



## BEAUTY TREATMENTS AT **MACDONALD AVIEMORE**

Welcome to **Macdonald Aviemore Therapy Rooms**, your oasis of calm and relaxation retreat! With a range of indulgent ELEMIS treatments from facials to deep tissue massages, our therapy rooms are the perfect place to unwind. Apply the final finishing touches to your beauty escape with a manicure / pedicure, or another one of our luxurious beauty treatments.

Please feel free to call into the Activity Centre reception to find out more and book your treatment. Alternatively you can contact one of our professional team on [leisure.aviemore@macdonald-hotels.co.uk](mailto:leisure.aviemore@macdonald-hotels.co.uk).

**Aviemore**  
RESORT



## FACIALS

Treatment type	Time (mins)	Prices from (£)
<b>Ultimate Wellness Face And Body Treatment</b> 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. Indulge in a freestyle deep tissue massage to alleviate high stress levels, release muscle pain and encourage optimum circulation. This massage is followed by the Superfood Facial, a nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying activities. Leaves skin looking plumper radiant and lit up with good health.	85	109

## FACIALS

Treatment type	Time (mins)	Prices from (£)
<b>ELEMIS Pro - Collagen Definition Age Defy</b> 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.	55	72
<b>ELEMIS Superfood Pro - Radiance</b> A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. This facial is clinically proven* to leave skin plumper, radiant and lit up with good health.	25 55	42 68
<b>ELEMIS Biotec Facial</b> 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.	55	79
<b>ELEMIS Men High Performance Skin Energiser</b> 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.	55	69
<b>ELEMIS Biotec Super-Charger For Men</b> 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.	55	79
<b>ELEMIS Couture Touch</b> Condition your skin and muscles with this all-embracing experience. Combine 25 mins ELEMIS hands-on TOUCH facial with your personalised Freestyle Deep Tissue Massage.	55	69
<b>ELEMIS Couture Touch Technology</b> Condition your skin and muscles with this all-embracing experience. Combine ELEMIS BIOTEC Facial with your personalised Freestyle Deep Tissue Massage or Deeper than Deep Hot Stone Massage.	55	75



## MASSAGES

Treatment type	Time (mins)	Prices from (£)
<b>ELEMIS Freestyle Deep Tissue Massage</b>	25	45
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.	55	65
	85	90
<b>ELEMIS Deeper Than Deep Hot Stone Massage</b>	25	50
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.	55	80
	85	105
<b>ELEMIS Best Foot Forward</b>	25	45
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.		







## NAIL TREATMENTS

Treatment type	Time (mins)	Prices from (£)
Manicure	45	32
Pedicure	45	32
Deluxe Manicure	60	37
Deluxe Pedicure	60	37
File and Polish	25	21
French Polish	35	27
Gelation Manicure	60	40
Gelation Pedicure	60	40

## BEAUTY TREATMENTS

Treatment type	Time (mins)	Prices from (£)
Full Leg Wax	45	30
Half Leg Wax	30	23
Brazilian	20	25
Chest/Arm Wax	20	21
Back Wax	40	28
Under Arm Wax	15	16
Upper Lip Wax	15	16
Chin Wax	15	16

## EYE LASH & EYEBROWS

Treatment type	Time (mins)	Prices from (£)
Eye Lash Tint	20	16
Eye Brow Tint	10	14
Eye Brow Shape	15	14
Eye Lash and Eye Brow Tint* and Shape	30	29

\*Tinting treatments need a 24 hour patch test.



To find out more or book, call **01479 815 275** or email  
**[leisure.aviemore@macdonald-hotels.co.uk](mailto:leisure.aviemore@macdonald-hotels.co.uk)**



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