

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 QMS, 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 begins with a soothing foot soak using seaweed and detoxifying sea salt, followed by a luxurious scrub and seaweed gel mask. A marine back treatment and full body massage then rejuvenate and deeply moisturise the skin. To finish, the face is cleansed, exfoliated, toned and moisturised with organic seaweed rich in antioxidants, while a relaxing scalp massage completes the experience.

FACE AND BODY EXPERIENCE

60 MIN — £150

This treatment begins with a medium-pressure back, neck and shoulder massage using detoxifying seaweed oil with lemongrass, juniper and rose geranium. Designed to invigorate and relax, it relieves tension and re-energises the body. The seaweed oil firms, tones and helps eliminate toxins. To finish, the face is cleansed, exfoliated, toned and moisturised with antioxidant-rich organic seaweed, while a soothing scalp massage completes the experience.

HEAD IN THE CLOUDS

30 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

45 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

Physiodermie blends Swiss skincare science with a holistic approach. Using bio-engineered ingredients, each facial targets specific concerns to restore balance, hydration and radiance, delivering visible, lasting results for every skin type.

EQUILIBRE
ESSENTIAL
TREATMENT

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

45 MIN — £115

EQUILIBRE
ESSENTIAL EXPERT
TREATMENT

After a thorough skin analysis, this personalised treatment addresses individual concerns while supporting the microbiome. Using Méthode Physiodermie and advanced ingredients, it delivers lasting results and can be tailored for men’s skin

75 MIN — £190

CHRONO REPAIR
ANTI-AGE PREMIUM

This anti-ageing treatment plumps and smooths the skin instantly. Swiss glacier water, hyaluronic acid, and blue algae extract restore youthful radiance, while a soothing Physiocup face massage completes the rejuvenating experience.

75 MIN — £190

QMS Medicosmetics , pioneers of collagen-based skincare, was founded by Dr Erich Schulte to transform skin health through science. Their innovative formulas target the root causes of ageing, restoring radiance, firmness and lasting rejuvenation.

COLLAGEN
REVIVE

Reveal natural luminosity with this rejuvenating treatment. Boosts circulation, smooths texture, and enhances vitality for a brighter, radiant complexion and beautifully healthy glow.

85 MIN — £220

COLLAGEN
CONTOUR

A plumping, contouring facial that restores volume and hydration. Innovative masks and a Lift & Contour massage leave skin firmer, sculpted, and visibly revitalised.

85 MIN — £220

PREGNANCY
GLOW

A soothing, hydrating treatment for expectant mothers. Gently nourishes sensitive skin, restoring balance, radiance, and comfort while providing a calming moment of relaxation and self-care.

60 MIN — £200



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.

60 MIN - £120

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.

90 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.

60 MIN - £140

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.

90MINS - £190

Includes a hot stones massage on the back with a warm, motion and tissue movement 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.

60 MIN - £120

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

90 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

TIDES OF CHANGE MASSAGE

85 MIN—£200

Indulge in a restorative treatment using ishga Muscle Recovery Oil, designed to support the mind, body, and spirit while easing menopause symptoms. Combining a full-body and facial massage with Gua Sha, it detoxifies, nourishes, balances hormones, aids digestion, and rejuvenates the complexion, leaving you deeply relaxed, radiant, and renewed.

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.

MOTHER-TO-BE MASSAGE

75 MIN — £175

A nurturing full-body massage designed for expectant mothers from 13 weeks, using plant-based oils to ease aches, support comfort, and enhance wellbeing. This relaxing treatment is followed by a mini facial and gentle face and scalp massage, leaving you feeling refreshed, pampered, and deeply relaxed throughout.

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 ant-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. The pressure 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	Cuticle away to remove dead skin from cuticles, shaping and buffing of the nail can be done 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.

ADDITIONAL TREATMENTS

THREADING EYEBROWS: 15 MINS - £15 CHIN: 15 MINS - £10 TOP LIP: 15 MINS - £10	Gentle, precise hair removal using a sterile cotton thread. Soothes with aloe vera or lavender for smooth, refreshed skin.
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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, Physiadermie 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@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 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."

