

BRAEMAR

ALBAMHOR

SPA MENU



ALBAMHOR is the ideal place to unwind and to *restore, revive and relax body, mind and spirit.*
The bespoke *sauna* and *power showers* are complimentary, preferably before one of our thoughtfully designed treatments.

The products used have been selected because they embody The Fife Arms, which is to provide a unique Scottish Highland experience whilst respecting your health and wellbeing along with the precious environment. Our team will you in creating your unique personal Albamhor spa experience from any combination of treatments. We will adapt to any special requests you may have wherever possible.

SIGNATURE TREATMENTS

RESTORATIVE FULL BODY MASSAGE

- *Repairing Specific areas* -
60 MIN — £90
WITH HERBS COMPRESS
60 MIN — £120

Our Albamhor therapists use a blend of massage techniques to target specific areas of the body, tailoring the treatment to your individual profile which releases tension at its core. The therapeutic movements stimulate the blood flow, helping to repair key muscle fibres, restoring optimal movement and flexibility to those areas in need of physical and energetic renewal.

RELAXING FULL BODY MASSAGE

- *Soothing body, mind and soul* -
60 MIN — £90
90 MIN — £120

Our Albamhor therapists use bespoke selected blends of aromas with a mix of light massage techniques to help ease, calm and transform states of physical and mental exhaustion.

FIFE FOOT RITUAL

- *The ultimate reviving tonic for weary feet & legs!* -
30 MIN — £55
(WITHOUT POULTICE)
45 MIN — £75
(WITH DETOXIFYING POULTICE)

A welcoming soak for those tired hidden away feet before a luxurious scrub with **ishga** Sea Salt scrub followed by a relaxing and therapeutic massage to the lower legs and feet.
This can be enhanced using a detoxifying **ishga** Seaweed & Salt warm poultice to reduce inflammation and ease those tired muscles.



'MINI' TREATMENTS



RELAXING BACK MASSAGE

45 MIN — £70

Dissolve tension with this recuperative massage that will soothe and ease your back, neck and shoulder muscles.

HEAD MASSAGE

30 MIN — £45

Enjoy this fabulous extended head treatment. Working mainly on the head but incorporating the neck and shoulders too, this treatment releases tension promoting relaxation and calm.

REFLEXOLOGY

A therapeutic treat for the feet and whole mind, body & spirit!
This non intrusive therapy is unique to everyone and uses a system of massage techniques and pressure points on the feet which can help to relieve tension and stress, restore the body's natural balance and leave you feeling calm and relaxed.

45 MIN — £70 ♦ 60 MIN — £90

FACIAL

All our facials use Scottish based award winning **ishga** organic seaweed skin care range, made from hand-harvested seaweed from some of the cleanest waters in the world around the Hebridean Islands, harnessing anti-oxidant properties which help heal and nourish the skin.

HEBRIDEAN EXPRESS

30 MIN — £60

An express facial to cleanse, tone and moisturise for essential skin maintenance leaving it revitalised and hydrated.

NURTURING BONNIE FACIAL

50 MIN — £80

A deeply cleansing facial which brings a vitality and brightness back to stressed skin with the help of an extended facial massage.

LUXURY ISLES FACIAL

80 MIN — £120

Incorporating our other two facials in one to revitalize tired or ageing skin!

LADDIES HIGHLAND REFRESH

50 MIN — £80

A deeply cleansing facial specifically tailored using **ishga's** Men's Range to repair, revitalise and soothe the skin.



BEAUTY



OPI LUXURY MANICURE

60 MIN — £55

.....OPI EXPRESS MANICURE

30 MIN — £45

The ultimate pampering treatment offers shaping of the nail, cuticle care, revitalising exfoliation, luxurious hand and arm massage and is completed with your chosen nail lacquer.

OPI LUXURY PEDICURE

60 MIN — £65

.....OPI EXPRESS PEDICURE

OPI EXPRESS PEDICURE

30 MIN — £45

This wonderful pampering treatment offers shaping of the nail, cuticle care and revitalising exfoliation including a luxurious massage, completed with your chosen nail lacquer.

GEL COLOUR TECHNOLOGY

OPI MANICURE WITH GEL COLOUR

50 MIN — £55

OPI PEDICURE WITH GEL COLOUR

60 MIN — £60

GEL Colour by OPI is a pure gel colour enhancement service. Perfect your natural nails, which once cured under LED light, instantly sets – no drying time needed! (This doesn't include Gel removal prior to the treatment)

Extra

GEL COLOUR REMOVAL 25 MIN — £20

GEL COLOUR APPLICATION ONLY 25 MIN — £30

ETIQUETTE

THE AMBIENCE CREATED AT ALBAMHOR IS ONE OF PEACEFUL RELAXATION. IN RESPECT TO OTHER SPA GUESTS WE REQUEST YOU SPEAK QUIETLY AND ENJOY THE SERENITY OUR SPA BESTOWS.

HEALTH	<p>Your health and wellbeing are our top priority. Therefore, it is essential for you to inform us of any health conditions which may affect your treatment choices.</p> <p><u>Pregnancy:</u> Certain spa treatments are not recommended during the first trimester of your pregnancy. Please discuss the various options available when scheduling your appointment.</p>	VALUABLES	<p>We highly recommend leaving valuables and jewellery in the safe in your room.</p>
ATTIRE	<p>You are welcome to come wearing a robe or come just as you are and change in the privacy of the treatment room.</p>	SPA MANNERS	<p>We keep noise to a bare minimum at all times. Mobile phones are considered contraband in our peaceful environment.</p>
FEEDBACK	<p>We value your feedback and greatly appreciate any comments you wish to share about your experience.</p>	RETAIL THERAPY	<p>Complement your experience or create The Fife Spa ambience in your own home, with our beautiful selection of ishga skincare range, available in the Spa and Hotel Shop. Please ask your therapist to recommend which products are suitable for you.</p>

We recommend you book your spa treatments in advance to ensure availability. Please contact the Spa or Front Desk to make a booking.

ADVANCE BOOKINGS

Should you wish to make an advanced reservation for any of our treatments before your stay at The Fife Arms, please book by email SPA@THEFIFEARMS.COM or CALL **013397 20218**. Non residents will be charged a 50% deposit on booking.

CANCELLATIONS

We kindly request that you inform us in advance, at least 24 hours before, if you wish to reschedule or cancel your appointment. Less than this may incur a 100% charge being applied.

Treatments & Prices are subject to availability & change.