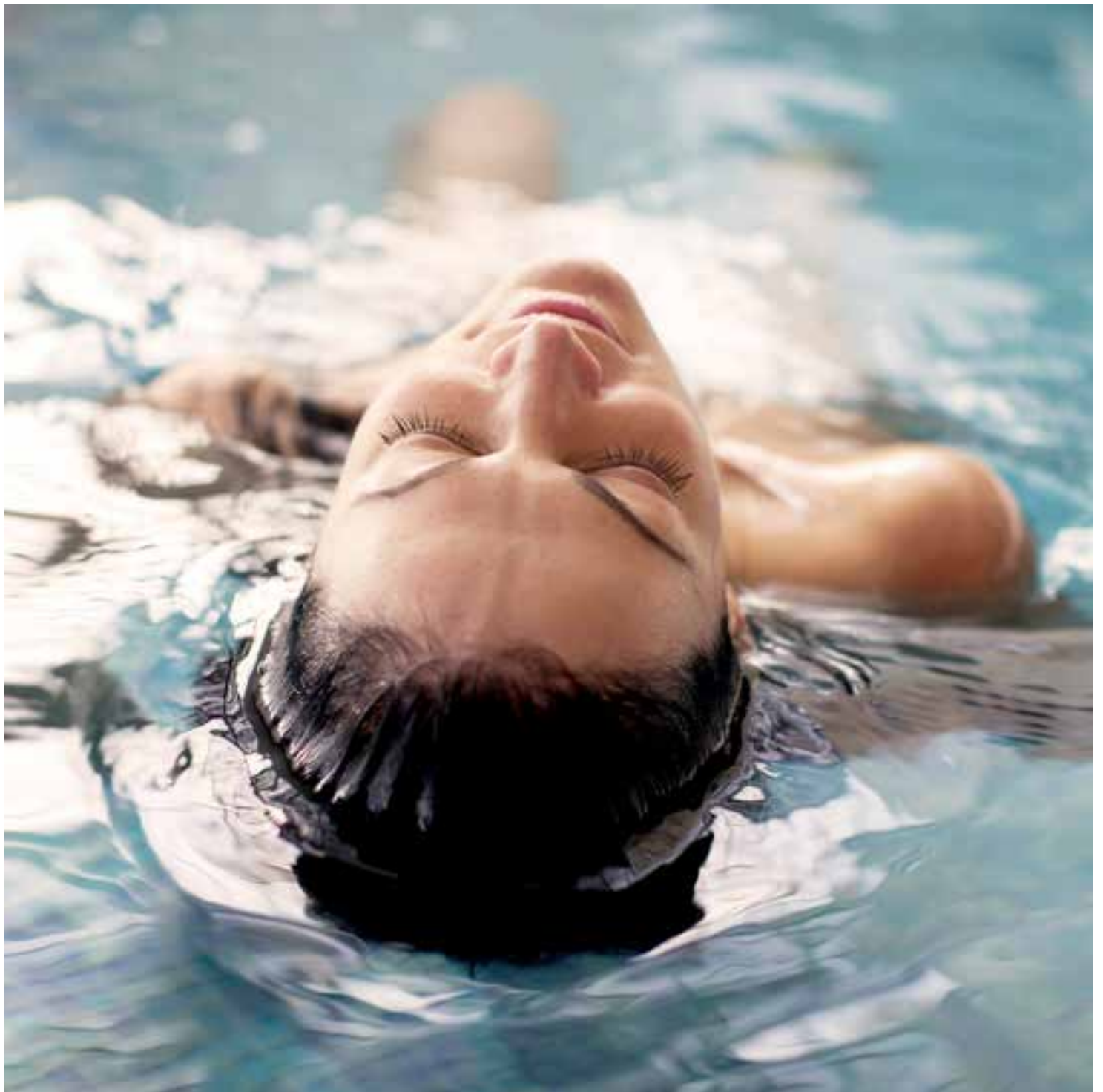
A close-up photograph of a thick, white, creamy substance, likely a cosmetic product such as cream or lotion. The texture is smooth and slightly glossy, with some subtle shadows and highlights that give it a three-dimensional appearance. The substance is spread out, creating soft, undulating edges. Overlaid on the center of the image is the text "THE SPA" in a clean, sans-serif font. The text is a light green color, which contrasts gently with the white background of the cream.

THE SPA



AN ESCAPE FROM REALITY

Escape from reality and take some time out.

*With a range of facilities, luxury products, treatments
and spa days it's the perfect way to unwind.*

*All ELEMIS treatments are designed to support great skin health; to respect
that skin is alive. No two skins are the same. And no two bodies are the same.*

*Every spa therapy is shaped and moulded around you. Personalised for
a results-driven, personalised experience.*

ELEMIS





MACDONALD SIGNATURE TREATMENT

ULTIMATE WELLNESS FACE AND BODY TREATMENT

One hour 25 mins | Monday – Thursday £135.00 | Friday – Sunday £145.00

A top to toe treatment exclusive to Macdonald Hotels & Resorts to encourage a deep sense of wellness and optimum skin health using ground-breaking ELEMIS formulations and techniques.

ELEMIS treatments bring together the power of nature, science and aromatics.

Indulge in a back of body freestyle deep tissue massage to alleviate high stress levels, release muscle pain and encourage optimum circulation. Tailored entirely to your needs, your therapist will select an aromatic oil according to your concerns.

This grounding massage is followed by the ELEMIS Superfood Facial, a nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Leaves skin looking plumper, radiant and lit up with good health.

FACE – TOUCH

ELEMIS SUPERFOOD PRO-RADIANCE

25 mins | Monday – Thursday £55.00 | Friday – Sunday £59.00

55 mins | Monday – Thursday £79.00 | Friday – Sunday £85.00

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven* to leave skin plumper, radiant and lit up with good health.

ELEMIS PEPTIDE 24/7 SKIN SYNC

55 mins | Monday – Thursday £79.00 | Friday – Sunday £85.00

Target tired skin with this radiance-restoring Peptide 24/7 facial. Powerful botanical formulations, exclusive to ELEMIS, are combined with special massage techniques to replenish skin with a well-rested glow.

ELEMIS PRO-COLLAGEN DEFINITION AGE DEFY

55 mins | Monday – Thursday £85.00 | Friday – Sunday £90.00

Tackle fine lines and wrinkles with the clinically proven* age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

ELEMIS PRO-COLLAGEN DEFINITION LIFT AND CONTOUR

55 mins | Monday – Thursday £85.00 | Friday – Sunday £90.00

Powered by breakthrough technology, this facial helps restore the architecture of the face using the potent nutrients in plant actives found to help support the extra-cellular matrix. Creates a profoundly sculpted, youthful effect.

ELEMIS DYNAMIC RESURFACING PRECISION PEEL

55 mins | Monday – Thursday £85.00 | Friday – Sunday £90.00

Clinically proven* to target the signs of ageing and uneven skin tone. This pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin.

*Independent Clinical Trials

FACE AND BODY COMBINATIONS

*Choose your own combination of facial and body massage,
or let your ELEMIS therapist personally prescribe the perfect
treatment to work with your skin, your mood and your needs.*

ELEMIS COUTURE TOUCH

55 mins | Monday – Thursday £79.00 | Friday – Sunday £85.00

Condition your skin and muscles with this all-embracing experience.

Combine any ELEMIS hands-on
TOUCH facial with your personalised Freestyle Deep Tissue
Massage or Deeper than Deep Hot Stone Massage.

ELEMIS COUTURE TECHNOLOGY

55 mins | Monday – Thursday £85.00 | Friday – Sunday £90.00

Time to switch your skin on.

Combine a prescribed ELEMIS BIOTEC facial with your
personalised Freestyle Deep Tissue Massage or
Deeper than Deep Hot Stone Massage.

TECHNOLOGY – ANTI-AGEING

ELEMIS BIOTEC FACIAL

55 mins | Monday – Thursday £85.00 | Friday – Sunday £90.00

Let your ELEMIS therapist personally prescribe your perfect facial in this 55 minute tailored treatment.

Your therapist will look, listen and tune in to you, using insight and expertise to address your skin concerns with the best combination of BIOTEC technologies.

A personalised experience to work with your skin and your needs.



ELEMIS MEN

*Shaving, sports and lifestyle all make their own demands.
ELEMIS responds with high performance facial therapies
designed to restore energy, dynamism and lustre to male skin.*

ELEMIS HIGH PERFORMANCE SKIN ENERGISER

55 mins | Monday – Thursday £80.00 | Friday – Sunday £85.00

The hard-working facial for ageing, dehydrated skin and tired eyes.

It maximises cell regeneration and aids decongestion of the skin.

Multi-dynamic facial massage sequences boost circulation,
whilst scalp and foot massage deeply relax.

ELEMIS BIOTEC SUPER-CHARGER FOR MEN

55 mins | Monday – Thursday £85.00 | Friday – Sunday £90.00

*The facial to de-stress, de-age and de-fatigue the male
complexion while activating ultimate skin dynamism.*

Ultrasonic peeling and galvanic current deliver
a deep clean for a multi-tasking, time efficient solution.

ELEMIS FREESTYLE DEEP TISSUE MASSAGE

55 mins | Monday – Thursday £85.00 | Friday – Sunday £89.00

*Your therapist will select an aromatic oil according to your
concerns, be they muscle pain, stress relief, relaxation or balance.*

The flowing massage works deeper into the tension,
encouraging optimum circulation.

BODY

ELEMIS FREESTYLE DEEP TISSUE MASSAGE

25 mins | Monday – Thursday £65.00 | Friday – Sunday £69.00
55 mins | Monday – Thursday £85.00 | Friday – Sunday £89.00
85 mins | Monday – Thursday £125.00 | Friday – Sunday £135.00

Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance.

The flowing massage works deeper into the tension, encouraging optimum circulation.

ELEMIS DEEPER THAN DEEP HOT STONE MASSAGE

25 mins | Monday – Thursday £69.00 | Friday – Sunday £75.00
55 mins | Monday – Thursday £89.00 | Friday – Sunday £95.00
85 mins | Monday – Thursday £135.00 | Friday – Sunday £145.00

Balinese stones bathed in the Frangipani Monoi Body Oil are worked deep into the muscles, getting into areas of tension.

The result is sparkling vitality with the added bonus of intensely hydrated skin.

ELEMIS BODY NECTAR NOURISHING WRAP – FRANGIPANI

55 mins | Monday – Thursday £65.00 | Friday – Sunday £75.00

The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin.

You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

ELEMIS INTENSELY CLEANSING SALT SCRUB – LIME AND GINGER OR FRANGIPANI

25 mins | Monday – Thursday £55.00 | Friday – Sunday £65.00

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells.

It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

BODY – FEET

ELEMIS BEST FOOT FORWARD

25 mins | Monday – Thursday £55.00 | Friday – Sunday £59.00

Take a load off with this foot-focused tension releaser.

Lower legs and feet are thoroughly exfoliated, bathed and massaged.
Feet are left nourished, soft and smooth.

BODY – PREGNANCY

*These thoroughly researched and carefully formulated treatments
have been designed to nurture and support a woman through
the rich experience of each trimester. Gently.*

ELEMIS PEACEFUL PREGNANCY MASSAGE

One hour 15 mins | Monday – Thursday £95.00 | Friday – Sunday £99.00

An intuitive and relaxing massage hydrates skin that is expanding to accommodate a growing baby.
Mothers-to-be are restored to optimum wellness.

ELEMIS PEACEFUL PREGNANCY FACE AND BODY EXPERIENCE

Two hours 15 mins | Monday – Thursday £175.00 | Friday – Sunday £185.00

Relax with this treatment combination of the ELEMIS Peaceful Pregnancy Massage
and ELEMIS facial that gently addresses any visible effects of hormonal changes
on the skin and supports it as it accommodates your baby.



FINISHING TOUCHES

From manicures and pedicures to waxing, our spas offer all the beauty treatments you should need for those perfect finishing touches.

JESSICA SPA ESSENTIAL

MANICURE
£40 - 45 mins

DELUXE MANICURE
£50 - One hour

FILE AND POLISH
£25 - 30 mins

GELERATION
MANICURE
£48 - One hour

PEDICURE
£40 - 45 mins

LUXURY PEDICURE
£50 - One hour

GELERATION PEDICURE
£48 - One hour

GELERATION
SOAK-OFF TREATMENT
£10 - 25 mins

THE SMOOTH TOUCH

FULL LEG WAX
£36 - 45 mins

HALF LEG WAX
£26 - 30 mins

BIKINI LINE WAX
£20 - 15 mins

CHEST WAX
£26 - 20 mins

UNDER ARM
£15 - 15 mins

ARM WAX
£20 - 20 mins

UPPER LIP WAX
£15 - 15 mins

CHIN WAX
£12 - 15 mins

EYE LASH TINT*
£17 - 20 mins

EYE BROW TINT*
£15 - 10 mins

EYE BROW SHAPE
£15 - 15 mins

EYE LASH AND
EYE BROW TINT*
AND SHAPE
£30 - 30 mins

*Tinting treatments need a 24 hour patch test.

SPA ETIQUETTE

*Our spa is a place of relaxation and tranquillity.
Please speak softly in consideration of our other guest's enjoyment.
Please respect all spa guests' right to privacy and serenity.*



ARRIVAL TIME

Please allow sufficient time prior to your experience to complete a spa consultation form and/or health questionnaire. We recommend that you arrive up to 30 minutes in advance of your treatment so that you can change, relax and complete your pre-treatment consultation form. Please be advised that late arrivals will result in a reduction of treatment time. Robes and slippers are available to hire for spa treatments.

YOUR TREATMENT TIME

Treatments times include before and aftercare.

MEDICAL CONDITIONS

Some of the treatments offered are not suitable for guests with certain medical ailments and conditions. We request that you bring any of the following to our attention at the time of booking: epilepsy, allergies, heart condition, high/low blood pressure, scar tissue, varicose veins, skin conditions, diabetes, cancer, thyroid, pregnancy, recent operations.

CANCELLATION POLICY

Pre-payment

- Full pre-payment is required for ALL spa days and spa treatment bookings

Spa day and spa treatment terms and conditions

- Spa treatments must be booked and confirmed with the spa prior to arrival by the guest
- Spa day and spa treatments must be paid in full at the time of booking and cannot be in conjunction with any other offer
- Spa day and spa treatments can be amended or cancelled at no charge up to seven days prior to day of arrival
- Bookings cancelled within seven days of arrival will incur full payment

HOMECARE

Discover the full ELEMIS skincare range in The Spa at Macdonald Hotels and experience the power of beautiful skin.

PRICES

All prices are quoted in GBP and are subject to change at any time. Gratuities are not included and are welcomed at your own discretion.

CHILDRENS TREATMENT POLICY

We do not offer treatments for children under 16 years old. Due to the nature of relaxation in the spa this is a child free zone, therefore those under 16 years are not permitted into the spa.

GIFT VOUCHERS

Spa breaks, spa days and cash vouchers for treatments all make great gifts for that special friend, mum or partner.

All vouchers are available to purchase at the spa reception or online at [MacdonaldHotels.co.uk/gift-vouchers](https://www.macdonaldhotels.co.uk/gift-vouchers). Gift vouchers are presented within a wallet for that extra special touch.



MACDONALD
CRUTHERLAND HOUSE

WWW.MACDONALDHOTELS.CO.UK/CRUTHERLAND