



THE WOODLAND SPA

AT FONAB



## Spa Packages

### Castle Calm

**1 hour 30 minutes**  
**(Includes afternoon tea)**

A treatment that focuses on complete relaxation with a full body scrub. Enjoy a mud wrap on the back, then we'll massage your legs and feet easing muscle fatigue, aches and pains. The wrap will be 30 minutes, then we'll work on a back, neck and shoulder massage as well as a facial for a full body experience.

### The Woodland Escape

**1 hour 30 minutes**

Enjoy an afternoon of treatments, and a glass of Champagne. Indulge in a combination of treatments, with a salt and oil scrub and back massage, express facial and a foot and leg massage. Then sip on a refreshing glass of Champagne, and unwind in our spa facilities for the remainder of your time.

### Press Pause Together

**1 hour 30 minutes**  
**(Includes afternoon tea)**

An indulgent experience built for two, which begins with a 60 minute full body massage, followed by a 30 minute bespoke facial in our dual room. Enjoy afternoon tea after your treatments, and take in the breath-taking scenery of Loch Faskally and Ben Vrackie.

### Tranquili-Tea Retreat

**3 hours**  
**(Includes afternoon tea)**

Enjoy our tranquil spa facilities with the peaceful woodland around you. Take time to relax and enjoy alone time or time spent with a friend or loved one, then look at a beautiful view over the neighbouring loch whilst indulging in our delicious afternoon tea.

### Highland Retreat Day

**3 hours**

Experience total rest and relaxation within our Woodland Spa, which includes use of a fluffy robe, towel and slippers, as well as 3 hours use of all our spa and leisure facilities, which include a 15 metre swimming pool, whirlpool bath, sauna, aroma relax room, thermal suite and steam room.

### Fonab Delight

**2 hours 30 minutes**  
**(Includes cream tea)**

Treat yourself and a friend to some luxury and relaxation, with 2 hours use of our spa facilities, including our thermal suite, as well as a 30-minute back, neck, and shoulder massage. End your spa day with a delightful cream tea.

### Twilight Spa

**2 hours 45 minutes**  
**(Includes dinner)**

Indulge in a 45-minute facial, tailored to perfection by our talented spa therapists, then unwind in the serenity of our luxurious spa facilities with 2 hours access between 4 – 8pm. Finish your relaxing day with dinner at 1892 on the Loch.

## Signature Treatments

ENJOY ONE OF OUR BESPOKE TREATMENTS, DESIGNED TO SUIT YOU AND YOUR NEEDS.

### Signature Facial

#### 50 minutes

Beginning with a detailed analysis, your therapist will customize every step - from deep cleansing and exfoliation to targeted serums and masks, using advanced techniques to address your skin's unique needs, leaving you with a radiant, balanced complexion.

### Signature Massage

#### 50 minutes

Indulge in a 50-minute bespoke massage designed entirely around you. Rather than a one-size-fits-all routine, your therapist will consult with you to identify your specific goals - whether that's melting away chronic tension, recovering from a workout, or simply finding a moment of deep stillness.

Using a curated blend of techniques, your practitioner will adjust pressure and focus to address your body's unique needs in real-time. It's a highly personalised session that ensures every minute is dedicated to your total physical and mental well-being.

### The Head-to-Toe Bliss Booster

#### Add-On Treatment

#### 30 minutes

Elevate your service with this 30-minute express add-on, focusing on the body's most tension-prone areas.

This treatment combines a calming scalp and head massage - designed to ease headaches and boost circulation, with a restorative, nourishing foot massage to ground your energy and melt away tension. Perfect for stress relief.

#### Treatment Highlights:

- **Scalp & Head Massage (15 min):** Focused pressure point techniques to clear the mind, reduce headaches, and enhance mental clarity.
- **Restorative Foot Massage (15 min):** Deeply hydrating lotion or oil is used to soothe tired soles, stimulate circulation, and release tension in the arches and toes.
- **Add-On Benefit:** Can be seamlessly added to any facial or massage to maximize relaxation and provide a truly luxurious, holistic experience



## Temple Spa

In the sun-soaked embrace of the Mediterranean, Templespa was born 23 years ago. It all started with a profound connection to the warmth, vibrancy, and nourishing indigenous ingredients of the region.

Fuelled by a love for living life to the fullest, Templespa has evolved into a haven of exceptional skincare. Beyond the surface, the brand offers transformative well-being experiences through its renowned facials and massages, inviting individuals to indulge in the essence of Mediterranean-inspired bliss.

Templespa, where the journey began, continues to radiate the beauty and vitality of a life well-lived



## Templespa Facials

### Champagne & Truffles Deluxe Treatment

#### Choice of 1 hour or 1 hour 30 minutes

A luxury facial that combines Templespa's award-winning truffle skincare with our specialist lifting massage techniques that together iron out deep lines and wrinkles, help to strengthen muscle tone and reduce puffiness.

Indulge for an additional 30 minutes, and enjoy an exquisite cooling alginate mask and rose quartz massage therapy.

Add a glass of fizz and a delicious chocolate truffle to complete the luxury and help you relax.

### My Kinda Skin

#### 1 hour

Let us analyse your skin and prepare a tailored treatment just for you. Your facial includes a tailored face and décolleté massage, plus a relaxing scalp massage. You will feel amazing and your skin will look refreshed.

### All About The Glow

#### 1 hour 30 minutes

This advanced, skin transforming facial turns up your glow with instant and visible results for firmer feeling and brighter, healthy-looking skin. Your complexion is transformed thanks to intelligent active ingredients boosted by vitamin C and our glycolic acid complexes.

Add our unique skin-lifting massage techniques and the results are even better.

## Templespa Massages

### Driftaway

#### Choice of 1 hour or 1 hour 30 minutes

This deeply relaxing top-to-toe massage, formulated with a dreamy blend of Mediterranean essential oils including frankincense, lavender and patchouli, is guaranteed to have you drifting away.

Upgrade your experience to 90 minutes to include a signature face and scalp massage using Templespa's aromatherapy resting cream Repose.

This is the perfect treatment to soothe and calm frazzled nerves and wind down an active mind; tension and allow your stress to simply melt away.

### I'll Be Back

#### 1 hour

This invigorating treat includes an exfoliation scrub, a deep cleanse with warm purifying mud followed by a stimulating massage. Leaves you with a back to be proud of.

### Your Best You

#### 1 hour 30 minutes

This unique top-to-toe treatment is bespoke to you. The gentle, caring massage uses a combination of expert therapist hands and Himalayan salt stones with Templespa nurturing skincare to support stress relief, increase energy, and positively boost your mood.

Rhythmic stretches, and gentle joint rotation rescue achy limbs and a gentle lymph drainage facial reduces puffiness to leave skin fresh and feeling beautiful.

### Ultimate Glow - Glow Within

#### 1 hour 30 minutes

Experience our indulgent treatment delivering a sense of relaxation and ultimate radiance for face and body. Our journey to ultimate radiance commences on the back with an aromatic exfoliation and bespoke massage using warm Himalayan salt stones, releasing their therapeutic minerals and relaxing your muscles whilst melting away tension.

As you drift into a state of relaxation the journey is followed by a skin transforming facial that turns up your glow, using intelligent active ingredients boosted by vitamin C and glycolic acid complexes and our unique skin lifting massage to awaken the natural luminosity in your skin.

## Ishga

Discover the magic of the Hebrides. Ishga is derived from the Gaelic word for water. This award winning 100% organic ingredient Hebridean skincare brand, using the highest quality and purest Scottish seaweed combined with water from a natural spring situated on the beautiful Hebridean Isle of Lewis.

Seaweed has been used for centuries for its natural healing and therapeutic properties. It contains a high content of vitamins, minerals and powerful natural anti-oxidants that are considered essential for maintaining glowing skin.

Recent scientific research shows seaweed extract used in Ishga preserves the skin's natural collagen. The mineral rich seaweed extract is carefully blended with cucumber extract, macadamia, jojoba, aloe vera and lemon peel so that your Ishga treatment will detoxify, nourish, firm and hydrate the skin, which is suitable for all skin types.



## Ishga Massages

### Castle Classic

#### Choice of 1 hour or 1 hour 30 minutes

A Swedish style massage using a variation of movements with a light to medium pressure to help aid relaxation and improve circulation. During the consultation our highly skilled spa therapists will help devise a treatment that will be adapted to suit your needs.

### Woodland Wellness

#### 1 hour

Invigorating massage using slow deep movements with a medium to firm pressure. This will help release tension, stretch muscles, relieve any stiffness in joints, designed to detox and balance the body whilst targeting areas of tension and stress.

### Highland Harmony

#### Choice of 1 hour or 1 hour 30 minutes

A full body hot stone massage incorporating heated basalt stones which instantly relax the muscles, allowing the treatment to work at a deeper level. Hot stones work to relax the mind, ease muscle tension, reduce aches and pains and are placed along the chakras to open up energy pathways.

### Mother-To-Be Massage

#### 1 hour

A nurturing full body massage helping to soothe aches, pains and muscle fatigue often experienced during pregnancy. Designed to help relax, calm, ease leg cramps and reduce water retention and puffiness. Using techniques and products to hydrate the skin, improve elasticity and reduce stretch marks, creating a sense of wellbeing for both mum and baby.

## Ishga Body Treatments

### Highland Marine Back Treatment

#### 1 hour

The ultimate back facial designed to rejuvenate and exfoliate, while treating any congestion to reveal a brighter and smoother skin. Beginning with a cleanse, tone and exfoliation, a powerful heated seaweed clay mask is applied to clarify and soften the skin while providing a deep moisturising treatment. Ideal for skin concerns such as acne on the back, dryness or skin conditions, whilst soothing aches and pains in the muscles. Finishing with a back massage and continuing onto the backs of the legs, leaving you feeling deeply relaxed.

### Highland Radiance Ritual

#### 1 hour 30 minutes

This powerful treatment is the perfect combination of a sea salt and oil scrub with a body wrap, followed by a targeted massage for key areas of concern. Designed to eliminate toxins, reduce cellulite and boost energy while being cocooned in uplifting bliss, leaving skin nourished and glowing.

### Oncology Touch Treatment

#### 1 hour

Using Ishga we are pleased to use their 'Oncology Touch Therapies'. This bespoke treatment will allow our highly skilled therapists able to perform adapted therapies on guests undergoing cancer treatment in aid of relaxation. A thorough consultation with your spa therapist will ensure that this treatment is tailor made specifically for you.

Alternatively, you can select two of the options combining what is best for your current symptoms and needs:

- Mini Facial
- Comforting Foot & Leg Massage
- Facial Massage, Hand & Foot Treatment
- Back, Neck & Shoulder Massage

## Ishga Facials

### Highland Glow

#### 1 hour

A rejuvenating unisex facial designed to revitalise and repair. This treatment will cleanse, tone and moisturise the skin leaving it revitalised and hydrated. Perfect for toning, firming, nourishing but also repairing and protecting the skin from environmental damage. Suitable for all skin types.

### Lochside Deluxe

#### 1 hour 30 minutes

An indulgent luxurious anti-ageing facial which incorporates a thorough skin care routine combined with three intensive masks. It also includes a warming massage of the face, scalp, shoulders and arms adding a host of vitamins and minerals into the face and upper body.

## Spa Etiquette

### Treatment Reservations

To avoid disappointment, we recommend booking your treatments with Spa Reception well in advance.

### What To Bring

For your comfort, a robe, towel and slippers will be provided throughout your visit. Hotel guests may wish to arrive in the robe provided in their rooms. We do ask that a bathing suit or swim trunks be worn within the unisex pool, spa pool and thermal suite at all times.

We would like The Woodland Spa to always be a tranquil environment. We would be grateful if you would assist us in maintaining this peace by avoiding use of mobile phones whilst enjoying the spa.

### Spa Arrivals

Please arrive 15 minutes prior to your treatment time to complete your consultation form and change into your robe. Failing to do so will result in you doing these things during your treatment time.

### Health Conditions

So that we may tailor your treatment to best meet your needs and requirements, we ask that all clients receiving spa treatments complete a consultation form. Please advise our spa team of any health conditions, allergies, medications or injuries which may affect your treatment or use of the facilities. If you have any questions or concerns please do not hesitate to ask a member of our friendly spa team.

### Home Care

To continue the benefits of your spa experience at home, our experienced spa staff will provide you with aftercare advice on the products which would best benefit your needs.

### Points of Safety

Spa Facilities and Thermal Suite: As part of our commitment to health and safety we may restrict access to the facilities. This is to ensure all of our guests have a safe and enjoyable experience. Although trained staff are on duty within the spa we do not have a life guard on duty within the pool.

We would ask that each guest shower before entering the pool or thermal use to remove any oils held on the skin.

The pool floor will be slippery when wet, so please do not run. We ask that there is no jumping or diving in the pool or spa pool; and, we do not allow toys in the pool.

### Mothers-to-be and Post Natal

Please advise us at the time of booking of your pregnancy. For your safety, we cannot carry out any of our body treatments during your first 12 weeks of pregnancy.

Use of our sauna, steam room or spa pool are also not allowed during this time. We can, however, offer you any of our luxurious facials, manicures or pedicures during this time. After your first 12 weeks, please speak with a member of our spa team to discuss the treatment best suited to your needs.

### Children

As part of our commitment to health and safety, children under the age of 16 are not permitted in the spa facilities unless accompanied by a parent or guardian at all times.

Children under the age of 16 will not be permitted to use the thermal suite, sauna, steam room, aroma room or the spa pool at any time.

Any person under the age of 16 wishing to receive treatments must be accompanied by an adult at all times. Body massage and facial treatments will not be permitted on any child under the age of 16.

### Cancellation Policy

Please be advised that we have a 24 hour cancellation policy. Should you need to cancel or change your spa reservation, the full charge of the treatment will be taken should you fail to cancel your reservation. Packages and exclusive offers have a 48 hour cancellation policy.

### Loss or Damage

In the unfortunate instance of loss or damage of personal possessions, The Woodland Spa cannot be held responsible. We ask that all personal belongings be stored safely in the supplied lockers.

### Special Requirements

We will do our utmost to make sure your visit to The Woodland Spa at Fonab Castle is unique and enjoyable. Should you have any specific requirements, please contact a member of our spa team, and we shall endeavour to do all we can to meet your needs.

**Pocket**



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