



Hilton
Coylumbbridge

The Thai Lodge
Hilton Coylumbbridge
Avimore PH22 1QN
T: 01479 813088
www.letsrelax.co.uk



Let's Relax Spa

Let's Relax Spa has created The Thai Lodge in the beautiful grounds of the Hilton Coylumbbridge Hotel in Avimore. Experience the calming and relaxing atmosphere along with the aroma of natural Thai herbs helping you to enjoy this wonderful experience of deep relaxation and natural healing.

Thai Therapeutic Massage (Oil Free)

A massage providing relief for aches, pains and stress related conditions. Releasing muscle tension and increasing flexibility to the neck, back and shoulders.

£30 (30 minutes)

Thai Warm Oil Massage

Enjoy total relaxation with this ancient Thai treatment. Using warm Thai oils this massage works on your neck, back and shoulders leaving you feeling warm, relaxed and stress free.

£30 (30 minutes)

Thai Combination Massage

A perfect combination of the above two massages.

£55 (60 minutes)

Thai Face Reflexology

Incredibly relaxing, a Tamarind scrub with honey and gold leaf polish - this detailed manipulation increases the circulation and relaxes facial muscles leaving you energised with a healthy glow.

£30 (30 minutes)

Head Massage (Oil Free)

An energising, oil free massage that releases tension in the shoulders, neck, face and head by stimulating vital pressure points.

£30 (30 minutes)

The Teen Experience (11 - 17 Years)

A perfect experience to help young Spa goers to unwind muscle stresses on the upper back and shoulders or the hands and feet.

£30 (45 minutes)

Foot Scrub

Using Thai products, your legs and feet will receive a refreshing scrub and stimulating massage to improve circulation and leave them revitalised.

£30 (30 minutes)

Baby Massage

Learn how to relax your baby and strengthen your bond. A beautiful massage for new mums and dads that can help improve the immune system as well as teething, sleeping and colic.

£30 (45 minutes)

For Spa Packages, Group Bookings, Vouchers or Information contact Extension 361 or 01479 813088.



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Aviemore PH22 1QN
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Let's Relax Spa

Let's Relax Spa has created The Thai Lodge in the beautiful grounds of the Hilton Coylumbridge Hotel in Aviemore. Experience the calming and relaxing atmosphere along with the aroma of natural Thai herbs helping you to enjoy this wonderful experience of deep relaxation and natural healing.

Traditional Thai Massage (Oil Free)

This ancient Thai treatment removes muscle blocks and restores flexibility. Using palms and stretching techniques with accupressure points to increase circulation and restore energy. Loose Thai clothing provided.

£55 (60 min) / £75 (90 min)

Asian Blend Oil Massage

Enjoy total relaxation with this Asian ritual. Choose your Thai aromatic oil before we perform a combination of Thai and oil massage known as the Asian Blend.

£50 (60 min) / £70 (90 min)

Siam Hot Stones

Profound relaxation for the over stressed. With these unique Hot Stones, experience tension melting away as warm Thai oils and heated Basalt Stones trace your muscles to facilitate healing.

£55 (60 min) / £75 (90 min)

Pregnancy Massage

(From 15 weeks) This massage combines the release of stress and overworked muscles whilst relaxing mum-to-be, it can be adapted to each individuals needs .

£45 (60 min) / £65 (90 min)

Thai Foot Massage (Reflexology)

This gentle, traditional accupressure technique stimulates and refreshes tired feet and lower legs. Excellent post-walking treat or a natural sleeping remedy.

£45 (60 min)

Essence of Body Scrub

This gentle scrub restores luster to dull dry skin and balances the body's natural composition. Finished with an aroma infused body lotion to leave skin feeling as smooth as silk.

£60 (60 min)

Hot Herbal Compress (Oil Free)

Combining Thai massage with a rich blend of Thai herbs. Our poultice relieves muscular pain and stiffness through deep heat. Loose Thai clothing provided.

£60 (60 min) / £80 (90 min)

New Mum Massage

This deeply refreshing massage is designed to ease overworked areas, relieve stress and fatigue and leave your body and mind balanced and relaxed.

£45 (60 min) / £65 (90 min)

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