



THE
COACH HOUSE SPA

KINROSS HOUSE ESTATE



Welcome to The Coach House Spa

Nestled in the heart of Kinross House Estate, on the banks of Loch Leven, our award-winning spa promises state-of-the-art facilities and treatments set within spectacular grounds.

Whether you seek rejuvenation through a therapeutic massage, a refreshing facial, or a restorative soak in our luxurious hydrotherapy pool, our skilled and dedicated team of professionals are committed to ensuring your complete relaxation and well-being.

Our mission is to provide a sanctuary where guests can escape the demands of daily life and emerge revitalised, refreshed, and ready to embrace the beauty that surrounds them.

Massages

Coach House Signature Massage - 55 mins / £90.00 or 80mins / £110.00

Restore and repair your muscles with this head to toe customised massage. Choose from a light, medium or firm pressure to tailor this massage exactly to your needs. This treatment begins with a hot towel compress, to relax and prepare the muscles before your therapist incorporates various movements and techniques for a truly bespoke experience.

Hot Stone Massage Therapy - 55 mins / £95.00 or 80 mins / £115.00

This deeply soothing hot stone massage will help tired, aching and tense muscles relax and release, as heated smooth basalt stones are gradually integrated into this full body massage. The stones will help to warm and relax the muscles with a continuous heat therapy being applied.

Warm Bamboo Massage - 55 mins / £95.00

This massage uses solid bamboo sticks to massage the body, integrated into a flowing Swedish massage. The sticks are gently warmed and applied to give deep and long massage strokes to break down tension and stretch tight muscles.

Aromatherapy Associates Intensive Full Body Muscle Release - 55 mins / £115.00

This deeply restorative treatment is specifically designed for tight, stressed and aching muscles. Swedish and cross muscle fibre massage techniques, with stretching and draining, are combined with essential oils known for their beneficial effects on the circulation. Black pepper, rosemary, and ginger warm the muscles and help disperse the build-up of lactic acid that causes stiffness and pain while lavender calms and soothes with anti-inflammatory properties.

Aromatherapy Associates Pregnancy Massage - 55 mins / £110.00

Using the traditional aromatherapy pressure point massage for the upper back and paying attention to tight shoulders, this massage helps to relieve stress and tension. The legs are massaged to ease the heavy feeling that can come with pregnancy and a full scalp and facial massage, with treatment oil chosen specifically for your skin type, completes this head-to-toe treatment.

CBD Massage - 55 mins / £120.00

CBD's natural anti-inflammatory properties provide pain relief while reducing stress and anxiety. This soothing full body massage aids in relaxation and sleep.

Lomi Lomi Hawaiian Massage - 40 mins / £80.00

Float away with this tranquil healing massage that works gently yet deeply into the muscles with continuous flowing strokes, increasing blood circulation, stimulating lymphatic drainage whilst removing toxins and increasing muscle flexibility.

Luxury Treatments

Ultimate Aromatherapy Experience - 55 mins / £115.00 or 90 mins / £195.00

This wonderful sensory experience includes a luxurious application of aromatherapy oils with mineral-rich body crème to relieve muscle tension, promote detoxification and boost hydration.

The Essentials - 60 mins / £85.00

Includes a back, neck and shoulder massage followed by a signature facial treatment.

Indulge Me - 90 mins / £125.00

A head-to-toe experience that includes a full body massage, pressure point facial massage, complete with a luxurious hair treatment and Neroli spritz.

Luxury Top-to-Toe Experience - 90 mins / £150.00

This luxury treatments starts with a full body hammam exfoliation followed by a 30 minute facial, including scalp or arm and hand massage, 15 minute back massage and 15 minute leg massage.

Face & Body Wellness - 120 mins / £165.00

Designed to create a feeling of complete relaxation and tranquility. Full body massage followed by luxurious facial.

Body Treatments

Hip and Thigh Toning and Firming Treatment - 60 mins / £100.00

Hip and thigh skin brushing followed by Hammam natural moroccan black soap exfoliation, cold mitts removal followed by hip and thigh massage and toning mask. Afterwards, enjoy a warm towel wrap, foot masage and moisturiser application.

Hammam Full Body Exfoliation - Up to 60 min / £80.00

Using a Kessa exfoliating mitt, this full body Hammam exfoliation uses natural moroccan black soap that cleanses, moisturises and removes toxins to promote anti-ageing effects on the skin. Finished using a moroccan body butter with argan oil to rehydrate and nourish the skin.

Reflexology- 45 mins / £80.00

Reflexology is a therapy that treats the feet in order to bring balance to the whole body. The main principle is that by massaging, manipulating and applying pressure to pressure points on the feet, other corresponding areas of the body will feel the benefits. Reflexology can help promote good health and also prevent illness.

Facial Treatments

Aromatherapy Associates Signature Facial - 55 mins / £90.00

This luxurious facial harnesses the regenerative properties of essential oil to nourish, soften and hydrate all skin types, especially dry, delicate and finely textured complexions. This treatment helps to boost your circulation and promote cell renewal and regeneration, leaving your skin radiant, dewy and delicately scented. The result is a smooth, radiant complexion and a relaxed state of mind.

Aromatherapy Associates Luxury Ozone Facial - 60 mins / £110.00

Our Aromatherapy Associates Signature Facial with added ozone therapy. This treatment is completely natural, using a stable form of oxygen, ozone therapy provides complete skin rejuvenation, reducing fine lines and wrinkles, clearing acne and blemishes and discolorations, and stimulating skin collagen growth.

Signature Wraps

Aromatherapy Associates Nourishing Wrap - 60 mins / £95.00

Enjoy this skin nourishing body wrap which begins with a gentle full body exfoliation followed by warm nourishing oil application. Enjoy a warm body wrap followed by a full body moisturise.

Aromatherapy Associates Deep Relax Body Wrap - 60 mins / £95.00

Enjoy this skin nourishing body wrap which begins with a gentle full body exfoliation followed by warm nourishing Aromatherapy Associates oil application. Afterwards, enjoy a warm body wrap followed by a full body moisturise.

Seaweed and Algae Body Wrap - 80 mins / £125.00

This treatment begins with a gentle full body hammam exfoliation followed by seaweed and algae clay mask finished with deep hydrating moisturiser.

Add-on Treatments

Express Facial - 30 mins / £48.00

Tailored to your skin type, following a professional skin analysis, your therapist will choose from our rehydrating, rejuvenating and clarifying ranges to completely suit the needs of your skin. This treatment will include a cleanse, exfoliation, masque, and facial massage. Complete your experience with your choice of a neck and shoulder massage, or arm and hand massage.

Targeted Signature Body Massage - 30 mins / £48.00

Restore and repair your muscles with our signature body massage. Choose between light, medium or firm pressure to suit your preference. Start off with a hot towel compress to relax and prepare the muscles before your therapist incorporates various movements and techniques for a truly bespoke experience.

Coach House Signature Head and Scalp Massage - 30 mins / £48.00

A relaxing fingertip massage to help improve circulation, ease muscle tension and relieve headaches.

Coach House Back, Neck and Shoulder Massage - 30 mins / £48.00

This express treatment targets key areas of tension with aromatherapy and massage to promote relaxation and ease stiffness.



If you require further information or have any questions,
please contact our Spa Team:

coachhousespa@kinrosshouse.com

+44 (0)1577 867 855