

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 before or after 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 Fife Spa experience from any combination of treatments and rituals. We will adapt to any special requests you may have wherever possible.

## BODY TREATMENTS

### ALBAMHOR SIGNATURE DELUXE TREATMENT

2 HOURS — £250

Our Signature Treatment starts with a welcoming foot soak, luxurious foot scrub using Ishga sea salt, and a seaweed gel mask. Following this, a combination of our marine back treatment and full body massage will leave your body rejuvenated and moisturised, helping you to feel completely relaxed. Finally, your face will be cleansed, exfoliated, toned and moisturised using a powerful blend of organic seaweed, high in antioxidants, with a scalp massage to complete the experience.

### FACE AND BODY EXPERIENCE

60 MIN — £120

Our Signature Treatment starts with a welcoming foot soak, luxurious foot scrub using Ishga sea salt, and a seaweed gel mask. Following this, a combination of our marine back treatment and full body massage will leave your body rejuvenated and moisturised, helping you to feel completely relaxed. Finally, your face will be cleansed, exfoliated, toned and moisturised using a powerful blend of organic seaweed, high in antioxidants, with a scalp massage to complete the experience.

### BACK, NECK AND SHOULDER MASSAGE

30 MIN — £70

A massage focusing on the back, neck, and shoulders to target areas of tension, release everyday stress and relax the nervous system. The seaweed-based body oil used contains lemongrass, lavender, and juniper to regenerate and nourish the skin, with anti-inflammatory properties to soothe aching muscles.



## FULL BODY MASSAGE



60 MIN — £95/90 MIN — £140

A light/medium pressure full body massage combining relaxing elements of aromatherapy massage, lymphatic drainage, and traditional Swedish massage techniques to reduce muscle tension and re-energise the body.

CHOOSE FROM

### INVIGORATING

An uplifting, detoxifying seaweed body oil with lemongrass, juniper, lavender and rose geranium. Particularly useful for improving fatigue and eliminating toxins.

### RELAXING

The luxurious scent of nurturing rose geranium to aid stress relief, relax, soothe, and balance a tired mind and body. A silky base of sweet almond and jojoba oil to hydrate and tone skin.

### WARMING

A comforting, woody oil containing patchouli, bergamot, and sandalwood. Ideal for muscular aches, nervous tension, and insomnia.

## BODY TREATMENTS

### MOTHER-TO-BE MASSAGE

60 MIN — £120

A nurturing full body massage specifically designed to pamper and relax expectant mothers and is suitable after the first trimester of pregnancy. This treatment focuses on the changes in the body during pregnancy, helping to ease aches and pains and can improve sense of wellbeing, comfort levels and aid relaxation.

### DEEP TISSUE MASSAGE

60 MIN — £120

Powerful, deep, and specifically placed techniques make this customised massage essential for relief of aching muscles. Using a stimulating muscle recovery oil containing fucus serratus extract, a natural anti-inflammatory to relieve physical fatigue and rosemary to ease muscle pain. The therapist will work on one to two body areas of your choice using remedial massage techniques, Thai stretching and localised deep tissue and myo-facial release.

### MARINE BACK TREATMENT

60 MIN — £120

The ultimate back facial designed to rejuvenate and exfoliate, while treating any congestion to reveal a brighter and smoother skin. Beginning with a cleanse, tone and exfoliation, a powerful heated seaweed gel mask is applied to clarify and soften the skin while providing a deep moisturising treatment. Ideal for skin concerns such as acne on the back, dryness, or skin conditions. A massage of the back and the back of legs is also included, to leave you feeling deeply relaxed.

### FIFE FOOT RITUAL

30 MINS — £70

A detoxifying Seaweed treatment to rejuvenate tired feet and leave skin silky smooth. This luxury experience begins with a soothing foot bath filled with a blend of seaweed and pure essential oils. Followed by a foot scrub with nutrient rich salts and oils, and a relaxing lower leg and foot massage. A detoxifying seaweed gel mask will be applied followed by a lotion to leave your feet feeling their best.

### HEBERDEN SALT & OIL SCRUB

45 MINS — £70

Description hydrating Salt and Oil scrub which is infuse with Sweet Almond and Jojoba and Rose Geranium to transform dule-tired skin.

## FACIAL

Using products from Ishga (derived from the Gaelic word for water). The pure, clean waters of the Hebridean Islands off the north west coast of Scotland is where the seaweed is sustainably hand harvested. Hebridean seaweed contains natural antioxidants with properties which transform and protect the skin.

### LUXURY FACIAL

90 MIN — £160

An indulgent, luxurious Facial combined with 3 intensive masks. Including a deep exfoliation using a rich, vitamin packed sea kelp powder which will remove dead skin to leave the skin bright and glowing. This facial includes a warming massage of the face, scalp, shoulders, and arms using heated sea-salt and seaweed poultices and crystal jade which will absorb congestion and detoxify the skin adding a host of vitamins and minerals into the face and upper body.

### REJUVENATING FACIAL

60 MIN — £130

A facial designed to rejuvenate, revitalise and repair. Suitable for all skin types, even sensitive skin. It is particularly useful for toning, firming, and nourishing but also repairing and protecting from environmental damage. This treatment will cleanse, tone, exfoliate and moisturise the skin leaving it revitalised and hydrated.

The high content of seaweed extract in the products used is scientifically proven to preserve the skins natural collagen with powerful anti-aging properties.

### EXPRESS FACIAL

30 MIN — £75

An express facial cleanse, tone and moisturise for essential skin maintenance. Includes an exfoliating mask and scalp massage to complete the experience.





## HANDS AND FEET



### LUXURY MANICURE

..... 45 MIN — £60  
 ADD OPI NAIL LACQUER..... 15 MIN — £15  
 ADD OPI GEL NAIL COLOUR..... 15 MIN — £25

This pampering treatment offers shaping of the nail, cuticle care, revitalising exfoliation including a luxurious hand and arm massage and can be completed with your chosen polish/ buff.

### LUXURY PEDICURE

..... 45 MIN — £60  
 ADD OPI NAIL LACQUER..... 15 MIN — £15  
 ADD OPI GEL NAIL COLOUR..... 15 MIN — £25

This wonderful pampering treatment offers shaping of the nail, cuticle care and revitalising exfoliation including a luxurious massage and can be completed with a polish/ buff.

### Extra

GEL COLOUR REMOVAL ..... 30 MIN — £30

### HEBERDEN SALT & OIL SCRUB

45 MINS — £70



A detoxifying foot treatment to rejuvenate tired feet and leave skin silky smooth. This luxury experience begins with a soothing foot bath. Followed by a foot scrub with nutrient rich salts and oils and a relaxing leg and foot massage. Leaving your feet feeling their best.

<b>ETIQUETTE</b>		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.	
<b>HEALTH</b>	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.	<b>VALUABLES</b>	We highly recommend leaving valuables and jewellery in the safe in your room.
	<b>PRIVACY</b>	Our caring and professional therapists have the utmost respect for your privacy and will keep any personal information completely confidential.  We encourage you to relax and come out of your shell. It is our intention to provide a safe, healing environment based on trust — a peaceful sanctuary where you can truly enjoy this unique experience.	<b>SPA MANNERS</b>
<b>FEEDBACK</b>			We value your feedback and greatly appreciate any comments you wish to share about your experience.
<b>ATTIRE</b>	You are welcome to come wearing a robe or come just as you are and change in the privacy of the treatment room.	<b>RETAIL THERAPY</b>	Complement your experience or create The Fife Spa ambience in your own home, with our beautiful selection of ISHGA and Maui skincare ranges, available in the Spa and Hotel Shop. Please ask your therapist to recommend which products are suitable for you.

We recommend you book your spa treatments in advance to ensure availability. **Please contact the 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 50% charge being applied.

Treatments & Prices are subject to availability & change.