



# 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 including bookings made using a voucher.

### Opening Times

Monday - Saturday: 10am - 6pm

Sunday: 10am - 5pm

Appointments out with these times may be possible with prior arrangement.

Culcabock Road, Inverness IV2 3LP

Direct Line: 01463 257160

e-mail: [reception@kingsmillshotel.com](mailto:reception@kingsmillshotel.com)

[www.kingsmillshotel.com/spa](http://www.kingsmillshotel.com/spa)

# 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 tranquility welcome ritual, to relax and soothe the senses.

## Facial treatments

Choose a complimentary scalp or hand massage with any facial treatment.

### Re-Balance Range

#### Hydramemory

60 minutes - £50.00

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.

#### Remedy - Sensitive Skin

60 minutes - £60.00

Renewing, strengthening and soothing treatment, fragrance-free, recommended for skins which are sensitive, Fragile and prone to redness. Smooths and restores the protective skin barrier through a delicate dermal-affinity action.

#### Recover Touch

60 minutes - £50.00

Mini facial 30 minutes - £30.00

This powerful anti-oxidant and vitamin enriched facial treatment that features the superfood goji berry. Both will smooth and nourish the skin and offer the perfect seasonal repair. Ideal for damaged or dull skin, smokers, sun-damaged skin, pollution, air conditioning or central heating.

## Purify Range

### Active Pureness - Purify and Rebalance

60 minutes - £50.00

A deep cleansing treatment that gives an immediate luminous, smooth and even appearance. Characterised by an innovative mattifying peel-off spirulina algae mask. Intense and delicate at the same time, it purifies and balances the skin, leaving it fresh and toned.

### Skin Sublime - Anti-Age

60 minutes - £60.00

This anti-aging facial targets sagging cheeks, jowls chin and neck for a visible rejuvenating effect. This advanced mask helps oxygenate skin cells and gives an instant firming effect. The result is a beautiful nourished, illuminated firmer and lifted skin.

### Eye Sublime

Add on 20 minutes - £25.00

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. This includes a 5 minute scalp massage.

## Man Space

### Hydra Performance Facial

60 minutes - £50.00

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.

### Sportsman's 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 - £50.00 |
| Back, Neck and Shoulders | 30 minutes - £32.00 |

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 - £52.00 |
| Back, Neck and Shoulders | 30 minutes - £34.00 |

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 sooth and relax the muscles. The use of warm stones allows for a deeper massage, for those who enjoy a firmer pressure to relieve tension.

## Hot Candle Massage

|                          |                     |
|--------------------------|---------------------|
| Full Body                | 60 minutes - £55.00 |
| Back, Neck and Shoulders | 30 minutes - £32.00 |

A wonderful experience with our 100% Organic plant wax candles. These oils are soft to the skin and leave a silky smooth and deep lasting relaxing and moisturising effect to the body, mind & skin.

## New Life Massage (Pregnancy)

|                     |
|---------------------|
| 60 minutes - £50.00 |
| 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 - £40.00

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.

## Indian Head Massage

30 minutes - £35.00

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.

## Body and Mud Wrap Treatments

### 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 treatment for muscles and joints. This re-mineralising and purifying body wrap also helps to relieve aches and pains from joint and muscular tension.

## Hand and Foot Ritual

35 minutes feet - £25.00

30 minutes hands - £20.00

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

*“ I have been to the Kingsclub spa on several occasions now and it has always been lovely and I received excellent service ”*

## 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 | £18.00 |
| 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 - £32.00 |
| 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.

|                 |                   |                  |
|-----------------|-------------------|------------------|
| Full Leg £25.00 | Eyebrow £8.00     | Underarm £9.00   |
| Half Leg £18.00 | Lip £6.00         | Chin £7.00       |
| Arm £15.00      | Bikini £12.00     | Hollywood £30.00 |
| Back Wax £20.00 | Brazillian £22.00 |                  |

## Tinting

|           |                 |
|-----------|-----------------|
| Eyebrow   | 15 min - £10.00 |
| Eyelashes | 20 min - £12.00 |

(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.

### Tranquility Pro-Sleep Massage

60 minutes - £60.00

A complete mind and body wellbeing experience, perfect to induce a deep state of relaxation combining the intense sleep-inducing qualities of aromatherapy, music and unique massage techniques from Kerala Ayurvedic and Indonesian Sea Malay. The perfect jetlag recovery experience.

### Duo

£230.00 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

£150.00 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 eye treatment and scalp massage, Grotta Giusti Thermal Mud, hot candle massage, champagne lunch and use of the Leisure Club which is in the Kingsmills Hotel.

### Embrace

£100.00 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 Smoothie.

### Signature

£70.00 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 - £52.00 per person

- Tea & Coffee available all day in Mezzanine Lounge
- Thirty-minute Spa treatment (Choose from Mini Facial, Back, Neck & Shoulders Massage, Indian Hand Massage, Hand & Foot Ritual)
- Complimentary use of Kingsmills Leisure Club
- Afternoon Tea in the Kingsmills lounge

Afternoon tea is served between 2pm - 5pm. This needs to be considered when booking this package. Afternoon Tea is served in the Kingsmills Hotel main lounge.

### SERENITY PACKAGE

minimum 6 guests - £75.00 per person

- Spa lunch in the Kingsmills restaurant
- Glass of sparkling wine with lunch
- Use of Kingsclub mezzanine lounge
- 60 minute spa treatment
- Complimentary use of Kingsmills Leisure Club