

www.nesscastlelodes.co.uk

Contact Lynn to arrange an appointment by email: spa@nesscastlelodes.co.uk,
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N E S S C A S T L E
Spa

Brought to you by
Highland Beauty



tranquil

The peaceful seclusion of Ness Castle Lodges is a relaxation therapy all on its own; the riverside location, woodland backdrop, superb accommodation and excellent facilities all combine to ensure a memorable holiday in a perfect setting. Now, your Ness Castle Lodges experience can be augmented with personalised beauty treatments in your own space with our specially appointed therapist from Highland Beauty.

Take time out to enjoy a full day of pampering, or book a morning session to set you up for the day, or an afternoon to round it off. From facials and Swedish massage to relaxation techniques, eyelash tinting or more exotic treatments like Hopi Ear Candles, a spa session – or two! – at Ness Castle Lodges adds a new dimension to your stay. So, while you're making the most of your holiday, take the opportunity to increase the chill-out factor and achieve maximum serenity through professionally delivered beauty treatments in a relaxed, luxurious environment – the last word in me-time!

relax

Take time to enjoy the perfect blend of relaxation, skin pampering, calming therapies and beauty treatments, and make your holiday that little bit more special and serene! Our beauty therapist is on hand to accept bookings, discuss treatments and help bring out the best in you.

Gerard's Facial

(60 mins)

A deep cleansing, regenerating, customised facial to suit your skin type. Relax and enjoy a cleanse & tone, followed by exfoliating steam and a face, neck & shoulder massage; finish with a luxury warm paraffin wax mask & moisturiser..

Gerard's Glycolic Acid Peel

(40mins)

A safe chemical peel using 25% Glycolic Acid derived from sugar cane. This result-driven treatment for face and hands is more than relaxing. Combating fine lines, sun damage, acne and congestion, it's a skin tingling experience that exfoliates to the deepest layers. Your skin has never looked so clear, de-congested and bright!

Gerard's Glycolic Acid Facial Peel

Gerard's Glycolic Acid Hand Peel

Reflexology

(45mins)

Massaging the feet to treat the whole body, imbalances can be detected and eventually broken down by massage. A very relaxing treatment – ask for details. Treatment including consultation and foot massage.

Swedish massage

From the soles of the feet to the crown of your head the unique flow of movements makes this therapy more than just a massage. Benefits include relieving fatigue in muscles, circulation, lymphatic drainage, muscle tension, nourishment and much more.

Full body Massage (60mins)

Back, neck shoulders (30mins)

OFFER

Discount available when both treatments are booked in together



Hopi Ear Candles Indian Relaxation

(30mins)

Calms the mind, soothes the head and ears. Conditions which may benefit are compacted ear wax, ENT, headaches, tinnitus, vertigo, sinusitis, hay fever, snoring, stress, neuralgia, Bell's palsy and much more. Includes a pressure point facial massage.

Add a warm Paraffin Wax mask to ANY Treatment:

Paraffin wax is a luxurious treatment that will moisturise and soften the skin leaving it amazingly soft and smooth. It also provides a therapeutic and healing heat to sore and aching joints, making it particularly beneficial if you suffer from arthritis and rheumatic pain. Because it is a soft wax, it melts at a lower than normal temperature.

Paraffin Wax Back

Paraffin Wax Hand Massage

Paraffin Wax Foot Massage

Lashes

(45mins)

LVL Lashes is a simple, safe and effective method of enhancing the appearance of the eyes by creating length, volume and lift. It has created a storm in the beauty industry by straightening rather than curling eye lashes. A treatment for natural lashes – no lash extensions required with immediate results that last up to 8 weeks. Results are instantly visible!

Make up with contouring and Strip lashes

If you have a special occasion or evening coming up or just want to make that extra bit of effort, then why not have your make-up professionally applied. Spoil yourself and get that professional finish!

Steam room

A trip to our Steam Room, with its gentle wet heat, will alleviate tense muscles, deeply cleanse the skin of toxins, and leave you feeling calm and relaxed before your massage.



Hair up & Make up including Eyelashes, Eyebrow tinting is also available on request.

All of the above is available on site at The Bothy on a Wednesday, 9.30am-5.00pm.

Alternative days, Group bookings, Weddings must be pre booked in advance.

We always try to accommodate guests as best we can to avoid disappointment.