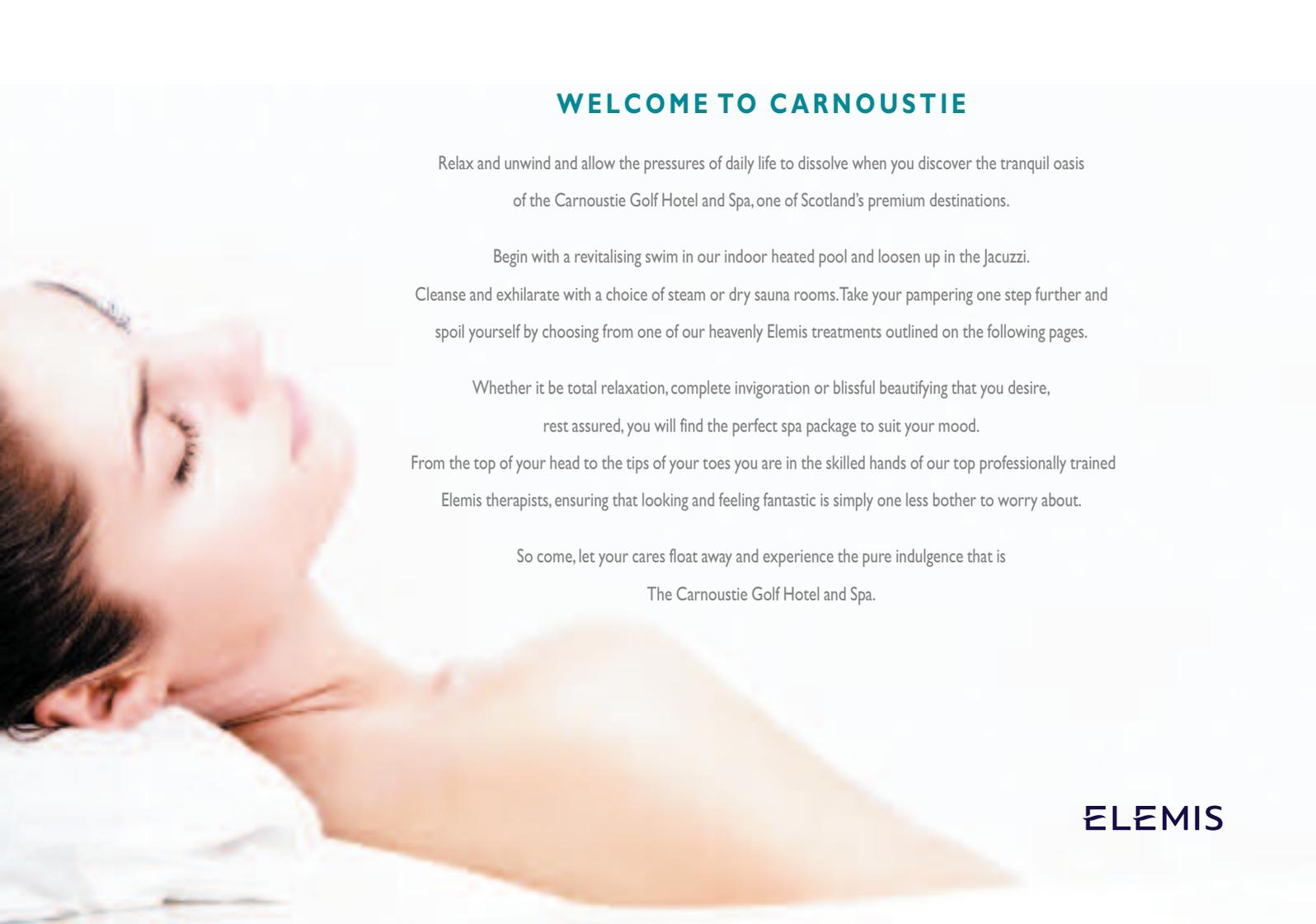




spa

Carnoustie  
Golf Hotel & Spa



## WELCOME TO CARNOUSTIE

Relax and unwind and allow the pressures of daily life to dissolve when you discover the tranquil oasis of the Carnoustie Golf Hotel and Spa, one of Scotland's premium destinations.

Begin with a revitalising swim in our indoor heated pool and loosen up in the Jacuzzi.

Cleanse and exhilarate with a choice of steam or dry sauna rooms. Take your pampering one step further and spoil yourself by choosing from one of our heavenly Elemis treatments outlined on the following pages.

Whether it be total relaxation, complete invigoration or blissful beautifying that you desire, rest assured, you will find the perfect spa package to suit your mood.

From the top of your head to the tips of your toes you are in the skilled hands of our top professionally trained Elemis therapists, ensuring that looking and feeling fantastic is simply one less bother to worry about.

So come, let your cares float away and experience the pure indulgence that is  
The Carnoustie Golf Hotel and Spa.

ELEMIS

# ELEMIS FACIALS

## SKIN SPECIFIC FACIALS

These three different facials are suited to your individual needs and include a one to one consultation. Your skin will be cleansed, toned and exfoliated followed by a luxurious mask and a warm compress to the face and feet.

The face, neck and scalp will be massaged leaving you feeling de stressed and your skin feeling deeply cleansed and hydrated.

### Choose from:

#### Fruit Active Glow

This facial is designed for dull lifeless skin. The skin is powerfully recharged, bringing back the glow to a dull and lifeless complexion.

#### Herbal Lavender Repair

This facial is designed to help oily or combination skin. The skin is restored to the perfect balance, healing and repairing problematic skin.

#### Exotic Moisture Dew

This facial is perfect for dry skin. The skin is saturated with moisture giving a thirst quenching boost and also helping calm any high colouring in the skin.

**25 Minute Skin Specific Taster Facial £35.00**

**55 Minute Skin Specific Facial £45.00**

## ELEMIS SKIN SOLUTION FACIALS

Three different facials suited to your own individual needs. These facials include a one to one consultation. Your skin will be cleansed, toned and exfoliated ending with an advanced therapeutic mask. Face, neck, scalp, arms and hands will be massaged leaving you feeling de stressed and your skin feeling re-generated.

### Choose from:

#### Super Food Radiance

This is a boost for stressed, dull skin. Rich in superfoods, essential minerals and trace elements jump start tired skin. An amino active mask helps restore lost moisture, deeply nourish, detox and pack the skin with powerful nutrients. Skin is left smoother, plumper and luminously radiant.

#### Sensitive Skin Soother

Fragile skin needs special attention. A calming massage technique is used to help reduce the appearance of redness and strengthen the top layer of the skin, protecting against daily stresses. The soothing properties of Moroccan Rose, Chamomile and Apricot are combined to gently cleanse and exfoliate, whilst the nourishing mask leaves skin nurtured and comforted. Texture and tone are dramatically restored and moisture levels are boosted.

#### Anti Blemish, Mattify and Calm

A deeply cleansing revelation for oily, unsettled, congested or hormonal skin. This mattifying facial helps combat oil and shine. Lavender balancing toner and repair mask work in unison to regulate oil flow and calm the skin, while massage helps restore micro-circulation and re-oxygenate, improving tone and texture. A deeply detoxifying treatment for lastingly clear, bright skin.

**60 Minute Skin Solutions Facial £60.00**

## ELEMIS ANTI-AGEING FACIALS

These clinically proven facials use the latest technology to deeply and gently work the skin to help target your specific facial concerns. Your skin is cleansed, toned, exfoliated and a powerful prescribed mask is applied as well as a facial massage to help soothe, relax and drain lymphatic tissues.

### Choose from:

#### Pro-definition and Lift and Contour

Elemis newest cutting edge facial, made with firming plant actives. This has a powerful lifting effect to target sagging jowls, cheeks, chin and neck whilst helping reduce puffiness and fluid retention. 96% of women stated that their facial contours appeared firmed, lifted and shaped. 90% of women stated that the sagging on their cheeks and neck was visibly improved and 82% of women stated that they would delay facial surgery and/or Botox following a course of facials.

**60 Minute Treatment £65.00**

#### Dynamic Resurfacing Precision Peel

This facial offers unprecedented results never seen before from just one facial. After just one treatment the skin is clinically proven to be 75% resurfaced and up to 32% smoother. Enzymes work to safely and effectively resurface the skin helping to reduce fine lines and wrinkles, reducing pigmentation and acne scarring. The skin is left feeling incredibly clean, smooth and radiant.

**60 Minute Treatment £65.00**

#### White Brightening Pigment Perfector

This powerful facial restores even skin tone, targeting unwanted areas of pigmentation, redness and freckles. Packed with Peony root and Blackcurrant seed, Oil is applied to the skin before being washed away in a milky emulsion, taking the melanin away. Special feather like massage movements and encapsulated Vitamin C work to inhibit future pigmentation. The complexion is lastingly colour-corrected, brightened and illuminated.

**60 Minute Treatment £65.00**

#### Pro Collagen Age Defy

This anti-ageing facial is the ultimate in scientific skin therapy. Clinically proven to reduce the number of wrinkles by 94% and improve skin firmness by 57% after just one treatment! Additionally, detoxifying, brightening, healing and defining the eye contour.

**60 Minute Treatment £65.00**

30 minute booster facials are available on all of our anti-aging facials.

**30 Minute Treatment £40.00**



## BODY THERAPY

### ELEMIS DEEP TISSUE MASSAGE

A deep rhythmic pressure massage designed to alleviate stress and ease aching muscles. Each treatment has different oils which make up the four Elemis massages.

#### Choose from:

**Stress Away Deep Tissue Massage** - soothes and relaxes

**Spirit Reviver Deep Tissue Massage** - uplifting and detoxifying

**Muscle Melt Deep Tissue Massage** - eases tired aching muscles

**Chakra Balancing Deep Tissue Massage** - bringing your body and emotions to a total equilibrium

*60 Minute Full Body Deep Tissue Massage £60.00*

*30 Minute Back, Neck & Shoulder Deep Tissue Massage £40.00*

### CARNOUSTIE GOLF HOTEL MASSAGE

This 90 minute massage is ideal for stress, tired and overworked muscles. The whole body is included; back, legs, feet, arms, neck and scalp.

*90 Minute Treatment £75.00*

### HOT STONE BACK, NECK & SHOULDER MASSAGE

This soothing massage treatment uses hot basalt stones to release heat into your muscles, helping to relieve stress and tension, boost circulation and re-charge energy levels.

*30 Minute Treatment £45.00*

### ELEMIS MOTHER TO BE MASSAGE

This award-winning treatment is perfect for pregnant women in any trimester or for anyone who is uncomfortable lying face down. This unique therapy helps to relieve back tension, swollen hands and feet as well as easing the mind and lifting the spirit.

*75 Minute Treatment £65.00*

(Allow longer for 1st consultation)

### ELEMIS BODY SCRUB

**Elemis Lime and Ginger Salt Glow**

This exotic exfoliation revitalises and brightens the body. After light body brushing, warm oils are drizzled luxuriously all over. The Elemis Lime and Ginger Salt Glow is waved onto the body, skin is deeply cleansed and polished. The skin is left silky smooth and softened.

*30 Minute Treatment £40.00*

(Allow 45 minutes)



## ELEMIS BODY WRAPS

### **Aroma Spa Ocean Wrap**

These seaweed treatments detoxify the body inside and out combining the richest sea plants and marine algae with aroma therapeutic actives. A warm seaweed body mask combined with a blend of essential oils is applied to the body before you are cocooned in a comforting foil wrap whilst being treated to a deep Thai drainage facial massage and a de-stress scalp treatment.

**Choose from:**

### **Muscle Ease Aroma Spa Ocean Wrap**

This is a warming treatment that helps ease the pains of rheumatism arthritis, muscle spasm and fatigue.

### **Cellutox Aroma Spa Ocean Wrap**

Decongest and stimulate the body systems. A detoxifying treatment that improves the appearance of cellulite and reduces fluid retention.

**75 Minute Treatment £65.00**

### **Exotic Coconut Rub and Milk Ritual Wrap**

A Coconut, Mungbean, Lavender and Spice scrub are used to polish the skin to gently exfoliate dead and dry skin cells. The senses are tantalised and delighted as warm skin nourishing milk bath is drizzled over the entire body before being cocooned into a comforting wrap. A de-stress scalp massage combined with a deep Thai drainage facial massage brings sensuality and luxury with a sense of ritual. The skins colour and texture is improved and the skin is left nourished and healed.

**60 Minute Treatment £65.00**

### **Exotic Frangipani Body Nourish Wrap**

This exotic body wrap drenches the skin with moisture for immediate softness and suppleness. Nourishing oils feed the skin to help promote skins elasticity and condition. Exotic aromatic Tahitian Coconut and Frangipani flowers are soaked together to produce the monoi used in this wrap. Polynesian woman traditionally used this to protect their skin and provide the ultimate radiance, vitality and all over glow.

**60 Minute Treatment £65.00**

# HANDS AND FEET

## MANICURES AND PEDICURES

### Shellac Manicure £30.00

A high shine, long lasting, zero drying time polish. Shellac can last up to 14 days.

### Vynylux Manicure £30.00

Includes nail shaping, cuticle work, exfoliation, massage and Vynylux weekly polish.

### Vynylux Pedicure £35.00

Includes shaping of the nail, cuticle work, foot filing, exfoliation, massage and Vynylux weekly polish.

### Manicure no Polish £20.00

Includes shaping of the nail, cuticle work, exfoliation and massage

### Pedicure no Polish £25.00

Includes shaping of the nail, cuticle work, foot filing, exfoliation and massage.

**All Treatments above are 60 minutes**

### Mini Manicure or Mini Pedicure

Includes shaping of the nail, cuticle work and colour application

**30 Minute Treatment £15.00**

### Elemis Sole Delight Foot Treatment

A sensory experience for your feet which promises to leave you walking on cloud nine. Warm aroma therapeutic oils nourish and condition neglected feet and nails. Feet are left exfoliated, soothed and soft.

**30 Minute Treatment £35.00**

**60 Minute Treatment with Pedicure £55.00**

### Elemis Pro-Collagen Hand and Nail Treatment

Cuticles and nails are conditioned and strengthened whilst the indulgent Elemis skin nourishing milk bath combined with anti-ageing pro collagen hand and nail cream intensely hydrates for instantly smooth, youthful looking hands.

**30 Minute Treatment £35.00**

**60 Minute Treatment with Manicure £55.00**



## WAXING

**Underarm, Eyebrow, Lip or Chin £8.00**

**Bikini £10.00**

**Forearm £12.00**

**Leg £15.00**

**Full Leg £20.00**

**Back or Chest £20.00**

**Hollywood or Brazilian £28.00**

**Eyebrow or Lash Tint £8.00**

**Eye Package £18.00**

(eyebrow wax and eyebrow and eyelash tint)

## HOLISTIC THERAPIES

### REFLEXOLOGY

Reflexology is a theory and therapy that uses the feet to treat the whole body. By manipulation and applying pressure to certain parts of the feet the whole body can be brought back into balance

**45 Minute Treatment £45.00**

### INDIAN HEAD MASSAGE

An Indian head massage will energise your mind and allow your tension to slip away. This ancient technique has been practiced for over a thousand years in India and has been passed from generation to generation. This treatment has you relaxing in a chair where the areas most vulnerable to stress will be treated such as shoulders, upper arms, back, neck, face and head, leaving your inner balance restored.

**45 Minute Treatment £45.00**

## ELEMIS TIME FOR MEN

### URBAN CLEANSE FACIAL

This deep cleansing facial works over time to decongest and defend the skin. The skin is neutralised of impurities and detoxified. The oil flow is slowed down, blocked pores are helped to become eliminated and sensitivity is reduced as the skin is protected from daily pollutants. This treatment includes a de-stress scalp, hand and arm massage.

*75 Minute Treatment £70.00*

### SKIN IQ FOR MEN

This clinically proven facial is perfect for stressed and dehydrated skin. Ideal to combat harsh ageing effects of daily shaving, pollution and urban living. The skin is deeply cleansed, vital moisture and nutrient levels are restored and the eye contour is defined. This treatment includes a de-stress scalp, hand and arm massage.

*75 Minute Treatment £70.00*

### GOLFERS' TONIC

Refreshing peppermint scrub cleanses and soothes leaving the back feeling soft and revitalised followed by a deep tissue back, neck & shoulder massage designed to work out any sore muscles, aches, pains and tensions.

*60 Minute Treatment £60.00*

## SPA PACKAGES

### SPA DAY

This package includes a 30 minute treatment (options include a back, neck and shoulder massage, 30 minute skin specific facial, mini manicure, mini pedicure or a luxury scalp massage) Full use of the spa facilities including swimming pool, Jacuzzi, sauna, steam room, gym, robes and slippers and full use of the relax room. A Spa Day Lunch Package is also available at an additional cost.

*30 Minute Treatment For One £39.00 For Two £75.00*

### CREAM TEA SPA DAY

This package includes a 30 minute treatment (options include a back, neck and shoulder massage, 30 minute skin specific facial, mini manicure, mini pedicure or a luxury scalp massage). Full use of the spa facilities including swimming pool, Jacuzzi, sauna, steam room, gym, robes and slippers and full use of the relax room as well as a delightful Cream Tea.

*30 Minute Treatment £42.50*

### LIGHT LUNCH SPA DAY

This package includes two 30 minute treatments, (options include a back, neck and shoulder massage, 30 minute skin specific facial, mini manicure, mini pedicure or a luxury scalp massage). Full use of the spa facilities, including swimming pool, Jacuzzi, sauna, steam room, gym, robes and slippers and full use of the relax room as well as a Soup and Sandwich Lunch.

*60 Minutes of Treatments for £74.50*

### REVITALISE PACKAGE

Choose three half an hour treatments, options are any of our 30 minute massages, skin specific facials, a scalp massage or mini manicure/pedicure. Full use of the spa facilities, swimming pool, Jacuzzi, sauna, steam room, gym and a Two Course Spa Day Lunch are included.

*90 Minutes of Treatments £105.00*

### INDULGENCE PACKAGE

Choose from any of our 30 minute massages, any skin specific 60 minute facials, and a full manicure or pedicure. Full use of the spa facilities, including swimming pool, Jacuzzi, sauna, steam room, gym and also includes a Two Course Spa Day Lunch.

*135 Minutes of Treatments £130.00*

### HEN PARTY PACKAGE

This package includes any two of our 30 minute treatments from the brochure, or one 60 minute treatment. Full access to Club Carnoustie's leisure facilities, robes and slippers, exclusive access to one of the Hotels suites with beautiful views overlooking the famous Championship course, a glass of Prosecco and a Two Course Spa Day Lunch.

*60 Minutes of Treatments for £99.00 each*

*(Groups of 10+ receive 10% Discount)*

# TERMS AND CONDITIONS

## APPOINTMENTS

We strongly advise that you book in advance, especially for weekends to avoid disappointment.

Spa days are to arrive at the spa by 10am, if any later we need to know at time of booking.

Treatments should be decided before and times may be allocated on the day.

Please arrive 15 minutes prior to your treatment to allow time to get comfortable, familiarise yourself with the spa and fill out a consultation form.

Unfortunately, lateness will result in shorter treatment times and will be charged at the full price.

Card Details will be taken at time of booking to secure your time slot, a 50% charge will apply if your appointment is not cancelled within 24 hours.

## SPA ATTIRE

For treatments 60 minutes or over you will be provided with robes and slippers in a locker.

If you wish to hire robes or slippers for any of our other treatments these will be charged at £7.50 per person.

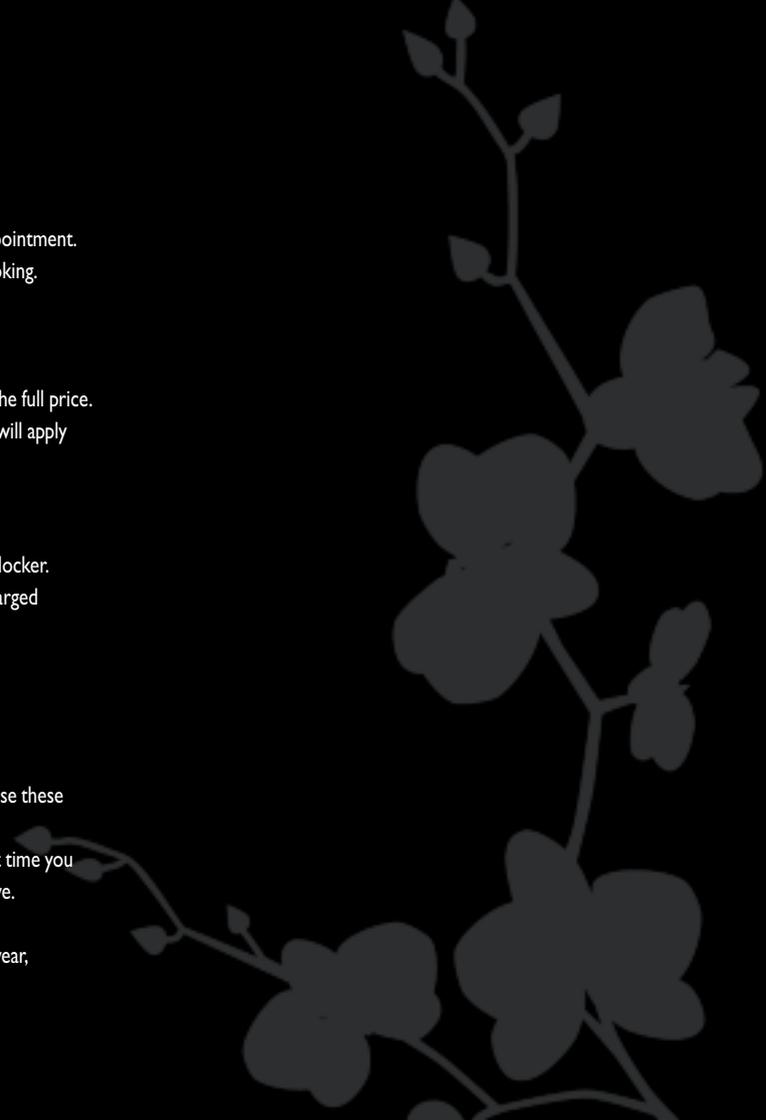
Please remove any jewellery before entering the spa.

## SPA PACKAGES

Spa Packages include use of the leisure facilities – we strongly recommend that you use these prior to your treatments.

When making your booking please advise us of the time you are likely to arrive, what time you would like us to reserve your lunch for and what treatments you would like to receive.

Club Carnoustie have a range of retail products available to purchase such as swim wear, goggles, nose clips and shampoo if required.





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