



CAMERON SPA
ON LOCH LOMOND



WELCOME TO CAMERON SPA

**WORLD CLASS FACILITIES
AND BREATH-TAKING VIEWS
ACROSS LOCH LOMOND AND
BEN LOMOND**

Take a journey to Cameron Spa, delight the senses, the mind and the body. There are years of legend and legacy surrounding the magic and mystery of Loch Lomond, famed for its stunning beauty, inspiration and tranquility. Whatever you need, whatever you're looking for you'll find it here, an opportunity for uninterrupted time to yourself, to take a step back, regenerate, refresh and reward yourself with some well earned rest and relaxation.

CAMERON SPA

ESPA FACIALS

**OUR FACIALS BEGIN WITH
A DETAILED CONSULTATION
AND IN-DEPTH SKIN ANALYSIS**

Your facial is specifically tailored to you, to include cleansing, exfoliation and steam where necessary, and a treatment specific massage, mask and intensive serum. Using Skinvision™ technology to identify skin conditions not visible to the naked eye. Finally, skincare products are chosen for your individual needs to achieve the best possible results. To maintain the ultimate in healthy radiant skin we recommend a facial once a month.



INTENSIVE AND AGE DEFYING ESPA FACIALS

ADVANCED ENZYME FACIAL

1HR 25MIN

A powerful and highly effective facial to boost cell regeneration and give an instantly smooth, softly glowing complexion. A deep brush cleanse is followed by an intense enzyme peel containing botanical extracts and pumpkin enzymes to deeply exfoliate and remove dead skin cells. After a soothing massage using rose quartz crystals to help cool and calm, a lifting and smoothing mask is applied, containing concentrated seaweed extracts, Argan oil and menthol, to give your skin a more plumped and firm appearance.

ENZYME FACIAL

55MIN

Powerful and highly effective natural facial peel for dramatically smooth skin. Softens and evens skin tone. A brush cleanse, followed by an intense enzyme peel containing botanical extracts and pumpkin enzymes deeply exfoliates and removes dead skin cells, followed by an application of soothing rose quartz crystals to help cool and calm, revealing an ultra smooth, glowing complexion.

ESPA NATURAL FACE LIFT

85 MIN

Reveal visibly resilient, healthy-looking, youthful skin. This specialised facial is the complete approach to skin health using cutting edge pre and probiotic technology combined with the same benefits of physical exercise to detoxify, invigorate, sculpt and relax. Powerful age defying techniques inspired by Japanese Kobido massage, along with stimulating Jade rollers give instant results, leaving the skin firm, lifted and beautifully radiant. Includes: Skin analysis with SkinVision™ lamp – double cleanse – steam – Japanese Kobido inspired facial massage – stimulating Jade rollers – sculpting & lifting massage techniques – Lifting & Smoothing Mask – scalp massage



SKIN SOLUTIONS ESPA FACIALS

SKIN RADIANCE FACIAL

55MIN

This revitalising facial treatment helps refresh tired skin, giving a noticeably brighter and naturally radiant appearance. A special application of ESPA skin radiance moisturiser; rich in natural AHAs and BHAs from Hawaiian algae and meadowsweet, helps to smooth, reduce irregular pigmentation and brighten the skin to deliver instant results.

RE-HYDRATOR FACIAL

55MIN

An intensive and regenerating facial for dehydrated skin leaving it supple and nourished. Gentle cleansing and exfoliation help the skin absorb replenishing face treatment oils and masks to deeply moisturise and soothe the complexion. This rehydrating facial leaves skin smooth and feeling rejuvenated.

DE-SENSITISER FACIAL

55MIN

A comforting facial for sensitive skins prone to redness and irritation, leaving skin calmed and nourished. De-sensitising natural plant extracts and calming aromatherapy oils such as chamomile and benzoin are used to gently cleanse, nourish and hydrate fragile skin. This soothing facial helps to reduce skin sensitivity.

SKIN PURIFYING FACIAL

55MIN

Ideal for oily, congested and problematic skin, or those suffering with hormonal imbalance, this deep cleansing facial helps to regulate oil secretions and refine open pores. Essential tea tree and white thyme oils, which are naturally decongesting and anti-inflammatory, are used to soothe and calm the skin, encouraging a more balanced and clearer complexion.

OPTIMAL SKIN PRO FACIAL

55MIN

Suitable for all skin types and ages, this treatment combines our unique Optimal Skin ProCleanser, which gently exfoliates as it melts into the skin, with a deep brush cleanse and brightening mask to remove dead skin cells. This treatment firms and enhances elasticity to help maintain smooth supple youthful looking skin.

HAUTE BEAUTÉ FACE CARE

CARITA

CINETIC LIFT FACIAL

1HR 45MIN

The alternative to cosmetic surgery and the exclusive combination of micro-currents. Ultrasound and LED futuristic technologies, for dramatical visible results after just one treatment. Tailored expert solutions dedicated to individual skin concerns, Cinetic treatments truly deliver the ultimate results in correcting, lifting and firming.

LAGOON HYDRATION

1HR

Refreshing replenishing care – dehydrated skin

Dive into Polynesian water and give your skin a burst of moisture! Specially designed for dehydrated and tired skin, this treatment immerses the skin in a bath of freshness. To gently energise and prepare the skin, renovateur is applied to remove impurities and dead cells from the epidermis. The beauty therapist's expert hands then massage lagoon serum and lagoon bath to intensify the amazing benefits of those products. Rich in essential minerals, this extremely hydrating treatment relaxes the facial contours and revitalises your skin, revealing a radiant and luminous complexion. The skin is more plumper and fine dehydration lines appear reduced.

COTTON SOFTNESS

1HR

Tender smoothing care – sensitive skin

Give into temptation with this extremely soothing cocoon treatment. Renovateur gently removes all impurities and dead cells leaving the skin soft and refined. Cotton serum and cotton mask are then applied to the face and neck with a long soothing massage. Your skin is perfectly toned, soothed and supple. Comfort is restored, leaving it more resistant to irritations.

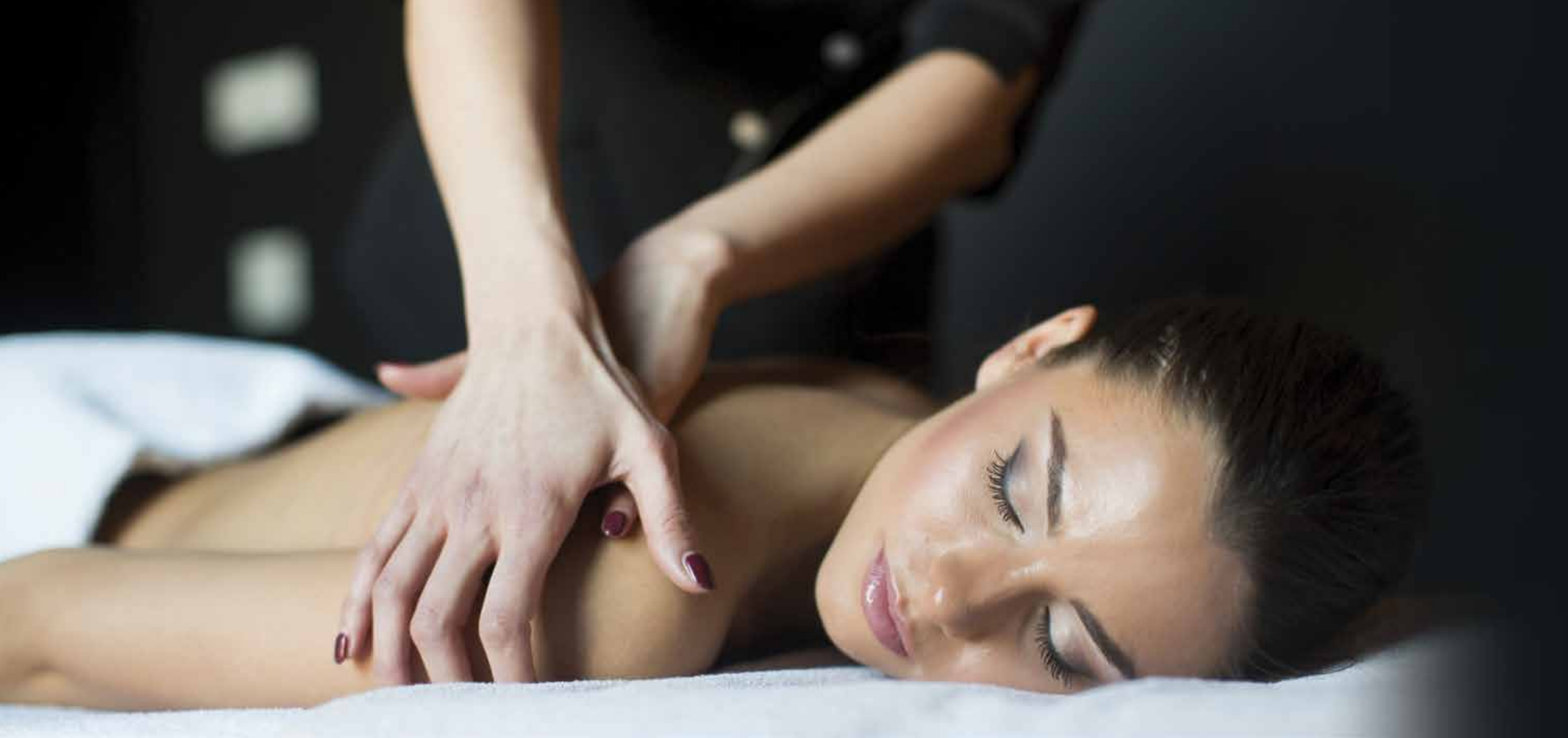
PAPAYA PURITY

1HR

Balancing matifying care – combination to oily skin

Rediscover the freshness of a matte and luminous complexion. After a relaxing massage of the neck and decollete area, renovateur is applied for a long exfoliation to eliminate impurities from the skin and refine its texture. The treatment finishes with the application of powder emulsion, a matte and velvety caress on your skin. Your skin is left fresh, cleansed and radiant.





SPA DAYS

CARITA

THE ULTIMATE CARITA CINETIC LIFT FACIAL WILL LEAVE YOUR FACE FEELING YOUNGER, CLEARER AND BRIGHTER AND GLOWING WITH HEALTH

ETERNAL RADIANCE

Ultimate Carita cinetic lift facial followed by a foot ritual and a full body massage using Carita's Massage de Beauty Oil. Within the facial your skin will be sculpted and contoured to reveal a more youthful radiant and even complexion. As an alternative to cosmetic surgery with the exclusive combination of micro-currents, ultrasound and LED futuristic technologies creates for a dramatic and visible results after just one treatment.

All spa days include a light lunch in spa dining, use of the thermal experience for 2 hours, robe, slippers and towels.*

BODY EXPERIENCES

ESPA

WE OFFER A HUGE RANGE OF SOLUTION LED ESPA BODY TREATMENTS AND MESSAGES

Each one designed and tailored specifically to ensure you experience the best physical and emotional therapeutic benefits depending on your needs.

'HERO' - BACK, FACE AND SCALP TREATMENT

1HR 25MIN

Renowned as our 'hero' treatment and loved by all, this ESPA experience delivers triple results by targeting three key areas; the back, the face and the scalp. These ideal indulgences for all will leave you truly relaxed and feeling wonderful. Included within this experience is a back exfoliation, a back massage, a personalised facial and a scalp massage with or without pink hair mud.

Upgrade with hot stones available.



AROMATHERAPY MASSAGE

55MIN

ESPA aromatherapy massage is professional and specific, using a blend of individually chosen oils. A personal consultation will ensure that you receive a unique treatment to suit your specific needs.

Includes: aromatherapy massage to back, legs, arms, abdomen, neck and shoulders.

HOT STONE MASSAGE

55MIN

A therapeutic full body massage using an ESPA body oil matched to your specific needs combined with hot volcanic stones. We will soften and warm target muscles to ease aches and pains as well as helping to relieve deep muscle tension. The powerful oils, heat and the soothing rhythm of stones on your skin will help you to unwind, switch off and relax, perfect if you suffer from stress or have trouble sleeping.

Includes: hot stone aromatherapy massage to back, legs, arms, abdomen, neck and shoulders.

SWEDISH MASSAGE

55MIN

A traditional full body massage using firm pressure to promote relaxation and ease muscle tension. This treatment is ideal as an introduction to massage, stimulating movements help soothe tired aching muscles to leave you relaxed and revived.

Includes: Swedish massage to back, legs, arms, abdomen, neck and shoulders.

BODY EXPERIENCES

ESPA

BALINESE MASSAGE

55MIN OR 85MIN

This massage uses long, warming strokes to encourage complete calm and wellbeing. Gently heated aromatherapy oils are poured onto the centre of the body and massaged into the skin using stretching and sweeping movements for deep relaxation. The 85minute massage includes the addition of Hot Volcanic stones that are used to tailor the massage pressure to your needs and release tension. This soothing and indulgent massage leaves your mind, body and spirit soothed and relaxed.

Includes: Balinese massage to back, legs, arms, abdomen, neck and shoulder massage.

DEEP MUSCLE MASSAGE

55MIN OR 85MIN

A powerful massage designed to alleviate deep-seated tension and muscular stress. Specialised techniques concentrate on specific areas of concern and alleviate common discomforts such as a stiff neck or lower back pain and sore, tight shoulders. The 85 minute massage includes the addition of Hot Volcanic stones that are used to tailor the massage to your needs and release tension.

LIFT AND FIRM, HIP AND THIGH TREATMENT

55MIN

This is a highly effective, stimulating treatment for great, immediate results. It targets cellulite, fluid retention, bloating and uneven skin texture. We combine potent marine extracts with iced mitts and a deeply detoxifying massage with specialised stomach massage techniques to help cleanse and purify the colon. Ideal for those of all shapes and sizes concerned with the appearance of cellulite. A course of 6 treatments is recommended. **Includes:** Skin brushing, detoxifying salt and oil scrub, detoxifying massage to specific area, specialised colonic massage techniques.

ESPA HOT POULTICE MASSAGE

80 | 120 MIN

Revitalise body and mind as full body exfoliation followed by warmed poultices infused with individually selected herbs unite with therapeutic hands, for a holistic full body massage that cleanses, relaxes and boosts circulation. Finishing with a scalp massage, you emerge totally nurtured and with beautiful, nourished skin.

Includes: Personal consultation, full body exfoliation (120 mins only), poultice and hands-on massage, scalp massage.

ESPA BODY WRAP

55MIN

This is a personalised body wrap tailor-made for your own experience, designed to deliver just what you need. Do you want your skin to feel firmer, softer and smoother? Would you like to be mentally or physically more relaxed? Perhaps you need to be awake to shake off jet lag or seasonal ailments? You tell us and we'll make sure you get the best of both worlds. Firstly we will skin brush and exfoliate your body, then wrap you in a warm cocoon of algae or marine mud combined with the essential oils needed to meet your specific requirements. Your body temperature will be comfortably raised, to increase the effects and absorption of the wrap. A soothing scalp massage during your wrap will ensure you'll be left totally relaxed while your skin will feel nourished and hydrated. **Includes:** Skin brush, body exfoliation, wrap, scalp massage.

ESPA MATERNITY

It's a special time in your life and the beginning of another journey. You need to look after yourself and bump. Let us help you.

PRE AND POST NATAL TREATMENT

55MIN

A deeply nourishing body massage designed to target areas prone to stress and tension during or after pregnancy. Gentle back exfoliation, if you would like it, is followed by a soothing body massage to suit your individual concerns. We will focus on requested areas to help alleviate muscular aches as well as helping you and your bump to relax, restore and revitalise. A course of 6 treatments is recommended following the first trimester of pregnancy.

Includes: Back exfoliation, body and scalp massage, this treatment is tailored to your specific needs.



CAMERON SPA

MADE FOR LIFE

RECONNECT WITH NATURE AND STILLNESS

Made for Life Wellness treatments provide a window of time to disconnect from daily stress. The treatments are akin to a period of meditation, allowing the body to access the parasympathetic state where the mind and body are prompted into a 'state of allowing'. This period of time allows rejuvenation on all levels – mind, body and emotions – including a natural boost to immunity. All Made for Life treatments use Made for Life 100% organic preparations and a range of specialised relaxation techniques.

CATCH THE BREATH® SOOTHING BACK AND SCALP TREATMENT 25MIN

For those with less time, who simply want some time out to 'catch the breath'; this nurturing back, head and shoulder ritual will help you to gently drift away and relax. Your therapist uses slow, soothing and nurturing touch therapy with 100% organic oils and balms to bring you a deep sense of calm and relaxation. (Also suitable for people living with and recovering from cancer).

HAND ON HEART™ DEEPLY RELAXING BACK, SCALP AND FACIAL TREATMENT 85 | 55MIN

This deeply relaxing and nurturing spa ritual is suitable for all and created to help you reach a sense of deep peace and calm. Smooth, slow and rhythmic Tui Na and gentle touch is applied to the scalp, face, back and shoulders. The slow Tui Na Chinese movements rebalance and calm the upper body. The facial eases any tension held within the face and also replenishes, nourishes and revives the skin, using luxurious 100% organic oils and balms. (Also suitable for people living with and recovering from cancer).

SOOTHE & NURTURE™ ORGANIC FACIAL 100% ORGANIC FACIAL 55MIN

A beautiful way to restore natural luminosity to the skin, leaving you looking and feeling radiant. 100% organic balms and oils will nourish and cleanse, eliminating congestion and returning natural balance to the skin, whilst deeply relaxing face and scalp massage calms the mind and soothes the soul. (Also suitable for people living with and recovering from cancer).

SOFT TOUCH THERAPY DEEPLY RELAXING TOUCH TO FACE OR BODY 55M | 25MIN

An exceptionally relaxing sequence of slow, soothing movements tailored to your needs. Soothing and nurturing touch to full body or part body induces a deep sense of relaxation enabling you to find peace and enjoy the present moment. (Suitable for people living with cancer).



CAMERON SPA

REFLEXOLOGY

**A GENTLE AND EFFECTIVE FORM
OF THERAPEUTIC TREATMENT
APPLIED TO THE FEET**

Reflexology is considered to be a holistic healing technique that aims to treat the individual as a whole, in order to induce a state of balance and harmony in body, mind and spirit.

55MIN

Reflexology is based on the belief that there are reflex areas on the feet corresponding to all the parts of the body including major organs. The therapist stimulates and works these organs and systems through the reflexes, applying pressure to the feet with thumb and fingers.

Reflexology does not claim to be a 'cure-all' but numerous disorders have been successfully treated by this method. These disorders include migraine, sinus problems, hormone imbalances, breathing disorders, digestive problems, circulatory problems, back problems, tension and stress.



ESPA EXPRESS

ADD-ON EXPERIENCES

DESIGNED FOR YOU TO ENJOY
WHEN YOU NEED A BOOST

25 minute ESPA express experiences to get you back to your fantastic self. These express experiences can also be 'added on' to complement your existing spa experience, when you need a little more time to yourself.

PERSONALISED EXPRESS FACIAL

Your therapist will select the most suitable facial for your skin. Every ESPA personalised facial includes a consultation, SkinVision analysis, cleanse, exfoliation, personalised facial mask and finishes with an application of a booster serum to suit your skin.

LIFT AND FIRM EYE TREATMENT

Perfect for those who are concerned with the first signs of ageing around the eyes. This effective firming and hydrating treatment helps to reduce the appearance of fine lines and relieves tension from eye-strain and computer headaches. Incorporating a facial cleanse, exfoliation, targeted massage for the eyes and an application of our lift and firm intensive eye serum.

SHOULDER, NECK AND SCALP MASSAGE

This massage focuses on the key areas of tension in the upper body, using an ESPA body oil matched to your specific needs.

BACK, NECK AND SHOULDER MASSAGE

This massage focuses on the key areas we hold tension in within the back of our bodies, using an ESPA body oil matched to your specific needs.

SALT AND OIL SCRUB

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple. The perfect pick me up when you want to look glowing and feel invigorated, we also recommended this prior to enjoying an ESPA massage. For a lighter application body polish is applied instead of salt and oil scrub.

INVIGORATING FOOT TREATMENT

Perfect for tired post-shopping or party feet, this mini miracle will reduce puffiness and soothe aches and pains while indulging you with a refreshing exfoliation combined with a deeply therapeutic foot and lower leg massage.





UPGRADES COUPLES SUITE

UPGRADE YOUR TREATMENTS TO OUR LUXURY COUPLES TREATMENT SUITE

Your treatments will be carried out by our expert therapists in the same room. Lying side by side enjoy having your treatments together in the ultimate luxury treatment room. Prior to your treatments taking place you have 1 hours access to the treatment room together to enjoy your own private aromatherapy spa bath for two and relaxing steam and rasul mud chamber.

£60 | Upgrade fee includes 1 hours access prior to treatments for private bath and steam and treatments carried out in same room

£30 | For treatments only (excludes access 1 hour prior for spa bath and steam chamber)

Not all treatments are suitable to be carried out within the Couples Suite. You must both select the same treatment choice.

CAMERON SPA

FINAL FLOURISHES

HANDS AND FEET

LUXURY MANICURE (WITH HOT STONES) 1HR 5MIN

A relaxing arm, hand and nail treatment including a gentle skin refiner, cuticle work and a therapeutic massage using aromatherapy oils and hot stones. Hands and nails are then treated to a warm envelopment of paraffin wax to intensively nourish them and then nails are painted to achieve that polished finish.

Please note Gel Polish upgrade not available with this treatment.

LUXURY PEDICURE (WITH HOT STONES) 1HR 5MIN

A soothing foot, leg and nail treatment including gentle exfoliation, cuticle work and a relaxing massage using essential oils and hot stones. The feet are enveloped in warm paraffin wax to soften, deeply nourish and condition them, then toes are painted to achieve a polished finish.

Please note: Gel Polish upgrade not available with this treatment.

MANICURES AND PEDICURES

DELUXE MANICURE 50MIN

MANICURE 35MIN

DELUXE PEDICURE 50MIN

PEDICURE 35MIN

FILE AND RE-VARNISH 25MIN

Gel polish to File and Polish or Manicure and Pedicure £20 supplement.

Please note: Gel, Acrylics or hard setting polish must be removed prior to your nail appointment, or upgrade to include a removal with your application for an additional £20.

EYES

EYEBROW SHAPE 30MIN

EYEBROW TINT* 15MIN

EYELASH TINT* 15MIN

*A test patch is required 24hrs before treatment.

LASHES

STRIP LASHES

WAXING

FOREARMS 30MIN

UNDERARM 30MIN

HALF LEG 30MIN

HALF LEG AND BIKINI 45MIN

FULL LEG 45MIN

FULL LEG AND BIKINI 60MIN

BASIC BIKINI 15MIN

BRAZILIAN 30MIN

HOLLYWOOD 45MIN

FACIAL WAXING 15MIN PER AREA

SPRAY TAN

FAKE BAKE SPRAY TAN

FAKE BAKE 60 MINUTE TAN

(develops within 1-3 hours)

HAIR

CUT AND BLOW DRY

GENTS CUT

FRINGE TRIM

BLOW DRY SHORT HAIR

BLOW DRY LONG HAIR

HAIR UP

HAIR COLOURING*

ROOT RE-GROWTH

FULL HEAD COLOUR

COLOUR ENHANCING HIGHLIGHTS
(5-10 FOILS)

HALF HEAD OF HIGHLIGHTS

FULL HEAD OF HIGHLIGHTS

FULL HEAD OF HIGHLIGHTS
AND COLOUR IN BETWEEN

BLOCK COLOUR | FLASH PANEL

*A test patch test is required 24 hours prior to treatment.

MAKE-UP

MAKE-UP LESSON

1HR

Detailed help with discovering the make-up and colours that suit you best.

SPECIAL OCCASION MAKE-UP
45MIN

For when you have a special event or a big night out and want to look your glamorous best.

BRIDAL MAKE-UP TRIAL

1HR

We will take notes for the perfect match to your wedding style and dress so you can look amazing on your special day.

BRIDAL MAKE-UP ON THE BIG DAY

1HR

For when you have a special event or a big night out and want to look your glamorous best.



ESPA MEN

Our ESPA face and body treatments for men are specifically tailored to your skin type; each one designed to ensure you experience the best physical and therapeutic benefits according to your needs.

‘HERO’ - BACK, FACE AND SCALP TREATMENT 1HR 25MIN

The ESPA advanced back, face and scalp treatment is a total body experience which will relax, unwind and prepare you physically and mentally for any day. All of our aromatic oils and skin care will be tailored to your needs. You will enjoy a back exfoliation continuing with a deeply soothing massage, followed by a tailor-made facial with scalp massage, leaving you looking and feeling rejuvenated while ensuring your skin is super smooth and glowing. Upgrade with hot stones available.

ADVANCED ENZYME FACIAL 1HR 25MIN

The Age Rebel from ESPA will make you feel like a legend; steam and soft brush cleansing combined with an enzyme peel and amazing facial massage will give you immediate visible results so you look younger and fresher.

PERSONALISED GENTS FACIAL 55MIN

Begin with a detailed consultation and in-depth skin analysis using Skin vision technology to identify skin conditions not visible to the naked eye. Your facial is specifically tailored to you, to include cleansing, exfoliation, steam and extraction where necessary, and a treatment specific massage, mask and intensive serum. Finally, skincare products are chosen for your individual needs to achieve the best possible results.

MEN’S SHOULDER, NECK AND FACE MASSAGE 55MIN

A condensed massage for those who suffer with tension related headaches and neck strain. If you have little time to spare, this deeply soothing back, face and stress releasing scalp massage is an ideal way to melt away tension and relieve tight muscles. You’ll feel revived and invigorated for the day ahead or relaxed and calm for a peaceful night’s sleep.

Includes: Back massage, facial massage and scalp massage.



AROMATHERAPY MASSAGE 55MIN

ESPA aromatherapy massage is professional and specific, using a blend of individually chosen oils. A personal consultation will ensure that you receive a unique treatment to suit your specific needs. **Includes:** Aromatherapy massage to back, legs, arms, abdomen, neck and shoulders. Upgrade with hot stones available.

HOT STONE MASSAGE 55MIN OR 85MIN

A therapeutic full body massage using an ESPA body oil chosen to meet your specific needs combined with hot volcanic stones. We will soften and warm target muscles to ease aches and pains as well as helping to relieve deep muscle tension. The powerful oils, heat and the soothing rhythm of stones on your skin will help you to unwind, switch off and relax. Perfect if you suffer from stress or have trouble sleeping. **Includes:** Hot stone aromatherapy massage to back, legs, arms, abdomen, neck and shoulders.

DEEP MUSCLE MASSAGE 55MIN OR 85MIN

A powerful massage designed to alleviate deep-seated tension and muscular stress. Specialised techniques concentrate on specific areas of concern and alleviate common discomforts such as a stiff neck or lower back pain and sore, tight shoulders. The 85 minute massage includes the addition of Hot Volcanic stones that are used to tailor the massage to your needs and release tension.

SWEDISH MASSAGE 55MIN

A traditional full body massage using firm pressure to promote relaxation and ease muscle tension. This treatment is ideal as an introduction to massage; stimulating movements help soothe tired aching muscles to leave you relaxed and revived. **Includes:** Swedish massage to back, legs, arms, abdomen, neck and shoulders.

MUSCLE REVIVER 40MIN

This is a specific deep muscle massage especially designed to concentrate on areas of tension accumulated during everyday activities. The therapist’s focus is on the neck, lower back and shoulders to leave you feeling more agile.

BALINESE MASSAGE 55MIN OR 85MIN

This massage uses long, warming strokes to encourage complete calm and wellbeing. Gently heated aromatherapy oils are poured onto the centre of the body and massaged into the skin using stretching and sweeping movements for deep relaxation. The 85minute massage includes the addition of Hot Volcanic stones that are used to tailor the massage pressure to your needs and release tension. This soothing and indulgent massage leaves your mind, body and spirit soothed and relaxed. **Includes:** Balinese massage to back, legs, arms, abdomen, neck and shoulder massage.

MEN’S WAXING

BACK WAX

CHEST WAX

BACK AND CHEST WAX

CAMERON SPA

SPA DAYS

All spa days include a light lunch in spa dining, use of the thermal experience for 2 hours, robe, slippers and towels.*

HIDE WITH ME 50MIN

An express facial combined with an aromatherapy back neck and shoulder massage. You will look and feel fresher after some much needed relaxation.

RELAX WITH ME 50MIN

A full body salt and oil scrub followed by an aromatherapy back neck and shoulder massage. Exfoliate and smooth your skin with this softening salt and oil scrub and then enjoy a deeply relaxing back, neck and shoulder massage with a personalised blend of aromatherapy essential oils.

DANCE WITH ME 50MIN

Express facial and a express manicure or express pedicure. Prepare for that special occasion with a radiance facial treatment and a manicure or pedicure for pretty fingers or toes.

ESCAPE WITH ME 1HR 25MIN

This ESPA experience delivers triple results by targeting three key areas; the back, face, head and scalp. Sheer bliss that delivers a solution led facial treatment, a relaxing back massage and a head and scalp massage.

NATURE. BE A PART OF IT 60MIN

A full body salt and oil scrub with a back, neck and shoulder massage with hot stones. This exceptional skin softening body exfoliation combines sea salts with essential oils and a therapeutic massage, using an ESPA body oil matched to your specific needs, combined with hot volcanic stones. We will soften and warm target muscles to ease aches and pains as well as helping to relieve deep muscle tension. The powerful oils, heat and the soothing rhythm of stones on your skin will help you to unwind, switch off and relax.



SHINE. INSIDE AND OUT 1HR 20MIN

The ESPA body wrap and revitalising facial is a personalised body wrap tailor-made for you and designed to deliver just what you need. Firstly we will skin brush and exfoliate your body, then wrap you in a warm cocoon of algae or marine mud combined with the essential oils needed to meet your specific requests. A soothing scalp massage during your wrap will ensure you'll be left totally relaxed, whilst your skin will feel nourished and hydrated. This treatment experience also includes a revitalising facial treatment that helps refresh tired skin, giving a noticeably brighter and naturally radiant appearance.

MADE FOR LIFE SPA DAY 55MIN

Enjoy your choice of 55 minute Made for Life Treatment. Through a consultation with your therapist discover your inner calm. Transport yourself to a deep meditative state allowing you to relax and have your stresses and worries melt away through the effects of touch therapy. The Made For Life treatment is also suitable for those undergoing treatment for, or living with Cancer.

SPOIL ME 1HR 55MIN

This radiance ritual signature treatment promises to improve skin texture and relax tension in your muscles, starting with a deeply relaxing back massage followed by a revitalising facial with a brightening mask which leaves the skin radiant, smooth and hydrated. Your lower legs and feet receive a therapeutic massage and the experience concludes with a calming scalp massage.

FREE ME 1HR 5MIN

A powerful massage designed to alleviate deep-seated tension and muscular stress using relaxing aromatherapy essential oils. Specialised techniques concentrate on specific areas of concern and alleviate common discomforts such as a stiff neck, lower back pain and sore, tight shoulders. A deep, Indian head and scalp massage eases stress and tension.

AFTERNOON DELIGHTS FOR TWO GUESTS

Enjoy a double indulgent Spa day with a decadent afternoon tea and a relaxing spa treatment. Your day for two will begin with a journey through our selection of hydro and thermal experiences including our roof-top infinity pool. Then tantalise your taste buds with a selection of freshly cut sandwiches and delicate cream cakes prior to a totally relaxing 55 minute treatment. Upgrade to include a glass of Champagne with your afternoon tea from £10pp.

THE ULTIMATE COUPLES SPA DAY

Escape just the two of you for the day. Spend some quality time together prior to your treatments in your own couples suite treatment room. Relax in the private steam chamber and enjoy a self applied rasul mud therapy followed by some time relaxing in your own aromatherapy spa bath for two. Your therapists will then join you in the suite for you to experience a 55 minute full body massage of your choice: aromatherapy, deep muscle, hot stones, Swedish or Balinese followed by a 25 minute soothing express facial tailored to your skin type. Upgrade to include a glass of Champagne with your lunch from £10pp.

CAMERON RITUALS SPA BREAKS

BEAUTY TREATMENTS SURROUNDED BY BEAUTY

REVITALISING RITUAL

55MIN

A refreshing full body exfoliation either combining sea salts with essential oils or body brushing and body polish to leave skin nourished, smooth and supple.

Complete the experience with a therapeutic back, neck and shoulder massage to soothe tension and leave you relaxed and revived.

REBALANCING RITUAL

55MIN

Restore equilibrium and peace of mind with this unique combination of personalised facial and soothing foot massage. An express facial, tailor-made to suit your skin's individual needs, is followed with a relaxing scalp massage working on pressure points to ease tension. Finishing with an uplifting foot and lower leg exfoliation and a deep foot massage to bring instant relief to tired feet.

RELAXING FACE AND BACK RITUAL

55MIN

The perfect treatment, combining a gentle exfoliation and relaxing aromatherapy back, neck and shoulder massage, with a face and scalp massage, to melt away tension and leave skin radiant.

FIT FOR BUSINESS BACK RITUAL

55MIN

After a stressful day relax with a back cleanse, exfoliation and deep massage followed by a purifying back mask. A tension relieving massage to the legs and feet to help revitalise and leave you feeling totally rejuvenated.

All spa breaks are based on 2 people sharing. Single supplement applies. Prices vary dependent on day of the week. Prices are subject to seasonal change.

Call 01389 310 777 to book.



CAMERON EXPERIENCES

HYDRO AND THERMAL

A TRUE DESTINATION SPA SET TO CHALLENGE THE WORLD'S FINEST

It is easy to see how the tranquil loch setting has been the inspiration behind our hydro and thermal experiences. Drift away and allow the gentle waters, heat and aromas to purify and relax the mind, body and soul...

The thermal and hydro spa experience lasts 2 hours and can be enjoyed as an experience on its own or can be booked separately.

RASUL MUD CHAMBER 2HR THERMAL AND HYDRO EXPERIENCE FOR 2 PEOPLE

An exfoliating and revitalising treatment for couples or two friends. This treatment is without a therapist and is a 25 minute treatment.

HYDRO

ROOF-TOP INFINITY POOL

Our magnificent roof-top terrace with infinity pool is truly fantastic and a place to take refuge from the world, looking over the magical banks of Loch Lomond.

HYDROTHERAPY POOL

Relax with shoulder and neck massage jets, relaxing air loungers for body massages and invigorating geysers. The pools offer the perfect environment to relax and rejuvenate.

EXPERIENCE SHOWERS

Choose between an invigorating cold mist shower or a soft scented tropical shower within the two multi-sensory shower experiences.

ICE FOUNTAIN

Use the crushed ice to counteract the warming effects of the thermal experiences.

RELAXATION POOL

Unwind in our 20 metre indoor tranquillity pool with whirlpool.

THERMAL

TEPIDARIUM

Contoured thermal couches are gently heated for a relaxing and re-energising experience.

CALDARIUM

Stone floors, walls and curved stone seating is heated to create a calming and purifying effect, allowing the body to heat up gently in a warm, dry environment.

SAUNA

A traditional wood lined sauna, the hot coals generate sweltering temperatures and the extreme conditions are believed to boost the immune system.

INFRARED SAUNA

Harnessing the power of the sun, infrared panels are used to heat up the air in the cabin to enhance the dry hot atmosphere, open the skin's pores and aid in the detoxification of the body.

HAMMAM ROOM

Immerse yourself in gentle wafts of warm steam and feel the tension slip away as the dense visible humidity stimulates extra blood circulation in your body.

AROMATHERAPY ROOM

Combining the effects of warm steam and aromatic essential oils to decongest, clear the mind and purify the body.

Please Note: Over 18's only. Thermal and hydro experiences are not recommended before or after spa experiences which include heat, waxing or our advanced anti-ageing facials. Thermal and hydro experiences are not suitable for anyone who is pregnant. Depending on your spa experiences reserved you may be advised to enjoy the thermal and hydro experiences and lunch prior to your treatments. Spa treatments do not include access to the thermal and hydro experience.



CAMERON SPA

THINGS TO KNOW

SCHEDULING AN APPOINTMENT

To schedule an appointment for your perfect treatment, please contact spa reception who will be able to guide you to the right choice. To ensure your preferred time and spa experience is available we recommend that you book in advance. All appointments are required to be guaranteed with a credit or debit card.

SPA ATTIRE

Swimwear is obligatory within the 'Hydro and thermal experiences' and wet areas. Upon arrival we will provide you with a luxury robe, towel and flip flops. You will have use of our lockers within the changing facilities. We request that for your own and others benefit you are warm and dry prior to relaxing in our relaxation lounge.

WHAT TO BRING WITH YOU

We recommend that you bring warm comfortable clothing to change into after your spa experience or thermal suite and pool sessions. We have hair dryers and amenities available for your use.

TREATMENT TIME

Your treatment time as detailed in this brochure includes before and after care as a complimentary service.

HYDRO AND THERMAL EXPERIENCES

Available to you as either part of your spa packages or in two hour sessions. We recommend you enjoy these beautiful experiences prior to your spa experience.

Please ensure you give yourself enough time prior to your treatment reservation to have a quick shower and change before your spa appointment. Please arrive in the spa 30 minutes before your appointment.

ARRIVAL TIME

We recommend that you arrive at the spa reception at least 30 minutes prior to your scheduled appointment. Please understand that a late arrival may mean that the scheduled time is reduced or unable to be honoured. The cancellation policy will still apply.

MEDICAL CONDITIONS

Some of the treatments that are offered are not suitable for guests with certain medical ailments and conditions. We request that you draw to our attention any of the following conditions at the time of booking: epilepsy, allergies, heart condition, high/low blood pressure, scar tissue, varicose veins, skin conditions, diabetes, cancer, thyroid, pregnancy, recent operations.

SPA ETIQUETTE

To preserve the tranquillity of The Spa at Cameron House we request that all guests switch off their mobile phones and leave them within their locker. We request that guests keep noise to minimum. Please be advised that all valuables are left at their owner's risk and The Spa at Cameron House will not be held responsible for any losses or damage.

GIFT VOUCHERS

Treat someone special to the perfect gift from Cameron Spa. Purchase the gift vouchers online at www.cameronhouse.co.uk or in person at Cameron Spa reception. Vouchers can be redeemed against any spa treatment, spa package or to purchase products. Cameron Spa reserves the right to alter prices and change or discontinue services without prior notice. Please ensure vouchers are handed in to the spa reception upon your arrival in order to redeem them.

SPA RESTRICTIONS

The Spa is only available to anyone over the age of 18 years. Spa treatments do not include access to the thermal and hydro experience.

RETAIL PRODUCTS

All the products used during your visit are available to purchase, to continue your treatment at home. Please ask your therapist about recommending products.

RESERVATIONS

For reservations or further information regarding Cameron Spa please call 01389 727 647 or visit www.cameronhouse.co.uk or email cameronspa@cameronhouse.co.uk

All treatments are subject to availability and we would therefore recommend that bookings are made well in advance.

CANCELLATION POLICY

Cancellations within 24 hours will incur a 100% charge. A credit card number will be required at the time of booking.

SPA OPENING TIMES

Monday to Friday - 7am to 9pm
Saturday and Sunday - 8am to 8pm

SPA LOCATION

The spa is located approximately 3km north of the entrance to Cameron House. Our concierge service operates every half hour between the hotel and the spa. For satellite navigation systems please use the postal address: G83 8RE.



C A M E R O N H O U S E . C O . U K

OPENING HOURS FOR SPA TREATMENTS

MONDAY TO FRIDAY - 7AM TO 9PM | SATURDAY AND SUNDAY - 8AM TO 8PM

LOCH LOMOND | WEST DUNBARTONSHIRE | SCOTLAND G83 8QZ

SPA DAYS AND TREATMENTS T 01389 727 647 | SPA BREAKS T 01389 310 777