

## Hair by Appointment

## Spa Packages

The house offer a range of different spa packages to enjoy. The day entitles use of the facilities, followed by a light lunch. All packages can be purchased as gifts online with free delivery or in store. Day and overnight parties can be arranged including transport.

## Half Day Packages

<b>Drift Away</b> - Facial Cleanse - Back, Neck & Shoulder Massage  <b>£85</b>	<b>Spa Me Rotten</b> <b>Choose from 2 of the following</b> - Back, Neck & Shoulder Massage - Oriental Head Massage - File & Polish on Toes or Fingers  <b>£85</b>
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**There is a more extensive range of Treatments & Spa Packages available in our City Centre Spa. Go online for more details...**

## A Must for Men

Most treatments at The House are designed for both men and women however, the following are specifically for men.

### Travellers Tonic (1hr 15mins)

The ultimate indulgence. Your treatment begins with a back, neck and shoulder massage using ESPA aromatherapy body oils, followed by a personally tailored facial for your individual needs. The treatment will leave you feeling relaxed and revitalised. **£70.00**

### Restful Remedy (1hr 15mins)

A great treatment to help you wind down from the stress of the day. Your treatment begins with a de-stressing full body massage followed by a personally tailored cleanse facial. This treatment will leave you relaxed in body and mind. **£75.00**

### Stress Busting Duo (45mins)

Good for anyone wanting to de-stress. Excellent treatment to ease away tension and stress. A deep tissue back massage, followed by an oriental head massage using ESPA aromatherapy essential oils. **£50.00**

### Sportsman's Rescue (45mins)

Ideal for the keen sportsman. After deep cleansing, body brushing and exfoliation, a tension draining massage is performed to relax and unwind the muscles of the upper and lower back and lower leg. The skin is left feeling silky and smooth. **£40.00**

## A Must Wax for Men

<b>Back Wax</b>	<b>£30.00</b>
<b>Back, Neck &amp; Shoulder Wax</b>	<b>from £40.00</b>
<b>Chest Wax</b>	<b>£30.00</b>

## Gift Vouchers

Gift vouchers are available in store or online with free delivery for any treatment or amount, giving you the chance to personalise your voucher. Vouchers are valid for twelve months please call prior to arrival to book your appointments.

## Booking Policy

A 50% deposit will be required to secure your appointment when booking any packages, group bookings or multiple treatments.

## Cancellation Policy

A fee of 50% will be charged if any appointments is cancelled within 24 hours. Due to the nature of our business children under the age of 5 year are not allowed.

# ESPA

PRICE LIST

*The House*

**For An Appointment Please Call  
Tel. 01339 753435**

Residents Please Dial Ext: #435

**The House, Hilton Grand Vacations Club at Craigendarroch  
Braemar Road, Ballater, Royal Deeside,  
Aberdeenshire, AB35 5XA  
Tel. 01339 753435 | [www.higvc.co.uk](http://www.higvc.co.uk)**



[www.facebook.com/craigendarroch](http://www.facebook.com/craigendarroch)

## ESPA Body

### Body Massage

#### Back, Neck & Shoulder Aromatherapy Massage (20mins)

A back, neck and shoulder massage using a blend of ESPA aromatherapy oils specially selected for your individual needs. **£30.00**

#### Full Body Aromatherapy Massage (50mins)

A full body massage using a blend of ESPA aromatherapy oils specially selected for your individual needs, whether the aim is to relax or stimulate, the choice is yours. **£50.00**

#### Hot Stone Back, Neck & Shoulder Massage (20mins)

A back, neck and shoulder massage using hot stones and specially selected oils to suit your individual needs for soothing and relaxing muscles. The use of warm stones allows for a deeper massage for those who enjoy a firmer pressure to relieve tension. **£37.00**

#### Hot Stone Full Body Aromatherapy Massage (1hr)

A full body massage using hot stones and a blend of oils specially selected to suit your individual needs for soothing and relaxing muscles. The use of the stones allows for a deeper massage for those who enjoy a firmer pressure to relieve tension. **£80.00**

#### Holistic Total Body Care (1hr45mins)

This all-encompassing treatment commences with skin brushing and exfoliation leaving you feeling soft and smooth in preparation for a full body, face and scalp massage using hot stones. The truly holistic experience will bring harmony to mind, body and spirit. **With Stones £100.00**  
**Without Stones £85.00**

#### Holistic Back, Face and Scalp (1hr 45mins)

This all-embracing treatment incorporates a full ESPA facial, oriental head massage and a deep cleansing back exfoliation. This is followed by a Hot Stone back, neck and shoulder massage, bringing powerful de-stressing benefits to mind, body and spirit. **With Stones £100.00**  
**Without Stones £85.00**

#### Life Saving Back Treatment (45mins)

An ideal treatment for problematic or sluggish skins and a treat for this much neglected area. The back is deep cleansed, skin brushed and exfoliated to help stimulate circulation and cell renewal. A luxurious aromatherapy back massage completes this calming and relaxing experience. **£50.00**

#### Skin Hydrator Body Wrap (1hr)

Invigorating skin brushing and full body exfoliation prepare the skin for this luxurious body wrap. A blend of marine mud, essential oils and hydrating body cream are applied to the skin to boost skin hydration levels. This treatment is especially good for dry, problematic and ageing skin and a great treatment pre or post holiday. This treatment includes an oriental head massage. **£60.00**

#### Detoxifying Body Wrap (1hr)

Designed to help boost the metabolism and speed up elimination to toxins. Invigorating skin brushing and gentle exfoliation prepare the skin for this stimulating body wrap. Algae, rich in minerals and enzymes, are applied to the skin. Especially good for increasing the detox process or dieting. Helps sluggish and dull skin types. This treatment includes an oriental head massage. **£60.00**

#### Salt and Oil Body Scrub (20mins)

A Nourishing body exfoliating treatment which helps remove flaky, dry skin. Natural sea salts and skin softening oils leave the skin nourished, smooth and toned. Excellent to prepare the skin for massage or wrap, or an ideal stand alone treatment. **£60.00**

## Waxing

FACE	Eyebrow, Lip & Chin	£8.00
ARM	Half / Full	£10.00/£15.00
LEG	Half / 3/4 / Full	£15.00/£20.00/£26.50
BODY	Bikini	£20.00

## Eyelash / Eyebrow Treatments\*

Eye Lash Tint	£15.00
Eye Brow Tint	£12.00
Eye Lash & Brow Tint	£25.00

## ESPA Face

All ESPA facials are tailored to suit your individual skin requirements. A consultation will be carried out with a qualified Therapist to ascertain needs prior to treatment.

### Essentials Facials

#### Facial Cleanse (20mins)

A special introduction to our ESPA products. A facial cleanse, tone and massage which leaves the skin feeling clean and refreshed. **£32.00**

#### Regenerating & Firming Eye treatment (20mins)

Formulated to combine the effects of stress on the eye area, leaving this delicate area refreshed, hydrated and soothed. **£30.00**

### Deluxe Facials

#### Aromatherapy Facial (45mins)

Suitable for all skins, this deeply relaxing aromatherapy facial, cleanses, refines and hydrates. Specific active aromatherapy products are combined with acupressure massage, lymph drainage and oriental head massage to leave the mind clear and the skin radiant and toned. **£50.00**

#### Rebalancing Facial (45mins)

Pollution, stress, hormonal imbalance and diet can cause skins to become de-sensitised, irritated and problematic. Natural aromatherapy products combined with relaxing and purifying techniques will help to calm, soothe and decongest, leaving the skin radiant. **£50.00**

#### Regenerating Facial (45mins)

Blended specifically for maturing, stressed or distressed skin, ESPA Concept gives intensive care where and when it is needed. The Concept range is naturally rich in free radical scavengers and anti-oxidants such as green tea and seaweed extracts, which help nourish, rebuild and revitalise skin. **£50.00**

#### Skin Brightening Facial (45mins)

A rejuvenating facial which includes a special application of skin brightener, rich in natural Hawaiian algae, meadowsweet and skin regenerating anti-oxidants. These products are softening and soothing and visibly improve the radiance, appearance and texture of skin. **£50.00**

#### Luxury Facial with Firming Eye Treatment (1hr)

Optimise your skins natural moisture balance whilst paying special attention to the delicate tissues of the eyes and neck. This facial helps minimise the appearance of fine lines. Intensive acupressure massage and lymph drainage to the face, neck and shoulders and a deeply relaxing scalp massage bring harmony and tranquillity. **£55.00**

## Hand Treatments

#### File & Polish

£15.00

#### Deluxe Spa Manicure with Thermal Mitts

A luxurious treatment consisting of nail filing and shaping, cuticle work and revitalising exfoliation of the hand finished with hot mitts and a relaxing massage. **£35.00**

#### ESPA Holistic Arm, Hand & Nail Treatment with Hot Stones

This holistic hand and nail treatment, includes a gentle skin polish, cuticle work and a therapeutic massage using ESPA oils to suit your individual skin requirements. Heated mitts are applied to deeply nourish the hands and nails. (Please note this treatment does not include a polish). **£40.00**

#### Gelish

A gel polish that comes in various colours which requires uv light to cure your chosen colour, it's chip and smudge free for up to 3 weeks. Requires Salon Removal.

#### File & Polish / Toes Manicure / Pedicure

£25.00  
£43.00

## Foot Treatments

#### File & Polish

£15.00

#### Deluxe Spa Pedicure with Thermal Mitts

A luxurious treatment that removes excess dry skin, filing of nails, cuticle work and exfoliation followed by a relaxing massage. Thermal booties will help absorb products, applied for soft pampered feet. **£35.00**

#### ESPA Holistic Foot & Nail Treatment with Hot Stones

This holistic foot & nail treatment, includes a lovely salt scrub, cuticle work and a therapeutic massage using ESPA oils to suit your individual skin requirements. Heated boots are applied to deeply nourish the foot and nails. (Please note this treatment does not include a polish). **£40.00**