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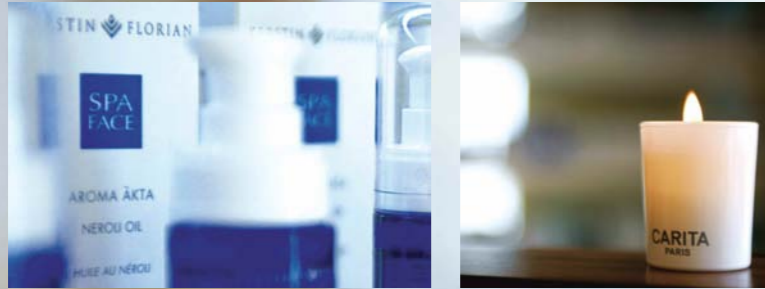
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## The Spa at The Carrick on Loch Lomond. This is you at your most relaxed.

The Spa at The Carrick on Loch Lomond offers pure escapism with a suite of therapeutic and rejuvenating treatments using Kerstin Florian, Carita, Jessana and Bare Escentuals products. Our expert Spa therapists will recommend the best treatment for your wants and your needs to leave you feeling good as new.

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### The Kerstin Florian Philosophy

Kerstin Florian, a Swedish born Spa expert with over 40 years experience takes her inspiration from nature and European traditions. She refines her knowledge with scientific research and modern technology to create the most comprehensive Spa line available today. Kerstin Florian Spa treatments revolve around Hydrotherapy, Aromatherapy, Thalassotherapy, Balneotherapy and Pelotherapy with face & body products created around mineral-rich water & plant extracts, vitamins, anti-oxidants and organic ingredients.

An extensive selection of Kerstin Florian treatments are available at Cameron House including facials, body scrubs, wraps, 'Kurs' and the highly acclaimed 'ageless' Caviar Collection.

Uncompromising standards. Undeniable results.

## The Caviar Collection.

The culmination of Kerstin's forty years experience in formulation has produced these highly sophisticated, ultimate ageless products and treatments. The Caviar Collection is formulated to increase moisturisation and skin elasticity, reduce fine lines, promote skin regeneration, improve cell metabolism, remineralisation and the essential anti-oxidant protection of ageing skin to produce unprecedented results.

### Signature Caviar Facial 1hr 30mins midweek £130 wkend £155

A decadent, luxurious facial that firms, tones, refines and deeply hydrates the skin with protein rich Caviar and powerful anti-oxidants. Exclusive Caviar products infuse skin with age-defying nutrients to smooth fine lines and improve texture. An Acu-Lift massage visibly firms and tones, and our innovative Chitosan Masque infuses the skin with age-defying moisturisers to dramatically calm skin and promote even skin tone. Guaranteed a memorable experience.

### Caviar Cell Vitale Facial 1hr midweek £90 wkend £105

The ultimate ageless treatment for the face, hands and décolleté. Refines, lifts and nourishes the skin with protein rich Caviar, powerful anti-oxidants, glycolic and a unique alginate peel-off masque that dramatically improves skin moisture. Results are immediate, creating luminescent skin.

### Caviar Eye Lift Treatment 30mins midweek £60 wkend £70

Achieve dramatic results with this treatment that includes an all-natural, velvety eye-pad derived from marine fibre. Visibly smoothes, hydrates and firms the delicate eye area. This treatment will illuminate and brighten the eye area, decrease wrinkles and fine lines by up to 35% in a single treatment!

### Caviar Manicure 50mins midweek £60 wkend £70

This luxurious hand treatment combines all of the benefits of our Caviar Signature products, and includes a gentle scrub, rejuvenating masque and a therapeutic hand massage with our Caviar Firming Complex for state-of-the-art firming and smoothness. All followed by the most comprehensive nail service to complete this one of a kind experience.

### Caviar Pedicure 50mins midweek £60 wkend £70

This exclusive, luxurious foot treatment is guaranteed to leave you in a state of bliss. Incorporating all the benefits of our signature Caviar products, your feet will be scrubbed and then massaged with a natural foot balm rich in Menthol, Eucalyptus and Lavender. All followed by the most comprehensive nail service to complete this ultimate experience.

## Spa Facials.

### European Deep Cleansing Facial 1hr midweek £65 wkend £75

A purifying prescriptive treatment for any skin type which includes a gentle exfoliating peel to remove dull surface skin cells, a luxurious massage, deep-cleansing masque with botanical extracts to rejuvenate and nourish the skin. **A heated hand treatment completes the experience.**

### Anti-oxidant Vitamin C Facial

1hr 30mins midweek £100 wkend £120

This oxygenating, anti-ageing facial utilises ingredients brimming with anti-oxidants, including an application of natural Spirulina Algae rich in protein, vitamins, minerals and botanical extracts, to combat premature ageing, improve hyper-pigmentation and provide skin with a healthy glow. This facial includes a luxurious massage, a hydrating hand treatment and a scalp massage leaving the skin noticeably smoother and younger looking. Vitamin C ampoule included.

### The Cameron House Luxury Aromatherapy Facial

1hr 30mins midweek £95 wkend £115

Centred on a global bouquet of skin renewing aromatic oils, this deluxe facial imparts complete vitality and relaxation. Includes an invigorating foot soak, specially developed aromatherapy facial, scalp and foot massage.

### Refresher Facial 30mins midweek £45 wkend £55

A deep-cleansing introductory facial based on Hungarian Moor Mud, which refines and remineralises dull, lifeless skin. Ideal for first time Spa goers and young skin (16 years and over only).

### Gentlemen's Facial 1hr midweek £65 wkend £75

A deep-cleansing, therapeutic facial designed specifically for the special skin care needs of men. Relaxes the skin as it refines pores. Can be tailored to address specific requirements such as sensitivity, razor burn and tired eyes.

### Mum-To-Be Facial 1hr midweek £70 wkend £80

This deep-cleansing, relaxing facial treatment that includes a gentle peel, a relaxing face, neck & shoulder massage, and a remineralising masque to rejuvenate the skin. All products are chosen according to the skin type and are selected for fragrance sensitivity.

### Soothing Recovery Facial 30mins midweek £45 wkend £55

A skin recovery facial that softens, hydrates and nourishes skin that has been over exposed to the elements. Ideal after exposure to the sun.

## Luxury Spa Face.

Kerstin Florian has created a range of luxurious facials that meet the distinctive needs of women and men of all skin types. An optional facial upgrade is available with each treatment.

### FACIAL UPGRADES

The following can be added to any facial as an upgrade for £15. Kerstin Florian Ampoules are concentrated products that deliver dramatic results over a short period of time, you'll receive the remaining ampoule to continue to use as part of your home skin-care regime.

### Vitamin C Ampoule

This anti-oxidant treatment, which improves the quality and appearance of the skin, strengthens skin elasticity and helps prevent premature ageing caused by UV exposure.

### Couperose Ampoule

Hydrating Anti-redness Treatment Gentle anti-inflammatory botanicals are synergistically combined to create this anti-redness serum that cools, calms and leaves the skin feeling velvety soft. Benefits fragile capillaries.

### Intensive Repair Ampoule

A healing and soothing treatment for cell rejuvenation. Lending elasticity and firmness to skin tissue, this treatment achieves a visibly smoother and more youthful appearance.

### Glycolic Treatment

This remarkable exfoliation treatment helps to refine skin texture, minimise the appearance of fine lines and encourage balanced skin tone. Promotes a youthful glow.

### Eye Rescue

This intensive eye treatment is designed to diminish fine lines and wrinkles by up to 35%, improve dark circles, relieve puffy eyes, improve clarity and totally rejuvenate this delicate area for brighter, more luminescent eyes.

## Kur Rituals.

Kerstin Florian has designed a series of 'Kurs' especially for the Spa at Cameron House. 'Kurs' were traditionally used in European spas as a planned series of treatments over a period of time using natural resources such as thermal mineral water, purifying algae, mud, essential oils and herbs to enhance wellbeing. The Cameron House 'Kurs' combine several treatments into one and satisfy the body's craving for minerals and nutrients, leaving you refreshed, relaxed and balanced. Each 'Kur' is accompanied with a home-care gift that allows you to continue your Spa experience at home.

### Cameron House Highland 'Kur'

1hr 20mins midweek £125 wkend £150

Three treatments in one, this 'Kur' begins with an Alpine Foot Treatment to exfoliate and soothe the feet using Menthol, Eucalyptus and Lavender oils. A gentle exfoliating Chamomile Body Scrub prepares the skin for the therapeutic effect of an Edelweiss Body Lotion massage rich in powerful anti-oxidants to complete this sensory experience.

**Includes a Krauter Scrub Kit for homecare.**

### Lavender Dreams Ultimate 'Kur'

1hr 20mins midweek £125 wkend £150

Breathe deep and inhale the calming and balancing benefits of wild Lavender in this completely uplifting and rejuvenating Spa experience. Begin with an invigorating full body exfoliation. Next, nourish and relax inside a warm cocoon after Lavender Body Spray is massaged into the body. During this state of peaceful rest, enjoy a scalp massage with heated Lavender oil and a pressure point massage on the back incorporating healing stones to draw out toxins as it balances all your senses. **Includes a Lavender Dreams Introductory Kit for homecare.**

### Detoxifying Rainshower 'Kur' 1hr 20mins midweek £140 wkend £165

This detoxifying treatment incorporates all-natural live Spirulina Algae that imparts essential vitamins, minerals and proteins to nourish and revitalise the body. After a full body exfoliation, the body is cocooned in algae whilst a facial using a detoxifying masque is applied to purify and refine the skin. A lymphatic Vichy shower massage followed by an application of Marine Firming Body Crème completes the experience. An excellent treatment when used as part of a slimming or nourishing programme.

**Includes a Marine Mineral Detox Kit for Homecare.**

### Gentlemen's 'Kur' 1hr 20mins midweek £125 wkend £150

This 'Kur' for men blends the therapeutic benefits of thermal minerals with essential oils, leaving the body relaxed and revitalised. It includes an Alpine Foot Treatment to exfoliate and soothe the feet; a brisk salt & eucalyptus oil exfoliation to cleanse; followed by a relaxing full body Revitalising Body Oil massage to complete the experience. Excellent after travelling, playing sports and exercise.

**Includes a Men's Revitalising Kit for homecare.**

## Rainshower rituals.

Surrender your body on our handcrafted reclaimed rainforest timber massage table whilst you experience the power of the Vichy shower in our collection of Rainshower treatments. Seven heated pressurised water jets will be expertly manoeuvred to cleanse, massage and relax the soft tissues of the body. A Spa experience not to be missed.

### Rainshower Massage 35mins midweek £50 wkend £60

A full body Rainshower Massage using heated, pressurised water jets to soothe the soft tissues.

### Invigorating Rainshower 50mins midweek £80 wkend £95

A Turkish Salt Scrub with eucalyptus is applied to the body to exfoliate the skin. This is followed by a full body Rainshower Massage to complete the experience.

### The Cameron House Signature Rainshower

50mins midweek £90 wkend £105

An application of Rosemary-infused Moor Mud soothes, remineralises and gently exfoliates the skin. Whilst the body is cocooned and the mud activates, you receive a relaxing face and scalp massage. The body is cleansed and massaged with the Rainshower and the application of Remineralising Crème completes the experience. Excellent for soothing aching muscles.

### Detoxifying Rainshower 50mins midweek £95 wkend £115

The body is cocooned in an activating Spirulina Algae masque whilst you enjoy a relaxing face and scalp massage. The body is then cleansed and massaged with the Rainshower and an application of Marine Firming Body Crème completes the experience. Very effective when used as part of a slimming or nourishing programme.

## Body scrubs.

Indulge in a Kerstin Florian body exfoliation to smooth and freshen the skin. Enhance your experience with an invigorating Rainshower Massage.

### Rainshower Massage upgrade 25mins £37

Enhance your treatment with an invigorating Rainshower Massage! Lie on our handcrafted reclaimed rainforest timber massage table whilst a therapist expertly massages your body using seven heated, pressurised water jets to soothe the soft tissues.

### Turkish Salt Scrub 25mins midweek £45 wkend £55

An invigorating thermal mineral salt exfoliation applied in a two-step treatment utilising thermal salt, rich in minerals and trace elements, followed by a loofah scrub with Thermal Mineral Gel.

### Lavender Crush 50mins midweek £65 wkend £75

Experience the ultimate healing and soothing powers of Lavender. Earthly minerals are combined with Lavender's healing properties in an invigorating full body exfoliation. Lavender Body Spray is massaged into the body and a pressure point massage incorporating healing stones draws out toxins and balances all your senses.

### Chamomile Body Scrub 25mins midweek £45 wkend £55

A two-step, gentle body exfoliation utilising granulated pumice stone in a crème base followed by a loofah scrub with Chamomile Gel, rich in botanicals.

### Thermal Mineral Body Scrub 25mins midweek £45 wkend £55

A two-step, deep cleansing body exfoliation utilising an exfoliating body scrub based on granulated pumice stone, thermal mineral and aromatherapy oils, followed by a loofah scrub with Thermal Mineral Gel.

## Body wraps.

Cocoon your body in the finest natural ingredients with a selection of Kerstin Florian body wraps. A classic Spa experience.

### Spirulina Wrap 50mins midweek £85 wkend £100

Using an all-natural live Spirulina Algae, this seaweed treatment imparts essential vitamins, minerals and protein to nourish and revitalise the body. Very effective when used as part of a slimming or nourishing programme.

**Includes a face and scalp massage.**

### Moor Mud Wrap 50mins midweek £80 wkend £95

Moor Mud is legendary for its powerful therapeutic properties, including a blend of botanical materials, which has had natural interaction with thermal mineral water. Remineralises, soothes and rejuvenates tired muscles and dull skin.

**Includes a face and scalp massage.**

### Aromatherapy Essential Oil Wrap 50mins midweek £80 wkend £95

A luxurious application of aromatherapy oils mixed with Thermal Mineral Body Crème to relieve muscle tension and to promote detoxification and hydration. Your therapist will help you select from Lavender, Revitalising, Soothing or Harmony Body Oil.

**Includes a face and scalp massage.**

### Hydrating Wrap 50mins midweek £80 wkend £95

The perfect hydrating treatment for dry, sun exposed skin. A blend of pure algae and aloe vera is warmed and applied with essential oils of choice to create this fast absorbing therapy which soothes the body. Includes a luxurious scalp, foot and hand massage.

### Cameron House Signature Wrap 50mins midweek £80 wkend £95

Embrace the power of nature as Rosemary-infused Moor Mud is applied to the body to nourish, remineralise and gently exfoliate the skin. Whilst cocooned, a face and scalp massage completes this unique experience.

## Massage.

Select from our extensive menu of massage therapy specifically designed for The Spa at the Carrick.

### The Cameron House Luxury Massage

1hr 20mins midweek £115 wkend £135

The luxurious treatment begins with an Alpine Foot Massage, followed by a deeply relaxing warm oil aromatherapy massage using heated stones. The experience is completed with a soothing scalp massage. Pure relaxation.

### Classic Massage 50mins midweek £80 wkend £95

A full body massage using nourishing Aroma Äkta Natural Body Oil. Based on Swedish techniques, this massage is invigorating yet relaxing.

### Express Massage 25mins midweek £45 wkend £55

A back, neck, shoulder and foot massage using nourishing Aroma Äkta Natural Body Oil.

### Aroma Massage 50mins midweek £85 wkend £100

The ultimate full body aromatherapy experience. Select from Lavender, Revitalising, Soothing or Harmony oils. A gentle and soothing massage.

### Harmony Pregnancy Massage 50mins midweek £85 wkend £100

Geranium promotes feminine energy and has a harmonising effect on women. Genuinely nurturing, this uplifting blend of geranium, pink grapefruit, mandarin orange and lavender promotes skin's health, especially for mothers-to-be.

### Essential Pregnancy Massage 25mins midweek £45 wkend £55

A soothing massage focusing on the back, neck and shoulders.

## For two.

All treatments are carried out in our luxurious Spa Suite and include a private steam room experience, an aromatherapy infused bath for two and use of your own relaxation area with memorable views overlooking the loch.

### Aromatherapy 'Kur' for Two 1hr 50mins midweek £275 wkend £300

An invigorating mineral salt and essential oil exfoliation is followed by a shared Aromatherapy Mineral Bath to soothe the body and mind. A simultaneous luxurious aromatherapy massage follows the bath using essential oils chosen by the guest. Includes an Aromatherapy Bath Kit for homecare.

### Cameron House Signature Massage for Two

1hr 50mins midweek £250 wkend £275

A shared Aromatherapy Mineral Bath is followed by a luxurious foot ritual. A deeply relaxing, warm oil massage using heated stones and a soothing scalp massage completes the experience.

### Classic Massage for Two 1hr 20mins midweek £190 wkend £215

A shared Aromatherapy Mineral Bath is followed by a full-body massage based on Swedish techniques using a nourishing Aroma Äkta Natural Body Oil.

### Aroma Massage for Two 1hr 20mins midweek £210 wkend £235

The ultimate full body aromatherapy experience for two. Begin with an Aromatherapy Mineral Bath followed by a relaxing full-body Aromatherapy Massage. Select from Lavender, Revitalising, Soothing or Harmony oils.

## Spa Sun.

Kerstin Florian's forward-looking approach to sun care starts with advanced formulations of vitamins, antioxidants and aromatherapy active ingredients. Blending natural ingredients without perfumes, this collection of effective treatments has been created to protect and maintain beautiful skin.

### Sunless Tanning Treatment 50mins midweek £60 wkend £70

Kerstin Florian has searched worldwide for natural elements to create the most natural looking tan without the sun. This luxurious treatment begins with a gentle exfoliation and continues with an application of a botanical firming sunless tanning lotion that both moisturises and nourishes whilst it tans.

### Soothing Recovery Facial 30mins £48

A skin recovery facial that softens, hydrates and nourishes skin that has been over exposed to the elements. Ideal after exposure to the sun.

### Hydrating Wrap 50mins £80

The perfect hydrating treatment for dry, sun exposed skin. A blend of pure algae and aloe vera is warmed and applied with essential oils of choice to create this fast absorbing therapy which soothes the body. Includes a luxurious scalp, foot and hand massage.

## Golfer's Spa Selection.

Specialised face and body treatments have been selected to cater for the needs of the discerning golfer.

### Soothing Recovery Facial 25mins midweek £45 wkend £55

A soothing facial that softens, hydrates and nourishes skin that has been over exposed to the elements. Excellent for reviving the skin after a game of golf.

### Golfer's Recovery Massage 50mins midweek £85 wkend £100

A full body massage designed to focus on the core muscle groups used within golf. Revitalising Oil, pressure point techniques and light stretching movements are used to help aid recovery and create a feeling of wellbeing.

### The Back 9 Massage 25mins midweek £45 wkend £55

A golf specific back, neck, shoulder and foot massage using Revitalising Oil. Can be used as a pre or post game treatment.

### Alpine Foot Treatment 25mins midweek £40 wkend £50

A caring foot therapy for excessively dry, rough cracked skin. Begins with a foot soak in Thermal Mineral Salts enhanced with Eucalyptus oil. Rough skin is exfoliated with a creamy Eucalyptus salt mixture then soothed in a massage featuring a natural foot balm rich in Menthol, Eucalyptus and Lavender.

### Golfers 'Kur' 1hr 20mins midweek £115 wkend £135

Used traditionally in Europe as a series of treatments, a 'Kur' is designed to enhance wellbeing. This combination of Alpine Foot Treatment, The Back 9 Massage and Soothing Recovery Facial can be used either after your game or during your stay as part of an ongoing programme.

**Includes the Golfers Rescue Kit for homecare.**

## The Carita Experience.

Discover a whole new level of skin care with the luxurious and innovative range of CARITA facial and body treatments. The unique fusion of Science and Nature has made CARITA the anti-ageing skin care secret of some of the world's most beautiful women for over half a century. CARITA's expert therapists combine specially developed massage techniques with the advanced technology of our exclusive 'Pro-Lifting' equipment. At the same time, CARITA's exquisite and instantly effective range of products scientifically targets every woman's individual skin care needs to produce results that will delight and astonish you. Make time for CARITA and let CARITA make time stand still for you.

### Carita 'Pro-Lift' Firming & Booster Facial 1hr 30mins midweek £115 wkend £135

CARITA's exclusive 'Pro-Lifting' equipment is used in one of three ways: to stimulate the pores to enable deep and thorough cleansing; to intensify the application and nourishing benefits of CARITA's unique products, and, to produce instant and extraordinary anti-aging effects. Fine-lines and wrinkles are smoothed and slack muscles lifted and re-sculpted; skin tissue is fully oxygenated and the complexion is left immediately brighter, re-awakened and refreshed. These benefits are immediately visible after your very first treatment and must be experienced to be fully appreciated. Carita 'Pro-Lifting' Firming Facial The 'Pro-Lifting' facial is CARITA's signature treatment. It firms the skin, gives an instant lift, repairs the effects of time and gives the complexion a youthful radiance. After a single treatment its amazing rejuvenating effects are immediately visible: eyes look brighter and awakened, while the revitalised skin acquires a transparent clarity and velvety softness. Any slackness in the skin is instantly lifted, producing a well-rested, healthy glow. Fine-lines and wrinkles are erased and the contours of the face are perfectly redefined. With four stages that combine massage, the exclusive 'Pro-Lift' technology and CARITA's specialised 'Progressif' skin care products, mature skin undergoes exfoliation, deep cleansing, relaxation and lifting to produce a remarkable and immediate anti-ageing effect.

### Carita 'Pro-Lifting' Booster Facial 1hr midweek £90 wkend £105

After a course of 'Pro-Lifting' facial treatments, a one hour Booster treatment is all that is needed to give a quick and immediate lift for a special occasion.

### Idéal 'Intense' Douceur 1hr 5mins midweek £85 wkend £100

Sensitive skin is soothed and protected with a specially designed relaxing massage and the expert application of CARITA products carefully formulated to reduce redness, calm irritations, increase suppleness and strengthen the skin's natural defences. The hypoallergenic formulas of the wonderful Idéal Douceur products contain cotton to comfort sensitised skin and help to rebuild its resistance to external irritants.

### Idéal 'Intense' Nourish Facial 1hr 5mins midweek £85 wkend £100

By providing intensive moisturisation for dehydrated skin, fine lines caused by stress, fatigue and dryness are eliminated and the skin's natural moisture balance is restored to produce a renewed radiance and an immediate and long-lasting suppleness. After the unique CARITA preparation process, a nourishing and hydrating face mask, rich in marine algae and papaya, leaves the skin invigorated and enriched and glowing with a refreshed vitality.

### Idéal 'Intense' Controle 1hr 5mins midweek £85 wkend £100

This preventative treatment meets the needs of combination and oily skin by employing a deep cleansing process to reduce blemishes, regulate oil production and delay the appearance of fine lines and wrinkles. Grapefruit seed and papaya extract refine uneven skin and revive natural radiance, while flax extract rebalances secretions and helps the skin attain a perfect balance between a matte and hydrated texture. The skin is left refreshed and soothed and the complexion achieves a luminous glow.

### Idéal 'Intense' Nutrition 1hr 5mins midweek £85 wkend £100

For skin which does not produce enough natural oil, this restorative and protective treatment offers nourishment and relief from dryness, discomfort and redness. Dual-action products incorporating extracts of rice and sweet chestnut provide nutrients and rebuild the skin, helping to prevent slackness and the appearance of wrinkles. The driest of oil-deprived skins will be left feeling smooth, nourished and revived.

### Facial treatments

The Idéal 'Intense' Treatments are specially designed to provide immediate and intense benefits for every type of skin. Each treatment defines and targets a specific skin care need and uses CARITA's exclusive 'Pro-Lift' technology to apply and intensify the effectiveness of our scientifically developed products.

## CARITA Signature Treatment and Body Treatment

### Revitalising 'Warm Stone' Therapy

1hr 30mins midweek £115 wkend £135

Following CARITA's trademark relaxation massage and exfoliation, a warm full body wrap replenishes and rebalances the skin and the senses. Cool volcanic pebbles are then used to gently massage forehead and temples, while warm pebbles release tension from key pressure points on the back and hands. Finally, a calming and revitalising full body massage with warm volcanic pebbles applies CARITA's exclusive Satining Mineral Power to leave the skin radiant and the whole body simultaneously tingling with energy and profoundly relaxed. The Revitalising Warm Stone Therapy is a luxury you deserve to experience.

### The Carrick Journey 2hrs 15mins midweek £170 wkend £195

Allow the Spa at Cameron House and CARITA to transport you to total relaxation. Taking its inspiration from the ruggedness and tranquillity of the surrounding natural beauty along with the mystical magic of the loch, this truly pampering treatment takes you on a journey. It begins with an invigorating exfoliation using a mixture of roasted sunflower seeds and essential oils of lemon, clove and thyme. You then experience a sublime silk balm that will ease away all your stresses and strains. Continuing on, mineral rich waters are then used to massage your face, neck and shoulders to restore glow and freshness to even the weariest of skins. Your journey is complete.

## Spa Experiences.

### The Luxury Spa Experience 2hrs midweek £69 wkend £80

Relax the body and mind within the 'Spa Experience'. This unrivalled selection of thermal and hydro experiences provides extensive 'hands-off' therapies to cleanse, rejuvenate and relax the mind and body. The thermal & hydro experiences offered originate from a number of cultures dating back thousands of years.

### The Luxury Spa Experience also includes lunch in the café spa with a Kerstin Florian gift box. 2hrs midweek £100 wkend £120

(See opposite for details of our thermal and hydro experiences.)

Where the elements meet in equilibrium

## Thermal Experiences.

### Tepidarium

Contoured thermal couches are gently heated for a relaxing and re-energising experience.

### Caldarium

Stone floors, walls and curved stone seating is heated to create a calming and purifying effect, allowing the body to heat up gently in a warm, dry environment.

### Sauna

A traditional wood lined sauna using water sprayed on red hot coals to generate sweltering temperatures, such extreme conditions are believed to boost the immune system.

### Infrared Sauna

Harnessing the power of the sun, infrared lighting is used to heat up the air in the cabin to enhance the dry hot air, open the skin's pores and aid in the detoxification of the body.

### Steam bath

Immerse yourself in gentle wafts of warm steam and feel the tension slip away as a dense visible humidity stimulates extra blood circulation in your body.

### Aroma Steam Bath

Combining the effects of warm steam and aromatic essential oils to decongest, clear the mind and purify the body.

## Hydro Experiences.

### Hydro Pools

Choose to relax in either indoor or outdoor hydro pools, both offering spectacular views of rugged Ben Lomond with shoulder and neck massage jets, relaxing air loungers for body massages and invigorating geysers. The pools offer the perfect environment to relax and rejuvenate.

### Experience Showers

Choose between an invigorating cold mist shower or a soft scented tropical shower within the two multi-sensory shower experiences.

### Ice Fountain

Use the crushed ice to counteract the warming effects of the thermal experiences.

## The Spa Suite.

The Spa at Cameron House offers a unique Spa Suite for those yearning seclusion within a private retreat. The suite provides double treatment beds, a luxurious couple's relaxation bath, a twin steam aroma experience, relaxation couches and an open air balcony offering unrivalled views across Loch Lomond. This fantastic experience can be reserved for a half day retreat.

### Spa Suite 4hrs midweek £265pp wkend £290pp

Your luxurious half day will begin within the Spa Suite where private lockers are provided. Once changed you can choose to explore the 'Spa Experience' where you will enjoy the fabulous selection of sensual heat & hydro experiences before returning to your 'retreat' to relax and enjoy the peacefulness of your private surroundings. Once fully relaxed your day will continue with one of our exclusive treatments. You have a choice of one of the following treatments;

- Kerstin Florian Caviar Cell Vitale Facial
- Carita Idéal 'Intense' Facial
- Cameron House Classic Massage
- Cameron House Aroma Massage

Once your treatment has ended a tray of fresh fruit and teas will be served. The remaining time in the suite is for relaxation, contemplation and 'you' time. The perfect package to share with that special someone.

## Rasul Chamber.

A truly unique mud therapy chamber to cleanse & detoxify, relax and moisturise your body. These treatments are without therapists.

**Rasul Chamber 45min midweek £45 for one £85 for two  
wkend £55 for one £100 for two**

The Rasul provides the ideal opportunity for you and your partner or friend to enjoy a truly unique mud therapy. Relax in our dual chamber and apply a nourishing Spirulina Masque or purifying Moor Mud Masque to your face and body whilst your hair is conditioned by botanical extracts full of vital nutrients and vitamins. After enveloping your body in your chosen masque, steam assists in absorbing the vitamins and minerals and purifies and cleanses the skin. After relaxing in the Rasul, the masque is washed off during an aromatic tropical rainshower leaving your skin feeling soft and moisturised.

**Rasul Chamber and the 'Spa Experience' combination  
midweek £70 for one £135 for two  
wkend £80 for one £160 for two**

To provide a truly relaxing and rejuvenating experience why not choose to combine your Rasul Chamber treatment with the 'Spa Experience'.

## Spa Day Programmes.

The Spa programmes have been carefully selected to offer a memorable experience using the finest combination of Kerstin Florian treatments. Each package incorporates the extensive 'Spa Experience' offering an unrivalled selection of 'hands-off' heat and hydro therapies. All Spa packages also include lunch within the relaxing spa dining area.

**Spa Welcome 1hr of treatments, 2hrs spa experience  
midweek £105 wkend £125**

Enjoy the delights of the 'Spa Experience' followed by a classic European Deep Cleansing Facial. This purifying prescriptive facial is for all skin types and includes a gentle exfoliating peel, a luxurious massage and deep-cleansing masque using anti-oxidant botanical extracts to rejuvenate and nourish the skin.

**Spa Day for Him 2hrs 30mins of treatments, 2hrs spa experience  
midweek £220 wkend £245**

Including unlimited use of the 'Spa Experience', an invigorating Turkish Salt Scrub exfoliation utilising thermal salt, rich in minerals and trace elements is followed by a relaxing full-body Classic Massage. A deep-cleansing, therapeutic facial designed specifically for men completes the experience.

**Mum-To-Be Spa Escape 2hrs 30mins treatments  
midweek £160 wkend £185**

Your escape begins with a deep-cleansing, relaxing facial treatment that includes a gentle peel and a remineralising masque to rejuvenate the skin. A soothing massage follows with an uplifting blend of Geranium, Pink Grapefruit, Mandarin Orange and Lavender to revive tired areas of the body. A manicure or pedicure completes your experience. The perfect tonic for expectant mothers.

**Detox Day 2hrs treatments, 2hrs spa experience  
midweek £195 wkend £220**

Your detox begins with a full body exfoliation, an all-natural live Algae Spirulina Wrap and an invigorating Vichy shower hydrotherapy massage. A detoxifying prescriptive facial follows, using a gentle exfoliating peel, luxurious massage and a deep-cleansing masque. Very effective when used as part of a slimming or nourishing programme.

**European Classic 3hrs treatments, 2hrs spa experience  
midweek £260, wkend £285**

Embracing the finest European Spa ingredients, your day begins with a Moor Mud Wrap, legendary for its powerful therapeutic properties. A luxurious full-body aromatherapy massage follows, using an essential oil blend selected according to your needs. A prescriptive European Deep Cleansing Facial completes this luxurious classic Spa experience.

**Deluxe Day 4hrs treatments, 2hrs spa experience  
midweek £350 wkend £375**

Your ultimate Spa day begins with an Alpine Foot Treatment followed by a deeply relaxing warm aromatherapy oil massage incorporating heated stones. It continues with a decadent, Signature Caviar Facial to firm, tone, refine and deeply hydrate the skin with protein rich Caviar and powerful antioxidants. A luxurious Caviar Manicure follows, combining all of the benefits of our signature Caviar products to moisturise and improve the skin. A comprehensive hand polish service completes this one of a kind Spa experience.

**A glass of champagne will be included with your lunch.**

**Spa Day for Two 2hrs treatments, 2hrs spa experience  
midweek £375 wkend £400**

The delights of this shared day begin in the Rasul ritual for two. After enveloping your bodies in nutrient rich masque, steam assists in absorbing the nutrients to purify and cleanse the skin. After relaxing in the Rasul, the masque is washed off during an aromatic tropical rainshower. Continue your day in our exclusive Spa Suite. Begin with a shared aromatherapy bath, followed by a simultaneous full-body Aroma Massage using essential oil blends selected according to your needs. Use of your own private steam room, relaxation area and balcony makes this the perfect escape for two!

**A glass of champagne will be included with your lunch.**

## Finishing touches.

		midweek	wkend
Manicure	50 min	£45	£55
French Manicure	50 min	£50	£60
Pedicure	50 min	£45	£55
French Pedicure	50 min	£45	£55
File & Polish	25 min	£25	£30
Eyelash Tint	25 min	£15	£19
Eyebrow Tint	15 min	£10	£15
Eyelash & Eyebrow Tint	25 min	£25	£30
1/2 Leg Wax	25 min	£25	£30
Full Leg Wax	40 min	£35	£40
Full Leg and Bikini Wax	50 min	£40	£49
Eyebrow Wax	15 min	£15	£19
Underarm Wax	15 min	£15	£19
Bikini Wax	15 min	£15	£19
Upper Lip & Chin Wax	15 min	£15	£19
Back Wax	25 min	£25	£30
Make-up application	45 min	£49	£55
Make-up lesson	1 hr	£60	£70

## Spa Terms & Conditions.

### Spa reservations

For reservations or further information regarding The Spa at The Carrick please call 01389 713 659 or email: [thecarrick@cameronhouse.co.uk](mailto:thecarrick@cameronhouse.co.uk)  
All treatments are subject to availability therefore we would recommend that bookings are made well in advance.

### Medical conditions

Some of the treatments that are offered are not suitable for guests with certain medical ailments and conditions. We would request that you draw attention to any of the following contra-indications at time of booking should they apply;

Epilepsy  
Allergies  
Heart Condition  
High Blood Pressure  
Low Blood Pressure  
Scar Tissue  
Varicose Veins  
Skin Conditions  
Diabetes  
Pregnancy  
Recent Operations

### Spa location

The Spa at The Carrick is located at The Carrick Golf & Spa Resort, approximately 3 km north from the entrance to Cameron House resort.

### Arrival time

We recommend that you arrive at the Spa Reception at least 30 minutes before your scheduled appointment. If you have booked one of our Spa Day Packages we would recommend you arrive 2hrs before your scheduled appointment to enjoy the relaxing 'Spa Experience'. Please understand that a late arrival may mean that the scheduled treatment time is reduced or is unable to be honoured. If you are a resident within Cameron House resort or one of the lodges our concierge service can take you to the Spa either by car or on-board our exclusive cruiser 'Belle Époque'. This service can be arranged from the concierge desk at the main reception of the resort.

### Cancellation policy

Cancellations within 24 hours will incur a 50% charge; cancellations or no shows within 12 hours will incur a 100% charge. A credit card number will be required at the time of booking.

### Spa attire

Swimwear is obligatory within the 'Spa Experience'. Upon arrival you will be provided with a luxury robe, towel and slippers.

### Spa etiquette

To preserve the tranquillity of the Spa we request that all guests switch off their mobile phones and leave them within their locker. We request that guests keep noise to a minimum.

### Gift vouchers

Treat someone to the perfect gift with a Gift Voucher from The Spa at The Carrick. Purchase your gift vouchers online at [devere-hotels.co.uk](http://devere-hotels.co.uk) or in person at the Spa or resort reception. Vouchers can be redeemed against any Spa treatment, Spa Package or used to buy products from the Spa Boutique.

The Spa at The Carrick reserves the right to alter prices and change or discontinue services without prior notice. Spa treatments can not be given to individuals under 16 years.

Midweek - Monday to Thursday  
Weekend - Friday to Sunday