



# Kingsclub

SPA

INVERNESS



Treatment Menu

# Spa Etiquette

In order to create the perfect environment and be considerate to all our clients the following guidelines are intended to ensure your visit runs smoothly:

## Booking

Credit card details are required to secure your booking, however be assured that no payment will be taken unless a cancellation is made within 24 hours. Multi appointments and party bookings will require a 50% deposit. This deposit will be non-refundable if the booking is cancelled within 5 days of the appointment.

## Cancellation

24 hours notice is required for cancelled or rescheduled appointments. Cancellations within 24 hours will incur a 50% charge.

## OPENING TIMES

Monday - Saturday: 10am - 6pm

Sunday: 10am - 5pm

Late night Thursdays until 8pm

Appointments outwith these times may be possible with prior arrangement.

Culcabock Road, Inverness IV2 3LP

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# Introduction

[ comfort zone ] is the leading Italian company in the field of development and production of skincare products and treatments. Our mission is to combine the best of science and nature by offering the highest quality products with results orientated treatments. [ comfort zone ] appeals to all and offers the ultimate spa experience. All [ comfort zone ] treatments begin with our signature tranquillity welcome ritual, to relax and soothe the senses.

## Facial Treatments

Choose a complimentary scalp massage, hand & arm massage or foot massage with any facial treatment.

### Re-balance Range:

#### Hydramemory

60 minutes - £45.00

24hr deep hydrating treatment. A deeply hydrating treatment to improve moisture levels in the skin. Hibiscus and honey work to retain moisture in the skin whilst the special ingredient trehalose taken from a desert plant works to increase the moisture and leave the skin feeling silky smooth.

#### Skin Resonance

60 minutes - £45.00

Re-balancing treatment for sensitive skins. A treatment developed to re-balance and strengthen sensitive skins. This treatment not only cools and calms but reduces any irritation within the skin.

#### Recover Touch

60 minutes - £45.00

mini facial 30 minutes - £25.00

Anti-oxidant vitamin treatment works to neutralise free radicals which can destroy the skins natural collagen and elastin. Nourishing cloudberry and canola oil revive a dull, tired complexion. Ideal for damaged or dull skin, smokers, sun-damaged skin, pollution, air conditioning or central heating.

## Purify Range:

### Active Pureness Re-balancing

60 minutes - £45.00

Deep cleansing treatment recommended for oily or combination skins; extracts of sage, balm mint and orange fruit water deeply cleanse and leave the skin feeling fresh and restored.

### Eye Sublime

Add on 20 minutes - £20.00

Anti-ageing. Multi-active rejuvenating eye zone treatment. A specific treatment to rejuvenate the delicate area around the eyes. Natural ingredients combined with peptide technology will work to reduce dark circles, puffiness and fine lines, moisture and hydration are restored while an innovative hydro-gel mask will bring rapid relief from stress and fatigue.

## Lighten and Whiten Range:

### Absolute Pearl

60 minutes - £48.00

Treatment for dull skins or pigmentation prone skin. This luxury facial treatment is excellent for treating uneven colour or dark spot areas while improving skin luminosity. The anti-oxidant effects create an immediate brightness and used in conjunction with a specific home care routine will reduce pigmentation spots. The treatment uses brightening extracts of lemon and white willow bark making it perfect before a party night or for the Bride-to-be.

## Renew and Nourish Range:

### Glorious Skin Express

45 minutes - £56.00

This treatment gives an immediate lifting and tensing effect. Incorporates a unique anti-ageing ingredient hexapeptide, which works on fine lines and wrinkles. This treatment is excellent for a special occasion or will give on-going lifting and firming effects especially when used in conjunction with a special homecare programme. Includes a unique setting gel mask which once removed reveals firmer smoother looking skin.

## Man Space

### Hydra Performance Facial

60 minutes - £45.00

Re-hydration treatment for men. Perfectly restores moisture levels to the skin with the use of active ingredients such as Swiss glacial water. Ideal for frequent flyers or skin that is exposed to extreme temperatures and environmental stress.

### Sportsmans Tonic

£55.00 per person

Not every improvement to your game needs to happen on the course. At The Kingsclub our Sportsman's Tonic brings mind and body together for noticeable results. Back and leg massage, warm mud application, a dram of our Malt of the month. Use of the leisure club which is in the Kingsmills Hotel.

# Massage

## Comfort Touch Massage:

Full Body	60 minutes - £48.00
Back, Neck and Shoulders	30 minutes - £30.00

Signature massage using, slow tempo movements designed to relieve muscular tension, relax the body and mind and re-balance energy levels.

## Aromatherapy Massage:

Full Body	60 minutes - £50.00
Back, Neck and Shoulders	30 minutes - £32.00

Many people connect the aroma of essential oils with the creation of a luxurious and relaxing environment but they may not be aware of the multitude of health conditions which essential oils can help to alleviate. Following your consultation, your Therapist will select the appropriate oils to suit your needs.

## Hot Stone Massage:

Full Body	60 minutes - £55.00
Back, Neck and Shoulders	30 minutes - £37.00

A back, neck and shoulder massage using hot stones to soothe and relax the muscles. The use of warm stones allows for a deeper massage, for those who enjoy a firmer pressure to relieve tension.

## Indian Head Massage:

30 minutes - £30.00

Indian Head Massage has been used for thousands of years to aid healing and soothe sickness. This ancient art has been adapted to help treat the stresses and strains of modern-day life. It is a safe, simple and effective therapy that uses a series of massage strokes to treat the area's most vulnerable to stress - namely the upper back, shoulders, head and neck.

## Tranquillity Ritual Treatment:

90 minutes - £65.00

Based on the [ comfort zone ] signature oil blend, the tranquillity ritual is the ultimate pampering experience. A precious combination of amaranth, rose and vanilla oils blended with aromatic flower extracts are applied to the face and body. A unique treatment to hydrate and tone the skin and also deeply relax the mind and body. The [ comfort zone ] tranquillity ritual includes a delicate, soothing scalp and face massage.

## New Life Massage (Pregnancy)

60 minutes - £48.00

30 minutes - £32.00

This massage offers a safe and relaxing way to relieve some of pregnancy's discomforts. This specialized massage and subtle energy techniques provide a balance of the body, mind and spirit.

# Reflexology

45 minutes - £35.00

Reflexology is an alternative medicine method involving the practise of massaging and applying pressure to parts of the feet, the goal of encouraging a beneficial effect on other parts of the body and to improve general health & well being. The reflexology practitioner aims to 'kick start' the client's natural healing process. A wonderful relaxing treatment for both body & mind.

## Body and Mud Wrap Treatments

The following body and mud wraps include body skin preparation/exfoliation, scalp and over towel massage and conclude with elements of the comfort touch massage which can be tailored to suit your needs.

### Leg Strategist

45 minutes - £45.00

Relieving and detoxifying treatment to treat tired, aching legs. Designed for legs suffering from fluid retention, tension and a sense of heaviness. The synergy of active ingredients promotes the elimination of impurities to improve circulation and provide a re-balancing action. Visibly reduces swelling, regains lightness and vitality and prolongs a wonderful fresh feeling due to the added ingredients of pressed mint juice.

### Body Strategist Cellulite

60 minutes - £55.00

This intense treatment helps to reduce the typical signs of cellulite, improves microcirculation, stimulates lipolysis, reduces adiposity and promotes remodelling of the body.

### Grotta Giusti Termal Mud

60 minutes - £55.00

A warm therapeutic treatments for muscles and joints. This remineralising and purifying body wrap also helps to relieve aches and pains from joint and muscular tension.

### Body Strategist Tone

60 minutes - £55.00

A replenishing body wrap which improves tone elasticity while restoring moisture balance. This anti-oxidant treatment reduces stretchmarks and helps the rejuvenation of the tissues.

## Hand and Foot Ritual

35 minutes feet / 30 minutes hands -

£25.00 and £20.00

This exfoliating hydrating and refreshing action restores suppleness and hydration to tired hands and feet, leaving the skin soft and beautiful.

## Jessica Nails

Jessica is the worlds number one natural nail care system. The combination of treatments and colours together with LeRemedi hand treatment and Zenspa pedicure provide a complete range of the highest quality, which is renowned worldwide.

Express Manicure / Pedicure	£16.00
Full Spa manicure	£32.00
Full Spa pedicure	£35.00

(Please note that nail polish requires 30 minute salon drying time  
& pedicures require open toed footwear.)

## Shellac Nails

Shellac is a revolutionary product that won't crack, chip or peel and lasts up to two weeks. It works like a gel, giving a smooth finish to ridge nails while acting as a semi permanent nail varnish.

Shellac Manicure	1 hour - £30.00
Shellac Pedicure	1 hour - £34.00
...add Scrub & Massage 15 mins	add £10.00
...add French Manicure	add £5.00
...add Glitter	add £5.00
Removal only	£5.00

## Lycon Wax

Lycon is a unique and prestigious product using both Hot and Strip waxes. Lycon wax precision waxing prevents hair breakages, ingrown hairs, redness and the associated painful sting.

Amazingly the wax will remove short stubborn hair as short as 2mm leaving your skin soft and smooth. Kingsclub spa is proud to be using the famous Australian Lycon wax where celebs including Sienna Miller, Victoria Beckham & Minnie Driver – to name but a few - have all become dedicated followers. Through the success of London's No1. Waxing Bar – Strip, Lycon has made a name for itself all around the UK.

### Lycon Wax

Full Leg £20.00	Eyebrow £8.00	Underarm £9.00
Half Leg £15.00	Lip £6.00	Chin £7.00
Arm £15.00	Bikini £10.00	Brazilian £15.00
Back Wax £20.00	Playboy £20.00	Hollywood £25.00

## Tinting

Eyebrow	15 min - £8.00
Eyelashes	20 min - £10.00

(Patch test required 24hrs prior to treatment.)

# Signature Treatments

## New Himalayan Salt Massage

£60.00 per person

A detoxify massage for the body using warm Himalayan Salt Stones, this massage relieves tension, stress and anxiety. This treatment proceeds with an invigorating salt scrub to completely detoxify the body which eases aches and pains, stimulates the metabolism and restores vitality and balance. Then relax with a calming herbal tea or detox refreshment.

## Duo

£195.00 per couple

A twin treat in our Duo Suite is the perfect present for yourself and a friend or someone even closer. [ comfort zone ] face and body ritual, luxury hand and foot treatment, refreshments, champagne lunch and use of the Leisure Club which is in the Kingsmills Hotel.

## Indulge

£130.00 per person

Make space in your life to Indulge. An extra special full day luxury spa with immediate results that lasts for a lot longer. [ comfort zone ] customized facial with lip and eye treatment and scalp massage, Grotta Giusti Termal Mud, warm 'LUX' Candle massage, champagne lunch and use of the Leisure Club which is in the Kingsmills Hotel.

## Embrace

£95.00 per person

Fully Embrace a new you with a 1/2 day spa experience. An ideal introduction to a treat that could become positively addictive. [ comfort zone ] customised facial with scalp massage, luxury Jessica pedicure, mini Jessica manicure, use of the Kingsmills Hotel Leisure Club and a fresh Smoothy.

## Signature

£65.00 per person

This is our very own signature treatment that you can only experience at the Kingsclub Spa. You can enjoy a taste of our Spa and a little something special to relive the experience any time you want. Full body hot candle massage with express facial and Calming Herbal Tea.

# Packages

## SOOTH PACKAGE

minimum 6 guests - £50.00 p/p

Tea & Coffee available all day in Mezzanine Lounge  
Thirty minute Spa treatment  
Complimentary use of Kingsmills Leisure Club  
Afternoon tea in the Kingsmills lounge

## SERENITY PACKAGE

minimum 6 guests - £75.00 p/p

Glass of Sparkling wine with lunch  
Use of Kingsclub Mezzanine Lounge  
Sixty minute Spa treatment  
Complimentary use of Kingsmills Leisure Club  
Spa lunch in the Kingsmills restaurant

30 minute treatments: Mini Facial - Back, Neck & Shoulder Massage - Indian Head Massage - Hand & Foot Ritual