

Find your

*Oasis*



LODGE ON LOCH LOMOND







LODGE ON LOCH LOMOND

**A selection of face and body experiences  
to target your wellness and work  
to therapeutically treat your concerns.**

AmberRose Spa provides two luxurious treatment rooms offering spa therapies from leading brand Germaine de Capuccini.

It has dedicated manicure & pedicure stations and guests can take time to relax and unwind in the brand new thermal suite with plush changing facilities to complete the experience.

# SERENITY

## Amber Rose Tranquillity

*Lavender and Rose Face and Back Ritual*

Perfect for stress, lack of sleep and dehydrated skin.

**90 minutes - £112.50**

Escape the daily distractions of life and allow your mind, body and soul to be at one whilst being transported through our Amber Rose tranquillity ritual with aromas to awaken your senses, warm pinda's and a deep cleansing foot ritual to restore well-being. Continue on the journey with warm lavender-infused candle-lit back massage with nourishing plant-based ingredients and long flowing massage movements allowing you to drift into a tranquil slumber. Your face will be nourished, soothed and hydrated with our 5 petal Rose Mask and a honey elixir. Awaken from your journey to serenity with gentle neck stretches and aromas of orange blossom and vanilla.

A lit candle in a white ceramic holder. The candle is lit, with a bright yellow flame. The holder is white and has the text 'GERMAINE DE CAPUCCINI' and 'SPERIENCE' printed on it. The holder is on a white surface, and there is a reflection of the holder and candle below it.

**GERMAINE<sup>DE</sup> CAPUCCINI**  
SPERIENCE



# DETOX

## Amber Rose Cleansing Detox Ritual

*Packed with antioxidants for tired and sluggish skin*

**120 minutes - £185.00**

A deep cleansing exfoliation, and full body massage using the power of Ti- Scottish for tea, this therapy combines a deep cleansing green tea body treatment and organic white tea facial.

Let us take you on a herbal experience, with our Ti ritual created to detox the body and skin and fill you with natural powerful antioxidants from green and white tea extracts. Suitable for those feeling run down and sluggish skin and body that have suffocated from daily aggressions. Your treatment commences with inhalations of our detox aroma oil whilst warm pinda's ease tension from your body, A deep cleansing full exfoliation with a creamy Bamboo Scrub. This is followed by an anti-oxidising and remineralising green tea massage which works to eliminate toxins and repair scars and photo-sun damaged skin, combined with obsidian and onyx semi-precious stones, finally, your skin will be nourished with an organic white tea facial packed with antioxidants to fight free radicals, and gentle fragrant aromas of orange blossom.

# ENERGY

## Amber Rose Awakening

*A Sacred Scottish Energising ritual*

Radiance C+ face and body ritual.

**120 minutes - £185.00**

This energising face and body treatment begins with aromas of Lemon, lime and nutmeg and a warm stone pinda walk and foot cleanse. Followed by an enzyme body exfoliation enriched with Vitamin C, lemon and papaya extract. A collagen-boosting vitamin-enriched body wrap is then applied whilst you are treated with an advanced Radiance C+ facial. An innovative facial treatment that increases firmness and generates new collagen whilst reducing dark spots and evening pigmentation. Incorporating a patented formulation which increases the benefits of Pure Vitamin C by 6 times. To complement the hands-on therapy, a massage ball is utilised to lift facial muscles, release tension and increase blood flow for an increased glow, nourish your skin with a cocktail of vitamin-enriched products combined with a de-stress and energising massage with a unique ball. The skin will awaken feeling firmer with a radiant glow.





# FACIALS

## SKIN ZEN ROSE FACIAL

*Strengthening facial for tired, stressed skin and sensitive skin*

**30 minutes - £50.00**

**60 minutes - £80.00**

Packed with antioxidants and essential nutrients, our SKIN-ZEN Soothing Rose facial is ideal for tired and stressed skin and sensitivity. Using a gentle, carefully selected 5-petal rose mask and rosehip oil to treat all aggressions. The skin regains its strength and natural immunity against daily aggressions.

## ROYAL JELLY DE-STRESS FACIAL

*Strengthening facial for tired, stressed skin*

**30 minutes - £45.00**

**60 minutes - £70.00**

Packed with antioxidants and essential nutrients, our Royal Elixir facial is ideal for tired and stressed skin. The skin regains its strength and natural immunity against daily aggressions.

## SKIN DRENCH HYDRATION FACIAL

*For thirsty skin, with Hyaluronic acid and Japanese spring water to restore hydration levels*

**60 minutes - £85.00**

After just one treatment, 100% of clients have more hydrated skin\*. This is achieved through our unique “hydractive” blend of ingredients including Hyaluronic Acid and natural thermal spring water from a volcanic spring in Japan, which provides your skin with the natural healing ability to retain moisture. Suitable for all skin types.

## TIMEXPERT C+ RADIANCE FACIAL

*Illuminating facial to combat the first signs of ageing*

**60 minutes - £95.00**

An innovative facial treatment that increases firmness and generates new collagen whilst reducing dark spots and evening pigmentation. Incorporating a patented formulation which increases the benefits of Pure Vitamin C by 6 times. To complement the hands-on therapy, a massage ball is utilised to lift facial muscles, release tension and increase blood flow for an increased glow, nourish your skin with a cocktail of vitamin-enriched products combined with a de-stress and energising massage with a unique ball. The skin will awaken feeling firmer with a radiant glow.

# TREATMENT ENHANCERS

## ROSE QUARTZ COLLAGEN EYE AND LIP TREATMENT

*Add on therapy target lines and wrinkles to the eye or lip area*

**40 minutes - £50.00**

This revolutionary experience provides substantial results in smoothing lines and wrinkles and reducing dark circles whilst providing immediate luminosity to the eye contour and softening and plumping to the lip contours. Using cupping and a rose quartz gua-sha massage. In just 1 session: 100% of wrinkles are reduced and 95% less visible dark circles & unswollen puffiness.

## BAOBAB SCALP MASSAGE

*Stress-relieving neck and scalp massage*

**20 minutes - £40.00**

A nourishing and moisturising neck and scalp massage utilising the benefits of ethically sourced Baobab seed oil. A highly effective stress-relieving experience, ideal to add to any face or body treatment.



# REFLEXOLOGY

**45 minutes - £70.00**

Reflexology uses gentle pressures on specific points along your feet to help give you a sense of deep relaxation. It aids relaxation, eases stress, helps you to feel energized.

# BODY TREATMENTS

## MEDITERRANEAN CANDLE MASSAGE

*A warming body massage*

**30 minutes - £50.00**

**60 minutes - £85.00**

Choose one of our Mediterranean inspired massage candles; Lavender, Olive or Citrus which will be burned while you enjoy a relaxing pinda massage. The warm oil from the candle is then poured over the body for a prolonged body massage, using deep and soothing movements. This indulgent massage will ease tension whilst natural antioxidants will hydrate and nourish the skin.

## SPERIENCE WORLD OF AROMAS

*A Feng Shui inspired full body massage*

**30 minutes - £40.00**

**60 minutes - £75.00**

Based on traditional Chinese philosophy, our Sperience Elements massage is specifically catered for you by matching one of our 5 active oils to your zodiac sign. During this sensual massage, your therapist will relieve tension and negative energy throughout your body. Oil blend choices: Relax, Detox, Energize, Hydrate or Stimulate.

## GREEN TEA DETOX THERAPY

*Full body lymph drainage massage with Green Tea jelly*

**30 minutes - £50.00**

**60 minutes - £85.00**

This detoxifying body massage will help to eliminate toxins from the mind and body. Ideal for those finding it hard to sleep, suffering from skin concerns or headaches.

## WARMING BEACH SHELL MASSAGE

*A relaxing massage using warm seashells*

**30 minutes - £50.00**

**60 minutes - £85.00**

Simply relax as our warm sea shells combined with a rich saffron balm glide over your body. This therapy provides the most exquisite soothing massage to relax your muscles using the power of the sea.

*Upgrade your massage to include our deep heat thermo oil to increase micro blood circulation to treat muscular aches and pains. +£5.00*

# BODY TREATMENTS

## LOCHSIDE GEMS

*Obsidian and Onyx Semi-precious stone massage  
A soothing massage using natural healing stones*

**30 minutes - £55.00**

**60 minutes - £90.00**

A Soothing massage using Obsidian and Onyx Ritual Stones, known for their natural healing properties. Taken from the volcanic lands of Mexico, Obsidian Stone creates negative ions which help to rebalance the positive ions caused by pollution, poor diet and stress. Negative ions are an essential element to our health. They increase oxygen flow to the brain giving increased mental and physical energy. White Onyx is a naturally dense stone which is cooling on the body and has an anti-inflammatory effect. This massage combines hands-on, warm pinda's and stones to soothe and relax the mind, body and soul, whilst boosting the blood flow and improving oxygenation to the skin tissues.

## BEN DHU WALKERS LEG THERAPY

*Luxury leg and foot therapy with Baobab*

**30 minutes - £45.00**

Perfect for tired, achy legs this energising therapy uses ethically sourced Baobab seed oil to nourish, repair and protect the skin. Your therapy commences with an exfoliation, followed by a leg massage and finishes with a touch of cooling Dreamy Legs gel, leaving you radiant and walking on air.



# FACE AND BODY THERAPIES

*A selection of face and body experiences to target your wellness  
and work to therapeutically treat your concerns  
All treatments do not include turn-around and consultation time*

## THE SHORE MAN

*Relaxing and healing energising facial and back massage*

**90 minutes - £125**

This deep cleansing facial uses extracts of birch sap and trace elements and Vitamin C to treat male skin. Your therapy commences with a skin analysis and consultation before a warm pinda welcome ritual and aroma inhalations with ylang ylang and lavender to relax your mind and body, this is followed by a pressure point back massage and scalp massage before a deep cleansing facial including exfoliation, massage to the face and neck and décolletage and mask application. Whilst your face mask is on relax with a soothing scalp massage. Your treatment is complete with neck stretches to release tension.

## BRIDAL GLOW

*An energising face and body treatment*

**120 minutes - £185**

This relaxing and indulgent ritual uses ethically sourced, organic Baobab oil packed with antioxidants, vitamins and omegas to nourish and protect the skin. Your ritual begins with a gentle full-body exfoliation using Baobab seed shells to remove dead cells. A soothing lymphatic massage with Baobab oil will then provide the skin with anti-inflammatory, nourishing, and hydrating benefits. Feel cocoon in the warm oil, whilst we deeply cleanse and nourish your skin with a cocktail of vitamin-enriched products combined with a de-stress and energising massage with a unique ball. The skin will awaken feeling firmer with a radiant glow.

# WRAPS AND EXFOLIATIONS

## BAOBAB SEED EXFOLIATION

*A luxurious exfoliation to nourish and protect the skin*

**30 minutes - £45**

Using the seed of the Baobab combined with the nourishing oil to gently exfoliate and hydrate the skin- our best-selling exfoliator for the body.

## NATURAL BAMBOO EXFOLIATION

*An exfoliation to nourish and protect the skin*

**30 minutes - £45**

Using a sustainably sourced bamboo, with mineralised seawater to gently exfoliate and hydrate the skin.

## FIRMING RADIANCE C+ BODY WRAP

*Body envelopment enriched with Vitamin C and Ume Extract*

**60 minutes - £85**

This energising treatment begins with an enzyme exfoliation enriched with Vitamin C, Lemon and Papaya extract. A Collagen boosting, vitamin-enriched body wrap is applied whilst you relax, utilising the anti-oxidising benefits of Ume extract and Vitamin C to firm and tone Collagen and elastin fibres.

# MATERNITY TREATMENTS

*Suitable after the 1st trimester period of pregnancy*

## NEW LIFE MASSAGE

*A firming massage adapted to suit pregnant ladies*

**60 minutes - £75**

Our Collagen body cream which firms, hydrates and tones the skin is combined with relaxing massage movements and warm pinda's to soothe tension in the muscles whilst firming and toning the skin.

## ENERGISING LEG THERAPY

*Luxury leg and foot therapy with Baobab*

**30 minutes - £45**

Perfect for tired, achy legs this energising therapy uses ethically sourced Baobab seed oil to nourish, repair and protect the skin. Your therapy commences with an exfoliation, followed by a leg massage and finishes with a touch of cooling Dreamy Legs gel, leaving you radiant and walking on air!





# WELLNESS RECOVERY TREATMENTS

*This range of treatments by Germaine de Capuccini is ideal for those on intensive medication or anyone in need of a completely soothing and de-stressing experience. Carefully selected products target skin-related side effects caused by chemotherapy, radiation treatments and other strong medication*

## NATURAL HEALING STONES

Our wellness therapies include the use of our exclusive Obsidian and Onyx Ritual Stones, known for their natural healing properties.

Taken from the volcanic lands of Mexico, Obsidian Stone creates negative ions which help to rebalance the positive ions caused by pollution, poor diet and stress. Negative ions are an essential element of our health. They increase oxygen flow to the brain giving increased mental and physical energy.

White Onyx is a naturally dense stone which is cooling on the body and has an anti-inflammatory effect. On the face, Onyx can aid the relief of headaches, nausea and sensitive or irritated skin. On the body, hot Obsidian will boost blood flow and improve oxygenation of the tissues.

## ROSE AND HONEY HARMONY STONE FACIAL

*Soothing stressed and sensitive skin*

**60 minutes - £75**

This facial is designed to help alleviate symptoms of dry, flaky and sensitive skin. Pure Rosehip Oil, known for its healing properties, is combined with our de-stressing Royal Jelly Elixir to revitalise dull tone whilst helping the skin regain its natural immunity against daily aggression. Your facial is complete with our 5 rose petal mask which soothes sensitivity brought on by emotional and physical stress. A gentle and healing massage with Obsidian and Onyx stones helps to restore peace to the mind and soul.

# WELLNESS RECOVERY TREATMENTS

## CALMING HAND, FOOT AND SCALP THERAPY

*Intense nourishment and hydration*

**70 minutes - £90**

Chemical treatments can cause extreme dryness on the hands and feet whilst stimulating hair loss. This therapy is designed to counteract these problems. Your therapy begins with a gentle exfoliation on the hands, feet and nail beds, without the use of water baths to help maintain a healthy pH level. A deeply hydrating mask is then applied to relieve extreme dryness and dehydration. Finally, completely relax and unwind with our revitalising scalp massage - using aobab hair oil to revitalise the hair and soothe the scalp.

## ALOE AND MINT COOLING BODY THERAPY

*Light touch body and scalp massage*

**90 minutes - £95.00**

This gentle therapy combines the power of semi-precious stones to restore harmony to the mind, with a gentle cooling massage to soothe the body. Your light touch massage uses Aloe Vera to deeply hydrate the skin, Lemon Oil to purify and Mint to refresh the body. RoseHip Oil soothes, nourishes and reduces irritation. Your therapy is completed with a de-stressing scalp pressure massage to aid relaxation. Ideal after Radiation therapy.

## PHYTOCARE BAOBAB BODY RITUAL

*Full body exfoliation, body and scalp massage*

**90 minutes - £95.00**

This relaxing and indulgent ritual uses ethically sourced, organic Baobab oil packed with antioxidants, vitamins and omegas to nourish and protect the skin. Your ritual begins with a gentle full body exfoliation using Baobab seed shells to remove dead cells. A soothing lymphatic massage with Baobab oil will then provide the skin with anti-inflammatory, nourishing, and hydrating benefits. To complete your totally stress-reducing experience, our relaxing Baobab Scalp Therapy will help to revitalise the hair and soothe the scalp.



GERMAINE DE CAPUCCINI



# RASUL RITUALS

per couple - £79.00

## ENERGISING TONING RITUAL

Commence your ritual with our organic seeds from the Baobab tree is renowned for its hydrating and toning properties this product works to exfoliate the skin with Baobab seed shells and oil. Follow with your mud Rasul combined using our powerful deep cleansing natural mud combined with Italian lemon and nutmeg to awaken your sense. Once showered nourish the skin with our firm and tonic oil. Leaving your skin feeling toned and hydrated.

## CHOCO-OHOLICS

Pure Indulgence for all chocolate lovers! Commence your Rasul using our Choco-Scrub with real cocoa extracts designed to soften the skin's surface, apply your warming chocolate mud and relax within the steamed air and heavenly aromas whilst cocooned in our natural clay. Once your Rasul is complete end your therapy with our Creamy Body butter to deeply moisturise the skin.

## LOCH DETOX

An ideal Rasul ritual to help eliminate impurities and improve the body's silhouette. Begin your ritual with our salt and oil exfoliator to slough off the unwanted dead skin cells. Follow with our detoxifying algae mud combined with cedarwood, juniper and lavender essential oils. Lightly hydrate your skin with our moisturising seawater spray.

## HERBAL BAMBOO AND GREEN TEA

An ideal Rasul ritual to help eliminate impurities and deeply cleanse the skin. Begin your ritual with our bamboo exfoliator to slough off the unwanted dead skin cells. Follow with our detoxifying algae mud combined with relaxing essential oils of ylang-ylang, patchouli and lavender. Lightly hydrate your skin with our green tea body balm.



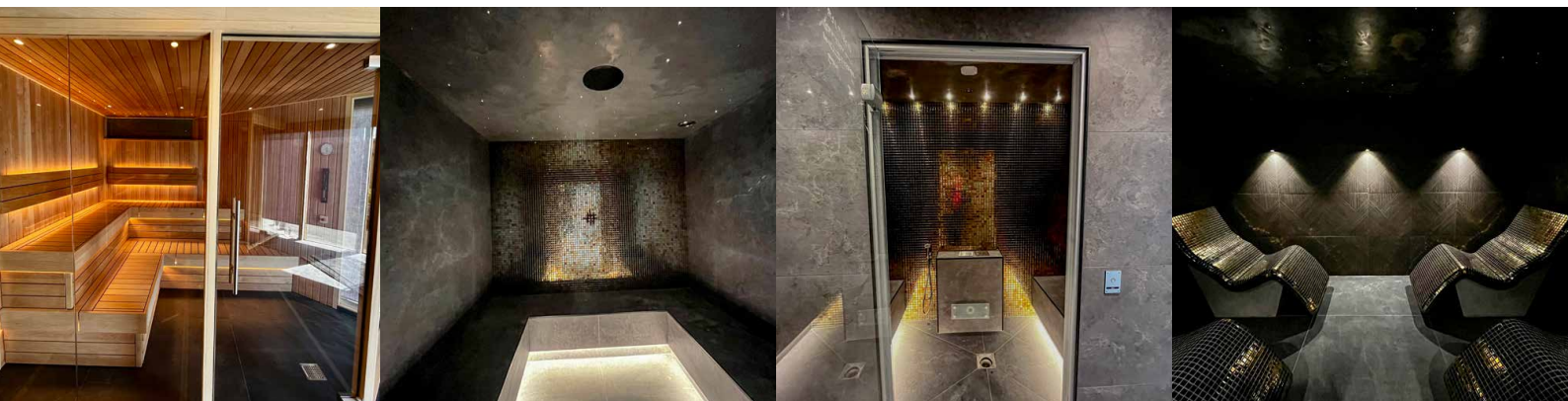
# THERMAL SUITE

per person for 1 hour - £20.00

*The Thermal Suite includes a 2 person Rasul Mud Chamber for touchless treatment, Aroma Steam Room, Hot and Cold Showers, Himalayan Salt Sauna and Herbal Sauna and Heated Relaxation Loungers - the Thermal Suite itself also enjoys those wonderful views out over Loch Lomond.*

*Use of the Thermal Suite which can be booked before or after treatments is £20pp for 1 hour (the Rasul price includes 1 hour access of the Thermal Suite prior to Rasul)*

Time in the steam & sauna are perfect before a massage or facial and provides multiple health benefits from improving circulation, reducing stress and lowering blood pressure. Enjoy the warmth of the heated loungers which are specifically designed to relax the muscles and ease tension. Breathe in the Salt & Herbal Sauna which can calm & detoxify and increase energy levels also great post treatment to continue on the journey of relaxation. Our 2 person Rasul Mud Chamber is a private Spa Treatment where you can select your pot of spa mud to apply to your face and body then relax in the steam and let the mud work its magic, detoxing, softening and nourishing the skin.









# AMBERROSE BEAUTY MENU

## WAXING TREATMENTS

Eyebrow Wax	£15.00	Underarm Wax	£15.00
Lip or Chin Wax	£10.00	Lip and Chin Wax	£15.00
Half Leg Wax	£20.00	Full Leg Wax	£32.00
Basic Bikini	£15.00	High Leg Bikini	£18.00
Hollywood	£40.00		

## MENS WAXING

Back or Chest Wax	£30.00	Back and Chest Wax	£50.00
Eyebrows, Ears, Nose	£15.00		

## EYE TREATMENTS

*Patch test is required 24hrs prior to appointment, no exceptions*

Eyebrow Tint and Shape	£25.00	Eyebrow Tint	£15.00
Eyelash Tint	£15.00		
All Three Eye Treatments	£30.00		

## NAIL TREATMENTS

### Urban Graffiti Gel Manicure £45.00

*Will include filing of natural nails, tidying and trimming of cuticles, gel polish application, hand massage*

### Luxury Pedicure £40.00

*A therapeutic treatment for your feet that removes dead skin with a foot scrub, softens hard skin with a soak & buff then shapes and treats your toenails. Foot mask and massage to complete the experience.*

### Urban Graffiti Gel Pedicure £55.00

*Will include clipping and filing of natural nails, tidying and trimming of cuticles, gel polish application, buffing of any hard skin, foot massage*



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