

The
Stirling Highland
HOTEL

STIRLINGSHIRE

beauty@stirlinghighlandhotel.co.uk | Call Spa on 01786 272720
www.stirlinghighlandhotel.co.uk

Spittal Street, Stirling, Stirlingshire, FK8 1DU

 /StirlingHighlandHotel  @Stirling_Hotel

The
Stirling Highland
HOTEL

STIRLINGSHIRE

THE SPA AT STIRLING TREATMENT MENU



ESPA



FOR THE FACE

ESPA Natural Face Lift Facial

Treatment time: 85 mins

Price - £99

A complete approach to skin health designed to strengthen, tone & lift the skin.

Powerful age-defying techniques inspired by Japanese Kobido massage are used to increase energy flow whilst cleansing the lymphatic system, restoring the skin's natural radiance, and creating a natural face lift effect.

Includes: Cleanse - exfoliation – 4 stage facial massage to detoxify, sculpt, invigorate & relax the skin - stimulating jade rollers – scalp massage.

ESPA Inner Beauty Facial

Treatment time: 55 mins

Price: £72

Deeply cleanse, hydrate and renew with this instant results facial. Tailored to your skin's precise needs, Tri-Active™ formulas work immediately to transform your complexion while pure aroma therapeutic oils encompass your mind. Skin looks clear, quenched, naturally beautiful, and inner calm is blissfully restored.

Includes: Skin analysis with Skin Vision™ lamp – triple cleanse – exfoliation – facial massage – personalised mask – scalp massage.

ESPA Express Facial

Treatment time: 25 mins

Price: £45

Reveal a clear, refreshed, naturally beautiful complexion with this express facial. Personalised to your needs, natural active formulas cleanse, rebalance and hydrate while aromatic essential oils capture your mind, leaving you looking and feeling relaxed and radiant.

Active Nutrients Glow From Within Facial

Treatment time: 55 mins

Price: £72

Using the ESPA Optimal Pro Skin Range, this nutrient rich facial treatment embraces ESPA's holistic approach leaving your skin with a lit from within luminosity.

Dull, lethargic complexions benefit from the power of a sweeping Gua Sha massage which stimulates the lymphatic and circulatory systems to boost the flood of blood and nutrients to the skin.

Includes: Skin analysis – deep cleanse with ultra sonic Foreo – Gua Sha massage to face, décollete, hand & arm.





FOR THE BODY

ESPA Inner Calm Massage

Treatment time: 55 mins

Price: £70

Quieten your mind, release tension and nourish your skin with this holistic, ultimately restorative experience. Personalised to your physical and emotional needs, carefully chosen aromatherapy blends relax, cleanse or energise, while advanced massage alleviates muscular pressure, soothes anxiety and invokes profound relaxation. Mind and body feel balanced, energy renewed and inner calm beautifully restored.

Includes: Breath work – full body aromatherapy massage – scalp massage with Rose Quartz Crystals

ESPA Back, Neck & Shoulder Massage

Treatment time: 25 mins

Price: £45

Ease tension where you need it most with this fast-acting de-stressing treatment. Personalised to your unique needs, targeted massage with pure aromatherapy blends relaxes tense muscles, re-energises your body and calms your mind.

Includes: Massage to the back, neck and shoulders

ESPA Scalp Massage

Treatment time: 25 mins

Price: £45

Intensely de-stressing scalp treatment to banish tension & aid restful sleep.

Power point massage includes pink hair and scalp mud which soothes the scalp & nourishes to leave hair smooth and deeply conditioned.

Invigorating Foot Treatment

Treatment time: 25 minutes

Price £40

This revitalising treatment for tired feet and heavy legs helps reduce puffiness and soothe aches and pains.

Includes: A refreshing exfoliation - deeply therapeutic foot and lower leg massage

ESPA Hot Stone Massage

Treatment time: 55 mins

Price £79

Discover lasting relaxation for mind and body with this aroma therapeutic treatment. Tailored massage with hot stones unravels persistent muscular tightness and discomfort while pure, aromatic essential oils encompass the mind to relieve stress, recharge spirits and leave you feeling rejuvenated.

Includes: Full body aromatherapy massage with hot stones – scalp massage

ESPA Mindful & Positivity Massage

Treatment time: 85 mins

Price £99

Experience total relaxation as an ESPA Expert helps to calm both mind & body through guided breathing and visualisation.

Personalised to your individual needs.

Choose from:

Positivity – A specially formulated aromatherapy oil to uplift and invigorate your senses. Emerge feeling self-confident and experience a new sense of optimism.

Mindful – Soothe away stress & return body & mind to the present moment with this holistic and rebalancing experience.

Includes: Relaxing foot ritual – full body aromatherapy massage, Chakra – rebalancing.

ESPA Back, Face & Scalp Treatment

Treatment time: 85 mins

Price £99

Unravel tension, instantly boost your complexion and restore inner calm with our most renowned treatment. Targeted massage techniques combine with the purest aromatherapy oils and a highly-personalised facial helping you to look and feel your very best – restored, de-stressed and beautifully radiant.

Includes: Back exfoliation back massage – Inner beauty facial scalp massage





MENS

Men's ESPA Express Facial – £45

Treatment time: 25 mins

A facial designed to deliver immediate results to tired looking skin.

Includes: Cleanse – exfoliate – mask – moisturiser

Men's ESPA Back, Neck & Shoulder - £45

Treatment time: 25 mins

This massage is tailored to address any areas of concern and uses the most appropriate ESPA body oil to suit your needs.

Men's Back, Face & Scalp Treatment - £99

Treatment time: 85 mins

Renowned as our 'HERO treatment' this ESPA experience delivers triple results by targeting three key areas: The Back, The Face and The Scalp. Making it the ideal treatments to balance both body & mind.

Includes: Back exfoliation – back massage – facial & scalp massage



PRENATAL TREATMENTS

ESPA Prenatal Relax & Restore Massage

Treatment time: 55 mins

Price: £72

Nurture your changing body and calm your mind with this beautifully comforting treatment. Personalised to your needs and stage of pregnancy, the purest, most gentle formulas smooth and nourish skin while expert massage soothes tight, tender muscles and invokes a state of blissful relaxation.

Includes: Focussed body massage – scalp massage

ESPA Prenatal Express Facial

Treatment time: 25mins

Price: £42

Reveal a clear, refreshed, naturally beautiful complexion with this express facial.

Personalised to your needs, natural active formulas cleanse, rebalance and hydrate while aromatic essential oils capture your mind, leaving you looking and feeling relaxed and radiant.

ESPA Prenatal Lighter Legs

Treatment time: 40 mins

Price: £46

Soothe tired, aching or swollen feet and heavy legs with this luxurious and revitalising treatment from ESPA.

A relaxing foot ritual cleanses and exfoliates the feet and lower legs before they are treated to a rejuvenating massage with pure Jojoba and Sweet Almond Oils and enveloped in a cooling yet deeply nourishing moisturiser.

Includes: Leg exfoliation – leg massage – application of cooling moisturiser



SPA DAY PACKAGES

Taster Spa Day

- Choice of ESPA back neck & shoulder massage (25-minutes), or ESPA express facial (25 mins)
- Use of all spa facilities
- Delicious afternoon tea
- Upgrade to a two-course lunch for just £10pp

Monday - Friday £65pp

Saturday - Sunday £75pp

Vitality Pamper Day

- ESPA back, neck & shoulder massage (25 mins)
- ESPA express facial (25 mins)
- Delicious afternoon tea
- Upgrade to a two-course lunch for just £10pp

Monday - Friday £89pp

Saturday- Sunday £99pp

Luxury Pamper Day

- ESPA back neck & shoulder massage (25 mins)
- ESPA Inner beauty facial (55 mins)
- Deluxe manicure (55 mins)
- Delicious afternoon tea
- Upgrade to a two-course lunch for just £10pp

Monday - Friday £149pp

Saturday - Sunday £159pp

ESPA Deluxe Prenatal Relax & Restore Spa Day

Nurture your changing body and calm your mind with this beautifully comforting treatment.

Personalised to your needs and stage of pregnancy, the purest, most gentle formulas smooth and nourish skin while expert massage soothes tight, tender muscles and invokes a state of blissful relaxation.

Includes: Back exfoliation – focussed body massage – scalp massage, Full access to facilities, bathrobe & flip flop hire, delicious afternoon tea

Treatment time: 85 mins

Mon – Fri £125 | Sat – Sun £135

Indulgence Pamper Day

A choice of 3 x 25 min treatments or 1 x 55 min treatment & 1 x 25 min treatment.

55 minute treatments:

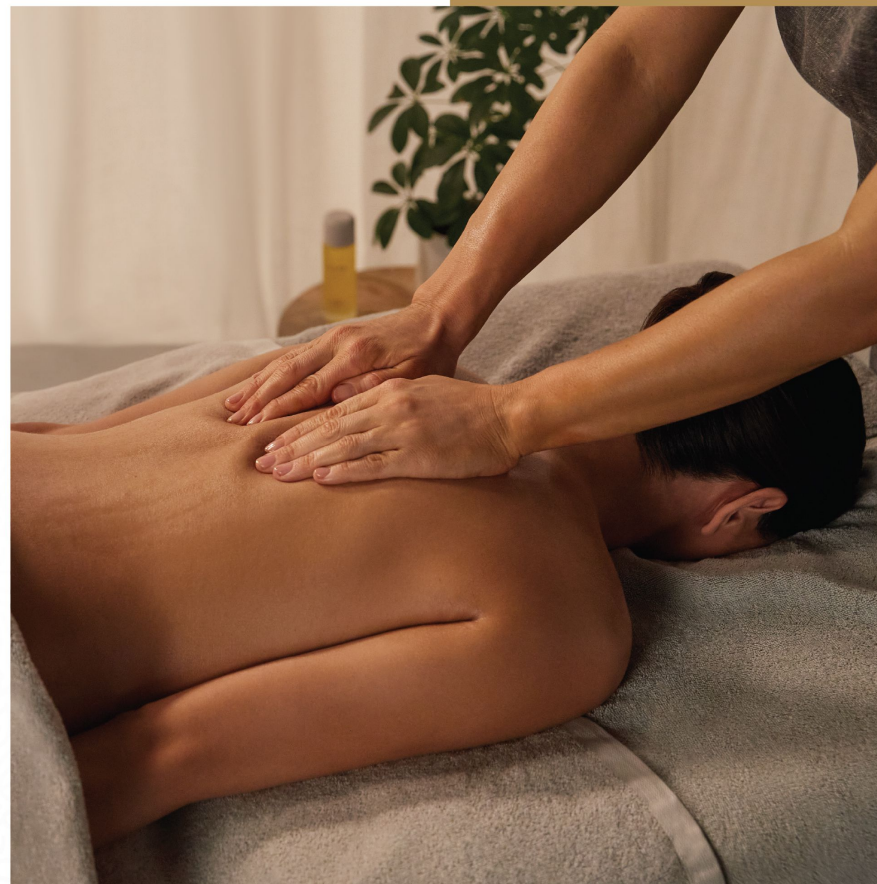
- Glow facial
- Inner beauty facial
- Deluxe manicure
- Deluxe pedicure

25 minute treatments:

- Back neck & shoulder massage
- ESPA express facial
- Scalp massage
- Invigorating foot treatment
- Express manicure
- Express pedicure

Monday - Friday £120pp

Saturday - Sunday £130pp





ME TIME

We all need a little
bit of me time

Full use of leisure & spa facilities

Robe and slippers

Delicious afternoon tea

Option to upgrade to a two-course
lunch £10pp

Monday - Friday £39 per person
Saturday - Sunday £49 per person

*No treatments included

**Treatments can be booked
separately at an additional cost

Please note that on Monday, Wednesday and Friday
mornings we host a 45 minute aqua aerobics session in the
pool area 9:30am-10am. You are welcome to join in if you
wish though if you would rather avoid this then let us know
and we'll try to work your timings around it.

FINISHING TOUCHES

Jessica Nail Treatments

Deluxe manicure	£40
Deluxe pedicure	£45
Gel manicure	£30
Gel pedicure	£30
Express manicure	£25
Express pedicure	£25
Jessica gel removal	£8

*Please inform the spa on booking if you currently
have gels that need removed prior to treatment.*

Eye Treatments

Eyebrow wax	£15
Eyebrow shape	£15
Eyebrow tint	£15
Eyelash tint	£20
Eyebrow & eyelash tint	£30
Eye package	£40

*Includes eyebrow shape, eyebrow tint & lash tint
all tint treatments require a 48 hour tint
test previous to appointment.*

Wax

Full leg wax	£35
Half leg wax	£25
Chest or back wax	£25
Bikini wax	from £22
Upper lip or chin	£15
Underarm	£20



SPA BREAKS

All our spa breaks include robe, slippers and full use of the spa facilities.

Sunday Night Pamper Break

- Overnight accommodation
- Dinner in the restaurant with an allowance of £35 per person
- One 60 minute treatment OR two 30 minute treatments

Prices start from £218 per room

Mini Pamper Break

- Overnight accommodation
- Breakfast the next morning
- 30 minutes of treatment time per person
- Option to add on dinner with an allowance of £35 per person

Prices start from £160 per room

Two Night Pamper Break

- Two nights' overnight accommodation
- Dinner on the second night (allowance of £35 per person)
- Breakfast both mornings
- 30 minutes of treatment time per person per night

Prices start from £350 per room

Two Night Pamper & Indulgence

- Two nights' overnight accommodation
- Dinner in the restaurant with an allowance of £35 per person per night me per person per night

Prices start from £490 per room

