



inspired

health · fitness · spa



Carnoustie Golf Hotel & Spa





WELCOME TO CARNOUSTIE

Relax and unwind and allow the pressures of daily life to dissolve when you discover the tranquil oasis of the Carnoustie Golf Hotel and Inspired Health Fitness Spa, one of Scotland's premium destinations.

Begin with a revitalising swim in our indoor heated pool and loosen up in the Jacuzzi. Cleanse and exhilarate with a choice of steam or dry sauna rooms. Take your pampering one step further and spoil yourself by choosing from one of our heavenly Elemis treatments outlined on the following pages.

Whether it be total relaxation, complete invigoration or blissful beautifying that you desire, rest assured, you will find the perfect spa package to suit your mood. From the top of your head to the tips of your toes you are in the skilled hands of our top professionally trained Elemis therapists, ensuring that looking and feeling fantastic is simply one less bother to worry about.

So come, let your cares float away and experience the pure indulgence that is The Carnoustie Golf Hotel and Inspired Health Fitness Spa.

Elemis

ELEMIS FACIAL THERAPY

6 Taster Facials · Ranging between 20 - 30 mins - £25.00

An excellent facial to introduce you to our skin care range. This treatment involves a cleanse, tone, exfoliation and mask finishing with a moisturiser to hydrate the skin.

ELEMIS ADVANCED ANTI-AGEING FACIALS

Tri-Enzyme Resurfacing Facial · 1 hr - £65.00

For ageing, acne scarring and uneven skin tone. This new treatment offers micro-encapsulated enzyme therapy. The layering of three targeted enzymes effectively removes the thickening layer of the epidermis leaving the skin clean, smooth and radiant bringing a renewed level of evenness and clarity to the complexion.

Visible Brilliance Facial · 1 hr 10 mins - £65.00

For ageing, stressed and slackened skin. This face and eye treatment firms, rejuvenates and plumps up the skin whilst reducing dark circles from around the eye contour. Micro-circulatory massage combined with Liquid Radiance, Cellular Recovery and Amino Active Mask help smooth, sculpt and restore skin radiance and plumpness.

New Pro-Collagen Quartz Lift Facial · 1 hr 15 mins - £65.00

Specialised lifting massage techniques combined with the 3 brand new anti-ageing products help to protect against the appearance of fine lines and wrinkles.

ELEMIS SKIN SPECIFIC

This cleansing and relaxing facial will be designed to fit your specific skin type and may include exfoliation, mask and hot compress then facial massage. Finally, we will finish with a relaxing scalp, neck, and décolleté massage.

Fruit Active Glow · 55 mins - £40.00

For dull lifeless skin. This facial is a powerful skin recharge which will bring back the glow to tired, dull and lifeless complexions.

Exotic Moisture Dew · 55 mins - £40.00

For dry skin. This thirst quenching facial is perfect for skin in need of a saturating moisture boost.

Herbal Lavender Repair · 55 mins - £40.00

For combination and oily skin. This facial restores balance and heals and repairs oily, problem and congested skin.

ELEMIS SKIN SOLUTIONS

Oxygen Skin Calm Facial · 1 hr 10 mins - £50.00

For sensitive skin. Gentle massage combined with anti inflammatory actives to reduce redness and a Restructuring Japanese Silk Mask helps to rebalance delicate, fragile and sensitive skin. Finished with a luxurious hand, arm and scalp massage.

S.O.S. Purifying Facial · 1 hr 10 mins - £50.00

For oily, problem and congested skins. Gentle massage and a unique Japanese Sulphur Mask impregnated with Vita C Booster Serum help to calm irritated skin and rebalance oil rich pores. Finished with a luxurious hand, arm and scalp massage.



TIME FOR MEN

ELEMIS ADVANCED PERFORMANCE FACIAL FOR MEN

Urban Cleanse Facial · 70 mins - £65.00

For oil rich skin. Therapeutic-grade products are used to eliminate blocked pores, neutralise impurities and accelerate skin repair. Leaves skin clear and squeaky clean.

ELEMIS ADVANCED ANTI-AGEING FACIAL FOR MEN

Skin IQ + Facial · 70 mins - £65.00

For stressed dehydrated and challenged skins. An anti-ageing treatment with Time Defence Wrinkle Delay and Time Defence Eye Reviver. Ideal to combat the harsh effects of daily shaving, pollution and urban living.

ELEMIS FACE AND BODY THERAPY FOR MEN

Total Time Out · 120 mins - £100.00

The ultimate skin and body therapy for men. Select either the Anti-Ageing Elemis Skin IQ+ or the Urban Cleanse Facial combined with the dynamic and immediate tension-relief of the prescribed Elemis Deep Tissue Muscle Massage. Achieve the ultimate goal of Total Time Out!



ELEMIS DETOX THERAPIES

Body Sculpting Cellulite and Colon Therapy · 70 mins - £55.00

Redefine and smooth your silhouette. Using the new clinically proven Elemis Body Sculpting System, your silhouette will be redefined.

The Body Sculpting Lipo-Refining Serum and Body Sculpting Firming Cream target stubborn cellulite and sagging skin, for visible, rapid results. A detoxifying Fennel and Birch peel off body mask is also applied and combined with specialist massage techniques to deeply cleanse the body's systems, helping firm and smooth skin, stimulate circulation and reduce fluid retention.

Cleansing of the colon through abdominal massage helps to detoxify the body, working from the inside out.

ELEMIS FACE AND BODY THERAPY

Absolute Spa Ritual · 2 hrs - Skin Solution - £90.00

Absolute Spa Ritual · 2 hrs - Advanced Anti-Aging - £100.00

From the soles of the feet to the crown of the head, this customised face and body treatment is the ultimate skin therapy. Choose from an Advanced Anti Ageing Facial or Skin Solutions Facial and combine it with the Deep Tissue Muscle Massage to achieve dramatic results.



BODY THERAPIES

ELEMIS BODY THERAPY MASSAGE

Elemis Deep Tissue

A deep rhythmic pressure massage to alleviate stress, ease aching muscles and revive the senses with this powerful, customised massage. Dynamic blends of Essential Oils are prescribed to target individual needs and reduce specific stress and muscle tension.

Deep Tissue Full Body Massage · 60 mins - £45.00

Elemis Back Neck and Shoulders · 30 mins - £30.00

Elemis Aroma Stone Therapy · 30 mins - £35.00

Since the birth of time, many ancient cultures have used the healing power of 'batu' stones for medicinal and spiritual purposes. The stones are believed to be filled with the vitality and energy of the water that flows over them in an eternal stream.

We bathe the small stones in warm water and anoint them with exotic, sensual aromas which are then placed on key energy points of the body. The stones will evoke an aura of warmth, whilst the deep penetrating heat will massage the body and ease the pain and tension of aching muscles away, as well rebalancing and relaxing the mind and body.

SOOTHING & DETOXIFYING BODY WRAPS

Aroma Spa Ocean Wrap · 1 hr 10 mins - £50.00

This seaweed treatment detoxifies and deep cleanses the body inside and out, combining the richest of sea plants and marine algae with aroma-therapeutic actives. A warm seaweed body mask combined with a blend of essential oils is applied to the body before you are cocooned in a comforting wrap whilst being treated to a deep Thai drainage facial massage and de-stress scalp treatment.



SPA ETIQUETTE

When shall I arrive?

We recommend that you arrive 10 minutes before your appointed time to allow introductions, consultation and to complete your treatment card.

What shall I wear?

Please wear clothes you find comfortable. During treatments our therapists will drape you appropriately for privacy and comfort at any time. If necessary a robe, towel, slippers and secured lockers are all provided.

What if I am late for my appointment?

Arriving late will unfortunately limit the time allocated for your treatment: it will lessen the effectiveness and most importantly your pleasure and enjoyment. As a courtesy to all clients our treatments are completed as scheduled.

Do you offer Gift Certificates?

Indulge a special someone with a Gift Certificate from the Inspired Health Fitness Spa at Carnoustie Golf Hotel & Spa. These are available for all occasions, please ask your therapist or enquire at the Spa reception.

What if I have special health considerations or allergies?

Please notify us when booking your treatment if you have any allergies or any concerns regarding your health or body.

Reservations

All treatments, whether included or additional, need to be booked in advance to avoid disappointment.

Open daily, however advance booking is normally required.

To make a treatment and non-residential booking please call 01241 999 982 or email us on clubcarnoustie@ohiml.com.

Payments and deposits

All bookings require a deposit of 50% which is non refundable.

All major credit and debit cards are accepted.

For group enquiries, please check at time of booking.

Cancellations

A minimum of 12 hours notice if you need to change or cancel your appointment.

If shorter periods of notice are given, 50% of the treatment cost applies.

If you notify less than 1 hour before or miss your appointment, we will charge you the full treatment price.

For group bookings (3 pax or more) a minimum of 24 hours is required.

If shorter periods of notice are given, 50% of the treatment cost applies.

If less than 2 hours notice is given, we will charge the full treatment price.

Parking

Parking available free of charge adjacent to The Inspired Health Fitness Spa.

To ensure we are always up to date with our offer on Spa Therapies, we will introduce you from time to time to new treatments which are not in this brochure. Please ask your Therapist for the latest arrangements.

CLUB CARNOUSTIE LEISURE CLUB

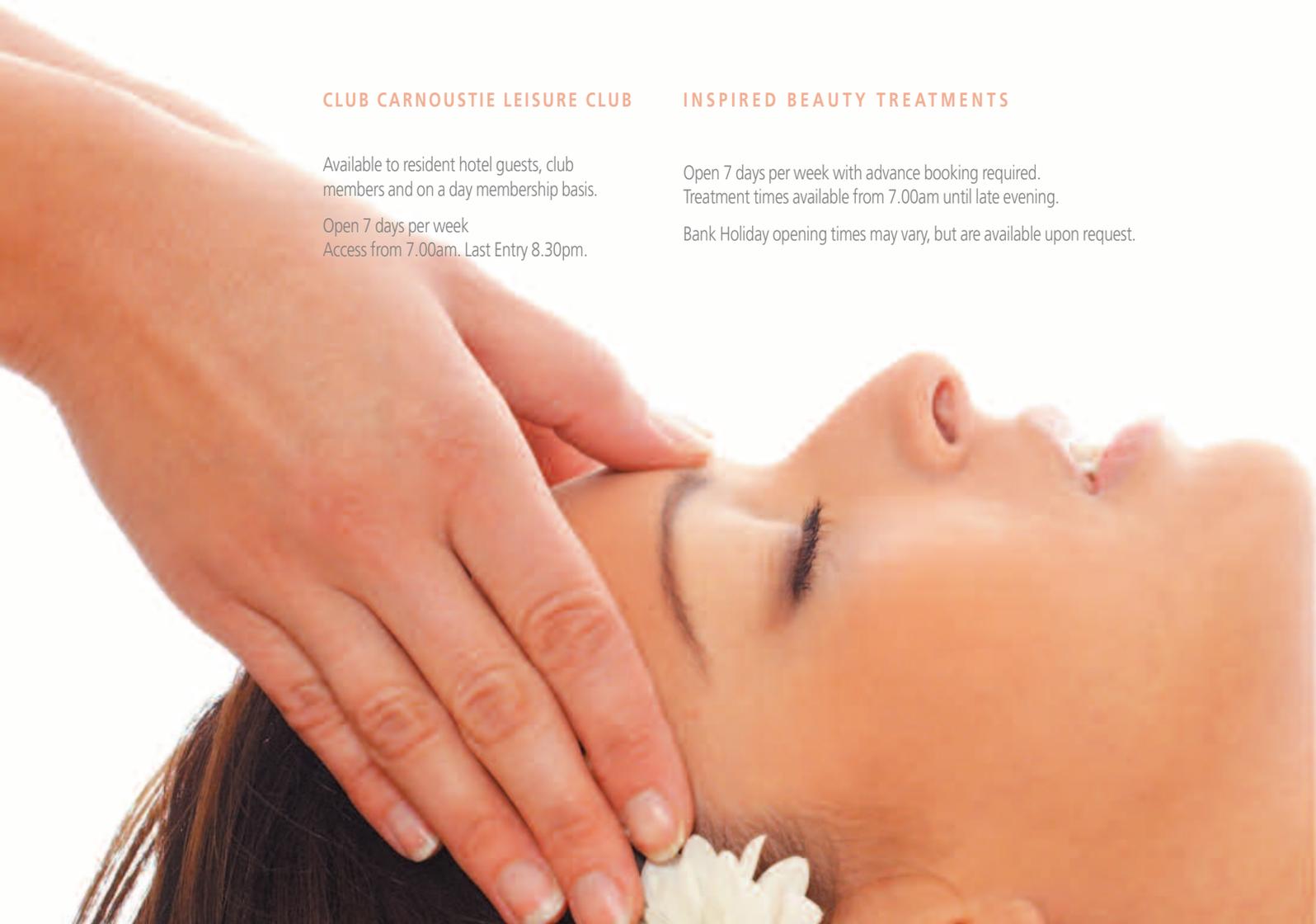
Available to resident hotel guests, club members and on a day membership basis.

Open 7 days per week
Access from 7.00am. Last Entry 8.30pm.

INSPIRED BEAUTY TREATMENTS

Open 7 days per week with advance booking required.
Treatment times available from 7.00am until late evening.

Bank Holiday opening times may vary, but are available upon request.



CLUB CARNOUSTIE LEISURE CLUB

With a selection of memberships including single, couple, corporate and family memberships on a peak or off-peak basis as well as day memberships, we feel sure our facilities including 17 metre indoor heated swimming pool, Spa, Sauna and Steam Room together with our 15 station gymnasium will accommodate your expectations.

Our team of staff are delighted to advise on personal training plans that meet your health, fitness enhancement and general well being goals including advice on menu planning and lifestyle changes.

All new permanent leisure club members are given a comprehensive induction to the facilities and on the safe use of the gym equipment following an initial consultation.

Throughout the year the Club hosts various membership events for example Summer Barbeque, Christmas Dinner Dance, light hearted Cheese and Wine evenings as well as Quiz nights.

In addition, members receive a discount on food and beverage purchases from Calders Bar as well as discounted Inspired Beauty Treatment therapies, subject to terms and conditions.

We look forward to welcoming you.

A photograph of spa products including a stack of white towels, a lit yellow candle, and a candle warmer, with a white orchid in the foreground.

CLUB CARNOUSTIE BEAUTY TREATMENT PACKAGES

For guests seeking the complete pampering experience, the Carnoustie Inspired Health Fitness Spa is delighted to offer you non residential Day Packages.

Included in all of our Club Carnoustie Day packages

- Personal welcome by your own beautician for the day and orientation.
- Complimentary use of bath robes, slippers, towels and toiletries.
- Welcome morning refreshments and fresh fruit.
- Full use of our leisure facilities including 17m heated swimming pool and spa, sauna & steam room plus 15 station gym.
- Luncheon
- Unlimited supply of fresh fruit juice and selection of coffees and tea infusions throughout the day.
- Time to unwind in our bespoke relaxation room.

If you have something specific in mind, our professional therapists would be delighted to design a full day's treatment, tailored to your own personal requirements.

Club Carnoustie Revitalise package - £80.00 per person

- Deep Tissue Back, Neck and Shoulders Massage OR Hot Stones
- Elemis Taster facial
- Scalp Massage OR Hand or foot file & polish

You should allow 1 hour 30 minutes for the three treatments after having used the leisure facilities and taken luncheon.

Club Carnoustie Indulgence package - £110.00 per person

- Skin specific Facial including consultation
- Deep Tissue Back, Neck and Shoulders Massage OR Hot Stones
- Jessica Prescriptive Manicure OR Pedicure

You should allow 2 hours 15 minutes for the three treatments after having used the leisure facilities and luncheon.

Club Carnoustie Invigorate Package - £100.00 per person

- Urban cleanse facial for men including scalp massage.
- Deep Tissue Full Body Massage

You should allow 2 hours for the two treatments after having used the leisure facilities and luncheon

Club Carnoustie Inspired package - £170.00 per person

- Specialised Facial - skin solutions OR anti-ageing
- Deep Tissue Full Body Massage
- Inspired Spa Manicure OR Pedicure - includes paraffin heated wax treatment

You should allow 3 hours 15 minutes for the three treatments after having used the leisure facilities and luncheon.

RESIDENTIAL SPA BREAKS

For guests looking to include accommodation and a delectable dinner in our award-winning Dalhousie Restaurant, boasting spectacular verdant views out over the 1st Tee and 18th Green of the world renowned 128th Open Championship Golf Course, we are delighted to offer the following exclusive rates.

TWO NIGHT BREAK

From only £130.00 per person

Dinner, Bed and Breakfast basis,
based on two guests sharing a twin or double room.

TWO NIGHT BREAK

From only £90.00 per person

Bed and Breakfast,
based on two guests sharing a twin or double room.

**For our latest bedroom offers and spa packages
please contact Reservations directly on 01241 411 978
or email us on reservations.carnoustie@ohiml.com**



JESSICA HAND AND FOOT TREATMENTS

Manicure (no polish) · 45 mins - £20.00

Pedicure (no polish) · 45 mins - £25.00

File and Polish · 20 mins - £10.00

Inspired Spa Manicure · 1hr 15 mins - £35.00

A luxury treat for your hands including hot paraffin wax mask that will leave your hands feeling soft and smooth and helping to relieve tension and ease joint pain.

Inspired Spa Pedicure · 1hr 15 mins - £40.00

A luxury treat for your feet including a hot paraffin wax mask that will leave skin feeling soft and smooth and helping to relieve tension and joint pain.

MASSAGE

Swedish Massage:

Full Body · 1hr - £50.00

Back · 30 mins - £30.00

Aromatherapy Massage:

Full Body · 1 hr - £45.00

Relaxing massage with essential oils

Back · 30 mins - £35.00

Back, Neck and Shoulders with Hot Stones · 30 mins - £35.00

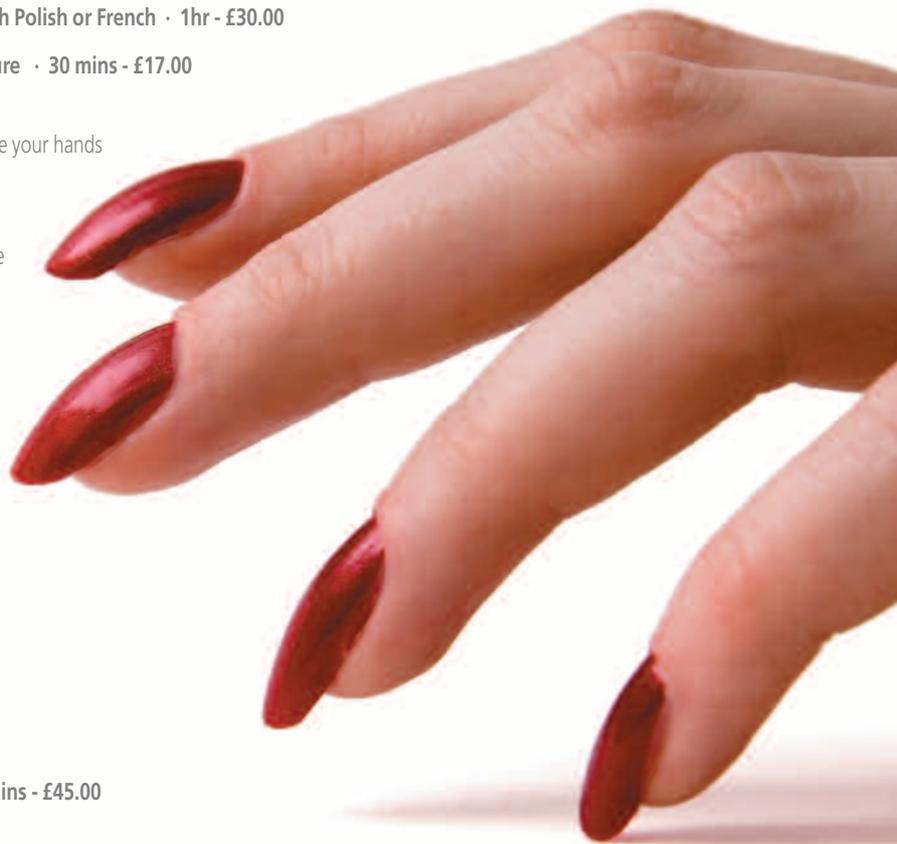
Indian Head Massage · 20 mins - £25.00

Scalp Massage · 20 mins - £20.00

GOLFER'S TONIC

Energising Back and Leg Scrub and Deep Tissue Massage · 1hr 10 mins - £45.00

Energising Back Scrub and Deep Tissue Massage · 40 mins - £35.00



All treatment times are approximate and inclusive of consultation.

EYE CARE

We recommend you book in for a skin sensitivity test at least 24 hours before your appointment.

Eyelash Tint · 15 mins - £10.00

Eyebrow Tint · 15 mins - £8.00

Eyebrow Shaping · 15 mins - £8.00

**Eye Package · 30 mins - £22.00
(all 3 eye treatments)**

MAKE-UP

The skin is lightly cleansed and moisturised to prepare the skin for make-up application. Ideal for that special occasion.

Cleanse and Make-Up · 45 mins - £20.00

Wedding Make-Up (includes trial) · 45 mins - £35.00

WAXING

1/2 leg · 20 mins - £15.00

Full Leg · 30 mins - £22.00

Full Leg and Bikini · 40 mins - £27.00

Bikini · 15 mins - £10.00

Underarm · 15 mins - £8.00

Forearm · 15 mins - £12.00

Back or Chest Wax · 20 mins - £22.00

Lip or Chin · 15 mins - £8.00

Lip and Chin · 20 mins - £14.00

Eyebrows · 15 mins - £8.00

All treatment times are approximate and inclusive of consultation.




CARNOUSTIE
GOLF HOTEL & SPA

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Hotel: T: **01241 411 979** · F: **01241 411 998**

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