

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 to be enjoyed before one of our thoughtfully designed treatments.

The products used have been selected because they embody The Fife Arms ethos, which is to provide a unique Scottish Highland experience whilst respecting your health and wellbeing along with the precious environment. Our team will assist 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.

*Please note that our treatment offering has been altered due to Covid-19 guidelines. Our team aim to provide a relaxing and enjoyable experience while ensuring the safety and comfort of our guests and staff.*

*Our treatments are all tailored to minimise face to face exposure, we will also provide face coverings for all guests visiting the spa and will take their temperature on arrival. We kindly request that guests attend the spa alone at the time of their treatment. This will facilitate social distancing in our waiting areas. We greatly appreciate your understanding and patience at this time.*

## SIGNATURE TREATMENTS

### RELAXING BACK, NECK AND SHOULDER MASSAGE

- Soothing body, mind and soul -  
30 MIN — £50

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

### TRAVELLERS TREAT

- Restoration for weary muscles -  
45 MIN — £80  
INCLUDES BACK, NECK AND SHOULDERS, LEG AND FOOT MASSAGE

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. 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.

### 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.



# HOLIDAY HANDS AND FEET



90 MIN — £90

The ultimate pampering treatment combines the OPI Luxury Manicure and OPI Luxury Pedicure.



## BEAUTY



### OPI LUXURY MANICURE

..... 60 MIN — £55  
OPI EXPRESS MANICURE  
30 MIN — £45

This 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  
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

Perfect your natural nail with GEL Colour by OPI is a pure gel colour enhancement service, 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  
GEL COLOUR APPLICATION (HANDS AND FEET)...35V MIN — £45

## 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	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. <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.	VALUABLES	We highly recommend leaving valuables and jewellery in the safe in your room.	
	ATTIRE		You are welcome to come wearing a robe or come just as you are and change in the privacy of the treatment room.  <i>As part of our Covid-19 precautions we ask all guests to wear a face mask in the spa.</i>	SPA MANNERS
		FEEDBACK	We value your feedback and greatly appreciate any comments you wish to share about your experience.	

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](mailto: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.