



dalmeny
RESORT HOTEL

SPA AT DALMENY HEALTH CLUB
01253 712236 | DALMENYHOTEL.CO.UK/SPA

FACIALS

TASTER FACIAL

Designed for those who have a busy schedule, this facial has several benefits including healthier skin and a decrease in stress levels.

30 MINUTE TREATMENT | £40

DELUXE PERSONALISED FACIAL

A tailored treatment designed to restore and repair the skin, giving you the ultimate glow. The scalp is then gently massaged using our bespoke essential oils.

60 MINUTE TREATMENT | £65

NAILS

MANICURE

This luxurious nail treatment begins with a gentle cuticle soak and expert gel removal, followed by precise nail shaping and filing. The service is completed with a flawless application of your choice of long-lasting gel or classic polish for a perfect, high-gloss finish

60 MINUTE TREATMENT | £55

PEDICURE

This revitalising treatment begins with a relaxing foot soak, gel removal followed by precise cuticle care and expert nail filing and shaping. Hard skin is gently removed, leaving your feet smooth and refreshed. Choose between a polish or gel application for a flawless finish. The experience concludes with a soothing foot massage, leaving your feet feeling pampered, soft, and rejuvenated.

90 MINUTE TREATMENT | £60

LASHES & BROWS

LASH TINT

Simply tint your own lashes to retain a darker, more noticeable look on your natural lashes.

15 MINUTE TREATMENT | £15

BROW WAX

Enhance your natural eyebrows.

15 MINUTE TREATMENT | £15

BROW COLOUR & SHAPE

Add definition to your brows with a tint of colour and frame your eyes with a tailored shape.

15 MINUTE TREATMENT | £20

BODY WAXING

Standard Bikini Wax	£25	Full Leg Wax	£35
Back Wax	£35	Half Leg Wax	£30
Chest Wax	£35	Underarm Wax	£15
Upper Lip and Chin Wax	£15		

MASSAGES

CLASSIC BACK, NECK AND SHOULDER

Our trained therapists will adapt the massage to focus on your specific needs using natural oils.

45 MINUTE TREATMENT | £55

INDIAN HEAD MASSAGE

A treatment focusing on the face, shoulders and scalp which will release stress and tension leaving you feeling revitalised.

45 MINUTE TREATMENT | £55

CLASSIC FULL BODY

Our trained therapists will adapt the massage to focus on your specific needs using natural oils.

45 MINUTE TREATMENT | £60 - COURSE OF 5 TREATMENTS | £240

60 MINUTE TREATMENT | £75

90 MINUTE TREATMENT | £90

CLASSIC HOT STONE FULL BODY

A therapeutic massage using volcanic hot stones to penetrate the muscles, soothing aches and pains helping you unwind and relax.

60 MINUTE TREATMENT | £85

90 MINUTE TREATMENT | £100

DEEP TISSUE MASSAGE

Designed to massage deep into your tissue, this treatment relaxes whilst targeting problem areas leaving you feeling refreshed and ready for the day.

60 MINUTE TREATMENT | £75 - COURSE OF 5 TREATMENTS | £300

DALMENY RITUALS

DALMENY BACK RITUAL

Relax with a rejuvenating back scrub to exfoliate and refresh, followed by a nourishing mud mask to detoxify. Then enjoy a soothing hot stone massage for your back, neck, and shoulders, easing tension and promoting deep relaxation. You'll feel completely refreshed and at ease.

55 MINUTE TREATMENT | £70

DALMENY ESCAPE RITUAL

Relax with a luxurious hot stone massage for your back, neck, and shoulders, easing tension and stiffness. Followed by a soothing Indian head massage to relieve stress, improve circulation, and calm the mind. The perfect blend for deep relaxation and rejuvenation.

50 MINUTE TREATMENT | £65

DALMENY GLOW RITUAL

Enjoy a Dalmeny Express Facial to cleanse, exfoliate, and hydrate, leaving your skin glowing. Follow with a relaxing back, neck, and shoulder massage to ease tension and soothe muscles, leaving you revitalised and refreshed.

50 MINUTE TREATMENT | £65



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ABOUT GAIA

Blending together the finest ingredients, plant actives and essential oils, GAIA products are full of intention and integrity. Each ingredient thoughtfully selected for its beneficial properties for the body and mind, how it will make you feel and what the ingredient will do.

GAIA treatments have been designed to be meaningful rituals, connecting to history and tradition, with the aim that they are felt physically and that they are understood mentally. They are designed to bring a person to a state of wellness; more than the absence of illness, the state of being well is a sense of life, high energy levels, contentment, enjoyment, and fulfillment. Which gives mental clarity and physical strength. Wellness is about awareness and relationships, reaching into your heart, and being the very best you can be.

MOTHER GAIA PREGNANCY MASSAGE

A beautifully gentle, relaxing treatment perfect during and after pregnancy. This nurturing treatment exfoliates the back and is followed by a specifically designed massage focusing on alleviating muscular aches on stressed areas, helping you to feel relaxed and restored. This is then followed by a healing massaging facial leaving your skin feeling rejuvenated and glowing. *This is only available to those after 12 weeks of pregnancy.*

60 MINUTE TREATMENT | £120
90 MINUTE TREATMENT | £150

GAIA TREATMENTS

GAIA BESPOKE MASSAGE

A completely bespoke treatment catered to your needs and concerns. This treatment uses effective and natural ingredients combined with highly therapeutic techniques such as Swedish, Deep tissue and Aromatherapy to relax the body and mind bringing you into the present moment.

60 MINUTE TREATMENT | £110
90 MINUTE TREATMENT | £140

GAIA RESTORATIVE TREATMENT

Experience a therapeutic back cleanse followed by exfoliation with Gaia's own unique body scrub, before Gaia's mud mask is applied in sweeping motions to detoxify and cleanse. Following the removal of the mud with a hot towel, the back is massaged with hot stones using one of the GAIA oils; Awakening, Balancing or Calming.

60 MINUTE TREATMENT | £120

GAIA JADE FACIAL

This healing massaging facial will leave your skin feeling rejuvenated and glowing... GAIA's natural skincare products are softly massaged deep into the skin, using healing Jade crystal wands to stimulate both lymph drainage and blood flow, leaving your skin feeling firmer and younger.

60 MINUTE TREATMENT | £105

GAIA SALT AND OIL SCRUB

Liberate your skin with our nourishing salt and oil scrub treatment. Your body is awakened with natural sea salt, peppermint and lemongrass, to gently buff the skin, boosting circulation and leaving a natural glow. This refreshing treatment will leave a natural feeling of wellbeing, whilst the skin is left smooth and replenished.

45 MINUTE TREATMENT | £60

GAIA MUD COCOON

Offering a protective, cocooning treatment to emerge from awakened. This treatment includes whole body, face, and scalp therapy for a truly indulgent experience; following a sea salt exfoliation, a deeply nourishing body mud is applied, while the face & scalp is gently massaged. The treatment is completed with our Awakening Body Cream, with nourishing coconut oil and shea butter.

90 MINUTE TREATMENT | £130

GAIA POULTICE MASSAGE

This massage uses herbal compresses that have healing and soothing properties. All the herbs are grown naturally and are part of the blend that makes Gaia. Aromatic herbs and spices have been used for centuries for various ailments and treatments as they help to increase the flow of chi (energy).

60 MINUTE TREATMENT | £120
90 MINUTE TREATMENT | £150 (Includes scalp massage)

GAIA JOURNEYS

GAIA AWAKENING JOURNEY

An energising experience, helping to renew and radiate positivity for the mind and body. The Awakening Journey helps revitalise the skin with a salt and oil exfoliation, either on the back, neck and shoulders (60 minutes) or full body scrub (90 minutes) removing dead skin cells to reveal refreshed, soft skin. The Awakening Journey continues with a bespoke massage, tailored to suit your needs, to help awaken the body and boost circulation, leaving you feeling refreshed and uplifted.

60 MINUTE TREATMENT | £120
90 MINUTE TREATMENT | £150

GAIA BALANCING JOURNEY

Find grounding and harmony with the Balancing Journey, a treatment designed to alleviate stress and bring equilibrium to the mind and body. The journey centres around a hot stone massage, using warm volcanic stones to soothe aches and pains, relieving muscle tension. The Balancing Journey continues with a nurturing Jade facial, known as the healing stone, the Jade crystal wands help to relieve tension in the muscles, encourage blood flow, and help eliminate fine lines. With a choice of 60-minute and 90-minute journeys, you'll leave feeling restored and emotionally balanced.

60 MINUTE TREATMENT | £120
90 MINUTE TREATMENT | £150

GAIA CALMING JOURNEY

A truly tranquil experience, the Calming Journey has been developed to offer complete relaxation and peace within. Your journey will begin with a serene back, neck, and shoulder massage to ease muscle tension and calm the mind and body. This is followed by either a scalp massage (60 minute) or Indian head massage (90 minute) which includes a facial cleanse, tone and a beautifully relaxing facial massage, focusing on pressure points to relieve tension. Both journeys include a hand and arm massage, helping to release stress and find total relaxation.

60 MINUTE TREATMENT | £120
90 MINUTE TREATMENT | £150



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DALMENY SPA DAY EXPERIENCES

Relax, unwind, and indulge with our carefully curated spa day experiences, perfect for treating yourself or someone special. Whether you're looking for a peaceful afternoon escape or a full day of pampering, we have something just for you.

AFTERNOON TEA RETREAT

£55 PER PERSON AVAILABLE ALL YEAR ROUND
The perfect midday escape

Includes:

- A 30-minute back, neck & shoulder massage or facial
- Delicious afternoon tea
- Optional gym and pool access for just £10 extra

HALF-DAY SPA RETREAT OPTION 1

£70 PER PERSON MONDAY - FRIDAY (TERM TIME ONLY)
A shorter escape with everything you need to reset

Includes:

- 30-minute classic back, neck & shoulder massage or facial
- Afternoon tea or lunch platter
- Choice of: glass of prosecco, tea, or coffee
- Full use of gym and pool facilities
- Robe service included

Optional Upgrades: Hot stones

DALMENY RITUALS

HALF-DAY SPA RETREAT OPTION 2

£90 PER PERSON MON - FRI (TERM TIME ONLY)
A unique sensory retreat with signature rituals

Includes your choice of Dalmeny Rituals:

- **Back ritual (50 mins)**
A relaxing back scrub and mud mask followed by a hot stone back, neck, and shoulder massage.
- **Escape ritual (50 mins)**
A luxurious hot stone back, neck, and shoulder massage followed by an Indian head massage.
- **Glow ritual (50 mins)**
A Dalmeny express facial followed by a classic back, neck, and shoulder massage.

- Lunch platter or afternoon tea
- Choice of: glass of prosecco, tea, or coffee
- Full use of spa and gym facilities
- Robe service included

Optional Upgrades: Hot stones

SAVING £10

DALMENY DUO SPA ESCAPE

£150 FOR 2 PEOPLE AVAILABLE ALL YEAR ROUND
A luxurious day for two people

Includes per person:

- Classic full body or deluxe personalised facial (45 minutes)
- Lunch platter or afternoon tea
- Choice of: glass of prosecco, tea, or coffee
- Full use of gym and pool
- Robe service included

Optional Upgrades: Hot stones

LUXURY PACKAGE

GAIA SPA DAY RETREAT

£140 PER PERSON MON - FRI (TERM TIME ONLY)
A full-day journey of self-care

Includes your choice of a luxury Gaia treatment:

- **Gaia awakening journey (60 mins)**
An energising experience that helps renew and radiate positivity for the mind and body. This journey begins with a salt and oil exfoliation on the back, neck, and shoulders, removing dead skin cells to reveal refreshed, soft skin. It continues with a bespoke massage tailored to your needs, awakening the body and boosting circulation - leaving you feeling refreshed and uplifted.
 - **Gaia balancing journey (60 mins)**
A grounding treatment designed to relieve stress and bring equilibrium to the mind and body. It begins with a hot stone massage using warm volcanic stones to soothe muscle tension and aches. This is followed by a Jade Facial using healing crystal wands to relieve tension, encourage blood flow, and reduce the appearance of fine lines - leaving you emotionally balanced and restored.
 - **Gaia Calming Journey (60 mins)**
A tranquil experience created to offer complete peace and relaxation. This journey starts with a calming back, neck, and shoulder massage, followed by a scalp massage. It includes a facial cleanse, tone, and a soothing facial massage to help release tension and promote deep relaxation.
- Afternoon tea or lunch platter
 - Choice of: glass of prosecco, tea, or coffee
 - Full use of gym and pool facilities
 - Robe service for your comfort