



THE PLACE TO ESCAPE

**The Retreat Spa**

@

**Hilton Craigendarroch**  
Royal Deeside

**01339 755858**

**Check in - time out!**

**[www.theretreat-craigendarroch.com](http://www.theretreat-craigendarroch.com)**



## The Retreat

The Retreat Spa at the Hilton Craigendarroch Hotel has recently undergone major refurbishment. The renewal of the spa has been realised in harmony with the traditional values of the Hilton brand and in tune with the natural beauty of the spa surroundings. Our treatments and therapies have been redesigned to offer an holistic experience that will leave you refreshed and reinvigorated and will ensure that you will return to visit us again and again and again.

### Contents

	Pages
Spa Facilities	4
Exclusive Day Packages	5, 6
Exclusive Residential Spa Breaks	7
Elemis Facial Therapies	8, 9
Elemis Body Therapies	10, 11
Elemis Detox Therapies & Mother To Be	12
Elemis Time for Men & Complementary Therapies	13
Finishing Touches	14, 15
Terms & Conditions	16





## The Retreat Facilities

- ✦ 4 Treatment Rooms
- ✦ Double Room for Total Relaxation Together
- ✦ Pamper Stations for Manicures and Pedicures
- ✦ 'The Den' for Moments of Reflection and Relaxation
- ✦ Spa Retail
- ✦ St. Tropez tanning suite
- ✦ Hair Salon

## Leisure Facilities also available include

- ✦ Sauna, Steam Rooms & Spa Bath
- ✦ 55 Ft Lagoon Pool
- ✦ Fully Air Conditioned Gymnasium
- ✦ Snooker Suite
- ✦ Squash Courts/Tennis Courts
- ✦ Cafe Bar
- ✦ Sun Terrace with Spectacular Views



## Exclusive Day Packages

### A taste of the Highlands

Full use of Spa Facilities

Light Lunch

Choice of Treatment: Elemis Deep Tissue Back Massage,  
Elemis Taster Facial, Mini Manicure or Mini Pedicure

**£60** 25 Minutes Treatment Time

### A Day for All Seasons

Full use of Spa Facilities

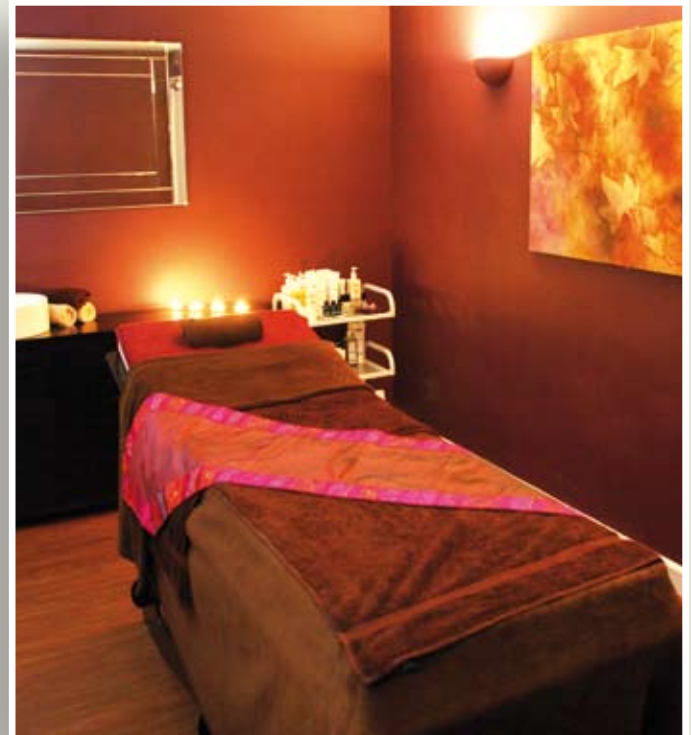
Light Lunch

Elemis Deep Tissue Back Massage

Elemis Taster Facial

Mini Manicure or Mini Pedicure

**£99** | Hour 25 Minutes Treatment Time





### **Total Time Out for Men**

Full use of Spa Facilities  
Light Lunch  
Elemis Skin IQ+ Facial  
Elemis Deep Tissue Massage

**£130** 2 Hours Treatment Time

### **Blissful Escape**

Full use of Spa Facilities  
Light Lunch  
Elemis Exotic Lime and Ginger Salt Glow  
Elemis Cooling Hot Stone Body-Facial  
Elemis Pro-Collagen Hand and Nail Treatment  
Mini Manicure

**£170** 2 Hours 30 Minutes Treatment Time



## Residential Two Night Spa Break Exclusively Yours

Tailor-make your own residential spa break that is exclusively yours, select two treatments from our treatment menu and simply add on price below for your exclusive break!

Dinner, Bed & Breakfast on both days with light lunch on day two

Full use of spa facilities throughout your stay

Complimentary robe and towel hire throughout your stay

Choice of complimentary activities please ask upon booking

**£250pp\*** Add on your choice of a minimum of two treatments

\*Price based on two people sharing a twin or double room. Single supplement applies please ask upon booking.

\*All packages are subject to availability. To book your exclusive break please contact our booking team on 013397 55858 or visit the hotel website.

Please note check in time 3.00pm, departure 12.00am.





## Elemis Facial Therapies

These superior face treatments are further enhanced by luxurious hand, arm and scalp massage sequences for the ultimate in scientific skin-therapy.

### Elemis Pro-Collagen Quartz Lift Facial

ONE Anti-Wrinkle Facial with Proven Results. This exceptional anti-wrinkle facial has been independently tested, with phenomenal results. Clinically proven, after just 1 treatment, this facial reduces the number of wrinkles by up to 94%\* and improves skin firmness by up to 57%\*. Specialised lifting massage techniques are combined with professional strength anti-aging formulations for maximum treatment efficacy, leaving firmer, uplifted, more youthful looking appearance. \*Independent Clinical Trials 2007

**£70** | Hour 10 Minutes Treatment Time

### Elemis Tri-Enzyme Resurfacing Facial

Peel away the years for smoother, more radiant skin. This ground-breaking facial instantly resurfaces and smoothes the skin. Clinically proven to visibly resurface by up to 75%\* and increase skin smoothness by up to 32%\*, after just one treatment, this unique treatment targets blemishes, uneven skin tone, superficial scarring and fine lines, revealing younger looking skin. \*Independent Clinical Trials 2006

**£70** | Hour Treatment Time

### Elemis Visible Brilliance Facial

For ageing, stressed and slackened skin. Independently tested, instantly firms, rejuvenates and plumps up the skin whilst reducing dark circles from around the eye contour. Moisturisation levels of the skin are proven to increase by up to 61% and elasticity by 40% after just one treatment\*. Specialised micro-circulatory massage techniques combined with powerful formulations and the two-phase Amino Active mask help smooth, sculpt and restore skin radiance. \*Independent Clinical Trials 2007

**£70** | Hour 10 Minutes Treatment Time

### Elemis Oxygen SkinCalm Facial

Pure soothing heaven for sensitive skin. Gentle massage techniques are combined with calming actives and a restructuring Japanese Silk Mask impregnated with absolute SkinCalm Booster Serum, to help rebalance delicate, fragile and sensitive complexions. Helping to relieve redness, this superior face and eye treatment offers immediate comfort to stressed and irritated skin.

**£60** | Hour 10 Minutes Treatment Time



### **Elemis S.O.S Purifying Facial**

A purifying treatment for congested skin. This powerful face and eye treatment helps regulate and balance the function of the skin. Purifying massage techniques combined with the unique Japanese Sulphur Mask, impregnated with Absolute Vita-C Booster Serum, helps to absorb sebum, calm irritation and rebalance oil rich pores, leaving a beautiful matt complexion.

**£60** | 1 Hour 10 Mins Treatment Time

### **Elemis Fruit Active Glow Facial**

Bring back the glow to a lifeless complexion. Skin is deeply cleansed and stimulated by specialist Eastern massage techniques, whilst powerful conditioning actives nourish and renew vital radiance.

**£50** 55 Minutes Treatment Time

### **Elemis Exotic Moisture Dew Facial**

Treat your skin to a moisture boost. Following a specialist facial massage, the skin is fed with thirst-quenching actives that will bring back that healthy, dewy look to the skin.

**£50** 55 Minutes Treatment Time

### **Elemis Herbal Lavender Repair**

For perfect restoration of skin balance. Deep cleansing to draw out skin impurities, this facial will help reduce unwanted shine, refine the pores and treat skin breakouts.

**£50** 55 Minutes Treatment Time



## Elemis Body Therapies

### Elemis Cooling Hot Stone Body-Facial

Pure body indulgence with exceptional anti-ageing facial results! In just 55 minutes your Elemis therapist will customise a unique Elemis 'ice-cool thermal muscle massage' to your specific problem areas alleviating stress and easing aching muscles. Whilst your body is in a pure state of blissful relaxation, receive an intensive anti-ageing booster facial that will smooth out your wrinkles and restore youthful radiance.

**£70** 55 Minutes Treatment Time

### Elemis Deep Tissue Muscle Massage

Deep rhythmic pressure massage. Alleviate stress, ease aching muscles and revive the senses with this powerful, customised massage. Dynamic blends of Essential Oils are prescribed to target individual needs and reduce specific stress and muscle tension. Choice of:

**Stress-a-Way:** Wind down and release the tension of the day.

**Spirit Reviver:** A powerful surge to invigorate and recharge.

**Muscle Melt:** Relax and re-energise a tired and aching body.

**Chakra Balancing:** Reconnect your mind, body and soul.

**£60** | Hour Treatment Time



## **Elemis Deep Tissue Back Massage**

Specifically targeting the back, shoulders and neck areas, where you need it most.

**£40** 30 Minutes Treatment Time

## **Elemis Exotic Lime and Ginger Salt Glow**

Invigorated, cleansed and polished to perfection. A body exfoliation ritual to invigorate and revitalise the body. After light body brushing, warm oil is dripped luxuriously over the body, before the sublime Elemis Exotic Lime and Ginger Salt Glow is applied. Skin is deeply cleansed and moisturised, leaving it glowing and vibrant, replenished and flawless.

**£40** 30 Minutes Treatment Time

## **Elemis Musclease Aroma Spa Ocean Wrap**

Powerful seaweed wrap for complete muscle relaxation. Drift away whilst you are cocooned in a comforting foil wrap and treated to a pressure point facial massage and de-stress scalp treatment. Using a warming blend of essential oils, this specialised treatment helps ease aching, tense muscles.

**£60** 1 Hour 15 Minutes Treatment Time

## **Elemis Aroma Stone Therapy**

Therapeutic heat is slowly released into the belly of the muscle for a completely new body experience. Small stones are placed on key energy points, whilst luxuriously warmed oils are massaged deeply into the body for maximum relaxation.

**£75** 1 Hour 15 Minutes Treatment Time

## **Elemis Exotic Coconut Rub and Milk Ritual Wrap**

Pure sensuality to enliven the senses. Warmed Elemis Skin Nourishing Milk Bath is poured all over the body before being cocooned in a comforting foil wrap. This opulent exotic therapy is excellent for skin smoothing and softening, all combined with a pressure point facial massage and de-stress scalp treatment.

**£60** 45 Minutes Treatment Time

## **Elemis Exotic Frangipani Body Nourish Wrap**

For immediate softness and suppleness. Aromatic Tahitian Coconut and Frangipani flowers are soaked together to produce the Monoï which is poured all over the body and then cocooned in a nourishing foil wrap. Drenching the skin with moisture, this exotic therapy provides ultimate radiance, vitality and all over body glow.

**£60** 45 Minutes Treatment Time



## **Elemis Detox Therapies**

### **Body Sculpting Cellulite and Colon Therapy**

Redefine and smooth your silhouette. Using the new clinically proven Elemis Body Sculpting System, your silhouette will be redefined. The Body Sculpting Lipo-Refining Serum and Body Sculpting Firming Cream target stubborn cellulite and sagging skin, for visible, rapid results. A detoxifying Fennel and Birch peel off body mask is also applied and combined with specialist massage techniques to deeply cleanse the body's systems, helping firm and smooth skin, stimulate circulation and reduce fluid retention. Cleansing of the colon through abdominal massage helps to detoxify the body, working from the inside out.

**£60** | Hour Treatment Time

### **Elemis Cellutox Aroma Spa Ocean Wrap**

A deeply detoxifying blend to decongest and stimulate the system. Let thoughts drift away whilst being cocooned in a comforting foil wrap and treated to a pressure point facial massage and de-stress scalp treatment. Combining the richness of sea plants and Marine Algae, this therapy helps refine the appearance of cellulite and relieve the discomfort of fluid retention. The body is re-energised and skin is left silky soft and smooth.

**£70** | Hour 15 Minutes Treatment Time

## **Mother To Be**

### **Elemis Nurturing Massage for Mother To Be**

**Massage adapted to each stage of pregnancy.**

This inspirational therapy connects mother and baby through the power of touch, working with two heartbeats as one. Specialised positioning on the unique Elemis beanbag is used to ensure the ultimate in safety, comfort and relaxation. This also helps to relieve tension in the back, alleviating swelling in the hands and feet whilst easing the mind and uplifting the spirit.

**£70** | Hour 15 Minutes Treatment Time



## **Elemis Time for Men and Complementary Therapies**

### **Elemis Urban Cleanse Facial**

This super-grooming facial works overtime to help eliminate blocked pores rapidly accelerates skin repair and neutralises impurities. Fast-acting ingredients reduce sensitivity and provide long-lasting defence against the damaging effects of daily pollutants, leaving the skin visibly clear and squeaky clean.

**£65** | Hour 15 Minutes Treatment Time

### **Indian Head Massage**

This ancient art of massage is excellent for the relief of chronic neck and shoulder stiffness, eye strain and headaches. It also helps with mental tiredness and improves circulation.

**£45** 45 Minutes Treatment Time

### **Reiki**

An old-age natural self-healing therapy which benefits relaxation and improves wellbeing. During this healing treatment the therapist will utilise various holding positions on the body. This will clear energy blockages and induce a deep state of relaxation and wellbeing.

**£55** 55 Minutes Treatment Time

### **Hopi Ear Candles**

A natural and relaxing therapy used traditionally by the Hopi Indians. This treatment is excellent for anyone who suffers from sinusitis, headaches, migraines, headcolds, glue ear, hayfever or excessive wax. This treatment is completely painless and helps to rebalance the ear by drawing out impurities. It's relaxing, soothing and a natural alternative to syringing.

**£45** 45 Minutes Treatment Time

### **Reflexology**

This unique system of foot massage, reflexology is based on holistic principles and springs from the same Chinese roots as acupuncture. Locating and gently massaging the reflexology points on the foot helps to redress the imbalance of energy that can cause stress and ill health.

**£55** 55 Minutes Treatment Time



## Finishing Touches

### Elemis Pro-Collagen Hand and Nail Treatment

Cuticles and nails are conditioned and strengthened, whilst the indulgent Elemis Skin Nourishing Milk Bath combined with the anti-ageing Pro-Collagen Hand and Nail Cream intensely hydrates for irresistibly smooth, youthful looking hands.

**£35** 30 Minutes Treatment Time

### Elemis Sole Delight Grooming for Feet

A total sensory experience for your feet. Warmed aromatherapeutic oils nourish and super-condition neglected feet and nails. The extra-rich hydration replenishes and softens hard working heels, lavishing a rich and healing action on your skin.

**£35** 30 Minutes Treatment Time

### Elemis Ceremony of the Sun

The healthy way to radiant sun-kissed skin. We know the sun is good for the soul, but not necessarily for the skin, so fake it with this rich and sensual treatment. The Elemis Total Glow Self Tanning Cream mimics the skin's natural colour and helps give a warm glow within 2-3 hours. Subsequent applications will result in a deeper tan. Colour fades over 4 to 5 days

**£50** 45 Minutes Treatment Time

### St Tropez Ultimate Tan

Body Bronzing that's more than just a spray tan. This ultimate air spray tanning mist leaves a flawless save tan.

**£30** 25 Minutes Treatment Time

**Waxing and tinting is available on request, please ask upon booking**



### **Jessica Prescriptive Manicure**

A manicure which analyses and treats each nail for its specific nail type. Your hands are exfoliated, cuticles are cared for with oils and creams, the nail shape is perfected then treatment basecoats and colour are applied for the perfect finish until your next visit.

**£30** 45 Minutes Treatment Time

### **Jessica Prescriptive Deluxe Manicure**

The Jessica Prescriptive manicure using a choice of LeRemedi hand treatment or Thermal Mittens for deeper penetration of oils and creams. Hands will feel softer, smoother, firmer and more attractive. The ultimate in hand and nail care.

**£35** 1 Hour 10 Minutes Treatment Time

### **Executive Hand and Nail Care for Men**

LeRemedi Hand Treatment Programme to condition and smooth hands. Nails are perfectly shaped. Cuticles are conditioned and gently pushed back.

**£20** 30 Minutes Treatment Time

### **ZenSpa Pedicure**

With the option of either calming green tea, energising ginger or revitalizing citrus, this is a luxury treatment resulting in softer, smoother legs and feet finished with perfectly polished toes.

**£35** 45 Minutes Treatment Time

### **ZenSpa Deluxe Pedicure**

The ZenSpa Deluxe Pedicure using thermal heated booties for deeper penetration of oils, creams, softening cuticles, improving circulation and soothing joints.

**£40** 1 Hour 10 Minutes Treatment Time

### **Executive Foot Care for Men**

Toe nails perfectly shaped, cuticles conditioned and gently pushed back with a relaxing foot massage. A luxurious foot treatment with oils and creams to prevent a build up of hard skin and calluses. The ultimate in footcare.

**£30** 1 Hour Treatment Time

**The Retreat Terms and Conditions:** The Retreat Spa Day Packages, Residential Packages, Special Offers, Promotions and Treatments.

**Booking Information:** We recommend you book treatments and packages in advance to avoid any disappointment. To book please telephone 013397 55858. The retreat extension number is 438. Full payment will be taken upon booking.

**Gift Vouchers:** Gift vouchers can be purchased from The Retreat. Gift vouchers are valid for twelve months from the date of purchase. They are non-refundable and non-transferable. Lost or stolen vouchers cannot be replaced. Vouchers are redeemable against The Retreat Day Packages, Residential Breaks, Spa Treatments or Products. When you wish to make payment for your spa visit by voucher, please inform the Booking Team when you are making your booking. You must send your voucher along with a covering letter within five days of making your reservation to confirm your booking with us.

**Arrival Time:** Guests are advised to arrive 30 minutes before the treatments commence to relax and check through their schedules. If clients are late for their appointment the time will be deducted from the length of the scheduled treatment. Day spa arrivals from 9.00am to 6.00pm.

**Cancellation Policy:** Should you need to cancel your treatments or residential breaks as a courtesy to our other guests and our therapists, we have the following cancellation terms: In the event to cancel your spa visit, The Retreat will offer an option to change your date and re-book an alternative date suitable to both parties as long as this request is made a minimum of 14 days prior to the arrival date. The option to date change is offered once and in the event of a further cancellation/amendment to the date, the full cost of the package will become payable. Within 14 days of arrival the full cost of the spa visit becomes payable including any additional treatments/accommodation in addition to the Spa packages booked. Please note that if you are booked on a promotional event or a special offer, the new date must fall within the specified time period for the promotional event or special offer.

**Spa Treatments:** Individual Treatments require 48hrs notice if you need to cancel your appointment. A 50% charge will become payable within 48hrs and 100% within 24hrs of the appointment. At all times The Retreat reserves the right to endorse/refuse without explanation.

**Medical Conditions:** To fully enjoy your day package or spa break please contact us in advance if you suffer from any of the following; nut and wheat allergies, blood pressure high/low, if you have cancer or currently receiving treatment for cancer, claustrophobia, diabetes, epilepsy, ear infections, heart problems, metal pins/plates, pregnancy, surgery in last three months, seafood allergies, skin disorders, over active/under active thyroid, varicose veins. We reserve the right to refuse treatments if we feel it is not in the best interest of the client

**Opening Hours:** Spa 7am - 10pm Monday to Sunday. Treatments 9am - 8pm Monday to Sunday.

**Contact Details:** The Retreat Spa, Hilton Craignarroch Hotel, Braemar Road, Ballater, AB35 5XA. Tel: 013397 55858 ext 438