

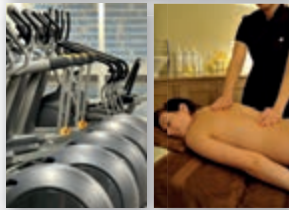
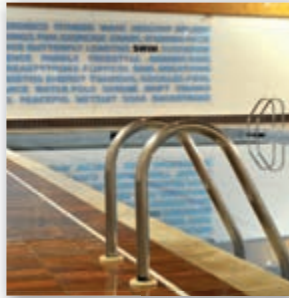
SCOTLAND'S HOTEL & SPA Pitlochry



- Swimming Pool
- Steam Room
- Sauna
- Jacuzzi
- Gym
- Faskally Restaurant

TO BOOK PLEASE CALL 01796 484 900
OR EMAIL scotlands@crerarhotels.com

EIGHT ACRES HOTEL & LEISURE CLUB Elgin



Located on the edge of Elgin, Eight Acres Hotel & Leisure Club is set in private grounds with the magnificent surroundings of the Scottish Highlands. Our Sonas Spa offers many relaxing and rejuvenating spa treatments, ideal for those seeking a truly relaxing break in Elgin. The extensive facilities in our Eight Acres Leisure Club include 15m indoor swimming pool, extensive gym, spa bath and sauna, available to all our guests.

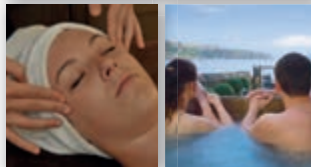
- 15m Swimming Pool
- Sauna
- Extensive Gym
- Darroch Restaurant

TO BOOK PLEASE CALL 01343 543 077
OR EMAIL eightacres@crerarhotels.com

OBAN BAY HOTEL & SPA Oban

Set on the edge of Oban's picturesque Esplanade, Oban Bay Hotel & Spa offers stunning views from the hotel's sun lounge of Kerrera, Firth of Lorne and over to the mountains of Mull. Guests can sample a full selection of spa treatments in Oban Bay Hotel's mini Sonas Spa, complemented by additional facilities including steam room, sauna and outdoor hot tub with amazing views over the bay.

- Outdoor Hot Tub
- Steam Room
- Sauna
- Seafront Setting
- Rannachan Restaurant



TO BOOK PLEASE CALL 01631 564 395
OR EMAIL obanbay@crerarhotels.com

REFLEXOLOGY



WHAT

- Reflexology is the physical act of applying pressure to the feet, hands or ears with specific thumb, finger and hand techniques without the use of oil or lotion. This is based on the theory that different points on the feet, hands and ears correspond with different areas of the body.

HOW

- Your Sonas therapist starts the therapy off with a discussion on your medical history and general health.
- You will then feel different sensations as light pressure is applied to different parts of your feet, hands and ears.

WHY

- This deeply relaxing therapy provides many positive benefits for the mind and body, de-stresses, re-energizes and re-balances the body, creating a unique feeling of wellbeing.

1 hour
£55

45 minutes
£45

FACE & BODY SENSATION

WHAT

- Combines a Body Restart Massage and a Pro Collagen Anti-Ageing Facial.

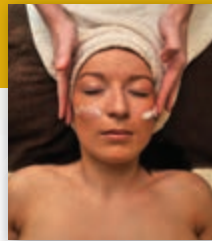
HOW

- It starts off with a Body Restart Massage, where you choose from: Ice Cool Thermal or a Tranquillity Thermal Soothing Massage. Pro Collagen is smoothed into your face in upward and outward circular motion.

WHY

- Induces a deep level of relaxation and produces a calm mind while the Pro Collagen smooths tension lines and restores a youthful radiant look.

1 hour
£85



CLASSIC SWEDISH MASSAGE



WHAT

- This massage targets specific areas, with the sole aim of releasing tension and giving relief from chronic muscle aches and pains.

HOW

- Deep rhythmic pressure targets your individual muscles knots with slow, focused strokes and deep, firm finger pressure with essential oils.

WHY

- Helps to soothe and relieve muscles with the aim of releasing deep tension within the body and relaxing muscle fibres.

1 hour
£70

VISIBLE BRILLIANCE

WHAT

- This anti-ageing face and eye treatment rejuvenates and plumps skin while helping to reduce dark circles under the eyes.

HOW

- The therapist uses specialist lifting massage techniques, combined with professional strength anti-ageing formulas.

WHY

- Helps to increase moisture and elasticity levels while reducing the appearance of dark circles and giving a more youthful looking appearance.

1 hour
15 minutes
£75



RASUL MUD ROOM

WHAT

- Our Sonas therapist will advise you on the self application of this treatment. Mud bursting with minerals is applied to your body. After the mud is applied a gentle rain like shower washes all the mud away.

HOW

- Our Sonas therapist leaves you to apply the mud to each other so that you can share the experience of this ancient Egyptian ritual.

WHY

- The deep sea salts and marine mud will cleanse, exfoliate, nourish and moisture your skin leaving it feeling unbelievably smooth.

1 hour
£40
per couple



HOT STONE MASSAGE WITH ESSENTIAL OILS



WHAT

- Using silky smooth heated spa stones, healing warmth is slowly released into the heart of the muscle core.

HOW

- Your Sonas therapist will place and hold the heated spa stones on key energy points on your body
- Luxurious warmed essential oils are massaged deep into your body.

WHY

- The direct channelling of heat into the key energy points helps to warm up specific tight muscles.

1 hour
£75

TRI-ENZYME RESURFACING FACIAL



WHAT

- This ground breaking anti-ageing facial uses patented Tri-Enzyme technology and is applied in three different layers.

HOW

- Our therapist starts the treatment off by applying a Tri-Enzyme Serum which accelerates the skins biological exfoliation process.
- The Tri-Enzyme Facial Mask is applied which helps to clear away dead skin cells for a fresh, invigorated appearance.

WHY

- This unique facial instantly resurfaces and soothes the skin, targets blemishes, uneven skin tone, superficial scarring and fine lines.
- Tri-Enzyme technology helps the skins natural cell renewal cycle, actively smoothing and refining, whilst gently removing dead skin cells.

1 hour
£85



LIME & GINGER SALT GLOW WITH BODY MASSAGE



WHAT

- Invigorates and revitalises beyond standard muscle massages.

HOW

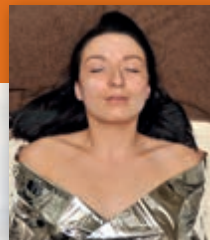
- Starts with a body brush down and then warmed essential oils are applied to your body as a base for the Lime & Ginger Salt Glow. After showering, any remaining tensions are worked out with a body massage.

WHY

- Exfoliates and tones the body while boosting metabolism and cleanses and moisturises more deeply and leaves your skin feeling vibrant, replenished and silky soft.

1 hour
45 minutes
£95

CELLUTOX OCEAN WRAP WITH BODY AND CRANIAL MASSAGE



WHAT

- Decongests and stimulates your system, while your face is treated to a pressure point massage.

HOW

- Your Sonas therapist applies a blend of sea plant and mineral extract and then cocoons your body with a comforting spa wrap. After which you are treated to a pressure point facial, de-stressing scalp treatment and a body massage.

WHY

- Helps to reduce the appearance of cellulite and the pinpoint facial, scalp treatment and body massage aim to leave you tension free.

1 hour
45 minutes
£95

ULTIMATE FULL BODY MASSAGE



WHAT

- Combines the powerful effects of a Full Body Massage and an Elemis Anti-Ageing Facial.

HOW

- Anti-ageing cream is eased onto your face, leaving it revitalised and refreshed.
- During the Full Body Massage, the therapist employs deliberate and focused work.

WHY

- Perfect for those who are on their feet all day. The combination of both treatments leaves you feeling relaxed, free of pain and with younger and healthier looking skin.

2 hours
£105

sonas spas



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CHEVIN COUNTRY PARK HOTEL & SPA

Otley, Nr York



Set in a stunning location above the market town of Otley, Chevin Country Park Hotel & Spa sits in the heart of the Yorkshire Dales. Nestled in 44 acres of woodland and surrounded by signposted walks and bike trails, the hotel is the perfect retreat for that relaxing break away. Located away from the main building is our Sonas Spa and leisure club, a place of peace and tranquillity where guests can be pampered by a multitude of relaxing treatments. Savour this on your own or share the experience with your friends in our couples treatment room.

Included in your stay is complimentary use of the leisure facilities, including indoor swimming pool, luxury outdoor hot tub, sauna, steam room, Jacuzzi and our relaxation room where time can fly by after sampling some of our superb spa treatments.



- Couples Treatment Room
- Relaxation Room
- Luxury Outdoor Hot Tub
- Swimming Pool
- Sauna
- Steam Room
- Jacuzzi
- Gym
- Tennis Court
- Fishing Lakes
- AA Rosette Lakeside Restaurant
- Set in 44 Acres of Private Grounds
- Woodland Lodge Cabins for Groups

TO BOOK PLEASE CALL 01943 467 818
OR EMAIL chevin@crerarhotels.com

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OR EMAIL chevin@crerarhotels.com

LOCH FYNE HOTEL & SPA

Inveraray



You will be enchanted by Loch Fyne Hotel & Spa. With uninterrupted views across Loch Fyne, you will marvel at the breath-taking scenery, stunning walks and relaxed atmosphere, ideal for a luxury spa break.

Let our Sonas Spa therapists help you choose the perfect treatment for you, rejuvenating and stimulating your body and mind. Enjoy the full spa experience with complimentary use of our 15m indoor swimming pool, Jacuzzi, sauna, steam room and outdoor hot tub all of which will complement and heighten your spa experience at Loch Fyne Hotel & Spa.

- Couples Treatment Room
- Relaxation Room
- Outdoor Hot Tub
- 15m Swimming Pool
- Sauna
- Steam Room
- Jacuzzi
- Lochside Setting
- Clansman Restaurant

TO BOOK PLEASE CALL 01499 302 980
OR EMAIL lochfyne@crerarhotels.com

GOLF VIEW HOTEL & SPA

Nairn



Golf View Hotel & Spa looks out over the sparkling Moray Firth and is the best inspiration to relax and make the most of your spa break in Nairn. So if you're dining in the conservatory, sitting in our outdoor hot tub or taking a dip in the pool, the views will leave you truly amazed. This magnificent setting is the perfect backdrop for recuperation and recharging. Guests have complimentary use of our 14m indoor swimming pool, steam room, sauna, gym, Jacuzzi and and outdoor hot tub. Delicious food and fine wine is served each night in our AA Rosette Fairways Restaurant, showcasing the best of the region for you to savour.

- Couples Treatment Room
- Outdoor Hot Tub
- 14m Swimming Pool
- Sauna
- Steam Room
- Jacuzzi
- Gym
- AA Rosette Fairways Restaurant
- Beachside Setting

TO BOOK PLEASE CALL 01667 452 301
OR EMAIL golfview@crerarhotels.com

ISLE OF MULL HOTEL & SPA

Craignure Bay, Isle of Mull



Isle of Mull Hotel & Spa sits on the crescent of Craignure Bay with gardens that stretch down to the shore and magnificent views out over the Sound of Mull and across to the mainland. Enjoy the same stunning views from our Sheallach-Na-Mara Restaurant serving the finest local produce and wines each night. Our Sonas Spa is the most relaxing retreat on the island, offering luxurious treatments that typify the truly relaxed nature and pace of life on an island off Scotland's west coast.

Sit in our outdoor hot tub and gaze over Craignure Bay, take a swim in our 17m indoor swimming pool with the best view in Scotland, dip your feet into to our Hydro Foot Spa or sample our specialist Rasul Mud Room, a fantastic experience for a couple or friends. Whatever you choose, Isle of Mull Hotel & Spa can offer the full spa experience, so just sit back and enjoy.

- Specialist Rasul Mud Room
- Couples Treatment Room
- Outdoor Hot Tub
- Sauna
- Steam Room
- Children's Splash Pool
- Hydro Foot Spa
- 17m Swimming Pool
- Gym
- Beachside Setting
- Sheallach-Na-Mara Restaurant
- Many Bedrooms with Sea Views

TO BOOK PLEASE CALL 01680 812 544
OR EMAIL isleofmull@crerarhotels.com

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OR EMAIL isleofmull@crerarhotels.com

TIME TOGETHER



Girls Night In Spa Break

Looking to get away with the girls for a break full of pampering, relaxation and a load of laughs? Then try a spa break at a Crerar Hotel.

Monday to Thursday
1 night **£85** per person

Friday to Sunday
1 night **£105** per person

Includes one treatment from the following:

Lime & Ginger Salt Glow - 30 minutes, Taster Facial - 30 minutes,

Back, Neck and Shoulder Massage - 30 minutes.

Also includes a glass of bubbly per person, use of robes and slippers, full use of spa and leisure facilities, based on a minimum of 4 sharing. Breaks from September – March are on dinner bed and breakfast basis, breaks from April – August are on bed and breakfast basis (excludes Chevin Country Park Hotel & Spa).

**Telephone bookings only,
to book please call your chosen hotel.**

Couples Retreat

Monday to Thursday
1 night **£75** per person

Friday to Sunday
1 night **£95** per person

Includes one treatment from the following:

Lime & Ginger Salt Glow - 30 minutes, Taster Facial - 30 minutes,

Back, Neck and Shoulder Massage - 30 minutes

Also includes full use of leisure and spa facilities, one night accommodation on dinner, bed and breakfast basis. Based on two sharing. Chevin Country Park Hotel & Spa is Monday to Thursday only.

**To book please call your chosen hotel or visit
WWW.CRERARHOTELS.COM**

All above breaks are subject to availability and Crerar Hotels terms and conditions apply

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