

ALBAMHOR



TREATMENT ROOMS



ALBAMHOR Treatment Rooms are the ideal place to unwind and to **restore, revive and relax body, mind and spirit** using a combination of Methode Physiodermie and Moss of the Isles products. These embody the Fife Arms ethos; respecting your health and wellbeing along with the precious environment.

During your visit, our team will assist you in creating your unique personal experience from any combination of treatments and rituals. We will adapt to any special requests you may have wherever possible.

You can also enjoy the bespoke sauna and power showers which are complimentary before or after one of our thoughtfully designed treatments.



SIGNATURE TREATMENTS

ALBAMHOR SIGNATURE DELUXE TREATMENT

2 HOURS — £310

Our signature treatment starts with a welcoming foot soak with seaweed and detoxifying sea salt, 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

55 MIN — £150

This 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.

HEAD IN THE CLOUDS

25 MIN — £70

Using Ishga nourishing oil to help stimulate the hair and focusing on the head neck and shoulders release tension in the muscles and joints of the head. This massage can also help with insomnia, headaches and sinusitis leaving you feeling like your floating in the clouds.

THE WALKER'S WONDER LEG RITUAL

40 MIN — £150

A detoxifying foot treatment to rejuvenate tired feet after a long walk in the highlands leaving your 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 to leave you feeling your best.



FACIAL TREATMENTS

EQUILIBRE ESSENTIAL TREATMENT

45 MIN — £115

A unique treatment that will balance your skin and help it regain its natural beauty, radiance and softness

EQUILIBRE ESSENTIAL EXPERT TREATMENT

75 MIN — £190

After a precise analysis of your skin, this treatment is personalised 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. This can be adapted to suit mens skin using a male product range.

CHRONO REPAIR ANTI-AGE PREMIUM

75 MIN — £190

This anti-aging treatment instantly plumps and smooths. 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.

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.



MASSAGE TREATMENTS

We are pleased to offer a selection of Moss of the Isles Treatments, each individually designed to provide you with the optimum experiences to suit your needs.

QUIET A warm blend of Myrtle, Lavender Fine, Bergamot and warming Cardamom with infused English Marigold is used to relieve tension, warm the body and induce deep relaxation.

55 MIN - £120 A calming synergy blend of myrtle, lavender fine, bergamot and warming cardamom in a nourishing base of organic apricot and sweet almond, this massage will help you to relax, sleep easier and relief stress.

85 MIN - £170 Includes a head massage to ease tension and aid total relaxation.

WARM A warming cure for muscle tension and pain, this Celtic synergy of essential oils infused with pain relieving Arnica are applied with stretching techniques and heated herbal compresses throughout this full body massage.

55 MIN - £140 A warmth, motion and tissue movement will help improve flexibility and aid recovery. A warming cure for muscle tension and pain. A Celtic synergy of essential oils infused with pain relieving Arnica are applied with stretching techniques and heated herbal compressor.

85 MINS - £190 Includes a hot stone massage to help improve flexibility and aid recovery.

CLEANSE Starting with an invigorating body brush to stimulate lymphatic circulation, the Cleanse Massage uses a combination of Horse Chestnut collected from the Welsh borders, Juniper Berry and Wild Marjoram with focused movements including abdominal manipulation to aid in detoxification.

55 MIN - £120 Designed to reset the body through a purifying and restorative massage to regain energy, relieve stagnation, release toxins and improve skin tone.

85 MIN - £170 Includes a back exfoliation with awaken body scrub infused with black Mitcham, peppermint and dead sea salt which is an anti-microbial stimulating to reset the body.



MASSAGE TREATMENTS

HOT STONES MASSAGE

55 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.

MOTHER-TO-BE MASSAGE

75 MIN — £175

A nurturing full body massage specifically designed to pamper and relax expectant mothers and is suitable after the first trimester of pregnancy from 13 weeks. Using plant based oil 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. It is followed by a Mini Facial and a light pressure Face and Scalp Massage which will help you feel relaxed.

BACK, NECK AND SHOULDER MASSAGE

25 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.

REFLEXOLOGY

45 MIN — £100

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.



HANDS AND FEET TREATMENTS

LUXURY MANICURE

75 MIN - £75

This luxurious manicure using CND PRO SKINCARE range includes removal of dead skin from the cuticles, hand exfoliating scrub, exfoliating Activator, smoothing and hydrating the hands with a nourishing hand massage followed by a VINYLUX nail polish of your choice. Shellac Gel Colour is an additional cost.

LUXURY PEDICURE

75 MIN - £75

This luxurious pedicure includes callus remover, rasping of the feet to make your feet smooth, foot soak, foot scrub, heated Mitts which helps with circulation and hydrating your feet, followed by a hydrating foot and leg massage and a VINYLUX colour of your choice. Shellac Gel Colour is an additional cost.

EXPRESS MANICURE OR PEDICURE

30 MIN - £48

Removing dead skin from cuticles, shaping and buffing of the nail. Nails can be polished with VINYLUX colour of your choice. Shellac Gel Colour is an additional cost.

ADD ON SHELLAC FOR HANDS OR FEET

15 MIN - £30

This is a extra add on to any Manicure or Pedicure treatment

SHELLAC REMOVER

30 MIN - £32

This is a service to remove Shellac Gel Colour

VINYLUX FILE & POLISH FOR HAND OR FEET

15 MIN - £28

This pampering treatment is a shape and polish with VINYLUX colour of your choice.

ETIQUETTE

HEALTH	Your health and wellbeing are our top priority and upon arrival we will ask you to complete a short health questionnaire. This will allow us to personalise our treatment approach to optimise your experience. Pregnancy: 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.
		APPROACH	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 treatment rooms bestows.
PRIVACY	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.	FEEDBACK	We value your feedback and greatly appreciate any comments you wish to share about your experience.
		RETAIL THERAPY	Complement your experience or create Albamhor Treatment Room ambience in your own home, with our beautiful selection of ISHGA, Physiodermie or Moss of the Isles ranges, available in the Spa. Please ask your therapist to recommend which products are suitable for you.
ATTIRE	You are welcome to come wearing a robe or 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@theffearms.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 24hrs before if you wish to reschedule or cancel your appointment. Less than this may incur a 50% charge being applied and No Show will result in a 100% charge.”

