



THE COACH HOUSE SPA
AT KINROSS HOUSE

THE COACH HOUSE SPA TREATMENT LIST

Welcome to The Coach House Spa. The Coach House is set within the beautiful grounds of Kinross Estate, located on the banks of Loch Leven nature reserve. Converted from the original old stable block of the estate next to the walled kitchen garden, The Coach House now offers a small and intimate boutique spa experience.

Here at The Coach House Spa, our aim is for you to completely restore, relax and rebalance. We want to take you on a holistic journey where you will indulge in our tranquil spa facilities. Our therapists will tailor our luxurious treatments using our award winning Kerstin Florian products, by combining outer beauty with inner health, to completely meet your needs.

WHAT YOU WILL FIND AT OUR SPA

Our spa facilities comprise charming cottage-style treatment rooms, a hydrotherapy pool, sauna, relaxation snug (new for June), and our Tartan Library Bar, perfect to relax, catch up with friends, read some magazines and perhaps enjoy a coffee, afternoon tea or a glass of prosecco, or perhaps a combination... Weather permitting during the summer months, we can provide outdoor seating around the pretty courtyard.

ESSENTIAL INFORMATION

Your Spa Experience

We are delighted to be able to offer you a wonderful range of products and treatments, each one which brings you different benefits to enjoy. When you spend a minimum £35 or more on one of our treatments, you can also enjoy 2 hours use of the Spa Experience (hydrotherapy pool, sauna, relaxation area).

Arrival Time

We recommend to arrive at least 15 minutes before your appointment to give you plenty of time to change before your treatment, and we will ask you to complete a consultation form. If you would like to also use our spa facilities, we ideally recommend that you come along an hour earlier to enjoy the pool and sauna in order to retain the benefits of your treatment.

We will provide you with access information to the estate along with your confirmation details.





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Personal Belongings

We recommend that you leave valuables at home as we cannot take responsibility for loss or damage.

Spa Safety

As part of our commitment to health and safety, we may restrict access to the hydrotherapy and sauna facilities. This is to ensure all of our guests have a safe and enjoyable experience. Use of the facilities are suitable for guests over the age of 16.

Cancellation

Cancellations received more than 24 hours before a booked treatment can be rescheduled at no additional charge. Cancellations received within 24 hours of a booked treatment will require full payment. Please note 7 days' notice is required to cancel a group booking of 5 or over. Non-arrival without notice will result in a full charge of treatments.

Pregnancy

We can tailor our treatments to be suitable for you, after your first trimester. Please speak to one of our Spa team to advise you on treatment selection during this special time. We do not recommend use of the hydrotherapy pool or Sauna during your pregnancy.

Afternoon Tea

Includes sandwiches, tray bakes, speciality cakes and scones with clotted cream and jam served with tea/coffee, priced £20 per person (must be booked alongside a treatment with a minimum treatment time 30 mins).

To make a booking

Reservations Phone Monday to Friday, 9am – 5.30pm, 01577 865626

Spa Team Phone (please note if no reply, our Spa team are in treatments) 01577 867855 or 07976 075737

Email: coachhousespa@firstsightestates.com





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Facials

Signature Facial

60 mins/£65

Tailored to your skin type, following a professional skin analysis, your therapist will choose from our rehydrating, rejuvenating and clarifying ranges to completely suit your skins needs. 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.

Refresher Facial

30 mins/£35

This express pick me up facial can be enjoyed as a mini treatment or added to one of our body treatments. This treatment cleanses, detoxifies, remineralizes and energizes the skin, featuring our organic moor mud masque.

BerryPlus Antioxidant Infusion

80 mins/£95

This ultra-oxygenating, anti-ageing treatment is based on vitamin-rich super berries and plant cell cultures to fortify, rejuvenate and renew the skin. Infusing raspberry, goji, camu camu and Australian wild berry to provide lasting protection from free radical and sun damage.

Brightening Radiance Treatment

60 mins / £85

Advanced formulas, this treatment targets signs of ageing on the face, neck and décolleté for immediate improvement in texture, tone, clarity and luminosity. Problematic skin, fine lines and hyper pigmentation are targeted using a highly effective multi acid peel, followed by a unique brightening masque for total radiance.

The Caviar Ultimate

90 mins/£120 5 sessions/£500

A decadent facial utilising anti-ageing Caviar proteins to firm, tone, refine and deeply hydrate the skin. Results are immediate, leaving skin looking supple healthy and luminescent. The ultimate age defying facial.





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Massage

Signature Massage

80mins/£80 60mins/£60 30mins/£35

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.

Aromatherapy Massage

80 mins/£85 60 mins/£65

Relax and de-stress with this gentle specialised massage. Choose your own blend from our range of Aromatherapy oils, which each have their own therapeutic properties, to help improve your physical and emotional wellbeing. This gentle massage is ideal for helping to relieve stress, tension and insomnia through the use of traditional aromatherapy massage techniques.

Hot Stone Therapy

80 mins/£85 60mins/£65

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

Body Treatments

Signature Body Treatment

50mins/£65

Rejuvenate and remineralize the body with this warm moor mud application, soothing tired muscles, targeting the back and backs of legs and a de-stressing scalp massage. The treatment is completed with a massage to the targeted areas with organic aromatherapy oils and our hydrating remineralizing body crème.





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Lavender Dreams

80mins/£85

Relax. Inhale the calming, balancing benefits of wild Lavender with an invigorating full body scrub and full body massage using our blended lavender oil. To finish, you will be wrapped in a warm cocoon for a facial massage and scalp massage to complete this pampering head to toe experience.

Brightening Body Scrub

50mins/£60

Actively re-texturize your skin for a brighter, smoother appearance with this full body exfoliation, followed by a full body application of pre-blended oil. Exfoliating bamboo, jojoba and stimulating fruit enzymes will polish, brighten leaving your skin feeling soft and hydrated.

Body Firming Detox Treatment

90mins/£120 4 sessions /£400

Experience this intensive treatment designed to streamline, refine and firm body contours with our award winning products. An exclusive multi acid peel helps to exfoliate the skin.

A detoxifying Spirulina masque is applied to the body followed by a deeply relaxing head massage. A thorough toning massage using a high performance slimming serum, helps to stimulate circulation, tone the skin and remove toxins. Cool compressions finish this firming experience to help sculpt and shape as Multi-Vitamin Firming Crème hydrates and brightens the body.





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Manicures/Pedicures



Deluxe Pedicure

£45/1 hour

This caring foot treatment targets dry, rough and cracked skin, beginning with a foot soak in thermal mineral salts, enhanced with Eucalyptus oil followed by a Eucalyptus salt foot scrub. Maintenance work to the nails will follow this, along with a soothing foot massage using our natural foot balm rich in Menthol, Eucalyptus and Lavender. Complete the experience with a polish of your choice from our Vinylux range or upgrade to a Shellac finish (£10 supplement).

Deluxe Manicure

£45/1 hour

This pampering manicure will leave your hands feeling nourished and hydrated. Your hands will be gently exfoliated prior to your nails being filed followed with attention to the cuticles. A luxurious hand massage will leave you feeling truly relaxed. Complete the experience with a polish of your choice from our Vinylux range or upgrade to a Shellac finish (£10 supplement).





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The Coach House Spa Packages

All our packages includes use of the Spa facilities, fluffy robes and slippers and a welcome drink from our range of herbal teas and cordials.

Add Afternoon Tea

Add afternoon tea to any package for an additional £20 per person
~ this includes a selection of sandwiches, delicious cakes, tray bakes and scones with clotted cream and jam, and tea/coffee

Repair

55 mins/£65

Restore your back, repair your hands and protect your skin. This tension releasing back massage is followed by a heated hand treatment and a mini SPF facial.

Sparkle

60 mins/£75

An illuminating and brightening Caviar express facial, complete with an express shellac polish of your choice.

Balance

75 mins/£65 5 sessions/£295

This holistic experience will help bring balance on all levels, emotionally, physically, mentally and spiritually. A holistic consultation during a cleansing foot soak, followed with your choice of Reiki or Reflexology.

Indulge

90 mins/£95

Nobody needs you for the next 90 minutes. Indulge yourself in this head to toe experience. Your treatment begins with a cleansing foot ritual, includes a full body massage, pressure point facial massage, complete with a luxurious hair treatment and Neroli spritz.





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Celebrate

40mins/£55

What better way to celebrate a special occasion than a Spa Day with friends! Choose from one of the following treatments and enjoy a complimentary glass of Prosecco.

- ❖ Full body Turkish scrub application (salt and oil)
- ❖ Pick me up refresher facial with an eye rescue treatment
- ❖ Back neck and shoulder massage with Hot Stones
- ❖ Scalp neck and foot massage

The Ultimate Experience

3 hours/£165

If you are looking for the Ultimate spa experience, this treatment is exactly this. Your therapist will combine our Signature body treatment, our Signature facial and Deluxe pedicure in a truly pampering session, bringing your treatment to a close with a choice of polish from our CND Vinylux or Shellac range.



TO MAKE A SPA BOOKING

Email: coachhousespa@firstsightstates.com

Facebook: Message us directly

Reservations Phone: 01577 865 626 (main booking number, open 9am to 5.30pm Monday to Friday)

Spa Phone: 01577 867 855 or 07976 075 737 (note if no reply, our Spa team are in treatments)

