

# ALBAMHOR



**TREATMENT ROOMS**



The Albamhor Treatment Rooms are the ideal place to unwind and restore 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 our 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 — £320

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 which is rich in antioxidants, before a relaxing scalp massage completes the experience.

### FACE & 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, while the seaweed oil firms, tones, and helps eliminate toxins. To finish, the face is cleansed, exfoliated, toned, and moisturised with antioxidant-rich organic seaweed, before a soothing scalp massage completes the experience.

### HEAD IN THE CLOUDS

30 MIN — £75

This treatment uses ishga nourishing oil to help stimulate the hair follicles and focuses on the head, neck, and shoulders to release tension in muscles and joints. This massage can also help with insomnia, headaches, and sinusitis, leaving you feeling like you're 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 and a foot scrub with nutrient-rich salts and oils, followed by 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 and lasting results for every skin type.

### EQUILIBRE ESSENTIAL TREATMENT

45 MIN — £115

### EQUILIBRE ESSENTIAL EXPERT TREATMENT

75 MIN — £190

### CHRONO REPAIR ANTI-AGE PREMIUM

75 MIN — £190

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

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

This anti-ageing treatment plumps and smooths the skin instantly. Youthful radiance is restored through a soothing Physiocup face massage with Swiss glacier water, hyaluronic acid, and blue algae extract.

**QMS Medicosmetics**, pioneer 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, restore radiance and firmness, and ensure lasting rejuvenation.

### COLLAGEN REVIVE

85 MIN — £220

### COLLAGEN CONTOUR

85 MIN — £220

### PREGNANCY GLOW

60 MIN — £200

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

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

A soothing, hydrating treatment for expectant mothers which gently nourishes sensitive skin, restores balance and radiance, and provides a calming moment of relaxation and self-care.



## 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

**55 MIN — £125** A blend of myrtle, lavender fine, bergamot and warming cardamom infused with English marigold is used to relieve tension, quiet the mind, and induce deep relaxation.

**85 MIN — £175** Using calming essential oils in a nourishing base of organic apricot and sweet almond, this massage will help you to relax, sleep easier, and relieve stress.

### 85 MIN — £175

Includes a head massage to ease tension and aid total relaxation.

### WARM

**55 MIN — £150** A combination of arnica and Scots pine, warmed in a heated herbal compressor, creates a warming cure for muscle tension and pain.

### 85 MIN — £200

A Celtic synergy of essential oils infused with pain-relieving arnica are applied with stretching techniques throughout this restorative full body massage.

### CLEANSE

**55 MIN — £125** A blend of horse chestnut from the Welsh borders, juniper berry, and wild marjoram are applied in focused movements, including abdominal manipulation, to aid detoxification.

### 85 MIN — £175

An invigorating body brush stimulates lymphatic circulation before a restorative massage inspires energy, relieves stagnation, releases toxins, and improves skin tone.

### 85 MIN — £175

Includes a back exfoliation with a body scrub infused with anti-microbial black mitcham, peppermint, and dead sea salt to stimulate and 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 to leave you feeling deeply relaxed, radiant, and renewed.

### HOT STONE MASSAGE

60 MIN — £150

A full body massage incorporating heated stones and a warm and lightly woody-scented oil to instantly work deep into the muscular tissue. This eases tension and reduces pain, while opening the chakras to cleanse the aura and bring balance to 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.

### BACK, NECK & SHOULDER MASSAGE

30 MIN — £75

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.

### 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 aid the body's own healing process. The pressure points correspond to the organs and glands in the body, and by pressing and massaging these points we stimulate energy in the body and help aches unwind.



## HANDS & FEET

### LUXURY MANICURE

75 MIN — £75

This luxurious manicure using the CND Pro Skincare range includes the removal of dead skin from the cuticles, a hand exfoliating scrub, an exfoliating activator, and a nourishing hand massage to smooth and hydrate the skin, followed by application of a Vinylux nail polish of your choice. Shellac Gel Colour is an additional cost.

### LUXURY PEDICURE

75 MIN — £75

This luxurious pedicure includes callus removal, rasping of the skin, a foot soak, foot scrub, and use of heated mitts to aid circulation, followed by a hydrating foot and leg massage and application of a Vinylux colour of your choice. Shellac Gel Colour is an additional cost.

### EXPRESS MANICURE OR PEDICURE

30 MIN — £48

The express manicure or pedicure includes the removal of dead skin from the cuticles, shaping and buffing of the nail, and application of a Vinylux colour of your choice. Shellac Gel Colour is an additional cost.

### ADD ON SHELLAC FOR HANDS OR FEET

15 MIN — £30

This is an additional extra to any manicure or pedicure treatment.

### SHELLAC REMOVAL

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.

### EYEBROWS: 15 MIN — £15

CHIN: 15 MIN — £10

TOP LIP: 15 MIN — £10

Gentle and precise hair removal using a sterile cotton thread. The skin is soothed with aloe vera or lavender to leave you feeling smooth and refreshed.

## THREADING

## ETIQUETTE

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|-----------------------|--|------------------|--|
| <b>HEALTH</b>         | <p>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.</p> <p>Pregnancy: Certain spa treatments are not recommended during the first trimester of your pregnancy. Please discuss the various options available when scheduling your appointment.</p> | <b>VALUABLES</b> | <p>We recommend leaving valuables and jewellery in the safe in your room.</p>  |
| <b>PRIVACY</b>        | <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>   | <b>APPROACH</b>  | <p>The ambience created at Albamhor is one of peaceful relaxation. To respect other spa guests, we kindly request you speak quietly and enjoy the serenity of our treatment rooms.</p>   |
| <b>ATTIRE</b>         | <p>You are welcome to come wearing a robe or just as you are and change in the privacy of the treatment room.</p>  | <b>FEEDBACK</b>  | <p>We value your feedback and greatly appreciate any comments you wish to share about your experience.</p>   |
| <b>RETAIL THERAPY</b> |  |                  | <p>Complement your experience or recreate the Albamhor Treatment Rooms ambience in your own home with our beautiful selection of QMS, ishga, Physiodermie, or Moss of the Isles ranges which are available to purchase in the Spa. Please ask your therapist to recommend which products are suitable for you.</p> |

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 emailing [spa@thefifearms.com](mailto:spa@thefifearms.com) or calling 013397 20218. Non-residents will be charged a 50% deposit.

Treatments & Prices are subject to availability & change.

### **CANCELLATIONS**

We kindly request that you inform us at least 24hrs in advance if you wish to reschedule or cancel your appointment.

Notice within 24hrs may incur a 50% charge and no-shows will incur a 100% charge.

