

# Lavender Spa



ATHOLL PALACE  
HOTEL

[www.athollpalace.com](http://www.athollpalace.com)





## *Massage & Holistic Treatments*

### Lavender Lullaby

90 minutes £70

Our signature treatment, unique to the lavender spa and inspired by the lavender in our gardens, is a deep relaxation treatment combining gentle massage using Thai massage techniques along with a body exfoliation and mini facial.

### Relaxing Body

60 minutes £60

A Swedish style massage, tailored to meet your well being desires. We use a body milk to massage you, which leaves your skin feeling soft and nourished.

*Swim and take afternoon tea at the Palace - £25*



### Mellow Mama

60 minutes £65

The perfect treat for mums to be – take some mellow moments with this relaxing treat. Enjoy a refreshing facial with a scrub and moisturiser to your tummy, followed by a relaxing massage of the hands & arms or feet. You'll feel tension drift away, restoring your state of inner calm.

*Treat a friend with a Lavender Spa Gift Voucher!*

If possible, please book your treatment advance.

Please note, times indicated include consultation and relaxation.

Arrive 10 minutes early to maximise your treatment time.

## Massage & Holistic Treatments

### Tension Melt

30 minutes £40

A firm favourite for relaxation. Melt away tensions in your back, neck and shoulders with this targeted massage.

### Hot Pebbles Tension Melt

30 minutes £45

A deep, penetrating thermal experience, concentrating on the often neglected areas of the back, neck and shoulders.

Arrive 10 minutes early to maximise your treatment time.

All prices are subject to change.



### Full Body Hot Stone Massage

75 minutes £80

Our Hot Stone Massage promotes deep muscle relaxation through the placement of smooth, heated stones at key points on the body. The hot stones ease stiffness and tensions melt away.

### Ear Candling

45 minutes £40

Treat your ears with this ancient, cleansing practise.

Please note, times indicated include consultation and relaxation.

## Face

### Phytomer's Marine Prescriptive Facials

60 minutes £60

Our facials will leave you with a radiant complexion. Relax whilst we cleanse, exfoliate and massage, finishing with a skin nourishing cream.

### Hydra Blue Plumping Moisturising Facial

For dehydrated and dry skins, this treatment is like a bath for the skin, boosting hydration, leaving skin silky smooth.

### Comforting Soothing Facial

For sensitive skins, this will instantly cool, calm, reduce redness and irritation. The skin is strengthened and soothed.

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### City Life Pollution Shield Facial

A breath of oxygen to detoxify the skin, reduce shine and regain luminosity. Ideal for dull skins, smokers and neglected complexions.

### Extended Youth Facial

This treatment delays signs of aging, focusing on lines, wrinkles and firming.

### Eye Perfection

A targeted treatment to diminish signs of fatigue while softening lines, firming and reducing shadows and puffiness. The eyes feel soothed and refreshed.

### Mini Facial

30 minutes £40

## Body

### Ocean Glow

30 minutes £35

A full body exfoliation using sea-derived granules to gently slough dead skin cells away, followed by a creamy base moisturiser that will leave your skin soft and smooth.



All Lavender Spa treatments are tailored for men and women.



## *Hot Lava Shell Massage*

### Hot Lava Shell Relax Massage

60 minutes £70

An indulgent and truly pampering relaxing full body treatment using the natural benefits of heated tiger clam shells. This treatment stimulates blood supply resulting in healthier looking skin whilst easing away muscle tension, releasing energy flow and restoring a sense of balance to the entire body and mind.

Please note, times indicated include consultation and relaxation.

Arrive 10 minutes early to maximise your treatment time.

All prices are subject to change.



### Hot Lava Shell Back Treatment

30 minutes £45

For an intensive back, neck & shoulder treatment using the heat from the Lava Shells to release tension, aches and pains leaving you feeling instantly stress free and rejuvenated.

### Hot Lava Shell Core Strength

45 minutes £55

An ideal treatment for anyone suffering with minor back ache. The hot lava shells are used to massage the tummy and back, working as a natural colonic and relaxant to achieve total body alignment.

### Hot Lava Shell Tummy

15 minutes £20

Heated lava shells are used to massage the abdominal area which improves the function of the digestive system and leaves you with a flatter tummy. This treatment is ideal for anyone suffering from IBS or bloating.

## *Relax and Pamper Days*

### Pamper at the Palace

Monday - Thursday £45 per person  
Friday - Sunday £50 per person

Take afternoon tea with a glass of bubbly and choose a treatment from our list of pampering therapies:

- Tension Melt • Mini Marine Discovery
- Ocean Glow • Mini Manicure
- Mini Pedicure

For an additional £10, relax in our luxurious pool and leisure facilities.

### Indulge You Spa Day

from £135 per person

*Indulge You Spa Day includes:* Tension Melt, Facial, Manicure or Pedicure, use of the pool and leisure facilities and afternoon tea.

### Relax Spa

£105 per person

Everyone needs a little self indulgence from time to time and with this half day spa, you will feel very relaxed.

*Relax Spa includes:* a Lava Shells Relax Massage and a Mini Facial, use of the pool and leisure facilities and afternoon tea.

### Totally You

£115 per person

A half day package to make you feel very special.

*Totally You includes:* Lavender Lullaby, Heavenly Hands or Pristine Pedicure, use of the pool and leisure facilities and afternoon tea.

### Lavender Spa Treat

£80 per person

Restore your inner and outer glow with a Lavender Spa Treat.

*Lavender Spa Treat includes:* a Mini Facial & Tension Melt or an Ocean Glow & Tension Melt treatment or a Mini Manicure and Mini Pedicure as well as use of the pool and leisure facilities and afternoon tea.

### Yummy Mummy

£135 per person

A collection of treatments designed especially for mothers to be.

*Yummy Mummy includes:* Mellow Mama, Heavenly Hands, Pristine Pedicure, use of the pool and leisure facilities and afternoon tea.



## Spa Breaks

### One Night Break

Includes:

1 night Dinner, Bed & Breakfast

Afternoon Tea

Bathrobe and slippers

Use of hydro pools and leisure facilities

Choose one of the following treatments:

Phytomer Facial

Relaxing Body Massage

Manicure

Pedicure

Sunday to Thursday  
 from £135 per person

Friday or Saturday  
 from £165 per person



### Two Night Break

Includes:

2 nights Dinner, Bed & Breakfast

Afternoon Tea with bubbles

Bathrobe and slippers

Use of hydro pools and leisure facilities

Enjoy two treatments! Choose one from each column:

Phytomer Facial

Relaxing Body  
 Massage

Manicure

Pedicure

Ocean Glow

Tension Melt

Mini Facial

Mini Manicure

Mini Pedicure

From £275 per person

All prices are subject to change.

## Essential Beauty Treatments

### Nail File & Polish

15 minutes

Fingers

£20

Toes

£20

### Mini Manicure

30 minutes

£30

### Mini Pedicure

30 minutes

£30

### Manicure

45 minutes

£40

### Pedicure

45 minutes

£40

### French Polish £5 supplement

Try a Luxury Manicure or Pedicure. For only £20 more, you will get a salt scrub and Paraffin Wax treatment. This will add 30 luxurious minutes to your treatment.

### Gel Nail Polish

45 minutes

£40

Gel Polish provides a super high gloss finish that will last for up to 2 weeks. Professional removal is recommended.

### Gel Nail Polish Removal

15 minutes

£10

### Makeup

45 minutes

£40

A natural look or full on glamour – let us help you choose the best way to enhance and complement your natural beauty.

### Waxing

Eyebrow Wax/Shape

£15

Lip/Chin

£10

Underarm

£15

Bikini

£15

Extended Bikini

£20

Brazilian

£40

Half Leg

£20

Full Leg

£35

Full Leg & Bikini

£45

### Tinting

Eyelash

£15

Eyebrow

£15

(patch testing is essential before tinting)

## *Hen Party* Lavender Spa Treat

Spend time with your friends relaxing in our hot pools or wrapped up in a fluffy robe, enjoying the tranquil thermal suite.

The Lavender Treat includes full use of the facilities, lunch - overlooking the Tummel Valley - in The Verandah Restaurant and your choice of two treatments from the following:

Tension Melt  
Mini Phytomer Facial  
Ocean Glow  
Mini Pedicure  
Mini Manicure

£80 per person

All prices are subject to change.

## *Hen Weekends*

### One Night Break

Includes:

1 night Dinner, Bed & Breakfast  
Afternoon Tea

One of the following treatments:

Phytomer Facial  
Relaxing Body Massage  
Manicure  
Pedicure

Sunday to Thursday £135 per person

Friday or Saturday £165 per person

### Two Night Break

Includes:

2 nights Dinner, Bed & Breakfast  
Afternoon Tea with bubbles  
Bathrobe in room

Choose one of the following treatments:

Phytomer Facial  
Relaxing Body Massage  
Manicure  
Pedicure

£275 per person

Plus one of these treatments:

Ocean Glow  
Tension Melt  
Mini Facial  
Mini Manicure  
Mini Pedicure

## *Weddings*

### Sensational Bride

Phytomer Facial

Revitalise and rejuvenate with our instant beauty facial which will leave you with a radiant complexion in preparation for your big day.

Finger Therapy:

A pampering hand and nail treat which leaves you with perfectly manicured nails and cuticles.

Makeup:

A trial consultation followed by makeup on the day.

£150



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### All Girls Together

Makeup

Pre-wedding makeup consultation for the Bride, followed by makeup for the Bridal Party (up to five people) on the special day.

Nails:

Manicures for the Bride and Bridal Party

Up to 5 people, including the Bride - £330

Bespoke packages are available. Get in touch to discuss your individual requirements:

01796 473777

[lavenderspa@athollpalace.com](mailto:lavenderspa@athollpalace.com)

## Leisure Club Membership

A Lavender Spa Leisure Club Membership will allow you to enjoy:

- Gym with Powerhouse machines – suitable for all levels of fitness
- Indoor pool, jacuzzi, plunge pool, and sauna
- Use of snooker table and tennis courts
- Unique setting overlooking the Tummel Valley
- Full, Off Peak and Family Memberships available
- A complimentary massage or facial for each new member
- Members enjoy 10% off all Lavender Spa health and beauty treatments



### Opening Times

Mon to Fri	7.00am – 9.00pm
Sat & Sun	7.00am – 7.00pm
Off Peak	
Mon to Fri	9.00am – 5.00pm

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### Memberships 6 Months 12 Months

Individual	£225	£380
Joint	£350	£560
Child	£75	£120
Family	£450	£775
Off Peak Single	£170	£300
Off Peak Joint	£340	£495

Payment must be by cheque, credit card, cash or standing order. There is an administration fee of £30 per annum (per membership) for standing order payments.

For more details, please phone us on 01796 473777 or email us: [lavenderspa@athollpalace.com](mailto:lavenderspa@athollpalace.com)

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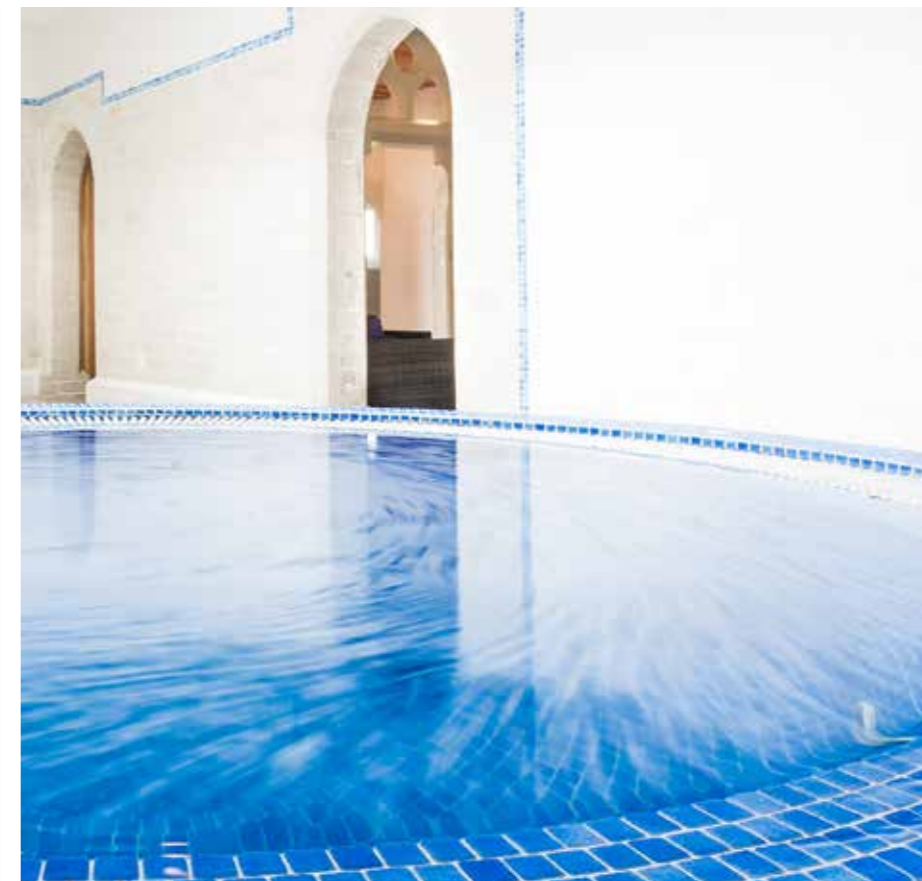
### Terms & Conditions

Supplying credit/debit card details will secure your booking. We will hold bookings for 24hrs without card details. Payment is on the day.

Bookings can be amended or cancelled up to 72 hours prior to your appointment without charge. Cancellation less than 72 hours before your appointment will incur a charge of 50% of your treatment fee. If you cancel your treatment less than 48hrs before your appointment, you will be charged the full cost of the treatment you have booked.

We would advise you to use the pool facilities prior to your treatment to maximise the benefits of the products applied during your treatment.

We ask you to arrive 10 minutes before treatment time to fill in a consultation form. Late arrival will result in your treatment time being shortened.



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