



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.

If you are choosing one of our spa days, begin with a revitalising swim in our indoor heated pool and loosen up in the Jacuzzi.

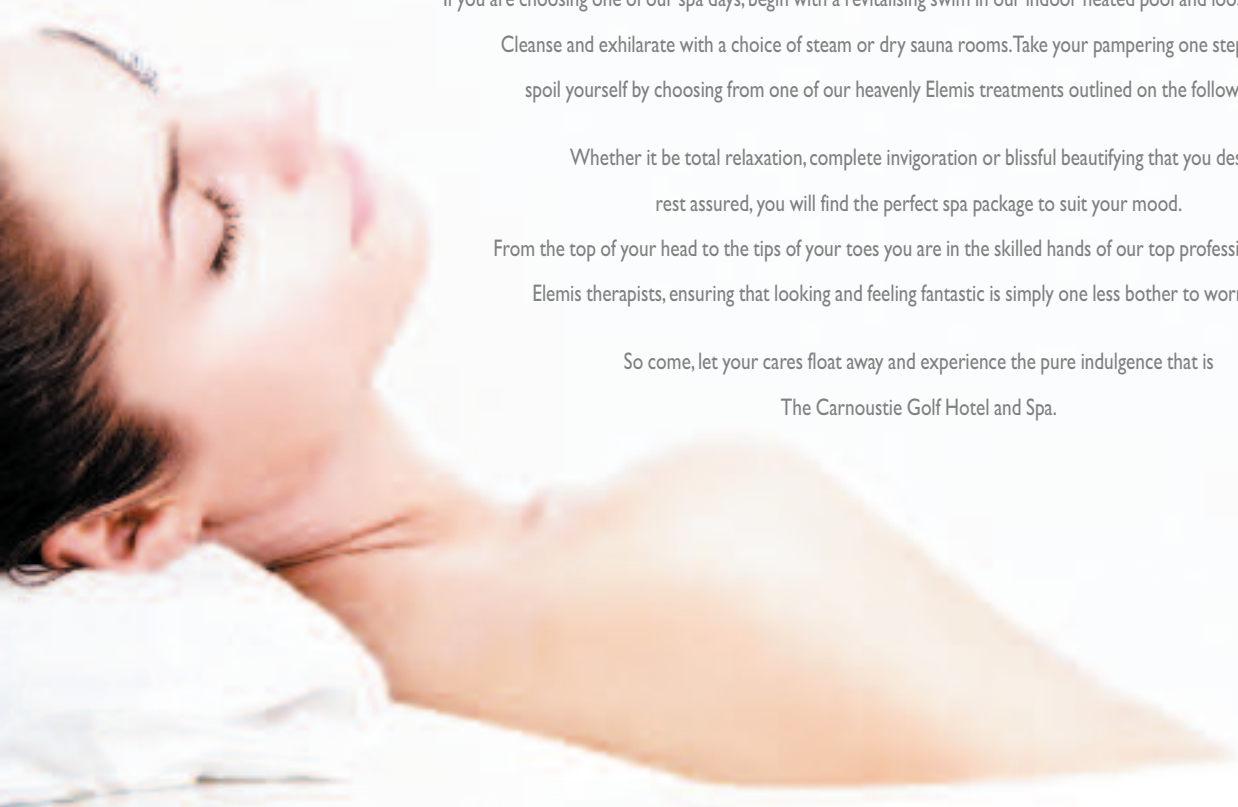
Cleanse and exhilarate with a choice of steam or dry sauna rooms. Take your pampering one step further and spoil yourself by choosing from one of our heavenly Elemis treatments outlined on the following pages.

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

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:

ELEMIS 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 £70.00

ELEMIS 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 and reducing pigmentation and acne scarring. The skin is left feeling incredibly clean, smooth and radiant.

60 Minute Treatment £70.00

ELEMIS 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 £70.00

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

30 Minute Treatment £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. The face, neck, scalp, arms and hands will be massaged leaving you feeling de-stressed and your skin feeling re-generated.

Choose from:

ELEMIS Super Food Radiance

This is a boost for stressed, dull skin. Rich in superfoods, essential minerals and trace elements, this will 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.

ELEMIS 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.

ELEMIS 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 to restore micro-circulation and re-oxygenate, improving tone and texture. A deeply detoxifying treatment for lastingly clear, bright skin.

60 Minute Skin Solutions Facial £65.00

INSPIRE SPA SKIN SPECIFIC FACIALS

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

25 Minute Skin Specific Taster Facial £35.00

50 Minute Skin Specific Facial £45.00



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:

ELEMIS Stress Away Deep Tissue Massage - soothes and relaxes

ELEMIS Spirit Reviver Deep Tissue Massage - uplifting & detoxifying

ELEMIS Muscle Melt Deep Tissue Massage - eases tired aching muscles

ELEMIS 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

ELEMIS PEACEFUL PREGNANCY MASSAGE

The nine month journey of nurturing is a special time. Connecting with the mother through the power of touch and working with two heartbeats as one. Tried and tested safe massage techniques are combined and adapted to each stage of pregnancy. Helps to relieve tension in the lower and upper back, as well as alleviate swelling of the hands and feet, while easing the mind and uplifting the spirit.

75 Minute Treatment £65.00

(Allow longer for 1st consultation)

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

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.

60 Minute Full Body £70.00

30 Minute Back, Neck & Shoulders £45.00



ELEMIS SCRUBS AND BODY WRAPS

ELEMIS Thousand Flower Detox Wrap

This nutrient-rich detox wrap uses the deeply nourishing Green Tea Balm to encourage super skin health and powerful detoxification. It helps stimulate the elimination process and restore equilibrium to leave you feeling completely reinvigorated.

60 Minute Treatment £60.00

ELEMIS Exotic Lime & Ginger Salt Glow

An exotic exfoliation ritual to invigorate and revitalise the body. After body brushing, the Exotic Lime and Ginger Salt Glow is applied using warm oil to polish the skin and stimulate the senses. Your skin will be deeply cleansed, polished and softened to perfection with an express facial whilst you are cocooned in your exotic wrap your skin will be vibrant, replenished and flawless.

30 Minute Treatment £45.00

(Please allow 45 minutes)

ELEMIS Exotic Frangipani Wrap

This treatment starts with a frangipani monoi salt glow after a body brush. This nourishing body wrap drenches the skin with moisture for immediate softness and suppleness. Exotic, aromatic Tahitian coconut and frangipani flowers are soaked together to produce the Monoi oil used in this wrap, which provides the ultimate radiance, vitality and all over body glow. An intensive moisturising and conditioning treatment which is excellent for dry skin and is combined with a facial pressure point massage and de-stress scalp treatment.

30 Minute Treatment £45.00

(Please allow 45 minutes)

ELEMIS Body Nectar Nourishing Wrap

This exotic body wrap drenches the skin with moisture for immediate softness and suppleness. Nourishing oils feed the skin to help promote skin elasticity and condition.

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 shaping of the nail, 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.

All Treatments above are 60 minutes

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 45 minutes

Mini Manicure or Mini Pedicure

Includes shaping of the nail, cuticle work and colour application

30 Minute Treatment £15.00

Inspire Spa Foot Treat

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

Inspire Spa Hand Treat

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

(includes eyebrow wax, eyebrow tint 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 concentrates on the shoulders, upper arms, back, neck, face and head, leaving your inner balance restored.

45 Minute Treatment £45.00

TIME FOR MEN

ELEMIS HIGH PERFORMANCE SKIN ENERGISER

Be a man for all seasons with this hydrating, energising treatment for stressed, fatigued skin. The tailored massage sequence boosts circulation while moisture and nutrients are restored. Vibrant and vital, you will reign supreme.

60 Minute Treatment £70.00

GOLFERS' TONIC

Refreshing peppermint body scrub cleanses and soothes leaving the skin feeling soft and revitalised, followed by a back, neck and shoulder massage and also a front and back of legs massage designed to work out any sore muscles, aches, pains and tension.

60 Minute Treatment £60.00

ELEMIS DEEP TISSUE MASSAGE

ELEMIS Muscle Melt Deep Tissue Massage - eases tired aching muscles.

60 Minute Full Body Deep Tissue Massage £60.00

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

SPA PACKAGES

SPA DAY

This package includes a 30 minute treatment (options include a back, neck and shoulder massage, 25 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 £39.00

LUNCH SPA DAY

This package includes two 30 minute treatments, (options include a back, neck and shoulder massage, 25 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 Bento Box Spa lunch.

60 Minutes of Treatments £79.00

REVITALISE PACKAGE

Choose three half an hour treatments, options are any of our 30 minute massages, 25 minute skin specific facials, mini manicure, mini pedicure or a luxury scalp massage. Full use of the spa facilities, swimming pool, Jacuzzi, sauna, steam room, gym, robes and slippers and full use of the relax room as well as a Bento Box Spa lunch.

90 Minutes of Treatments £115.00

INDULGENCE PACKAGE

Choose from any of our 30 minute massages, any Inspire Spa skin specific 50 minute facials, a full manicure or pedicure with Vinylux weekly polish. 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 Bento Box Spa lunch.

135 Minutes of Treatments £145.00

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 Bento Box Spa lunch.

60 Minutes of Treatments £104.00 each
(Groups of 10+ receive 10% Discount)

MOTHER TO BE PACKAGE

This package includes our full body ELEMIS Peaceful Pregnancy Massage as well as one of our 60 minute ELEMIS Skin Solution Facials. Full use of the spa facilities including swimming pool, robes and slippers and full use of the relax room as well as a Bento Box Spa lunch.

135 Minutes of Treatments £135.00

TERMS AND CONDITIONS

APPOINTMENTS

We strongly advise that you book in advance, especially for the 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.

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 £8.00 per person.

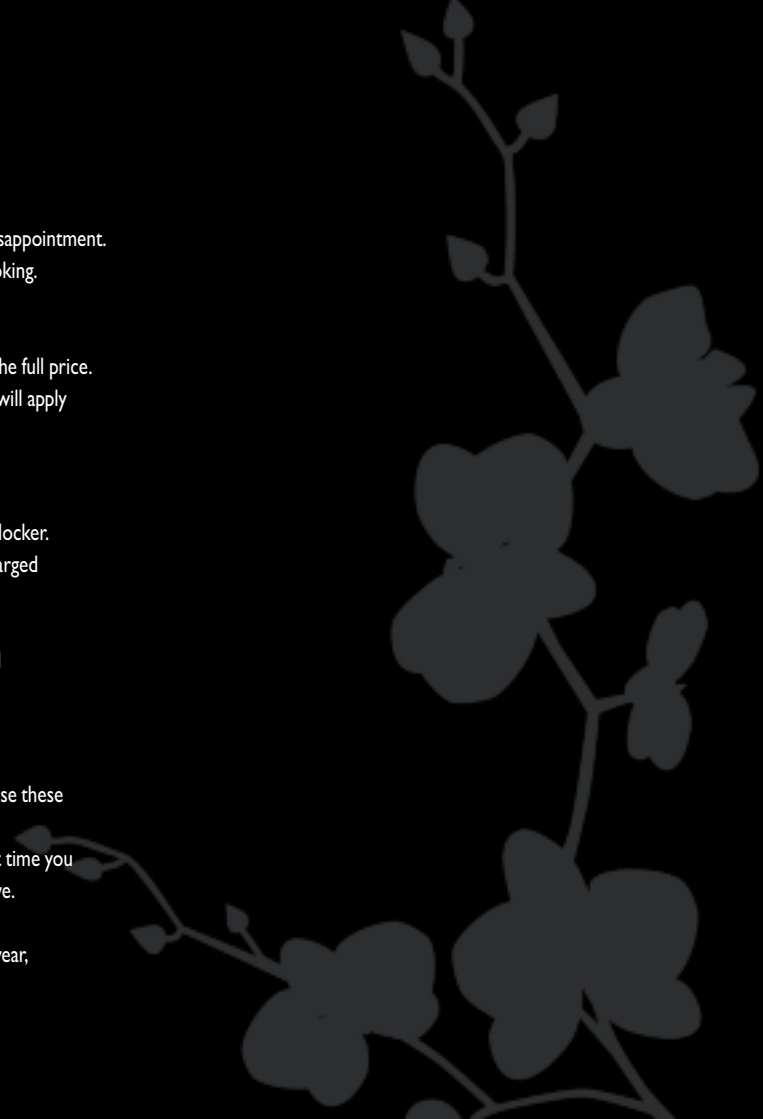
Please remove all jewellery before entering the spa and leave in your locker provided to keep them secure.

SPA PACKAGES

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

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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