

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

The treatment starts with a medium pressure back, neck and shoulder massage, using a powerful detoxing seaweed body oil with lemongrass, juniper and rose geranium. It is designed to be invigorating, but equally relaxing, with a focus on removing tension to re-energise the body. The seaweed body oil regenerates, firms and tones the skin, and is particularly useful for eliminating toxins. To conclude, the focus moves to the face with a cleanse, exfoliation, tone and moisturise using a powerful blend of organic seaweed high in antioxidants and anti-ageing benefits. While the products do their work, enjoy 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 sooth 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.

### POULTICE

60 MIN — £140

A rebalancing, light massage using heated Sea Salt & Seaweed granule filled poultices, which are applied to the body to relax the muscles, release tension, and nourish the skin. Combined with manual massage movements the relaxing warm poultices are rhythmically stroked and kneaded over the body reducing inflammation in muscles joints detoxifying and increasing circulation.

### REFLEXOLOGY

45 MIN — £75

Reflexology is a technique that applies gentle pressure to your feet or hands. It aims to bring about a state of relaxation and help the body's own healing process. Reflexology works in a similar way to acupressure and acupuncture. These points correspond to the organs and glands in the body by pressing and massaging these points it can stimulate energy in the body and to help achy tired feet unwind.

### HOT STONES MASSAGE

60 MIN — £140

A full body massage incorporating heated stones and a deeply warming and light woody scented oil to instantly work far down into the muscles and tissue to ease tension and reduce pain along with opening your chakras to cleanse your aura to bring balance and harmony to both body mind and circulation

## NEW FACIAL TREATMENTS

### EQUILIBRE ESSENTIEL TREATMENT

45 MIN — £120

A unique express treatment that will balance your skin and help it regain its natural beauty. Sublimated, it regains all its radiance and softness throughout the day.

### EQUILIBRE ESSENTIEL EXPERT TREATMENT

75 MIN — £190

After a precise analysis of your skin, this treatment is personalized to respond to individual skin alterations while respecting the microbiome thanks to a perfect synergy between high-performance active ingredients and the Méthode Physiodermie gesture. It works deep down for lasting results. A tailor-made treatment for transformed skin!

### EXPERT HOMME

75 MIN — £190

A treatment adapted to the male skin, perfect for regaining vitality. The skin is purified, hydrated, refreshed completed with a scalp massage.

### CHRONO REPAIR ANTI-AGE PREMIUM

75 MIN — £190

This anti-aging treatment instantly plumps and smoothes. The synergy of exceptional active ingredients such as Swiss glacier water, Hyaluronic Acid and Blue Algae Extract (similar action to Retinol) allow the skin to regain a youthful and radiant appearance finishing with a relaxing Physiocup face massage.

### ORGANIC RENOVATING TREATMENT

45 MIN — £200

This new generation peel tightens pores, optimizes cell renewal, and erases wrinkles, fine lines, and other imperfections to restore a smooth and luminous appearance. A real treatment for dull, tired, wrinkled skin, with skin irregularities (acne, pigmentation spots, dilated pores...).

### BIO ENERGIZING TREATMENT

75 MIN — £240

A complete and deep facial treatment for a new skin effect. The combined action of the AHA+ Micropeeling and Morpho-Lympho Drainage will rid you of impurities and dead skin, drain toxins and promote cell renewal. Energized and stimulated, your skin is durably more radiant and regenerated making you feel refreshed.

## HANDS AND FEET

### LUXURY MANICURE

60 MIN — £60

This pampering treatment offers a revitalising exfoliation to the hand, shaping of the nail and cuticle work. Followed by a massage and Thermal Mitts which helps with circulation and to hydrate and nourish the skin.

### EXPRESS MANICURE

30 MIN — £45

This pampering treatment is a 30min Cuticle Work Shape and Polish with OPI colour of your choice.

ADD OPI NAIL LACQUER  
ADD OPI GEL COLOUR

15 MIN — £15  
15 MIN — £25

### LUXURY PEDICURE

60 MIN — £60

This pampering treatment offers a revitalising exfoliation and rasping to a smooth texture to soften your feet, shaping of the nail and cuticle work. Followed by a massage and Thermal Booties which helps with bad circulation and to hydrate and nourish the skin.

### EXPRESS PEDICURE

30 MIN — £45

This pampering treatment is a 30min Cuticle Work Shape and Polish with OPI colour of your choice.

### FILE & POLISH/FEET

15 MIN — £25

Shaping of the Nail and add colour of your choice.

### Extra

GEL COLOUR REMOVAL

30 MIN — £30

### HEBERDEN SALT & OIL SCRUB

45 MINS — £70

A hydrating Salt and Oil Scrub which is infused with sweet almond oil, Jojoba and Rose Geranium to transform dull dried skin.

### FIFE FOOT RITUAL

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.

# 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	We highly recommend leaving valuables and jewellery in the safe in your room.
		SPA MANNERS	We keep noise to a bare minimum at all times. Mobile phones are considered contraband in our peaceful environment.
PRIVACY	<p>Our caring and professional therapists have the utmost respect for your privacy and will keep any personal information completely confidential.</p> <p>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.</p>	FEEDBACK	We value your feedback and greatly appreciate any comments you wish to share about your experience.
		RETAIL THERAPY	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.
ATTIRE	You are welcome to come wearing a robe or come just as you are and change in the privacy of the treatment room.		

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.

**Treatments & Prices are subject to availability & change.**

## 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.

