

Find your

*Oasis*



LODGE ON LOCH LOMOND





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## AMBER ROSE SPA MENU

AmberRose Spa is proud to use Germaine de Capuccini which combines cutting-edge skincare with exotic rituals for an unforgettable experience and real results.

Cruelty free · Paraban Free · Microbead Free · Supporting women with cancer

# AMBERROSE SIGNATURE RITUALS

*Our signature treatments take you on a sensory journey that offer the ultimate spa experience that include face, body and scalp.*

## TRANQUILLITY (80 minutes)

*Rose Petal Facial and Lavender Candle Back Ritual*

Suitable for skins under emotional stress showing redness, signs of fatigue, and delicate skin.

## REPAIR & REGENERATE (80 minutes)

*Royal Jelly Facial and Pomegranate Body Ritual*

Ideal for tired and stressed skin, helping it to regain its natural vitality. Invigorating pomegranate exfoliation to the back, calves and hamstrings followed by a massage to those areas.

## MEDITERRANEAN DREAMS (80 minutes)

*A new dimension of hydration for face, hands and feet.  
Suitable for all skin types and ages.*

Timexpert Hydraluronic Facial includes a cooling massage to depuff, lift, contour and fill in wrinkles. A hand and foot exfoliation and massage to smooth and firm the skin.

## SHOREMAN (80 minutes)

*For those wanting to detox, firm, tone and rehydrate skin.*

Deep cleansing and energising facial with vitamin C to treat the male skin with a tension releasing massage using hot stones to the back, calves and hamstrings.

## CLEANSING DETOX (80 minutes)

*White tea facial and back exfoliation and massage using hot & cold stones*

A detox ritual packed with antioxidants and soothing ingredients. Organic white tea facial, creamy bamboo scrub, and a green tea balm back massage using hot and gold stones.

## RADIANT GLOW (80 minutes)

*Luxiourious Vitamin C body scrub and glowing body cream for your back massage and a Radiance C+ facial.*

Suitable for those suffering from dull, uneven tone, dehydrated skin that want to bring back a natural glow.

## YOUR OASIS (90 minutes)

*Personalised full facial with a targeted body treatment.*

For those wanting to create personalised spa journey.

## INDULGE ME (120 minutes)

*The ultimate pamper experience*

Begin your journey with a personalised consultation that will include body, face, and scalp. We'll find the perfect combination just for you!

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# AMBERROSE FACIALS

*Indulge in a transformative journey of relaxation and rejuvenation with our spa facials. Designed to nourish, firm, and revitalize your skin, this luxurious treatment combines the latest formulations and the finest ingredients.*

## BESPOKE SIGNATURE FACIAL (50 minutes)

*Personalised for your skin goals.*

## ROSE QUARTZ COLLAGEN EYE AND LIP FACIAL (50 minutes)

*Facial to target fine lines and wrinkles to the eye and lip area.*

*It's an AmberRose Favourite.*

## ROSE AND HONEY HARMONY STONE FACIAL (50 minutes)

*For those looking to help alleviate symptoms of dry, flaky and sensitive skin.*

Using ingredients such as rose hip oil, rose petal mask and royal jelly. A luxurious gentle touch and healing massage with obsidian and onyx stones will help to restore peace and calm to the mind and soul. ++

# AMBERROSE ADVANCED FACIALS

## FOR MEN ENERGISING FACIAL (50 minutes)

*A treatment designed specifically to meet the needs of men's skin.*

This energising facial is based on a number of natural ingredients to revive the skin. Birch Sap, rich in vitamin C & B, hydrates the skin and restores its energy. Soothes irritated skin, energises & detoxifies the skin, boosts collagen production to firm skin

## TIMEXPERT HYDRALURONIC FACIAL (50 minutes)

*For those wanting a deeper hydration and plumping effect while leaving it smoother and more supple.*

This facial is elevated with a unique facial massage tool, that works as a cooling method across the facial contours to actively plump lines. Your skin will look lifted, toned and smooth.

*It's an AmberRose Favourite.*

## TIMEXPERT RADIANCE C + FACIAL (50 minutes)

*For those wanting to increase firmness, generates new collagen, reduce dark spots and pigmentation.*

Suitable for those exposed to pollution, tobacco, stress, the blue light from screens and, especially sun damage. The benefits of Pure Vitamin C by 6 times and the star ingredient in this treatment is Ume Extract, from a Japanese plum helping eliminate dullness. To complement the hands-on therapy, a massage ball is utilised to lift facial muscles, release tension and increase blood flow for an increased glow.



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# AMBERROSE MASSAGE

## SPERIENCE WORLD OF AROMAS (50/25 minutes)

Our Aromatherapy massage is based on traditional Chinese philosophy, our Sperience aroma blends are related to the five elements. Each zodiac sign is associated with one of these - choose your massage in relation to your sign or based on your mood and needs.

## POMEGRANATE MASSAGE (50/25 minutes)

Soothing massage whilst promoting collagen and elastin production, activates cell renewal, providing vitality, and improves skin hydration.

## MEDITERRANEAN CANDLE MASSAGE (50/25 minutes)

The warm oil from the candle is then poured over the body for a prolonged body massage, using deep and soothing movements. Choose from Citrus, Lavender, Olive and Rosemary.

## GREEN TEA MASSAGE THERAPY (50/25 minutes)

*Light touch full body lymph drainage massage with Green Tea jelly.*

Its pleasant honey texture becomes a massage oil that provides extreme suppleness and smoothness. Ideal for those finding it hard to sleep, suffering from skin concerns or headaches. Suitable for clients with nut allergies.

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# AMBERROSE MASSAGE

## WARMING BEACH SHELL MASSAGE (50/25 minutes)

Using balm infused with cinnamon essential oil to reduce any tension in the body whilst increasing circulation. This therapy provides the most exquisite soothing massage to relax your muscles using the power of the sea.

## LOCHSIDE GEMS (50/25 minutes)

*Obsidian Semi-precious Hot Stone Massage.*

This massage combines hands-on and stones to soothe and relax the mind, body and soul, whilst boosting the blood flow and improving oxygenation to the skin tissues.

## THERMO-RELAX OIL

*(Deep Heat)*

*Incorporate into any massage.*

A massage add on designed to increase micro blood circulation to treat muscular aches and pains.

## BACK POLISH

*Incorporate into any massage.*

Extra hydrating exfoliation to invigorate and smooth.





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## BODY TREATMENTS

### FULL BODY EXFOLIATION AND BACK MASSAGE

*(40 minutes)*

Choose from our pomegranate or baobab seed scrubs then release tension with a back massage.

### BAOBAB SCALP MASSAGE *(20 minutes)*

*Stress-relieving neck and scalp massage*

### BEN DHU WALKERS LEG THERAPY *(25 minutes)*

*Luxury leg and foot therapy with Baobab.*

*Perfect for hill walkers, that stand for their job, runners, heavy legs.*

Your therapy commences with an exfoliation, followed by a leg massage and finishes with a touch of cooling Dreamy Legs gel.

### RENEWING HAND OR REFRESHING FOOT MASSAGE

*(20 minutes)*

Rejuvenating treatment for hands or feet. Using ultra-nourishing, non-greasy sugar scrub. Finish with a deeply relaxing massage using soufflé-like massage cream infused with Cupuaçu, shea & coconut butter blend for unparalleled smooth finish.

*To view other treatments not on the menu please visit our website*



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# MATERNITY TREATMENTS

*Suitable after the 1st Trimester period of pregnancy up to 36 weeks.  
Those pregnant cannot access the thermal suite.*

## **NEW LIFE MASSAGE** (50/25 minutes)

*A firming massage adapted to suit pregnant people*

Our massage creams and oils will help firm, hydrate and tone the skin.

## **NEW LIFE MASSAGE WITH EXPRESS FACIAL EXPERIENCE**

*(50 minutes)*

We massage uses a luxurious, dry body oil to hydrate, firm, and tone, and reduce stretch marks then a relaxing and hydrating facial that aims to nourish the skin.

## **ENERGISING LEG THERAPY** (25 minutes)

*Luxury leg and foot therapy with Baobab*

Perfect for tired, achy legs this energising therapy uses ethically sourced Baobab seed oil to nourish, repair and protect the skin. Your therapy commences with an exfoliation, followed by a leg massage and finishes with a touch of cooling Icy Legs, leaving you radiant and walking on air!

*Please contact the Spa if you have any allergies.*



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## WELLNESS RECOVERY TREATMENTS

*This range of treatments by Germaine de Capuccini is ideal for those on intensive medication or anyone in need of a completely soothing and de-stressing experience. Carefully selected products target skin-related side effects caused by chemotherapy, radiation treatments and other strong medication.*

*Our wellness therapies include the use of our exclusive Obsidian and Onyx Ritual Stones, known for their natural healing properties. They increase oxygen flow to the brain giving increased mental and physical energy.*

### ROSE AND HONEY HARMONY STONE FACIAL (50 minutes)

*Soothing stressed and sensitive skin*

This facial is designed to help alleviate symptoms of dry, flaky and sensitive skin. Pure Rose Hip Oil, known for its healing properties, is combined with our de-stressing Royal Jelly Elixir to revitalise dull tone whilst helping the skin regain its natural immunity against daily aggression. Your facial is complete with our 5 rose petal mask which soothes sensitivity brought on by emotional and physical stress. A gentle and healing massage with Obsidian and Onyx stones helps to restore peace to the mind and soul

### TIMEXPERT HYDRALURONIC FACIAL (50 minutes)

A new dimension of hydration is delivered to the skin by exclusive ingredient formulations plumping and adding volume. Hyaluronic Acid (HA) is released to the deepest layers of the skin, allowing recovery and preservation of naturally occurring HA in the skin. This therapy is elevated with a unique facial massage tool, that works as a cooling method across the facial contours to actively plump lines.

## WELLNESS RECOVERY TREATMENTS

### CALMING HAND, FOOT AND SCALP THERAPY (50 minutes)

*Intense nourishment and hydration*

Chemical treatments can cause extreme dryness on the hands and feet whilst stimulating hair loss. This therapy is designed to counteract these problems. Your therapy begins with a gentle exfoliation on the hands, feet and nail beds, without the use of water baths to help maintain a healthy pH level. A deeply hydrating mask is then applied to relieve extreme dryness and dehydration. Finally, completely relax and unwind with our revitalising scalp massage - using Baobab hair oil to revitalise the hair and soothe the scalp

### ALOE AND MINT COOLING BODY THERAPY (50 minutes)

*Light touch body massage*

This gentle therapy combines the power of semi-precious stones to restore harmony to the mind, with a gentle cooling massage to soothe the body. Your light touch massage uses Aloe Vera to deeply hydrate the skin, Lemon Oil to purify and Mint to refresh the body. RoseHip Oil soothes, nourishes and reduces irritation. Ideal after Radiation therapy.

### PHYTOCARE BAOBAB BODY RITUAL (80 minutes)

*Full body exfoliation, body and scalp massage*

This relaxing and indulgent ritual uses ethically sourced, organic Baobab oil packed with antioxidants, vitamins and omegas to nourish and protect the skin. Your ritual begins with a gentle full body exfoliation using Baobab seed shells to remove dead cells. A soothing lymphatic massage with Baobab oil will then provide the skin with anti-inflammatory, nourishing, and hydrating benefits. To complete your totally stress-reducing experience, our relaxing Baobab Scalp Therapy will help to revitalise the hair and soothe the scalp.

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## RASUL RITUALS

### LOCH DETOX

An ideal Rasul ritual to help eliminate impurities and improve the body's silhouette. Begin your ritual with our salt and oil exfoliator to slough of the unwanted dead skin cells. Follow with our detoxifying clay mud combined with cedarwood, juniper and lavender essential oils. Lightly hydrate your skin with our moisturising jeju volcanic water spray.

### ENERGISING TONING RITUAL

Commence your ritual with our organic seeds from the Baobab tree is renowned for its hydrating and toning properties this product works to exfoliate the skin with Baobab seed shells and oil. Using our powerful deep cleansing- natural clay combined with Italian lemon and nutmeg to awaken your senses. Once showered lightly rehydrate the skin with a dry oil. Leaving your skin feeling toned and hydrated.

### RELAXING CREAMY BAMBOO

An ideal Rasul ritual to help eliminate impurities and deeply cleanse the skin. Begin your ritual with our bamboo exfoliator to slough off the unwanted dead skin cells. Follow with our detoxifying clay mud combined with sandalwood, lavender and patchouli. Lightly hydrate your skin with the moisturizing volcanic water spray.

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## THERMAL SUITE

The Thermal Suite includes an Aroma Steam Room, Hot & Cold Showers, Himalayan Salt Sauna and Herbal Sauna and Heated Relaxation Loungers - it also enjoys those wonderful views out over Loch Lomond. Use of the Thermal Suite is perfect before treatments.

Time in the steam & sauna are perfect before a massage or facial and provides multiple health benefits from improving circulation, reducing stress and lowering blood pressure. Enjoy the warmth of the heated loungers which are specifically designed to relax the muscles and ease tension. Breathe in the Salt & Herbal Sauna which can calm & detoxify and increase energy levels leaving you feeling completely relaxed.

## RASUL MUD CHAMBER

*Includes 1 hour access to the Thermal Suite and  
30 minutes in the Rasul mud chamber*

The Rasul Mud Chamber can be booked as an addition to the Thermal Suite and accommodates 2 persons for a touchless private Spa Treatment. You can select your rasul ritual to apply to your body then relax in the steam and let the mud work its magic, detoxing, softening and nourishing the skin.

Please refer to price list for more details

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