



## Treatment Tariff

For An Appointment Please Call Tel.

**01339753435**

Residents Please Dial Ext: #435

### Opening Times

**Tuesday 10am - 5pm**

**Thursday 10am - 5pm**

**Friday 10am - 5pm**

The House  
Craigendarroch Country Club & Spa  
Hilton Grand Vacations  
Braemar Road  
Ballater, Royal Deeside  
Aberdeenshire AB35 5XA

## ESPA Body

### Back Massage

**Back, Neck & Shoulder Massage (20min) - £33**

A Back, Neck and Shoulder Massage using Espa Nourishing Body Oil.

**Full Body Aromatherapy Massage (50min) - £56**

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.

### Hot Stone Massage

**Back, Neck & Shoulder (20min) - £39**

**Hot Stone Full Body Massage (1hr) - £85**

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.

### Holistic Total Body Body Care (1hr 45mins)

**with Stones - £110, without Stones - £95**

The 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.

### Holistic Back, Face & Scalp (1hr 15mins)

**with Stones - £105, without Stones - £90**

The all-encompassing 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.

### Life Saving Back Treatment (45min) - £53

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.

### Skin Hydrator Body Wrap (1hr) - £66

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.

### Detoxing Body Wrap (1hr) - £66

Designed to help boost the metabolism and speed up the elimination of 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.

### Salt & Oil Scrub (20 mins) - £33

A nourishing body exfoliating treatment that helps remove flaky, dry skin. Natural sea salts and skin-softening oil leaves skin nourished, smooth and toned

### Pre & Post Natal (1hr) - £68

A treatment designed for pregnant and nursing mums. Gentle back exfoliation is followed by a nourishing massage, then a moisture-rich body mask is applied. Finally, a truly relaxing head massage is carried out to help you feel rejuvenated, uplifted and relaxed. Before receiving this treatment, mums must be 12 weeks + into pregnancy. If post natal we will require a Doctors note to confirm you are fit for treatment if you had a c-section.

# ESPA

Loved all around the world, formulations created by ESPA experts contain unique combinations of plant extracts, marine actives and essential oils to create the most effective, natural products that help you to look and feel your best every day.

We are proud to offer vegan alternates on many of our ESPA treatments. Please let us know at the time of booking.

[www.thehousespa.co.uk](http://www.thehousespa.co.uk)

# 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

### **Cleanse Facial (20min) - £33**

A special introduction to our ESPA products. A facial cleanse tone and massage that leaves the skin feeling clean and refreshed.

### **Regenerating & Firming Eye Treatment- (20min) - £33**

Formulated to combat the effects of stress on the eye area, leaving this delicate area refreshed, hydrated and soothed.

## Deluxe Facials

### **Aromatherapy Facial (45min) - £55**

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.

### **Rebalancing Facial (45min) - £55**

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

### **Regenerating Facial (45min) - £55**

Blended specifically for maturing, stressed or tired skin. The richly comforting formulas in the regenerating range will firm and smooth to leave the skin soft. Supple and Rejuvenated.

### **Skin Brightening Facial (45min) - £55**

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.

### **Luxury Facial & Firming Eye Treatment (55min) - £60**

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.

# A Must For Men

### **Travellers Tonic (1hr 15min) - £75**

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.

### **Restful Remedy (1hr 15min) - £75**

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.

### **Stress Busting Duo (45min) - £55**

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.

### **Sportsman's Rescue (45min) - £55**

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.

## Lycon Waxing

### Face

**Eyebrows - £13**  
**Lip - £11**  
**Chin - £11**

### Arm

**Full arm - £25**  
**Underarm - £17**

### Leg

**Full leg - £30**  
**3/4 leg - £25**  
**Thigh - £22**  
**Half Leg - £17.50**

### Body

**Hollywood - £50**  
**Playboy - £45**  
**Californian - £35**  
**Brazilian - £30**  
**Bikini - £22**

## A Must Wax for Men

**Back Wax - £30**  
**Back, Neck & Shoulder Wax - from £40**  
**Chest Wax - £30**

## Gift Vouchers

**Give the gift of ultimate relaxation with The House Spa Gift Vouchers, the ultimate gift of luxury that *everyone* loves to receive.**

SEE OUR WEBSITE FOR VOUCHERS  
[WWW.THEHOUSESPA.CO.UK](http://WWW.THEHOUSESPA.CO.UK)

## Hand Treatments

### File & Polish - £20

#### **Deluxe Spa Manicure with thermal mitts - £40**

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.

#### **ESPA Holistic Arm, Hand & Nail Treatment with Hot Stones £42**

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.*

### Gelish

#### **File & Polish / Toes - £26**

#### **Manicure / Pedicure - £43**

A gel that comes in various colours which requires uv light to cure your chosen colour, it's chip and smudge free for up to 2 weeks. Requires Salon Removal.

## Foot Treatments

### File & Polish - £20

#### **Spa Deluxe Pedicure with thermal booties - £40**

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

#### **ESPA Holistic Foot & Nail Treatment with Hot Stones - £42**

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.*

[www.thehousespa.co.uk](http://www.thehousespa.co.uk)

## Eyelash / Eyebrow

### **Eyelash tint - £17**

### **Eyebrow tint - £13**

### **Eyelash & brow tint - £25**

### **LVL Treatment - £50**

A patch test must be carried out 48hrs prior to your appointment for the treatments above.

## Gift Vouchers

Gift vouchers are available in-store or online for any treatment or amount, giving you the chance to personalise your voucher. Vouchers are valid for 12 months. Please call prior to arrival to book.

- \* If gift vouchers are lost they can't be redeemed.
- \* The House vouchers (including online vouchers) can not be used for any self-employed members of staff.

## Booking Policy

A 50% deposit will be required to secure your appointment when booking any packages, group bookings, or multiple treatments. Bookings for the Craigendarroch can not be made online.

## Cancellation Policy

A fee of 50% will be charged if an appointment is cancelled within 24 hours. A fee of 100% will be charged for failure to show up for an appointment. This fee can be added to your final bill.

Due to the nature of our business, children under the age of 5 years are not allowed.