

TREATMENT PORTFOLIO





BODY, MIND, SENSSES & SOUL

WELCOME TO THE 5 STAR
CULLODEN ESTATE AND SPA - NORTHERN
IRELAND'S PREMIER SANCTUARY FOR BOTH
BODY AND MIND. AN ANTIDOTE TO THE
HUSTLE AND BUSTLE OF EVERYDAY LIFE .

Here you will find an oasis of tranquility where our
ESPA treatments fuse advanced techniques with
ancient therapies to deliver the finest modern holistic
therapeutic experiences in the world.

Aromatic and pure essential oils work in harmony with
powerful plant extracts and deeply nourishing marine
elements to create a collection of treatments and
products that are both calming and indulgent.

Luxurious treatment suites, relaxation rooms,
swimming pool, a range of heat experiences and an
extensive selection of therapies on offer, the Spa at
Culloden offers the perfect haven to enjoy some time
out and pampering. Indulge your senses and escape to
a place where tension, fatigue and stress all simply
melt away.

TREATMENT PORTFOLIO

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SPA RITUALS

HEAVENLY RETREAT

140 MINUTES £210

A calm soothing journey designed specifically to achieve ultimate relaxation and tranquility.

Includes: Full body exfoliation, aromatherapy full body massage, ESPA personalised facial with scalp massage.

OCEAN & EARTH RITUAL

80 MINUTES £135
OR
110 MINUTES £180
(FULL BODY MASSAGE)

This deeply effective total body ritual combines body exfoliation with a nourishing wrap & reviving massage to restore balance.

Includes: **Full body** exfoliation, algae or marine mud wrap, scalp massage and aromatherapy back, neck & shoulder massage.

SOLAR EXPERIENCE

80 MINUTES £135

Designed to offer a truly unique & luxurious experience our solo bathing ritual will ensure you feel refreshed & help boost positivity.

Includes: Grounding crystal salt bath, full body hydration, boutique facial, scalp massage with warming Space Mask.

CULLODEN DETOX

80 MINUTES £135

This highly effective ritual encourages lymphatic drainage and improves circulation, while having a overall therapeutic effect on the body.

Includes: Foot ritual, full body dry brush, full body lymphatic massage.

Add a light lunch in Zest for £15

ESPA ICONIC BACK FACE & SCALP TREATMENT

80 MINUTES £135

OR

110 MINUTES (WITH HOT
STONES) £180

ESPA's most renowned treatment will unravel tension, instantly boost complexion & restore inner calm.

Includes: Back exfoliation, back, neck & shoulder massage, **personalised** facial & scalp massage.

SPA – TISSERIE PACKAGE

50 MINUTES £130

Enjoy your choice of one 50 minute Spa treatment followed by a delicious afternoon tea.

Served in Zest.

£10 supplement in Hotel

Choose between:

- Back, neck & scalp massage
- Personalised Facial
- Body Tonic
- Prenatal Massage

SEQUOIA COUPLES SERENITY

100 MINUTES £170
PER PERSON

This treatment offers a shared escapism for two in the Sequoia spa suite, giving you & your partner some quality relaxation time.

Includes: Back, neck & shoulder massage, marma points to the feet & a lower leg massage, **personalised facial & scalp** treatment.

DINE AND INDULGE PACKAGE

50 MINUTES £130

Treat yourself to a 50 minute ESPA treatment before enjoying a two course lunch at the Cultra Inn.

Choose between:

- Back, neck & scalp massage,
- Personalised Facial
- Body Tonic
- Prenatal Massage

RISE & UNWIND

40 MINUTES £100

Treat yourself to a 40 minute ESPA treatment before enjoying breakfast at the Cultra Inn.

Choose between:

- Hot Stone Back Massage
- Boutique Facial
- Lighter Legs Massage

SPA RITUALS





FACIALS

OUR RESULTS-DRIVEN FACIALS ARE WORLD-RENOWNED TO DEFY THE EFFECTS OF LIFE LIVED ON YOUR SKIN. REDUCE LINES AND WRINKLES VISIBLY. REJUVENATE YOUR JOI DE VIVRE AND LET YOUR AGE REMAIN A BEAUTIFULLY WELL-KEPT SECRET.

DELIVERING WHAT YOUR SKIN REALLY NEEDS, ALL OF OUR TAILORED FACIALS INCLUDE:

- A detailed consultation
- An in-depth skin analysis SkinVision™ technology to identify skin conditions not visible to the naked eye
- Cleansing and exfoliation
- A treatment specific massage, mask and intensive serum chosen to achieve the best possible results
- A tailored moisturiser leaves you ready to face the world again, the Culloden Spa offers the perfect haven to enjoy some time out and pampering. Indulge your senses and escape to a place where tension, fatigue and stress all simply melt away.

Vegan and gluten free facials available upon request

FACIALS

PERSONALISED FACIAL

50 MINUTES £95
OR
80 MINUTES £135

Deep cleanse, hydrate & renew with this instant results facial, tailored to suit your skin's precise needs.

Includes: Double cleanse, exfoliation, skin analysis with skin vision lamp, facial massage, personalised mask & scalp massage.

NATURAL FACE LIFT

80 MINUTES £135

A revolutionary facial with cutting edge pre & probiotic technology clinically proven to help increase the biodiversity of the skin.

Includes: Double cleanse, exfoliation, skin analysis with SkinVision lamp, steam (if required), triple facial massage with jade roller to detoxify, invigorate & sculpt, lifting & smoothing mask & scalp massage.

MEN'S DEEP CLEANSE FACIAL

50 MINUTES £95

Clear, cool & balance the complexion with this refining men's facial from ESPA.

Includes: Double cleanse, exfoliation, skin analysis with skin vision lamp, facial massage, personalised mask & scalp massage.

ACTIVE NUTRIENTS GLOW FACIAL

50 MINUTES £105

This invigorating nutrient rich treatment embraces ESPA's holistic approach to restoring radiance, feeding your skin & mood so your face glows with vitality.

Includes: Double cleanse, exfoliation (including Foreo), skin analysis with skin vision lamp, steam Gua-sha facial massage, double mask, hand & arm Gua-Sha massage.

LED & NANO- DERMABRASION FACIAL

50 MINUTES £120

The Light Salon signature treatment is using enzymes supercharged by nano dermabrasion to refine & polish with advanced LED to renew at a cellular level this revolutionises skin rejuvenation, harmonising with ESPA's potent formulations for clinically proven results.

Includes: Double cleanse, nano-dermabrasion exfoliation, advanced LED mask, hydrogel mask, facial massage.

Escape the ordinary
& pamper
yourself



ESPA in partnership with GenM, carefully curated for women to feel empowered and confident throughout every step of their menopause journey.

Working alongside GenM, ESPA provides a holistic approach to wellness during all stages of menopause supported by expert insights and resources. These thoughtfully designed moments of selfcare can bring comfort and help to manage menopause concerns.





BODY

ESPA INNER STRENGTH AND RESILIENCE MASSAGE

GenM

80 MINUTES £135

Transform mind & body, release muscular tension and re-discover sense of wellbeing with this resilience boosting massage. This revitalising massage uses **aroma-therapeutic** oils, yogic stretches and deep muscle massage.

Includes: Yogic stretching, reflex zone foot massage, back massage, sinus release and scalp massage.

SWEDISH SERENITY

80 MINUTES £135

Using traditional stimulating movements with a nourishing Calendula infused oil.

Includes: Swedish massage, back, legs, feet, arms, shoulders, neck & scalp.

BAMBOO JOINT RELEASE EXPERIENCE

80 MINUTES (MASSAGE ONLY) £135

OR

110 MINUTES £180 (FULL EXPERIENCE)

A full body treatment using bamboo to massage, assist in stretching, joint mobility and improve flexibility. Ideal for anyone in need of deep tension release and those who exercise regularly.

Includes: Foot ritual, body exfoliation, facial cleanse, full body joint release incorporating stretching joint rotations followed by full body massage using essential oils and heated bamboo, finishing with a scalp massage.

RELAXATION MASSAGE

GenM

80 MINUTES £135

A therapeutic full body treatment using blends of essential oils personally selected for your individual needs.

Includes: Massage to back, legs, feet, arms, shoulders, neck & scalp.



BODY

BODY TONIC

50 MINUTES £95

This treatment soothes aching muscles & targets the back, legs & feet.

Includes: Back exfoliation, marine or algae back mask, hot stone back massage & lower leg & foot massage.

BACK, NECK AND SCALP MASSAGE

50 MINUTES £95

A **therapeutic** upper body massage using blends of essential oils personally selected for you individual needs.

Includes: Aromatherapy massage to back, neck & shoulder, finishing with scalp massage.

PRENATAL MASSAGE

50 MINUTES
(MASSAGE ONLY) £95

or

80 MINUTES (FULL
EXPERINCE) £135

Target areas prone to stress and tension during pregnancy with this deeply nourishing body treatment.

Includes: Back exfoliation (only in 80 minute treatment), personalised body massage and scalp massage.

MUMS TO BE

140 MINUTES £210

This deeply relaxing treatment uses nourishing formulas combined with expert massage techniques helping to smooth and even skin tone, while melting away tension.

Includes: Welcome foot ritual, gentle back exfoliation, ESPA prenatal maternity massage, ESPA facial with oriental scalp massage.

BODY

ESPA MINDFUL MASSAGE

80 MINUTES £135

Soothe away stress and return body and mind to the present moment with this holistic and blissfully re-balancing experience.

Includes: **Breath work** and visualisation, massage to metamorphic zones of the feet, full body massage and scalp massage with warm Rose Quartz Crystals.

DEEP MUSCLE MASSAGE

80 MINUTES £135

Active stretching & specialised massage to target specific areas of tension.

Includes: Specialised stretching massage to back, legs, feet, arms, shoulders, neck & scalp.

AROMATIC HOT STONES MASSAGE

80 MINUTES £135

Tailored massage with hot stones unravels persistent muscular tightness.

Includes: Hot stone aromatherapy massage to back, legs, arms, neck, scalp and shoulder areas.

Add a light lunch in Zest for £15



Embrace

Tranquility & Luxury






NOURISH & SUPPORT

Working with Amethyst Trust, a charity established to meet the needs of people who have experienced cancer, we have developed a selection of suitable spa treatments.

The following rituals have been carefully designed to soothe the guest and nourish their body, using specially selected products. All experiences begin with breathing and visualisation techniques to commence relaxation, with the emphasis on a holistic approach to each guest's wellbeing.



NURTURE & SUPPORT

TREATMENTS FOR THOSE LIVING WITH & BEYOND CANCER

BE NURTURED BACK, FACE AND SCALP

80 MINUTES £135

Soothe mind and body with this renowned experience.

This relaxing and deeply effective ritual addresses the main areas of tension – the back, face and the scalp. A soothing back massage addresses areas of tension before a personalised facial completes this totally indulgent experience.

BE NURTURED MASSAGE

50 MINUTES £95

80 MINUTES £135

Soothe, relax and re-balance the body with this personalised massage.

Focusing on areas of concern using gentle but rich oil, this unique experience will deeply nourish and hydrate skin while calming the mind.

BE NURTURED FACIAL

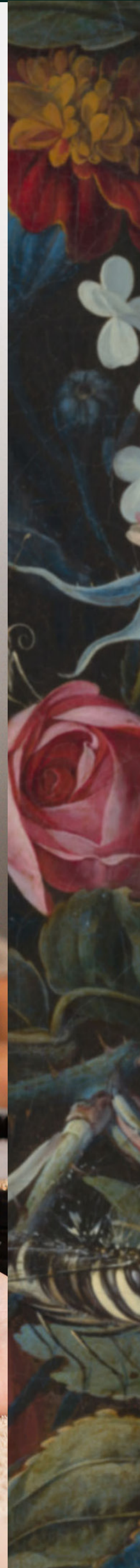
50 MINUTES £95

80 MINUTES £135

Leave skin nourished and radiant with this relaxing facial.

Beginning with a detailed consultation and entirely tailored to your individual concerns, this facial expertly combines the most suitable selection of cleansing, massage, mask, serum and moisturiser according to your needs.

Please allow 10 minutes within this treatment time for consultation



NAILS

PRINCESS POLISH <i>(Under 12's)</i>	£14
FILE AND POLISH	£18
TWO WEEK GEL POLISH <i>40 Minutes</i>	£30
NATURAL GEL OVERLAY	£45
GEL INFILLS	£38
FULL SET OF GEL EXTENSIONS	£60
REMOVAL OF GEL EXTENSIONS WITH NAIL STRENGTHENER	£25
ADD FRENCH	£15



HANDS & FEET

ADVANCED MANICURE

70 MINUTES £75

Includes: Soak - cut and file - exfoliate - cuticle work - massage - personalised mask with hot stones - polish or buff

ADVANCED PEDICURE

70 MINUTES £75

Includes: Soak - nail file and shape - exfoliate - cuticle work - massage - personalised mask with hot stones - polish or buff

ESSENTIAL MANICURE

50 MINUTES £55

Includes: Soak - cut and file - cuticle work - application of hand cream - polish or buff

ESSENTIAL PEDICURE

50 MINUTES £55

Includes: Soak - nail file and shape - exfoliate - cuticle work - application of body cream - polish or buff

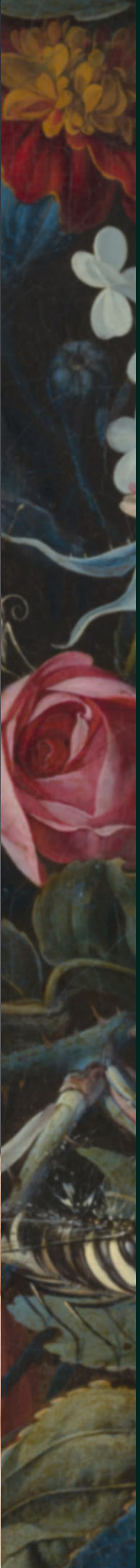
ADD FRENCH TO MANICURE / PEDICURE £15

ADD GEL TO MANICURE / PEDICURE £15



WAXING

BROW	£8
LIP	£10
CHIN	£10
BROW, LIP & CHIN	£25
UNDERARM	£15
HALF LEG	£20
FULL LEG	£30
HALF LEG & BIKINI	£35
FULL LEG & BIKINI	£40
BIKINI	£18
CALIFORNIAN <i>(High Bikini)</i>	£20
BRAZILIAN <i>(Strip Left)</i>	£30
HOLYWOOD <i>(All off)</i>	£35



TINTING

EYEBROW TINTING **£12**

EYELASH TINTING **£18**

EYEBROW WAX & TINT **£18**

EYEBROW WAX, EYEBROW
TINT & EYELASH TINT **£32**

*All tinting treatments require a
24 hour patch test*

WAXING & TANNING

MALE WAXING

CHEST

£18

BACK

£18

TANNING

HALF BODY

£20

FULL BODY

£30





SPA INFORMATION

SPA OPENING HOURS

Monday to Sunday
9.00AM-7.00PM

SCHEDULING AN APPOINTMENT

To schedule an appointment for your perfect treatment, please contact our Spa reservations team who will be able to guide you to the right choice. To ensure your preferred time and service is available we recommend to book in advance. All spa treatments and packages will need to be guaranteed with a credit card. Please note that appointments may alter by 15 minutes from the time stated at the time of booking. The allotted treatment time includes time for consultation and aftercare advice.

ARRIVAL TIME

Please allow sufficient time before your treatment to complete a Spa Consultation Form and/or Health Questionnaire. We recommend you arrive up to 1 hour in advance of your treatment so that you can change, relax and enjoy the spa facilities. Please be advised that late arrivals will result in a reduction of treatment time.

SPA FACILITIES AND ACCESS

The following spa facilities are available in the Spa and thermal suite: eucalyptus steam room, feature shower, tyariumn, swimming pool, jacuzzi, changing areas and relaxation rooms. A Day Pass can be purchased for £60 per person.

GYM

A state-of-the-art gym equipped with Technogym cardiovascular, strength machines and free weights area. Personal trainers are on hand to help you prepare for sporting events, specific goals or assistance with the creation of a life-changing fitness routine. The gym is available to hotel guests, members and day spa guests.

NAIL STUDIO

A glamorous studio for manicures and pedicures. Nail services do not include the use of the Spa facilities.

CHILDREN'S POLICY

Please contact the Spa reservations team for details on treatments available for under 16's. Access to heat experiences and the gym are restricted to over 16's. Child rate for pool access is £30.

CANCELLATION POLICY

A 100% charge will be incurred for any treatment not cancelled at least 48 hours prior to your scheduled treatment. Late arrival will shorten your treatment time. Group bookings required 7 days notice.

SPA ETIQUETTE

Our spa environment is one of relaxation and tranquility. Please respect all spa guests' right to privacy and serenity. In light of this, the spa is a mobile phone, camera and smoke free zone. For your wellbeing, whilst availing of the Spa facilities, the management reserves the right to stop serving alcohol to any guests who may be visibly under the influence of alcohol. Alcohol and food can be purchased within our Spa facility, so ask that none is brought in from external areas.

HEALTH CONDITIONS

Kindly advise us of any health conditions, allergies or injuries which could affect your choice of treatment when making your spa reservation.

PREGNANCY

We have specially designed treatments for expectant women or nursing mothers. Please allow our spa team to guide you in selecting which treatments are most suitable during this special time.

GIFT VOUCHERS

An ideal gift for someone special. Please contact the Spa reservations team for details.

SPA INFORMATION





SPA INFORMATION

HOMECARE

To continue your spa experience at home, most products used in our treatments are available at our Spa reception.

VALUABLES

The Spa at Culloden accepts no responsibility for damage or loss of valuables and jewellery at any time on the spa premises.

PRICES

All prices are quoted in GBP and are subject to change at any time. Gratuities are not included and are welcomed at your discretion.

LOST PROPERTY

All lost property found on the premises should be handed in at our Spa reception. Items will be stored for four months, if they are not collected within this time they will be donated to local charities. Liquids, under garments and hair brushes are kept for 24 hours only.

Discover
Dreamy Day
Packages at....





THE SPA AT CULLODEN BANGOR
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