



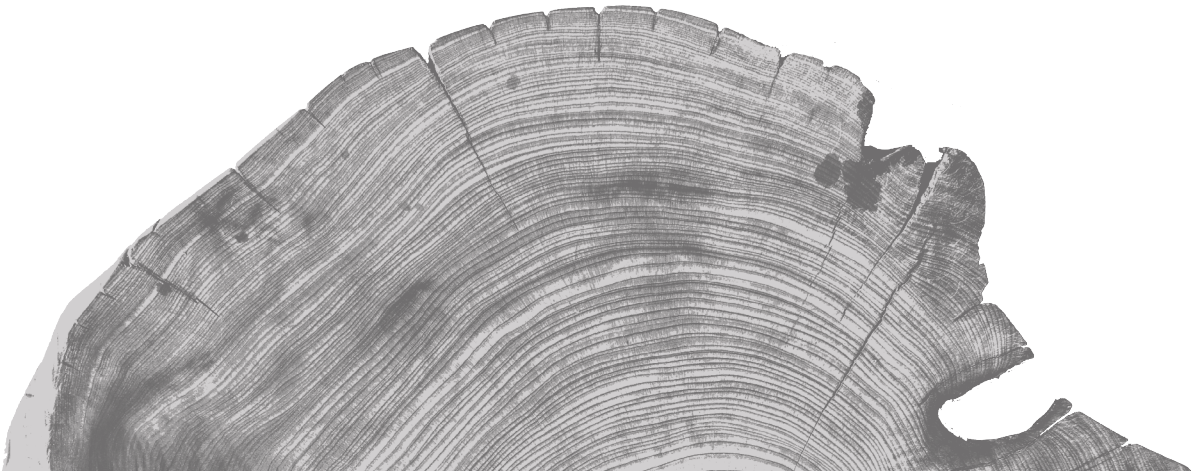
THE WOODLAND SPA
AT FONAB

Relax & Unwind

this is your time to breathe

The Woodland Spa Retreat is nestled in the valley of loch Faskally, secluded in beautiful surroundings. Allow elements of nature to heal and rejuvenate mind and body.

All Spa treatments & packages include use of all facilities and all spa guests receive complimentary use of fluffy robe, slippers and towel. All treatment times are inclusive of consultation and home care advice.



SPA PACKAGES

In consultation with your therapist, products will be tailored to your individual needs, using either Temple Spa or Ishga

WOODLAND TIME RITUAL

2hrs £295

3hrs £395

Includes afternoon tea

Together with your highly skilled therapist, you will choose a combination of treatments tailored to your specific face and body needs.

Complete your experience with afternoon tea in our Brasserie, 1892 overlooking Loch Faskally and Ben Vrackie

PRESS PAUSE TOGETHER

1hr 30mins £190 PER PERSON

Includes afternoon tea

An indulgent experience built for two, which begins with a 60 minute full body massage followed by a 30 minute bespoke facial in our dual room.

Enjoy Afternoon Tea in our Brasserie, 1892, taking in the breath-taking scenery of Loch Faskally and Ben Vrackie.

PEACEFUL PREGNANCY

2hrs £180

A nurturing 60 minute massage helping to soothe aches, pains and general muscle fatigue often experienced during pregnancy. Designed to help relax and calm, ease leg cramps, reduce water retention and puffiness. Using techniques and products to hydrate the skin and help improve elasticity, reducing stretch marks. The legs, feet and arms are gently but therapeutically massaged to release a sense of wellbeing for both mum and baby. Followed by a 60 minute manicure or pedicure.

THE WOODLAND ESCAPE

1hr 30mins £170 *Includes glass of Champagne*

This treatment starts with a reviving salt and oil scrub on the back, sweeping away dull, dry skin. Followed by an invigorating massage, release muscle stiffness and tension from the back. An express facial then follows with a foot and leg massage incorporated while the face mask is on. This treatment is sure to leave you feeling refreshed and invigorated from head to toe.

CASTLE CALM

1hr 30mins £190 *Includes afternoon tea*

A treatment that focuses on complete relaxation of the face, back and scalp. Beginning with a back facial and back massage, designed to rejuvenate and exfoliate while easing muscle fatigue, aches and pains. A personalised facial will be created to select the most suitable products for you, completed with a heavenly scalp massage.

WOODLAND WIND DOWN

1hr 30mins £170 *Includes a tipple from our menu*

A treatment designed just for men. Treat yourself to a relaxing back, neck and shoulder massage with a personalised facial to cleanse, tone and moisturise your skin, leaving it feeling revitalised, calm and hydrated.

HIGHLAND RETREAT DAY SPA

4hrs £55

Experience total rest and relaxation with our Woodland Spa Experience, which includes use of a fluffy robe, towel and slippers, as well as 4 hours use of all our Spa & Leisure facilities, including: 15 metre swimming pool, spa pool, sauna, aroma relax room, thermal suite, steam room and outdoor hot tubs.

TEMPLESPA

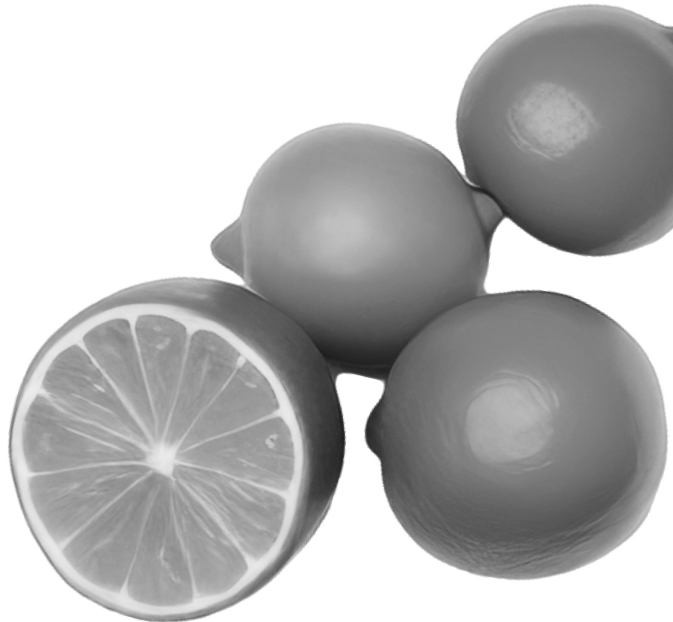
In the sun-soaked embrace of the Mediterranean, Templespa was born 23 years ago. It all started with a profound connection to the warmth, vibrancy, and nourishing indigenous ingredients of the region.

Fueled by a love for living life to the fullest, Templespa has evolved into a haven of exceptional skincare. Beyond the surface, the brand offers transformative well-being experiences through its renowned facials and massages, inviting individuals to indulge in the essence of Mediterranean-inspired bliss.

Templespa, where the journey began, continues to radiate the beauty and vitality of a life well-lived.



TEMPLESPA



TEMPLESPA FACIALS

CHAMPAGNE & TRUFFLES DELUXE TREATMENT - 1hr £125

1hr 30mins £170

A luxury facial that combines our Award-Winning truffle skincare with our specialist lifting massage techniques that together iron out deep lines and wrinkles, help to strengthen muscle tone and reduce puffiness. You'll have something to celebrate. The 90-minute version includes an exquisite cooling alginate mask and rose quartz massage therapy.

Add a glass of fizz and a delicious chocolate truffle to complete the luxury and help you relax.

ALL ABOUT THE GLOW - 1hr £115

1hr 30mins £150

This advanced, skin transforming facial turns up your glow with instant and visible results for firmer feeling & brighter, healthy-looking skin. Your complexion is transformed thanks to intelligent active ingredients boosted by vitamin c and our glycolic acid complexes. Add our unique skin-lifting massage techniques and the results are even better skin.

MY KINDA SKIN - 1hr £115

Let us analyse your skin and prepare a tailored treatment just for you. Your facial includes a tailored face & décolleté massage plus a relaxing scalp massage. You will feel amazing and your skin will look so, so good.



TEMPLESPA MASSAGES

DRIFT AWAY - 1hr £115
1hr 30mins £150

This deeply relaxing top-to-toe massage, formulated with a dreamy blend of Mediterranean essential oils including Frankincense, Lavender and Patchouli, is guaranteed to have you drifting away. Upgrade your experience to 90 minutes to include a signature face and scalp massage using our aromatherapy resting cream REPOSE. This is the perfect treatment to soothe and calm frazzled nerves and wind down an active mind; tension and stress simply melts away...zzz!

I'LL BE BACK - 1hr £130

This invigorating treat includes an exfoliation scrub, a deep cleanse with warm purifying mud followed by a stimulating massage. Leaves you with a back to be proud of.

YOUR BEST YOU - 1hr £130
1hr 30mins £160

This unique top-to-toe treatment is bespoke to you. The gentle, caring massage uses a combination of expert therapist hands and Himalayan Salt stones with TEMPLESPA nurturing skincare to support stress relief, increase energy, and positively boost your mood. Rhythmic stretches, and gentle joint rotation rescue achy limbs and a gentle lymph drainage facial reduces puffiness to leave skin fresh and feeling beautiful.

ULTIMATE GLOW - GLOW WITHIN - 1hr 30mins £160

Experience our indulgent spa signature treatment delivering a sense of relaxation and ultimate radiance for face and body. Our journey to ultimate radiance commences on the back with an aromatic exfoliation and bespoke massage using warm Himalayan Salt Stones, releasing their therapeutic minerals and relaxing your muscles whilst melting away tension. As you drift into a state of relaxation the journey is followed by a skin transforming facial that turns up your glow using intelligent active ingredients boosted by vitamin C and Glycolic acid complexes and our unique skin lifting massage to awaken the natural luminosity in your skin.



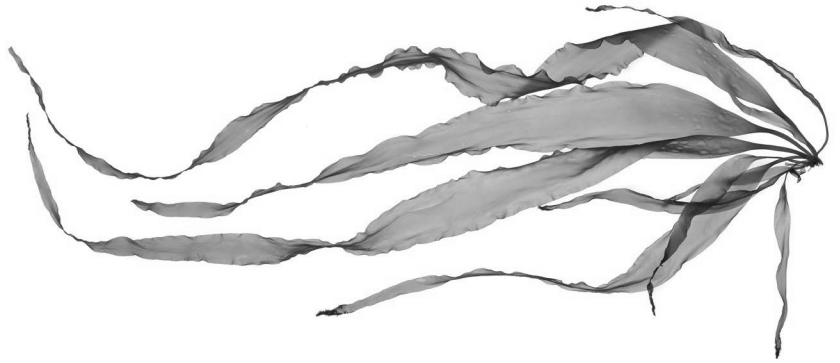
ISHGA

Discover the magic of the Hebrides. Ishga is derived from the Gaelic word for water. This award winning 100% Organic ingredient Hebridean skincare brand, using the highest quality and purest Scottish seaweed combined with water from a natural spring situated on the beautiful Hebridean Isle of Lewis.

Seaweed has been used for centuries for its natural healing and therapeutic properties. It contains a high content of vitamins, minerals and powerful natural anti-oxidants that are considered essential for maintaining glowing skin. Recent scientific research shows seaweed extract used in Ishga preserves the skins natural collagen.

The mineral rich seaweed extract is carefully blended with cucumber extract, macadamia, jojoba, aloe Vera and lemon peel so that your Ishga treatment will detoxify, nourish, firm and hydrate the skin, which is suitable for all skin types.

ishga Organic Seaweed
Natural Skincare



ISHGA FACIALS

HIGHLAND GLOW FACIAL - 1hr £115

A rejuvenating unisex facial designed to revitalise and repair. This treatment will cleanse, tone and moisturise the skin leaving it revitalised and hydrated. Perfect for toning, firming, nourishing but also repairing and protecting the skin from environmental damage. Suitable for all skin types.

LOCHSIDE LUXE FACIAL - 1hr 30mins £150

An indulgent luxurious anti-ageing facial which incorporates a thorough skin care routine combined with three intensive masks. It also includes a warming massage of the face, scalp, shoulders and arms adding a host of vitamins and minerals into the face and upper body.

WOODLAND FACE, BACK & SCALP TREATMENT - 1hr 30mins £150

Exclusive to Fonab Castle Hotel & Spa. This ultimate back facial and massage designed to rejuvenate and exfoliate while treating any congestion and reveal a brighter and smoother skin. Complemented by a personalised facial and scalp massage to complete the treatment.



ISHGA MESSAGES

CASTLE CLASSIC - 1 hr £115
1 hr 30mins £150

A Swedish style massage using a variation of movements with a light to medium pressure to help aid relaxation and improve circulation. During the consultation our highly skilled spa therapists will help devise a treatment that will be adapted to suit your needs.

WOODLAND WELLNESS - 1 hr £140

Invigorating massage using slow deep movements with a medium to firm pressure. This will help release tension, stretch muscles, relieve any stiffness in joints, designed to detox and balance the body whilst targeting areas of tension and stress.

HIGHLAND HARMONY - 1 hr £140
1 hr 30mins £190

A full body hot stone massage incorporating heated basalt stones which instantly relax the muscles, allowing the treatment to work at a deeper level, Hot stones work to relax the mind, ease muscle tension, reduce aches and pains and are placed along the chakras to open up energy pathways.

MOTHER-TO-BE MESSAGE - 1 hr £120

A nurturing full body massage helping to soothe aches, pains and muscle fatigue often experienced during pregnancy. Designed to help relax, calm, ease leg cramps and reduce water retention and puffiness. Using techniques and products to hydrate the skin, improve elasticity and reduce stretch marks, creating a sense of wellbeing for both mum and baby.



ISHGA BODY TREATMENTS

HIGHLAND MARINE BACK TREATMENT - 1hr £130

The ultimate back facial designed to rejuvenate and exfoliate, while treating any congestion to reveal a brighter and smoother skin. Beginning with a cleanse, tone and exfoliation, a powerful heated seaweed clay mask is applied to clarify and soften the skin while providing a deep moisturising treatment. Ideal for skin concerns such as acne on the back, dryness or skin conditions, whilst soothing aches and pains in the muscles. Finishing with a back massage and continued onto the backs of the legs, leaving you feeling deeply relaxed.

HIGHLAND RADIANCE RITUAL - 1hr 30mins £150

This powerful treatment is the perfect combination of a sea salt and oil scrub with a body wrap, followed by a targeted massage for key areas of concern. Designed to eliminate toxins, reduce cellulite and boost energy while being cocooned in uplifting bliss, leaving skin nourished and glowing.

ONCOLOGY TOUCH TREATMENT - 1HR £120

Using Ishga we are pleased to introduce Ishga 'Oncology Touch Therapies'. This bespoke treatment will allow our highly skilled therapists to be able to perform adapted therapies on guests undergoing cancer treatment in aid of relaxation. A thorough consultation with your spa therapist will ensure that this treatment is tailor made specifically for you. Alternatively, you can select two of the options combining what is best for your current symptoms and needs.

Mini Facial, Comforting Foot & Leg Massage, Facial Massage, Hand & Foot Treatment, Back, Neck and Shoulder Massage



MANICURES

ULTIMATE MANICURE - 1 hr £95 *With polish* • 75 mins | £105 *With gel*

Start your treatment with a hand and arm exfoliation, followed on with shaping your nails to your desired length and shape plus cuticle work. Your hands are then wrapped in a nourishing mask and placed in heated mitts to help hydrate and soothe. Finished off with a hand and arm massage and the perfect polish.

PEDICURES

ULTIMATE PEDICURE - 1 hr £95 *With polish* • 75 mins £105 *With gel*

Start your treatment with a relaxing foot soak and exfoliation, followed with shaping of your nails to your desired length and shape with cuticle work. Hard skin is buffed and feet are wrapped in a nourishing mask and placed in heated booties to help soothe and hydrate. Finished off with a foot and leg massage and the perfect polish.



SPA ETIQUETTE

Treatment Reservations

To avoid disappointment, we recommend booking your treatments with Spa Reception well in advance.

What to bring

For your comfort, a robe, towel and slippers will be provided throughout your visit. Hotel guests may wish to arrive in the robe provided in their rooms. We do ask that a bathing suit or swim trunks be worn within the unisex pool, spa pool and thermal suite at all times.

We would like The Woodland Spa to always be a tranquil environment. We would be grateful if you would assist us in maintaining this peace by avoiding use of mobile phones whilst enjoying the spa.

Spa arrivals

Please arrive 15 minutes prior to your treatment time to complete your consultation form, change into your robe and relax before meeting your therapist.

Health conditions

So that we may tailor your treatment to best meet your needs and requirements, we ask that all clients receiving spa treatments complete a consultation form. Please advise our spa team of any health conditions, allergies, medications or injuries which may affect your treatment or use of the facilities. If you should have any questions or concerns please do not hesitate to ask a member of our friendly spa team.

Mothers-to-be and Post Natal

Please advise us at the time of booking of your pregnancy. For your safety, we cannot carry out any of our body treatments during your first 12 weeks of pregnancy. Use of our sauna, steam room or spa pool are also not allowed during this time. We can, however, offer you any of our luxurious facials, manicures or pedicures during this time.

After your first 12 weeks, please speak with a member of our spa team to discuss the treatment best suited to your needs.

Home care

To continue the benefits of your spa experience at home, our experienced spa staff will provide you with aftercare advice on the products which would best benefit your needs.

Cancellation Policy

Please be advised that we have a 24 hour cancellation policy. Should you need to cancel or change your spa reservation full charge of the treatment will be taken should you fail to cancel your reservation. Packages and exclusive offers have a 48 hour cancellation policy.

SPA ETIQUETTE

Points of Safety

Spa Facilities and Thermal Suite: As part of our commitment to health and safety we may restrict access to the facilities. This is to ensure all of our guests have a safe and enjoyable experience.

Although trained staff are on duty within the spa we do not have a life guard on duty within the pool.

We would ask that each guest shower before entering the pool or thermal use to remove any oils held on the skin.

The pool floor will be slippery when wet, so please do not run. We ask that there is no jumping or diving in the pool or spa pool; and, we do not allow toys in the pool.

Children

As part of our commitment to health and safety, children under the age of 16 are not permitted in the spa facilities unless accompanied by a parent or guardian at all times.

Children under the age of 16 will not be permitted to use the thermal suite, sauna, steam room, aroma room or the spa pool at any time.

Any person under the age of 16 wishing to receive treatments must be accompanied by an adult at all times. Body massage and facial treatments will not be permitted on any child under the age of 16.

Loss or Damage

In the unfortunate instance of loss or damage of personal possessions, The Woodland Spa cannot be held responsible. We ask that all personal belongings be stored safely in the supplied lockers.

Special Requirements

We will do our utmost to make sure your visit to The Woodland Spa at Fonab Castle is unique and enjoyable. Should you have any specific requirements, please contact a member of our spa team, and we shall endeavour to do all we can to meet your needs.

