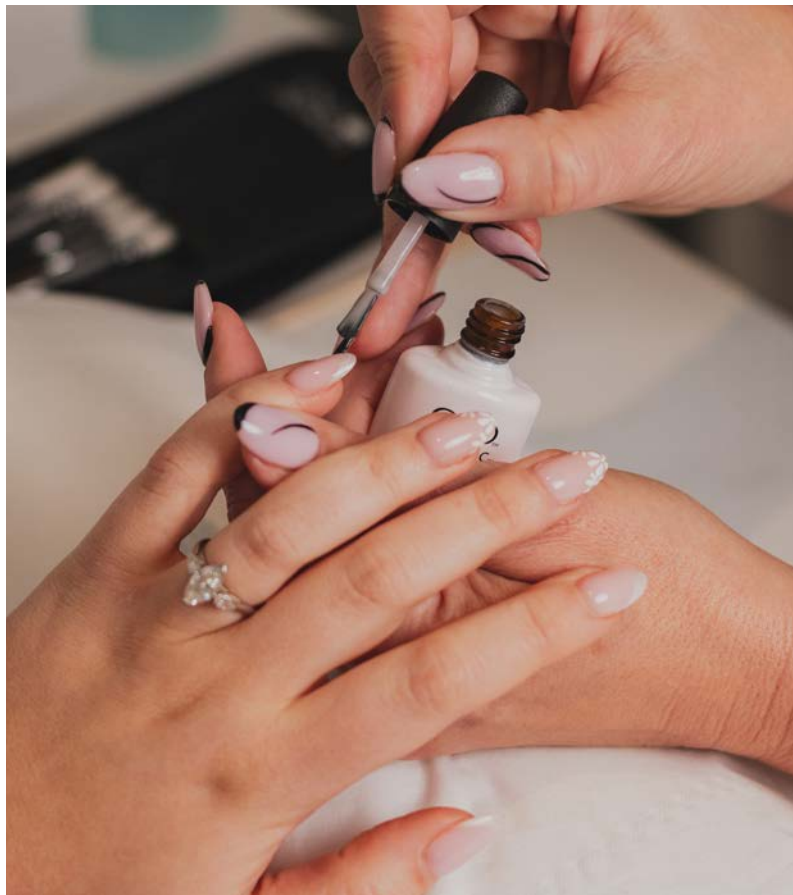
Lip, Chin & Face (P) (O*): **25 min - £30**

Tinting

Eye/face package (eyelash tint, eyebrow wax and tint. Lip and chin wax) (O) (P)

50 min - £55 (O*)

*A patch test must be carried out
24 / 48 hours prior to treatment.*



FAQs

Are there age restrictions: The spa is not suitable for persons under the age of 16 years old.

Alcohol consumption: The consumption of alcohol is not advised prior to treatment. Your treatment may be refused should the therapist feel this is for your safety and well-being.

How to book you spa treatments: We advise you to book your treatments, spa access and spa days in advance to avoid disappointment. Full payment for your booking will be taken in advance so we will require your card details. If you require any advice on treatments or packages, then please do not hesitate to contact us and one of our experts will be happy to help. To enjoy the ultimate relaxation for spa day packages we advise you to arrive 15 minutes prior to your appointment in order to check in, change and unwind before your treatment begins.

What are the treatment times: The spa therapist will include a consultation and homecare recommendations within the time allocated for your treatment. As a courtesy to all clients a prompt appointment schedule is adhered to within the time allocated for your treatments. Late arrival for your appointment may result in your treatment time being reduced.

Aftercare: We can help you to prolong the benefits of your spa treatment. Our spa offers a full range of products for home use. Your spa therapist will advise you on the correct face and body care to maintain your results.

Spa Day Packages? Payment details will be securely taken at the time of booking. If you require us to change your appointment, we will try to accommodate you. Please note you may only move an appointment once!

Medical information: As our main priority is your wellbeing, we kindly ask you to inform us if you are taking any medication or if you have any ongoing medical conditions. Our expertly-trained therapists will be able to advise the best suitable treatment for you.

Cancellations: If for any reason you cannot make your spa appointment, please call 01241 411999. To avoid cancellation charges, please notify us of any cancellations no less than 24 hours prior your appointment.

Good to know: Please check before booking.

(P*) NOT SUITABLE DURING PREGNANCY.

(P) SUITABLE DURING PREGNANCY.

(O*) NOT SUITABLE FOR ONCOLOGY

(O) SUITABLE FOR ONCOLOGY

An online consultation form must be completed 24/48 hours prior to treatment. This allows our trained therapists the opportunity to ensure your comfort, safety, and avoids any delay in your treatment time.



Scan to Book:



Opening Times:

Monday - Sunday 10am - 6pm

CARNOUSTIE
Golf Hotel & Spa

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reservations@carnoustiegolfhotel.com | 01241 411 999

