



RELAX... REJUVENATE... RESTORE...

The award winning Spa at Lochside provides a perfect blend of tranquillity and luxury.

Embark on a truly personal journey combining the natural balance of heat, water and the precious gift of time. Our Holistic Spa Therapists will be sure to take you on a journey that will encapsulate you from start to finish.

NOW OPEN: WITH NEW PRECAUTIONARY PROCEDURES

- On arrival we carry out a health screening to all our spa guests
- We require all guests visiting the spa to wash and sanitise hands.
- We practise and promote physical distancing
- Our staff wear masks and we ask that our guests to do if they can
- We sterilise our equipment and use Disposable tools where applicable
- We change our bedding, sanitise and disinfect high touch points in the treatment rooms after each guest.
- We deep clean, disinfect and sanitise the premises overnight.
We frequently repeat this process throughout the day on high touch points.

For the time being we will be operating with a reduced range of facilities and treatments. When booking please ask for the latest up to date information on what might have changed.

We look forward to welcoming you soon and hope to return to full services in the near future.



SIGNATURE RITUALS

AWAKENING EXPERIENCE *55 minutes | £80*

Rediscover a sense of awakening with this comforting treatment to release emotional anxieties whilst relaxing the mind. Nutrient packed formulas combine with high performance facial massage to re balance and hydrate skin. You'll emerge feeling restored and radiant.

LOCHSIDE SIGNATURE HOT STONE RITUAL *1 hour 25 minutes | £110*

Designed to target the classic areas of stress, a stimulating and deep cleansing back exfoliation is followed by a powerful back massage using volcanic hot stones and warm aromatic oils to melt away tension. A stress relieving scalp massage to follow. Relieve the pressures within the feet to finish leaving a sense of deep relaxation.

STRENGTH & RESILIENCE MASSAGE

1 hour 20 minutes | £110

Transform mind & body, release muscular tension and rediscover a sense of wellbeing with this resilience boosting massage. Inspired by the arduous migration of the painted lady butterfly, this revitalising massage uses aromatherapeutic oils, yoga stretches and deep muscle massage to boost your energy levels and support your immune system. You emerge stronger and more resilient, ready to face life's unexpected journeys.

MINDFUL MASSAGE *1 hour 20 minutes | £110*

Soothe away stress and return body and mind to the present moment with this holistic and blissfully re-balancing experience. Unique in every way, guided breathing and visualisation combine with deeply therapeutic massage to release physical and emotional anxieties, relax the mind and restore a positive spirit.

ESPA BODY MASSAGE

AROMATHERAPY MASSAGE

1 hour 20 minutes | 55 minutes | £110 | £80

A therapeutic full body massage using blends of essential oils personally selected for your individual needs. This deeply relaxing and aromatic massage works on the pressure points on the body using slow massage techniques to suit your needs and aromatherapy oils known for their healing properties; which are inhaled and absorbed through the skin to achieve your desired results.

HOT STONE MASSAGE

1 hour 20 minutes | 55 minutes | £110 | £80

Discover lasting relaxation for mind and body with this aromatherapeutic treatment. Tailored massage with hot stones unravels persistent muscular tightness and discomfort while pure, aromatic essential oils encompass the mind to relieve stress, recharge spirits and leave you feeling rejuvenated.

FITNESS MASSAGE

1 hour 20 minutes | 55 minutes | £110 | £80

Restore comfort, suppleness and movement with this intensely effective massage. Active stretching and specialised massage with expertly blended aromatherapy oils alleviate deep-seated tension in the neck, shoulders and back with instant and lasting effect. Muscular pain is diminished, leaving you feeling stronger and more energised.

BACK, NECK AND SHOULDER MASSAGE

25 minutes | £35

Ease tension where you need it most with this fast-acting de-stressing treatment. Personalised to your unique needs, targeted massage with pure aromatherapy blends relaxes tense muscles, re-energises your body and calms your mind.

ESPA MATERNITY

NATAL RELAX AND RESTORE

1 hour 20 minutes / £110

A deeply nourishing body treatment designed to target areas prone to stress and tension during pregnancy. Gentle body exfoliation is followed by a nourishing massage then a moisture rich body mask is applied. Finally truly relax mind and body, whilst your scalp is massaged. A course of 6 treatments is recommended following the first trimester of pregnancy.

POST NATAL RELAX AND RESTORE

1 hour 20 minutes / 55 minutes / £110 / £80

Completely personalised to your post baby needs whether you need to tone and firm your skin, aid weight loss, or simply relax and restore energy. This is an ideal treatment to deeply nourish, hydrate and balance your body. A course of 6 treatments is recommended.

ESPA FOR MEN

DEEP CLEANSING BACK TREATMENT

55 minutes / £80

The back is deep cleansed, body brushed and exfoliated to help stimulate circulation and cell renewal. A calming Aromatherapy Massage and application of Marine Mud mask will ease tension, calm and soothe the skin. Lower legs and feet receive a deeply relaxing massage whilst the mask takes effect.

STRESSBUSTER *1 hour 25 minutes / £110*

Ideal for those suffering with stress related tension from business pressure, travel and a fast-paced lifestyle. Gentle skin cleanse involving skin brushing and body exfoliation followed by a full body massage with hot stones and scalp massage. Gentle stretching leaves your body feeling soothed, revitalised and de-stressed.

FITNESS MASSAGE

1 hour 20 minutes / 55 minutes / £110 / £80

Restore comfort, suppleness and movement with this intensely effective massage. Active stretching and specialised massage with expertly blended aromatherapy oils alleviate deep-seated tension in the neck, shoulders and back with instant and lasting effect. Muscular pain is diminished, leaving you feeling stronger and more energised.

ALTERNATIVE THERAPIES

HOLISTIC HAND AND NAIL TREATMENT

55 minutes / £50

A relaxing arm, hand and nail treatment including a gentle skin refiner, cuticle work and a therapeutic massage using aromatherapy oils and volcanic hot stones. Hands and nails are then treated to a warm envelopment of paraffin wax to intensively nourish; nails are then painted to achieve that polished finish.

HOLISTIC FOOT AND NAIL TREATMENT

1 hour 10 minutes / £65

A soothing foot, leg and nail treatment including gentle exfoliation, cuticle work and a relaxing massage using essential oils and volcanic hot stones. The feet are enveloped in warm paraffin wax to soften, deeply nourish and condition; toes are then painted to achieve that polished finish.

REFLEXOLOGY *55 minutes / £80*

An ancient holistic treatment. Relaxing pressure point foot massage, improves circulation, eases tension balancing the mind and body.

FINISHING TOUCHES

HOLISTIC HAND AND NAIL TREATMENT

55 minutes / £50

ST TROPEZ TANNING

Full Body Spray Tan / 30 minutes / £20

Full Body Application Tan / 40 minutes / £30

A tan is well known to have positive effects on self image and confidence. St Tropez provides tanning services to celebrity and VIP clients across the globe and are the first choice for fashionista's and icons for a naturally glamorous tan.

LASHES AND BROWS

Eyebrow Shape / £7 Eyebrow Tint / £7 Eyelash Tint / £15

Signature Brow (define, tint, wax, trim, shape to finish) / £20

ESSENTIAL MANICURE *40 minutes / £35*

Achieve amazing results or maintain nails in exceptional condition with this treatment Includes: Soak – nail file and shape – exfoliate – cuticle work – application of hand cream – polish or buff.

ESSENTIAL MANICURE 40 minutes / £35

Achieve amazing results or maintain nails in exceptional condition with this treatment Includes: Soak – nail file and shape – exfoliate – cuticle work – application of hand cream – polish or buff.

FILE AND POLISH 15 minutes / £15

Essential maintenance for hands or feet. Includes: Nail file and shape – moisturise – polish or buff.

ESSENTIAL PEDICURE 55 minutes / £45

Achieve amazing results or maintain nails in exceptional condition with this nourishing treatment. Includes: Soak – cut and file – exfoliate – cuticle work application of Foot cream – polish or buff.

ADDITIONAL SERVICES

Compliment your Manicure or Pedicure with:

HOT STONE FOOT MASSAGE

allow an extra 15 minutes / £10

REFLEX FOOT MASSAGE

allow an extra 15 minutes / £10

PARAFFIN WAX ENVELOPMENT

allow an extra 15 minutes / £10

SHELLAC POLISH

allow an extra 15 minutes / £10

Say Hello to Shellac™ goes on like polish, wears like gel. 14 day wear. With mirror finish and zero drying time.



HOW TO SPA

SPA ARRIVAL

It is advisable to arrive at the spa reception 15 minutes prior to your treatment reservation.

SPA RESERVATIONS

To make an appointment for the perfect treatment, please contact the spa where we will be delighted to assist you.

COVID 19 PRECAUTIONS

Please be assured that the spa at Lochside is taking all necessary steps to protect our team and guests at this time including adhering to enhanced hygiene practices, social distancing and other government guidance throughout the spa and hotel.

WHAT TO BRING

For your safety and comfort we ask hotels residential guests to come to the spa already wearing robes and slipper provided in your bedroom.

If you are attending a day spa visit we ask that you bring as little possessions as possible in order to comply with social distancing and Covid 19 guidance.

THERMAL SUITE

Please call ahead to check if the thermal suite is available. Due to government guidelines within the period of coronavirus it is likely the thermal suite, or parts of this experience may not be available for use.

HEALTH CONDITIONS

Kindly advise us of any health conditions, allergies or injuries, which could affect your choice of treatment when making your spa reservation.

As an enhanced precaution with regards to Covid 19, we will require all guests to fill in a Covid 19 health screening on arrival. Please note that if you are experiencing any symptoms of Covid 19 please get in touch with the spa/hotel prior to your visit.

GIFT VOUCHERS

Gift vouchers are available for Day Spa Rituals and are an ideal present for someone special. Gift vouchers are non-refundable and must be presented at time of treatment or purchase.

If you have had a voucher which you were unable to use due to Covid 19, please be assured that we have extended these by 6 months until the 22nd of January 2021 so that you don't miss out.

CANCELLATIONS

24 hour cancellation is required for all treatment bookings and 48 hours for any Spa Day Ritual to avoid a 100% charge. Groups of 6 or more must give 72 hours notice to avoid a 100% charge.

TRULY | MEMORABLE | EXPERIENCE



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