

# The perfect gift from The Macdonald Marine Hotel & Spa

Looking for the perfect present? Look no further than a gift voucher which is redeemable against a fabulous selection of luxurious spa treatments and spa pamper days...prices start from just £20, call The Spa for details.



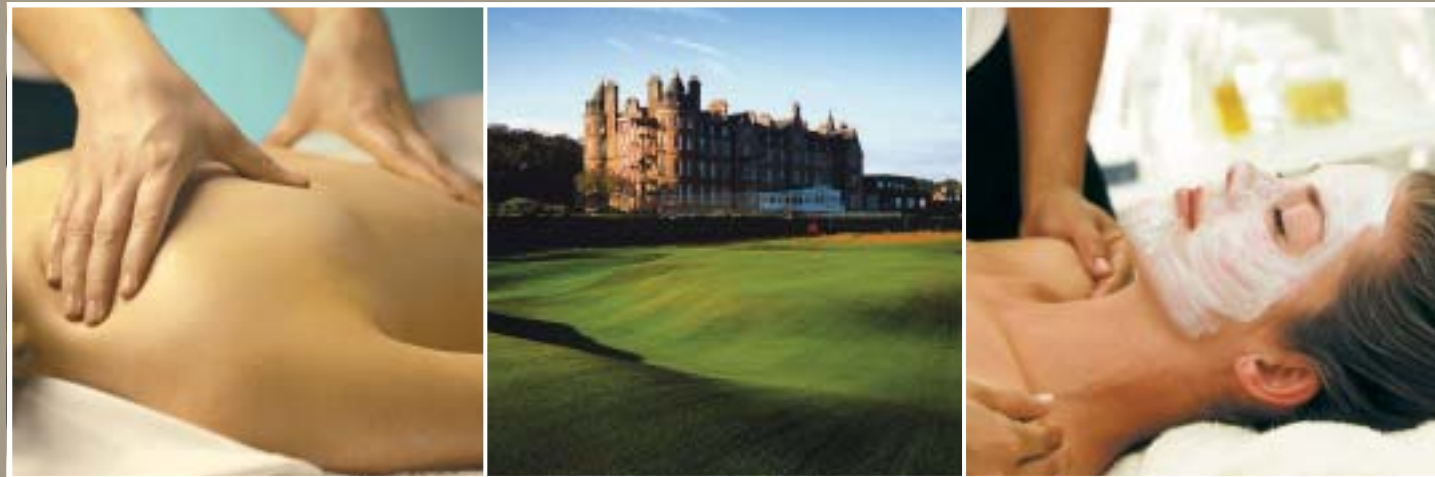
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## Macdonald Marine Hotel & Spa

[www.macdonald-hotels.co.uk/marine](http://www.macdonald-hotels.co.uk/marine)

“Find serenity and you will find that you are special”



The Spa at the luxury Macdonald Marine Hotel is a place of serenity. Cocoon yourself in our retreat of calm and tranquillity, escape the outside world and reawaken your energies.

## THE MARINE SPA THERMAL SUITE

- **Saltwater Hydropool** - A pool which will help your body relax, calm and soothe your skin and help clear your mind through inhalation of saltwater air.
- **Rock Sauna** - A true Finnish sauna experience where dry heat induces relaxation of the muscles whilst deep cleansing your body.
- **Aroma Steam Room** - A warm comfortable environment enhanced by soothing aromas, reflecting the therapeutic effect of aromatherapy.
- **Bio Sauna** - A unique bathing experience of soft heat complimented by colour light therapy to enhance your total well being.
- **Steam Room** - This ancient roman tradition of steam bathing, rejuvenates the body and revitalises the mind.
- **The Cold Therapy Room** - The cool room temperature of 9°C, the ice fountain and the drench shower are combined in this room to promote a feeling of freshness and deeper mental relaxation.
- **Sensation Showers** - Showers designed to soothe your body.
- **Massage Showers** - Showers designed to invigorate your body.
- **The Spa Lounge** - Refresh your day with complimentary herbal teas and iced water, relax with a magazine and sample some of our luxury skincare ranges.
- **The Serenity Relaxation Room** - The Serenity Relaxation Room is a place to rest your mind and body before and after your treatments. A calm environment where you can rest, do some light reading or have a well-deserved snooze!

### • **Waiting List**

If we are unable to accommodate your appointment we will place you on our priority waiting list and contact you if any availability arises.

### • **Medical Information**

Your well-being is our priority. Sometimes some treatments may not be suitable or require adjusting to meet your needs. Please give us any relevant medical information when making your booking.

### • **Booking Your Treatments**

We advise that you and your party book in advance to avoid disappointment on the day. Please note that we will require a credit or debit card to secure your appointments.

### • **Additional Treatments**

We advise you book any extra treatments at the time of booking your spa day to ensure we can accommodate your request and schedule it into your day for your enjoyment.

### • **Payments**

All bookings need to be confirmed with credit or debit card details when the booking is made. If you cannot attend your Spa appointment please telephone us, on **01620 897333**. 24 hours notice is required to avoid a 50% cancellation charge. If you have booked a "Spa Day" or "Overnight Beauty Break" we will require 48 hours notice. Thank you.

### • **Mums To Be**

We offer pre and post-natal treatments to care for mothers during this special time. Please let us know at the time of booking in order for us to provide specific advice on treatments available.

### • **Arrival**

We recommend that you arrive at least 15 minutes before your appointment in order to check in, change and shower before your treatment.

### • **Facility Fee**

The Spa is strictly for use by Members and Hotel Residents. Spa clients wishing to use the Thermal Suite and Leisure Club facilities in addition to any booked treatments, may do so for only £35 for the full day. This will be added to your final bill.

### • **Spa Day Packages**

We offer a selection of tailored Day Packages which include the facility fee.

### • **Treatment Times**

The treatment times listed include a consultation with your Spa Therapist and post treatment relaxation time.



All of our Facial Treatments begin with a relaxing back massage using aromatherapy essential oils. We then select and apply the finest plant and herb extracts for your individual skins needs, completing your treatment with a soothing hand or scalp massage. Your expert therapist will help you select from the choice below, ensuring you achieve the best results from your treatment. During your Decleor facial you may upgrade to an advanced personal facial mask.

### • **Essential**

Discover this luxurious facial and the delights of our **Essential** programme. This revitalising treatment leaves your skin perfectly moisturised and infinitely soft.

### • **Purify**

The **Purify** programme significantly improves the appearance of your skin and leaves it pure, clear and matte.

### • **Nourish**

The **Nourish** programme is a rich and complete "meal" that deeply replenishes your skin and leaves it supple and comfortable.

### • **Soothe**

The **Soothe** programme gives your skin all the tenderness it needs. Even the most delicate sensitive skin is soothed and feels incredibly soft.

### • **Lift**

The **Lift** programme strengthens your skins defences against time. It leaves your skin revitalised, smooth and visibly toned.

### • **Radiance**

The **Radiance** programme promises you a radiant, luminous complexion! With regular use, you should see a significant improvement in the appearance of dark spots.

### • **Express Facial**

Boost your skin with this mini relaxing and reviving experience. Your skin is left with a radiant glow.

### • **Facial Therapy Add-ons**

Why not compliment your facial Treatment with one of the following:

- **Eye Reviver**
- **Hand or Foot Nourishing Mask**
- **Bronzing Application**

Please ask your therapist to add this on to your booking for just £15

### • **Exclusive Serenity Spa Facial**

This Specialist treatment has been designed exclusively for The Marine Spa as part of our Signature range of "Serenity Treatments." This treatment will leave your skin feeling refreshed, nourished and truly pampered.

Rejuvenate, refresh and renew with our special range of facial treatments. Every facial suits every individual need.

- **Pro-Lift Firming Facial**

This non-surgical face-lift is the ultimate beauty secret of celebrities. Macadamia oil and liquorice anti-ageing products will induce relaxation and lift the skin to produce a remarkable difference even after just one treatment.

- **Ideal 'Intense' Control**

This preventative treatment meets the needs of combination and oily skin. Grapefruit seed and papaya extract refine uneven skin and revive natural radiance. The skin is left refreshed and smoothed and the complexion achieves a luminous glow.

- **Ideal 'Intense' Nutrition**

Dual action products incorporating extracts of rice and sweet chestnut provide nutrients to rebuild the skin, helping prevent slackness and the appearance of wrinkles. Your skin is left feeling smooth, nourished and revived.



- **Ideal 'Intense' Douceur**

Sensitive skin is soothed and protected with a specially designed relaxing massage and the expert application of CARITA products carefully formulated to reduce redness, calm irritations, increase suppleness and strengthen the skins natural defences.

- **Ideal 'Intense' Hydration**

By providing intensive moisturisation for dehydrated skin, fine lines caused by stress, fatigue and dryness are eliminated and the skins natural moisture balance is restored to produce a renewed radiance and an immediate and long-lasting suppleness.

- **Ideal 'Intense' Protection**

Offering protection and preventative care, this soothing and curative treatment provides a natural defence against environmental damage, cocooning the skin from external pollutants and restoring softness and translucence.

To get maximum results book in for a Carita Experience. **'Pro Lifting'** or **'Intense'** courses available, please ask your therapist for details.

Surrender your mind and body, indulge in a truly blissful experience.

- **Serenity Body Massage**

This massage is personalised to suit your individual needs. Soothing and relaxing, ease aching muscles or enjoy an uplifting or energising massage.

Choose from:

**Back, Neck & Shoulder Massage**

**Full Body Massage**

**Advanced Full Body Massage**

- **Reviving Salt and Oil Body Scrub**

An invigorating experience which leaves your skin wonderfully cleansed, softened and refreshed.

- **Serenity Mother-To-Be**

This ultimate relaxer is a pre or post-natal luxurious body treatment carefully designed especially for you. This Serenity Mother-To-Be treatment will help prevent the appearance of stretch marks, reduce water retention, restore comfort to aching legs and re-balance pigmentation and complexion problems. We use specific massage movements and a toning body mask finishing with the Express Facial - Heaven!

- **Serenity Body**

Our exclusive Serenity body therapy treatment has been designed to relax your mind, soothe your soul and indulge your body in a feast of luxury. This treatment is top-to-toe bliss including a sea salt and fresh ginger scrub, a massage using warm aromatic balms is then completed. Finishing off with a invigorating scalp massage. Bliss!



DECLÉOR has created three specialised treatments. Each one tailored to the specific nature of your skin.

- **Aromassage**

DECLÉOR's own unique art of massage combines with the power of AROMESSENCE™ to ease tensions, eliminate toxins, leaving you feeling re-energised and completely relaxed.

Choose from: **Relax, Flow, Detox or Tonic**

- **Aroma Envelopment**

The heart of these treatments are rich creamy masks with plant extracts. Cocooned and comforted your skin feels soft, smooth, and refreshed.

Choose from: **Relax, Flow, Detox or Tonic**

- **Localised Aroma Treatment**

These high precision treatments provide deep relaxation, slimming action and firming care. Our exclusive techniques and specific DECLÉOR Body Care products combine to meet the specific requirements of your skin.

Your therapist will recommend the correct treatment for you from the following intensive treats:

- **Aroma Localised Relax (Tranquillity Scalp)**

Inspired by Oriental techniques, this aromatherapy massage has been developed specifically for the head, neck and shoulders to produce a condition of deep relaxation.

- **Aroma Localised Flow (Perfect Legs)**

The perfect antidote for tired, aching legs, this instantly refreshing treatment will put the bounce back in your stride.

- **Aroma Localised Detox (Perfect Contour)**

Specifically designed to target vulnerable areas such as hips, thighs, bottom and stomach. Essential oils, anticellulite massage and powerful marine-based creams breaks down fatty tissue, drains away toxins and reduces cellulite.

- **Aroma Localised Tonic (Perfect Bust)**

Sun exposure, weight loss and breast feeding can all take their toll on this most fragile and vulnerable area, accelerating the ageing process. This intensive firming treatment enables the skin to regain its firmness and elasticity producing an impressive anti-ageing appearance.



## Marine Serenity

Our most indulgent signature treatment cocoons your whole body in an experience you will never forget.

Your treatment begins by a moisturising cream body exfoliation. A warm silky rich balm packed with essential oils is then applied to your body before being wrapped up in a heated blanket. Your skin then benefits from a deep cleansing sensation, using a gentle lavender and thyme peel, together with a intensive hydrating mask. Your skin feels like velvet, serenity is all around you.

Your scalp then receives a massage using an oriental pressure point massage and to finish...a full body massage to release tension and revitalise the body.

Choose from  
**'uplifting'** or **'relaxing'**



The Natural spa range of treatments are a great way to restore, rebalance and harmonise.



- **Black Volcanic Hot Stone Massage**

A completely indulgent treatment to soothe all of your senses. Hot stones are used during your massage to encourage a deeper level of relaxation. Choose from:

**Back, Neck & Shoulder Massage**

**Full Body Massage**

**Advance Full Body Massage**

- **Indian Head and Scalp Massage**

This treatment uses traditional Indian massage techniques to relieve the shoulders, face and scalp of tension leaving you with a deeper mental and physical relaxation.

- **Marine Body Dettox**

Surrender in a candlelit therapy suite; listen to soft music whilst your feet are submerged in a warm bath of rock salt. The natural elements provide an exceptional detox leaving body and mind clear and free of toxins.

# Surrender to The Spa, ease away stress and relax with our specialised mens' treatments.

## • The Massage

Choose from the following deeply relaxing treatments or invigorating massage:

- Express Reviver
- Stress Buster
- Ultimate Relaxer

## • The Facial

A deep cleansing, exfoliating facial prescribed just for men leaving skin soft and revitalised.

## • Mens' Grooming

A deep cleansing treatment for hands and nails. Nails are trimmed and buffed and this excellent grooming treatment is finished off with a Reflex Zone Massage.

- The Manicure
- The Pedicure

## • Golfers' Reviver

This pre or post treatment will ease all your aches and pains.

- Back, Neck and Shoulders Massage
- Scalp Therapy
- Foot Soothing Treatment



This selection of relaxation and rejuvenation days has been designed exclusively for The Spa at The Macdonald Marine Hotel. All our pampering days include; unlimited use of our Vital Leisure Club and Spa facilities; complimentary use of robe, slippers, towels; a healthy lunch in our Craigleith Restaurant.

## • Pure Indulgence

This is the ultimate day of relaxation to help combat the stresses of modern day life. You are treated to top-to-toe pampering that leaves you free of tension and re-energised.

- Invigorating Sea Salt Scrub
- Serenity Body Massage
- Serenity Spa Facial
- Serenity Spa Pedicure

## • Simply Serenity

This special day will leave you completely renewed, refreshed and revitalised. Using only the finest essential oils your mind and body are left completely nourished and soothed.

- Blissful Back Massage
- Serenity Scalp and Face Massage
- Serenity Spa Pedicure

## • Overnight Relaxation

When all you need is pure rest and relaxation why not increase your pampering and stay overnight. Your stay includes dinner, bed and breakfast and a beauty gift in one of our luxurious bedrooms. Please call **01620 897311**

## • Escape

Our express, energising day out will leave you invigorated and refreshed. It allows you to try some of our exclusive spa taster treatments.

Choose two of the following treatments

- Well Being Massage
- Aroma Foot Relief
- Marine Melt
- Revival Facial
- Oriental Scalp Massage

## • The Golfers Partner

If golf is not your thing then why not relax and rejuvenate in our luxurious Spa. Our exclusive Golfers' Partner treatments are tailor made to make your day relaxing, comforting and well away from the greens, fairways and bunkers. Experience the following indulgent treatments:

- Skin Warming Salt and Oil Scrub
- Aromatic Foot Therapy
- Instant Smooth out Face Treatment

## • Pampering Hens

Indulge your pre-wedding hens in this ultimately luxurious pampering day. Enjoy a selection of treatments that leave you gently relaxed yet wonderfully invigorated.

- Silky Smoothing Nourishing Scrub
- Express Facial

Look good and feel great with our selection of 'Essential Spa' treatments.

## WAXING

Using PHD waxing system for your comfort

- Full Leg Wax
- 1/2 Leg Wax
- 3/4 Leg Wax
- Full Leg including Bikini
- Bikini
- Underarm
- Upper Lip
- Chin
- Eyebrow

\*We do not recommend the use of our Thermal Suite facilities 24 hours before or after waxing.

## TINTING

- Eyelash Tint
- Eyebrow Tint
- Eyebrow/Eyelash Tint

\*Tint test is required 24 hours prior to treatment

## OCCASION SPA

- Bridal Make Over (including trial)
- Special Occasion Make Over
- Make-up & Skin Care Lesson

- **Serenity Spa Manicure**

A luxury hand and nail treatment to instantly relieve aches and pains, leaving hands and nails immaculate.

- **Serenity Spa Pedicure**

An aromatherapy treatment for the leg and foot area leaving you with smoother feet and legs finishing with perfectly pedicured polished toenails.

- **File and Polish**

Includes a re-shaping of your nails, cuticle care and polish for the perfect end result

- **Self Tan**

Using leading tanning brand 'St Tropez'

Relax in luxury as we pre treat your body to an invigorating and smoothing full body exfoliation. Once this world famous tanning preparation is applied, you will shower off some hours later to reveal a beautiful, long lasting and natural looking tan.

### Add-ons

For a supplement of £15 why not add one or more of the following:

- French Polish**
- Hand Nourishing Mask**
- Foot Cooling Mask**

# Pamper yourself all year round for only £45 per month

Join the beauty club at the Vital Leisure Club and Spa and you will enjoy a selection of treatments, free gifts and complimentary benefits on a monthly basis.

### Each month you will receive the following:

- £60 worth of treatments (Monday to Thursday)
- Use of Leisure Club facilities on the days of your treatments
- 15% off all additional treatments booked
- 10% off any skin care and make-up purchases
- Complimentary Spa Beauty Gift
- Advance notice of special events

Join now - no membership fees to pay.

Ask one of our beauty therapists for an application form and start enjoying savings on treatments.

**You deserve to be pampered!**  
**Let us look after you!**

### Terms and Conditions:

48 hours cancellation notice required or your treatment will be forfeited.  
Treatments cannot be carried forward to the following month.  
Membership cards cannot be used in conjunction with any other offers or promotions.

