



THE
MARCLIFFE
HOTEL, SPA AND RESTAURANT

Welcome to the Spa at The Marcliffe. We aim to relax, de-stress and indulge you.
By using authentic ingredients we will renew and calm your mind, body and spirit.

Spa Packages

Ultimate Tranquillity ~ 4 hours + lunch - £195

This package includes the following as well as a champagne spa light lunch served in the hotel.

- a specially blended exfoliation for the body
- tranquil light massage
- 1 hour facial to suit your needs
- luxury manicure
- luxury pedicure

Mum To Be ~ 3 hours - £150

- firm tone elasticise wrap
- pregnancy massage
- choice of luxury manicure or luxury pedicure

Aromasense ~ 3 hours - £145

Includes the following treatments:

- balneotherapy bath
- aromatherapy back massage
- 1 hour facial to suit your needs
- choice of luxury manicure or luxury pedicure

Afternoon Treat ~ 1 hour - £90

Choose two of the following treatments plus afternoon tea

- back, neck & shoulder
- body scrub
- scalp massage
- mini facial
- balneotherapy bath
- file & polish hands or toes

Please note all timings for packages are approximate. Please bring swimwear for aromasense.

Facial Treatments

Sublime Skin

Deluxe Lift – 90 minutes

£90

Our state of the art ultimate anti-aging facial combines new Archi-lift™ technology with the renewing effects of the double peel for an instant replumping effect. Ideal for mature skin with visible signs of ageing, this firming facial stimulates cellular regeneration using the exclusive active lift massage technique to smooth and tone skin. The result is smoother, radiant, more youthful skin.

Sublime Skin

Active Lift – 75 minutes

£75

A powerful lifting facial targeting sagging cheeks, jowls, chin and neck for a visible rejuvenating effect. The advanced mask helps to oxygenate skin cells and gives an instant firming effect. The result is a beautifully nourished, illuminated, firmer and lifted skin.

Sublime Skin

Double Peel – 45 minutes

£50

This advanced facial offers a powerful combination of lactic acid with AHA and Vitamin C. Ideal for targeting uneven skin tone, fine lines, wrinkles and dullness. It safely and effectively removes the thickening layer of the epidermis, revealing and incredibly radiant, even complexion.

Longevity

Skin Regimen – 30 minutes

£45

Showing visible results in half the time of a traditional facial, this treatment renews, restores tone and repositions the skin tissues for a youthful, healthier appearance. The efficacy of the ingredients is maximized by the Kabat technique, a neuromuscular rehabilitation method reinforcing skin tissue and muscle elasticity.

Choose from a complimentary revitalizing scalp massage, hand & arm massage or foot massage with any [comfort zone] facial treatment.

Hydrate

Hydrmemory – 60 minutes

£60

A deep hydrating treatment for face, neck and décolleté to replace moisture. The hydra balance of the skin is restored and the skin is beautifully luminous and toned with a fresh, youthful complexion.

Rebalance

Remedy - Sensitive Skin – 60 minutes

£60

A soothing and rebalancing treatment to protect the most delicate of skin. Ideal for those prone to redness, rosacea and fragile capillaries. Skin will glisten with renewed vitality.

Nourish

Recover Touch – 60 minutes

£60

A powerful anti-oxidant and vitamin rich facial treatment featuring goji berry, which deeply repairs and replenishes while soothing and nourishing the skin. Particularly recommended for dry, depleted skins and offers seasonal repair for damaged skin following exposure to extreme heat/cold temperatures.

Purify

Active Pureness – 60 minutes

£60

An intensive yet delicate treatment for deep cleansing and rebalancing the skin. Recommended for oily and impure skins to purify, regenerate and to rebalance sebum and hydration levels. The facial results in a luminous, smooth and uniform appearance.

[Eye Zone]

Eye Zone Refresh and Anti-age – 15 minutes

£20

Triple action treatment for the delicate area of the eyes. Reduces signs of fatigue, puffiness and dark circles, softens fine lines and wrinkles and gives a revitalised and fresh appearance to the eye zone.

Man Space

De-stress/Nourish

Upper Body Performance – 90 minutes

£90

This therapeutic and nourishing treatment includes an intensive back, neck and shoulder massage, a deeply relaxing scalp massage and a skin soothing facial.

De-stress

Total Body Performance – 75 minutes

£70

A complete body massage using powerful essential oils and deep massage movements to provide a powerful ritual. Aching muscles and tension are reduced, restoring energy to mind, body and soul.

Renew/Nourish/Anti-ageing

Anti-age Performance – 60 minutes

£60

For those men who are concerned with ageing this active facial treatment combats wrinkles and expression lines, encouraging cellular turnover. Skin is left feeling rejuvenated and revitalised.

Spa Rituals

Exceptional massage rituals offering unique restoring experiences for body and soul.

Tranquility Face and Body Ritual – 90 minutes

£95

A unique sensorial and aromatic wellbeing ritual for the face and body aimed at favouring complete relaxation of mind and body. Experience a profound sense of well-being that results in relaxed muscles, improved circulation and visibly oxygenated, luminous and nourished skin.

Himaylayan Salt Ritual – 75 minutes

£75

An extraordinary ancient ritual for the body which begins with body massage using warm Himalayan salt stones, which immediately bestow relaxation, alleviating tension, stress and anxiety. The treatment then proceeds with an exhilarating salt scrub, a combination of the precious pink Himalayan salt with a nourishing aromatic oil to completely detoxify the body, ease aches and pains, stimulate the metabolism and restore vitality and balance.

Aromasoul Ritual Scrub – 45 minutes

£45

This renewing volcanic scrub ritual uses minute lava particles combined with nourishing karate butter and enhanced with your choice of body oil or cream to smooth and soften the skin leaving it radiant.

Body Strategist +

Firm-tone Elasticise

Bi-phasic Mask Therapy – 60 minutes

£70

The perfect anti-aging treatment for firming, toning and elasticizing the skin. A bespoke body wrap, with either remineralizing thermal waters in a creamy mud or a nourishing and elasticizing active ingredients enveloped in a cocooning mask, will deeply renew the skin and promote collagen synthesis. This treatment is suitable for pregnant ladies.

Grotta Guisti Mud – 60 minutes

£70

A unique experience with the healing thermal waters from a unique ancient source in Tuscany, Italy. Recommended for a complete tension relief and a perfect purified and remineralized skin. This treatment is suitable for pregnant ladies.

Slimming/Cellulite/Detox

Thermogenic Attack Therapy – 60 minutes

£70

An intensive treatment with thermogenic action especially for profound and resistant cellulite imperfections, improves microcirculation and promotes remodelling of the body.

Bagni di Pisa Thermal Mud Therapy – 60 minutes

£70

An intensive treatment with thermal water from Bagni di Pisa with detoxifying and anti-cellulite actions. A blend of essential oils encourages a profound purification of the tissues while the fucus and laminaria algae promotes a lypolytic action.

Balneotherapy Bath ~ up to 30 mins permitted only - **£30**

If combined with a spa treatment - **£20**

The only one in North East Scotland this bath aids in the releasing of toxins, therefore enhancing the immune system. Soaks away stress, stimulates circulation and accelerates cell activity, activating the self healing process. Ideal before any spa treatment. Note: please bring swimwear for this treatment.

Massage Treatments

Hot Stone Massage

A deeply soothing and pleasant treatment that performs an important detoxifying, relaxing and draining action due to the use of heated basalt stones with therapeutic essential oils. It relieves muscle pain, increases the body's metabolism and relaxes the tissue.

full body 90mins **£95**

full body 60mins **£75**

Tranquility Pro-Sleep Massage - 60mins **£70**

A complete mind and body wellbeing experience, perfect to induce a deep state of relaxation combining the intense sleep inducing qualities of aromatherapy, music and unique massage techniques from kerala ayurvedic and Indonesian sea malay. Perfect to relieve tension, helps to improve the quality of your sleep and helps with jetlag recovery.

Unwind Massage - 60mins **£65**

Sandalwood and marjoram in a special oil base to help you unwind after the stresses and strains of the day.

Rebalance Massage - 60mins **£65**

Grapefruit and geranium in a special oil base to help you rebalance body and mind.

Swedish Massage - 60mins **£60**

Classic massage to relax and ease muscles and unwind you from top to toe.

Indian Head Massage - 60mins **£55**

Using eastern massage techniques to relieve stress from tissue, muscles and joints of neck, shoulders and head.

Back, Neck and Shoulders - 30mins **£40**

Concentrating on the back, neck and shoulders, this massage is ideal for office workers, travellers and anyone who has lots of tension but little free time.

Maternity Ritual

'New Life' Massage – 60 minutes

£65

A nourishing, firming, elasticising treatment to ensure the skin remains supple during this time of transformation. A complete face and body massage that will ensure an overall sense of well-being and relaxation.

Hands and Feet

Reflexology – 60 minutes

£60

Specific points are worked on the feet to help release imbalances and blockages and free up the flow of energy throughout the whole body. It is ideal for maintaining health and dealing with stress related ailments as it is both relaxing and grounding.

Foot Specialist – 30 minutes

£30

A quick and extremely effective treatment to renew and smooth the hard, calloused skin of the feet, leaving soft, refreshed and nourished. Using disposable pads soaked in glycolic and lactic acid this treatment will renew the feet in a physiological, non-invasive experience.

Luxury Manicure - 60mins

£42

A luxury treatment including filing nails, cuticle work and a forearm and hand exfoliation and relaxing massage. Thermal mittens will aid softening of skin and cuticles.

Luxury Pedicure - 60mins

£47

Sit back and relax and enjoy our luxury treatment that includes removal of excess dry skin, filing of nails, cuticle work, lower leg/foot exfoliation and relaxing massage. Thermal booties will aid softening of the skin and cuticles.

File and Polish - 30mins

£32

Nails shaped, cuticles tidied and nails polished. A mini manicure or pedicure designed for people with busy lifestyles.

NB: Please bring open toed footwear for pedicures and allow an appropriate drying time after all manicures and pedicures. Please note we do not have the facilities to remove gel polish.

Make Up

ID Bare Minerals special occasion make up

£45

Wedding Make Up (trial and on the day)

£80

We recommend that you book an appointment for a trial before your special day

[comfort zone] Soft Sense Waxing

Soft sense waxing is a delicate waxing treatment ideal for sensitive skin types. Soft sense wax contains natural softening and protective ingredients such as cotton extract and rice oil. Soft sense leaves the skin soft and silky smooth with a pleasant fragrance.

eyebrows	£12	underarm	£12
chin	£11	upper arm	£13
upper lip	£11	bikini from	£16
upper lip and chin	£18	half leg	£22
forearm	£16	full leg	£37

Lycon Waxing

Amazingly this wax removes short stubborn hairs as short as 3mm. Ideal for sensitive areas such as face and advanced bikinis.

eyebrows	£13	bikini	£24
chin	£12	brazilian	£34
upper lip	£12	playboy	£39
upper lip and chin	£20	hollywood	£47
underarm	£15		

Just For Him Waxing

chest	£30	back	£30
back and shoulders	£35		

Eye Essentials

eyelash tint	£16	eyebrow tint	£10
eye essentials package (eyebrow shape, eyebrow tint & eyelash tint)			£32

A sensitivity test is required at least 24 hours before any tinting appointments.

Sunless Tanning

Full Body Treatment - 60mins **£55**

Yours skin will be thoroughly exfoliated using the luxurious Fake Bake body polish. A silky solution is then applied to nourish those extra dry areas, completing with the Fake Bake tanning formula for a smooth and even tan in 6-8 hours.

Upper Body - 30mins **£35**

Legs Only - 30mins **£25**

Please wear dark clothing and open toed footwear to your Fake Bake appointment

Opening Hours

Telephone 01224 865928

Monday to Wednesday ~ 10am ~ 6pm

Thursday ~ 10am ~ 8pm

Friday ~ 10am ~ 6pm

Saturday ~ 9.30am ~ 5pm

Sunday ~ 10am ~ 5pm

All treatments are subject to availability and prices may be altered without notice.

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Marcliffe Spa Guidelines

All treatment times include a pre-treatment consultation and time for changing.

Treatment Reservations

For spa reservations please telephone 01224 865928

We cannot reserve appointments for spa packages without the confirmation of a credit card number at the time of booking. We highly recommend booking treatments in advance to secure preferred appointment times and treatments.

Booking Advice

A consultation is required prior to many of the treatments on this menu, so that the most effective treatment can be given on the day.

Please inform us at the time of booking if you have any medical conditions, skin allergies or think that you are pregnant. A sensitivity test is required before you first tinting appointment.

Arrival

We ask that you arrive at the Spa reception 15 minutes before your appointment time to enable you to prepare and fill in a consultation if required.

We offer our guests a reliable treatment schedule, please appreciate that late arrivals will not receive an extension of scheduled treatment time.

Gift Vouchers

Gift vouchers are available to purchase for any treatment or Package. Vouchers are valid for 6 months from date of purchase. Fine selections of luxurious skincare and other beauty products are available to buy at the Spa reception.

Cancellation Policy

Cancellations or rescheduling of appointments made with less than 24 hours notice or failure to take up an appointment will result in 50% of the treatment cost being charged.

Mobile Phones

For the comfort and peace of all our guests we request that mobile phones are switched to silent at all times.

Age Requirements

The minimum age to access the Spa or to have treatments performed is 16.