



THE
Aspa
AUCHRANNIE
ARRAN ADDICTIVE



welcome to the ASPA

Scotland's first island destination spa where you can enjoy a variety of treatments suitable for everyone.

The ASPA is truly unique, encompassing both elegance and glamour, we have created a relaxing haven which reflects natural elements of the beautiful Isle of Arran.

BOOKINGS

We highly recommend booking your treatment in advance.

To make your booking please call us on **01770 303 303** or visit www.auchrannie.co.uk/the-aspa

Resort guests can dial **4805** from their room, lodge or retreat.

Your wellbeing is our priority so please inform us of any medical conditions or medication you are taking.

Pricing is subject to change at any point.

Please note we have a talented team of male & female therapists. If you have a specific preference, please contact us at the time of booking and we will do our best to satisfy your request.

WHAT TO EXPECT

We ask that you arrive around 15 minutes in advance of your scheduled appointment time.

We will require you to complete a consultation form prior to your treatment - this can be done in advance or on the day when you check in with us.

POST TREATMENT RELAXATION

Guests booking face or body treatments of 45 minutes or longer can relax with a herbal tea or cooling sorbet in the comfortable surroundings of our relaxation room.

TREATMENT TIMES

Please note all our treatment times are inclusive of consultation and aftercare advice.

CANCELLATIONS

Please advise us of the need to cancel at least 48 hours prior to your appointment. Cancellations within 48 hours will incur a 100% charge. Groups of 6+ must give 72 hours notice.



spa packages

Whether it's a getaway with friends, some quality time with a loved one or a celebratory day, the ASPA have both day and overnight spa packages for everyone.

Our packages include :

- use of spa resort facilities and relaxation room
- robe, slippers and towel on arrival
- aftercare and product advice
- post treatment herbal tea or sorbet
- lunch from our ASPA menu served with a glass of prosecco
- complimentary pick up from the ferry terminal

ISLAND ESCAPE £120

A perfect way to revive your mind and body.
You will choose two of the below 25 minute treatments.

ISLAND GETAWAY £155

Why not surrender yourself to the ultimate pampering?

Choose three 25 minute treatments from below.

- Back massage (with or without hot stones)
- Invigorating salt & oil scrub
- Mini facial
- Soothing head & scalp massage
- Hand & foot massage
- Leg massage

ISLAND RETREAT £200

Relax, refresh, renew. For those who want to stretch their relaxation out for as long as possible.

Choose two of the 50 minute treatments from below:

- Ishga invigorating full body massage (with or without hot stones)
- Ishga be radiant facial
- Ishga be enveloped algae wrap
- Luxury manicure or pedicure (with or without gel)



ESPA body treatments

ESPA's highly effective range of products and treatments combine the restorative powers of naturally advanced skincare rich in plant and marine extracts with proven skincare science, to visibly enhance your skin.

FULL BODY MASSAGE £95 / £120 50 / 75 minutes

A personal consultation and sensory test will ensure you receive a unique massage using a blend of chosen oils to suit your needs.

MUSCLE EASE MASSAGE £120 75 minutes

Alleviate stress levels with this intense full body, deep tissue massage, using warm bamboo to ease tense shoulders, back knots and aches. Releases tension from top to toe.

CHANGE OF LIFE MASSAGE £95 / £120 50 / 75 minutes

Ideal for those at each stage of menopause. Personalised for your physical and emotional needs, aromatherapy oils meet advanced massage techniques to release aches & pains and increase mood. Your mind and body feel balanced, energy renewed and inner calm restored.

ESPA face & body treatments

BACK, FACE & SCALP WITH HOT STONES £125 80 minutes

Unravel tension, instantly boost your complexion & restore inner calm. This treatment includes a back exfoliation, back massage with or without hot stones, personalised facial and soothing head & scalp massage.

BACK, FACE & SCALP WITHOUT HOT STONES £120 80 minutes

HOLISTIC TOTAL BODY RITUAL WITH HOT STONES £145 105 minutes

Melt away tension with this treatment. Included is body brush & exfoliation, full body massage with or without hot stones, a mini facial & soothing head & scalp massage.

HOLISTIC TOTAL BODY RITUAL WITHOUT HOT STONES £125 90 minutes

ESPA facial treatments

SIGNATURE FACIAL £95 50 minutes

A personalised facial using products selected according to your individual needs and used alongside tailored massage to deeply cleanse, exfoliate, purify and boost complexion. This customised treatment is completed with a soothing scalp massage.

GLOW FROM WITHIN FACIAL £120 75 minutes

Dull complexions are brightened and refreshed with the power of the sweeping Gua Sha massage and nutrient rich products. This facial combines steam, exfoliation & multi masking to maximise results and ensure you glow with vitality. The experience is completed with a soothing scalp massage.

ESPA add ons

Extend your ESPA experience. The following add-ons are available when booking any other treatment of 50 minutes or more.

BACK, NECK & SHOULDERS MASSAGE £50 25 minutes

Personalised to your unique needs, targeted massage with pure aromatherapy blends relaxes tense muscles, re-energises your body and calms your mind.

SALT & OIL BODY POLISH £50 25 minutes

Revive skin's natural softness and glow with this intensely exfoliating treatment. A blend of sea salt and oils polishes away dull, dry cells and infuses skin with rich nourishment.

HEAD & SCALP MASSAGE £50 25 minutes

A soothing massage with Espa pink hair and scalp mud which helps to nourish both the scalp and hair; truly relaxing.

MINI FACIAL £50 25 minutes

Reveal a clear, refreshed and naturally beautiful complexion with this express facial including a soothing head and scalp massage.

ishga treatments

The pure, clean waters of the Hebridean Islands off the north west coast of Scotland is home to ishga where they sustainably hand harvest the seaweed at the heart of ishga's skincare range. Seaweed contains properties which transform and protect skin.

BE DE-STRESSED £95 / £120 50 / 75 minutes

A medium pressure full body massage incorporating heated basalt stones which instantly relax the muscles.

BE INVIGORATED £95 50 minutes

A full body massage using an invigorating detoxifying seaweed body oil. This treatment focuses on removing tension.

BE ENVELOPED £95 50 minutes

A full body treatment where a powerful Hebridean salt and oil scrub and algae gel will be applied to your skin. Relax with a head and scalp massage whilst cocooned in towels. Complete your experience with a choice of nourishing body oil or lotion.

BE PAMPERED £95 50 minutes

Face and body sensation – a hot stone back neck and shoulder massage incorporating heated basalt stones to instantly relax the muscles, paired with a rejuvenating facial.

BE RADIANT £95 50 minutes

Rejuvenating facial designed for toning, firming and nourishing the skin. Combining an exfoliating mask and a seaweed extract peel off mask to help smooth and brighten the skin.

MARINE EXPERIENCE £95 50 minutes

Start with a powerful Hebridean salt and oil full body exfoliation followed by an invigorating back neck and shoulder massage.

DEEP TISSUE BACK, NECK & SHOULDER MASSAGE £85 45 minutes

Focusing on areas of tension to unravel muscular tightness. This deep tissue massage uses heated basalt stones to relax muscles.

PREGNANCY MASSAGE £95 50 minutes

A nurturing and soothing full body massage helps to release tension during pregnancy. Suitable after the first 12 weeks of pregnancy.



soul therapies

This range of holistic treatments are specifically designed for anyone who is undergoing or has undergone treatment for cancer. Designed with recuperation and relaxation in mind for those who deserve revitalisation.

INDIAN HEAD MASSAGE £95 50 minutes

An ancient therapy involving the application of massage on pressure points of the head and neck.

This will stimulate the circulation, easing stress and tension.

REFLEXOLOGY £95 50 minutes

A pressure technique applied to the feet where all of the internal organs are mapped or mirrored in miniature.

Helps promote sleep whilst reducing anxiety and stress levels.

HOLISTIC FACIAL £95 50 minutes

A gentle facial which will cleanse, exfoliate, tone and help nourish the skin. This treatment can help relax muscles of the face and reduce stress levels.

LIGHTER LEGS £95 50 minutes

Sooth tired, aching or swollen feet and heavy legs with this revitalising massage treatment.



beauty treatments

Express gel polish	£35	25 minutes
File and polish	£30	25 minutes
Gel removal	£20	25 minutes

MANICURE / PEDICURE

Treat your hands to a luxurious exfoliation, relaxing massage and cuticle work.

Or treat your feet to a foot soak and invigorating exfoliation before feet and legs are massaged with a nourishing lotion.

Nails are shaped before finishing with the perfect polish:

including polish	£45	50 minutes
including gel polish	£50	50 minutes

(please ensure there is no gel polish, builder gel or polish on nails for any of our nail appointments. We offer a separate gel removal appointment)

WAXING

Full Leg	£40	40 minutes
Half Leg	£30	25 minutes
Basic Bikini	£25	15 minutes
Extended Bikini	£30	25 minutes
Brazilian Bikini	£40	40 minutes
Hollywood Bikini	£45	40 minutes
Underarm	£25	15 minutes
Eyebrow / Lip / Chin	£20	15 minutes

EYES

Brow & Wax Tint	£30	25 minutes
Lash and Brow Tint	£35	25 minutes
Eyelash / Brow Tint	£25	25 minutes

All tinting is subject to a 48 hour patch test in The ASPA.





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