



Welcome to the Spa at The Marcliffe. We aim to relax, de-stress and indulge you. By using authentic ingredients we will renew and calm your mind, body and spirit.

### **Our Product Ranges**

#### **[ comfort zone ]**

Award winning range [ comfort zone ] is a 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 result 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. A full consultation and homecare recommendation is included.

#### **Lycon**

Is a unique and prestigious product that uses both hot and strip waxes, is virtually pain free, prevents hair breakages, ingrown hairs and redness. Amazingly the wax will remove short stubborn hair as short as 3mm. Ideal for sensitive areas such as face and advanced bikini waxes.

#### **Essie**

Is a top American brand with a wide range of popular nail colours and products to provide beautiful hands and feet.

#### **Fake Bake**

Is the leading brand in safe and sunless tanning technology. It provides a natural healthy tan used by many celebrities for that long-lasting glowing look

#### **ID Bare Minerals**

Is a pure, mineral based make-up with no chemicals or dyes providing a beautiful finish.

## Facial Treatments

Choose from a complimentary revitalizing scalp massage, hand & arm massage or foot massage with any [comfort zone] facial treatment.

**hydramemory** - 24hr deep hydrating treatment 60mins **£55**

A deeply hydrating treatment which is ideal for improving dry skin conditions. Hyaluronic acid plumps the skin whilst trehalose, taken from a desert plant, enables skin cells to retain moisture for longer.

**skin resonance** - rebalancing treatment for sensitive skins 60mins **£55**

A calming treatment developed to rebalance and strengthen sensitive or aggravated skins. This treatment is designed to cool and calm the skin and will reduce irritation and redness using white tea and licorice extract.

**recover touch** - anti-oxidant vitamin treatment 60mins **£55**

This facial is the perfect treat for tired, stressed skins caused by exposure to the elements, pollution, traveling or illness. This facial is rich in vitamins and anti - oxidants such as cloudberry and canola oils which will protect, nourish and leave the skin silky soft.

**active pureness rebalancing** - deep purifying treatment 60mins **£55**

A deep cleansing treatment with purifying green clay mask recommended for problematic or combination skins. Extracts of sage, balm mint and orange fruit water deeply cleanse and leave the skin feeling fresh and restored.

**active pureness regenerating** - active treatment for problem and impure skins 75mins **£65**

Balances and treats problem skins, using fruit acids to gently exfoliate surface cells leaving the skin feeling smooth, revitalised and clear. The biphasic algae mask is used to re-balance, soothe and re-mineralise even the most sensitive skin.

**absolute pearl** - treatment to brighten dull/ tired skins 60mins **£60**

This anti-oxidant facial provides an immediate brightness and beautiful glow. Use in conjunction with a specific homecare routine to reduce pigmentation or age spots. The treatment uses brightening extracts of lemon and white willow bark. Perfect for party nights and brides to be.

## advance anti-aging

**glorious skin** - firming, anti-ageing treatment 75mins **£70**

This advanced 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 when used in conjunction with a special homecare programme.

**chrono reverser collagen** - exfoliation and anti-ageing treatment 75mins **£70**

Using an exclusive synergy of new-generation active ingredients and superior collagen this extraordinary treatment resurfaces, revitalises and deeply hydrates the skin, plumping out fine lines and leaving your skin supple and moisturised with a radiant glow.

**eye supreme** - anti-ageing Add on to any [comfort zone] facial +15mins **£20**

This rejuvenating eye zone treatment incorporates advanced peptide technology to help reduce dark circles, puffiness and fine lines. Moisture and hydration are restored while an innovative hydrogel mask will bring rapid relief from stress and fatigue.

**lip blooming** – anti-ageing Add on to any [comfort zone] facial +15mins **£20**

A complete lip care treatment to rejuvenate, smooth, nourish, hydrate and re-plump the lip area.

Treatment includes massage, scrub and mask incorporating nourishing rose oil and hyaluronic acid.

## man space

**prescriptive manspace performance facial** – hydrating/purifying or anti-ageing treatment for men 60mins **£55**

Bespoke facial treatment following a full consultation and skin analysis to improve, restore and balance your skin. Active ingredients such as swiss glacial water are used to re-mineralise and protect the skin and betaphroline to promote a sense of well being.

**total body performance** - stress reducing massage treatment 90mins **£85**

Indulge in a complete body and face treatment. The deep, slow tempo massage reduces stress and soothes aching muscles using a blend of powerful essential oils.

**upper body performance** - rejuvenation for face, body and mind 75mins **£60**

This treatment includes a back massage followed by rejuvenating facial with scalp massage. Reduces tension and soothes and balances the skin.

## face & body

**tranquillity ritual treatment** - aromatic well-being ritual for face and body 90mins **£85**

Based on the beautiful [comfort zone] aromatic 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. This is a unique treatment to hydrate and tone the skin and also deeply relax the mind and body.

The [comfort zone] tranquillity ritual includes delicate, soothing scalp, face and body massage.

## body wrap treatments

The following body wraps include skin preparation/exfoliation, scalp or foot massage and conclude with elements of the [comfort zone] signature comfort touch massage which will be tailored to suit your needs.

**d-age** - firming and anti-ageing body wrap 60mins **£65**

Discover younger skin...using a synergy of active ingredients to firm and repair damaged skin. Organic Kamani oil stimulates the skins natural collagen and walnut provides a powerful anti-oxidant effect. D-age also works to reduce the appearance of stretch marks and aids in the prevention of new ones.

**Body strategist + nutritional** - anti-oxidant treatment - improves tone and elasticity 60mins **£65**

Using a unique gel body mask blended for each treatment. This aromatic treatment uses the benefits of organic pumpkin, tomato and basil combined with vitamins B1, B2 and vitamin C to deeply nourish the tissues and recondition the skin.

**Monticelli mud** - conditioning mud wrap treatment 60mins **£65**

Detoxifying and draining action due to the active ingredients in the soft Monticelli thermal mud, enriched with mineral salt thermal waters from Terme di Monticelli. Healing and restorative benefits will help to relieve muscle and joint aches and pains. Also excellent for relieving fluid retention. Ideal for golfers, fitness enthusiasts or for any guest embarking on a slimming programme. Homecare programme is available.

## body remodelling treatments

A course of refiner/ remodeller treatments is highly recommended.

**body strategist + cellulite refiner** - draining treatment 60mins **£65**

Profound oxygenating and remineralising treatment. Whilst favouring an intensive draining action to contrast the first signs of cellulite. Perfect for soft cellulite conditions and ideal for a sensitive skin.

**body strategist + cellulite remodeller** - skin stimulating cellulite treatment 60mins **£65**

Intense cellulite reducing treatment using advanced scientific ingredients Adipoless and Adiposlim. This treatment will boost cell metabolism and reduce fatty deposits in areas of concern.

This treatment is not advised for people with fragile capillaries, thyroid concerns and during pregnancy.

## massage treatments

**swedish massage** - 60mins **£55**

Classic massage to relax and ease muscles and unwind you from top to toe.

**rebalance massage** - 60mins **£60**

Bergamot, lavender and roman chamomile in a special oil base to help you rebalance body and mind.

**unwind massage** - 60mins **£60**

Orange, juniperberry and frankincense in a special oil base to help you unwind after the stresses and strains of the day.

**back, neck and shoulders** - 30mins **£35**

Concentrating on the back, neck and shoulders, this massage is ideal for office workers, travellers and anyone who has lots of tension but little free time.



### **Atarnaive LUX candle massage**

Melt away and indulge the senses with a luxurious, warm LUX candle massage treatment from Atarnaive.

Select your desired fragrance from our range of nourishing shea butter or argan oil, coconut and sweet almond oil candles which are infused with a beautiful blend of essential oils to enlighten mind and body.

Skin is exfoliated, softened and balanced using Noir di Hamman, a luxurious black soap containing olive oil and eucalyptus.

The candle is melted and drizzled over the skin and the treatment is completed with a soothing massage.

**Full body Lux massage** 1hr 15mins

**£70**

### **hot stone massage**

A deeply soothing and pleasant treatment that performs an important detoxifying, relaxing and draining action due to the use of heated basalt stones with therapeutic essential oils. It relieves muscle pain, increases the body's metabolism and relaxes the tissue.

**full body** 60mins

**£70**

**full body** 90 mins

**£80**

**hydrotherm massage** - 60mins

**£60**

The ultimate full body massage. Your body is suspended on water cushions which are heated to body temperature.

A flowing, rhythmical massage to enhance ones mood to achieve tranquility for your mind, body and spirit.

**indian head massage** - 60mins

**£50**

Using eastern massage techniques to relieve stress from tissue, muscles and joints of neck, shoulders and head.

**reflexology** - 60mins

**£55**

A therapeutic foot massage that stimulates reflex points in the feet to heal and rebalance. For optimum results a course is recommended.

**heavenly honey body scrub** - 30mins

**£40**

An invigorating and uplifting exfoliation using honey, sugar and extracts of vanilla and orange to leave your body feeling nourished, soothed, hydrated and radiant. Ideal before a massage.

## specialist massages

Subject to availability.

### **manual lymphatic massage** - 60mins

**£65**

is a therapeutic massage treatment that uses very light pressure and long, gentle rhythmic strokes to increase lymphatic flow with the aim of getting rid of toxins in the body.

### **maya stomach massage** - 60mins

**£65**

A combination of Thai and Chinese traditional massage techniques are used to release tension directly over the navel and surrounding area. Designed to clear out toxins and negative emotions that are held in the organs. This technique has been found helpful for chronic stomach problems such as constipation, IBS and indigestion.

### **invigorating massage** - 60mins

**£65**

To stimulate blood circulation and speed up the fat burning process. Perfect for those who like a firmer and more vigorous experience.

## maternity treatments

### **new life** – pregnancy massage - 60mins

**£60**

30mins

**£40**

With its sweet and delicate ingredients this treatment has a draining effect and relieves joint tension by reducing swelling and heaviness. This treatment is safe for clients that are 12 weeks pregnant or more to maintain the skin tone and elasticity whilst deeply relaxing the muscles.

### **new mum** - post pregnancy body treatment - 60mins

**£65**

A full body envelopment with advanced anti-oxidant ingredients to restore the body shape and firm the skin's tissues following pregnancy. Concludes with an application of nourishing body cream, to help regain tone, firmness and elasticity in the skin. This treatment is not suitable during breast feeding.

## hands and feet

### **luxury manicure** - 60mins

**£40**

A luxury treatment including filing nails, cuticle work and a forearm and hand exfoliation and relaxing massage. Thermal mittens will aid softening of skin and cuticles.

### **luxury pedicure** - 60mins

**£40**

Sit back and relax and enjoy our luxury treatment that includes removal of excess dry skin, filing of nails, cuticle work, lower leg/foot exfoliation and relaxing massage. Thermal booties will aid softening of the skin and cuticles.

### **file and polish** - 30mins

**£25**

Nails shaped, cuticles tidied and nails polished. A mini manicure or pedicure designed for people with busy lifestyles.

**NB:** please bring open toed footwear for pedicures and allow an appropriate drying time after all manicures and pedicures.

## make up

ID bare minerals special occasion make up

**£45**

Wedding make up (trial and on the day)

**£80**

We recommend that you book an appointment for a trial before your special day

## sunless tanning

**full body treatment** - 60mins

**£50**

Yours skin will be thoroughly exfoliated using the luxurious Fake Bake body polish. A silky solution is then applied to nourish those extra dry areas, completing with the Fake Bake tanning formula for a smooth and even tan in 6-8 hours.

**upper body** - 30mins

**£35**

**legs only** - 30mins

**£25**

Please wear dark clothing and open toed footwear to your Fake Bake appointment

## [ comfort zone ] soft sense waxing

Soft sense waxing is a delicate waxing treatment ideal for sensitive skin types. Soft sense wax contains natural softening and protective ingredients such as cotton extract and rice oil. Soft sense leaves the skin soft and silky smooth with a pleasant fragrance.

eyebrows	<b>£11</b>	upper arm	<b>£12</b>
chin	<b>£10</b>	bikini from	<b>£15</b>
upper lip	<b>£10</b>	half leg	<b>£20</b>
upper lip and chin	<b>£16</b>	full leg	<b>£35</b>
forearm	<b>£15</b>		

## lycon waxing

Amazingly this wax removes short stubborn hairs as short as 3mm. Ideal for sensitive areas such as face and advanced bikinis.

eyebrows	<b>£11</b>	bikini	<b>£22</b>
chin	<b>£10</b>	g-string	<b>£32</b>
upper lip	<b>£10</b>	brazilian	<b>£37</b>
upper lip and chin	<b>£16</b>	hollywood	<b>£42</b>
underarm	<b>£12</b>		

## just for him waxing

chest	<b>£30</b>	back	<b>£30</b>
back and shoulders	<b>£35</b>		

## eye essentials

eyelash tint	<b>£16</b>	eyebrow tint	<b>£10</b>
eye essentials package (eyebrow shape, eyebrow tint & eyelash tint)			<b>£29</b>

A sensitivity test is required at least 24 hours before any tinting appointments.

## hair at the marcliffe

- |                                     |            |                                      |            |
|-------------------------------------|------------|--------------------------------------|------------|
| • blow-dry – from                   | <b>£25</b> | • cut and blow-dry – short hair from | <b>£35</b> |
| • cut and blow-dry – long hair from | <b>£40</b> | • gents cut and blow-dry from        | <b>£20</b> |
| • set, blow-dry and hair up from    | <b>£40</b> | • hair up only from                  | <b>£30</b> |
| • bride's from                      | <b>£60</b> | • bridesmaid's from                  | <b>£40</b> |
| • flowergirl's from                 | <b>£30</b> |                                      |            |

## spa packages

### **ultimate tranquility ~ 4 hours + lunch - £180**

This package includes the following as well as a champagne spa light lunch served in the hotel.

- |  |                   |
|--|-------------------|
| • a specially blended exfoliation for the body | • luxury manicure |
| • tranquil light massage                       | • luxury pedicure |
| • 1 hour facial to suit your needs             |                   |

### **aromasense ~ 3 hours - £135**

Includes the following treatments:

- |                             |  |
|-----------------------------|--|
| • balneotherapy bath        | • 1 hour facial to suit your needs             |
| • aromatherapy back massage | • choice of luxury manicure or luxury pedicure |

Please note all timings for packages are approximate. Please bring swimwear for aromasense.

Both packages are suitable for men and women.

### **balneotherapy bath ~ up to 30 mins permitted only - £30**

If combined with a spa treatment - **£20**

The only one in North East Scotland this bath aids in the releasing of toxins, therefore enhancing the immune system. Soaks away stress, stimulates circulation and accelerates cell activity, activating the self healing process. Ideal before any spa treatment. Note: please bring swimwear for this treatment.

# Marcliffe Spa Guidelines

All treatment times include a pre-treatment consultation.

## **Treatment Reservations**

For spa reservations please telephone 01224 865928

We cannot reserve appointments for spa packages without the confirmation of a credit card number at the time of booking. We highly recommend booking treatments in advance to secure preferred appointment times and treatments.

## **Booking Advice**

A consultation is required prior to many of the treatments on this menu, so that the most effective treatment can be given on the day.

Please inform us at the time of booking if you have any medical conditions, skin allergies or think that you are pregnant. A sensitivity test is required before you first tinting appointment.

## **Arrival**

We ask that you arrive at the Spa reception 15 minutes before your appointment time to enable you to prepare and fill in a consultation if required.

We offer our guests a reliable treatment schedule, please appreciate that late arrivals will not receive an extension of scheduled treatment time.

## **Gift Vouchers**

Gift vouchers are available to purchase for any treatment or Package. Vouchers are valid for 6 months from date of purchase. Fine selections of luxurious skincare and other beauty products are available to buy at the Spa reception.

## **Cancellation Policy**

Cancellations or rescheduling of appointments made with less than 24 hours notice or failure to take up an appointment will result in 50% of the treatment cost being charged.

## **Mobile Phones**

For the comfort and peace of all our guests we request that mobile phones are switched to silent at all times.

## **Age Requirements**

The minimum age to access the Spa or to have treatments performed is 16.

## Opening Hours

**Telephone 01224 865928**

Monday to Wednesday ~ 10am ~ 6pm

Thursday to Friday ~ 10am ~ 8pm

Saturday ~ 9.30am ~ 5pm

Sunday ~ 10am ~ 5pm

All treatments are subject to availability and prices may be altered without notice.  
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