



Boath House
Auldearn · Nairn
Spa Menu

Boath House, Auldearn, Nairn, IV12 5TE
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AVEDA SIGNATURE TREATMENTS

Pure Focus Facial

Discover your skins potential as we spend time focusing on corrective treatment techniques- select from skin exfoliation, face and neck massage or masque treatment.

Treatment time 45 minutes £45

Elemental facial

A personalised treatment designed to restore balance through the use of essential oil aromas and products containing pure flower and plant essences.

Treatment time 1hour 15 minutes £75

Botanical skin resurfacing facial

A natural alternative to micro-dermabrasion. This treatment is proven to leave skin with a smoother texture and increased radiance.

Treatment time 1hour 15 minutes £75

Green science skin renewing facial

Repair and regenerate the skin - this treatment is clinically proven to lift and firm the skin, reducing fine lines and wrinkles. Features Aveda's signature 5 phase massage.

Treatment time 1 hour 15mins £85

*Add an extra area of focus 15 minutes
(Eyes, lips, hands or neck/décolleté)* £10

Plant Perfecting Peel

A plant peel thermal facial mask actively smoothes and retextures the skin by exfoliating dulling skin cells, smoothing lines and wrinkles, evens skin tones and refines pores to restore youthful radiance. This treatment offers the benefits of a 30% glycolic peel but without the redness and irritation.

Treatment time 45 minutes £50

Complete anti-ageing facial Green Science skin renewing facial plus Plant Perfecting Peel

Combine the skin renewing facial with the perfecting plant peel for the ultimate in anti-ageing skin care. Targets fine lines and wrinkles leaving skin renewed and revitalised.

Treatment time 1 hour 30 minutes £110

SPA PACKAGES

STRESS RELIEF

Stress relieving back massage followed by a pure focus facial.

Treatment time 1 hour 15 minutes £95

RENEWAL

An Aveda elemental facial including a full body and scalp massage.

Treatment time 1 hour 50 minutes £115

CONNECTION

Open your senses and experience true connection- a Thai style massage using herbal compresses combined with aromatic hot towels including an elemental facial.

Treatment time 2 hours15 minutes £140

NURTURE

Take yourself on a sensory PREGNANCY PAMPER- an Aveda pure focus facial plus Caribbean foot treatment, hand and lower leg massage.

Treatment time 1 hour 45mins £100

AWAKENING

The ultimate anti-ageing package- green science facial with plant perfecting peel including back massage and hand rejuvenating treatment.

Treatment time 2 hours 15 minutes £180

All packages include a light lunch which can be taken either before or after treatments depending on the appointment time.

MASSAGES

Back & Shoulder

Treatment time 30 minutes £40

Pure Full Body

A personalised massage experience based upon the Aveda Elemental Nature Philosophy and your favourite Aveda aromas.

Treatment time 60 minutes £60

Treatment time 1 hour 30 minutes £90

Sports massage

Tailored to each individual needs.

Treatment time 30 minutes £45

Treatment time 1 hour 15 minutes £75

Fusion Hot Stone massage

Your chosen Aveda aroma fused with the sensation of warm smooth stones combined with massage techniques to balance, soothe and invigorate your body.

Treatment time 40mins £45

Treatment time 1 hour 15 minutes £75

Thai style massage

Thai style incorporates herbal heat compresses to soothe and alleviate muscle tension. The combination of traditional Thai compresses in conjunction with massage provides a powerful body purifying and detoxifying treatment.

Treatment time 45mins £55

Treatment time 1 hour 15 minutes £85

Lava shell massage

Feel the warmth of the tropics as hot tiger clam shells are used to massage creating extreme relaxation.

Treatment time 30 minutes £45

Treatment time 1 hour £75

Reflexology

Therapeutic treatment using the reflex areas of the feet which correspond to areas of the body.

Treatment time 1 hour 15minutes £55

BODY TREATMENTS

Rosemary Mint Awakening Body Wrap

Renew body and mind with this stimulating and nurturing dry wrap. Your body is exfoliated, smoothed, softened and wrapped. Essences of Rosemary and Peppermint will awaken your senses, while a scalp and foot massage balance and invigorate the whole body.

Treatment time 1hour £65

The following are currently available to residents only:

Caribbean Therapy Body Treatment

A rejuvenating and nurturing body treatment that uses the healing touch and plant ingredients of the Caribbean to create inner calm and renew the body and senses. The treatment begins with a dry exfoliation followed by a warm seaweed back and foot mask to smooth and detoxify. A restorative scalp, face and body massage completes this island-inspired experience.

Treatment time 1 hour 15 minutes £85

Caribbean Therapy Body Scrub

A stimulating exfoliation treatment that uses the healing touch and plant ingredients from the Caribbean to rejuvenate the skin and the senses. This island-inspired treatment includes a foot massage, body scrub and skin conditioning.

Treatment time 1 hour £80

Aqua Polish

A full body exfoliation and refinement of your skin using the therapeutic benefits of marine elements such as Dead Sea Salts along with skin conditioning oils. The result is conditioned, soft, polished skin.

Treatment time 1hour £65

Essential Back Treatment

Designed to bring purity and balance to the skin on the back, this treatment will focus on cleansing, skin exfoliation, back massage and masque therapy. Perfect if you are having skin challenges on your back, seasonal skin changes or prior to a special occasion.

Treatment time 1hour £65

HAND AND FOOT TREATMENTS

Aveda Spa Manicure

This treatment revitalises your hands by incorporating nail shaping, exfoliation, cuticle minimising and massage to the hands and lower arm. Using Aveda's unique pure plant essences to improve the condition of the nails and cuticles, hands are visibly softer and smoother. Treatment includes a nail buff or an application of polish.

Treatment time 1 hour £30

Caribbean Therapy Hand Treatment

A rejuvenating and nurturing hand treatment using the healing touch and plant ingredients of the Caribbean to improve the condition of the nails, cuticles and hands. A special exfoliating paste and a warm seaweed mask combine with Caribbean massage techniques to smooth and soften, relax and renew. Treatment includes a nail buff or an application of polish.

Treatment time 1 hour £35

Aveda Spa Pedicure

Indulge yourself with this relaxing treatment where the feet are thoroughly pampered. Feel the tension releasing with our unique sea salt exfoliation, hot towels and reflex foot and leg pressure point massage, leaving your feet feeling smooth and revitalised. Your choice of a nail buff or polish application completes the treatment.

Treatment time 1 hour £40

Caribbean Therapy Foot Treatment

A rejuvenating and nurturing foot treatment that uses the healing touch and plant ingredients of the Caribbean to improve the condition of the nails and cuticles and skin. A special exfoliating paste and warm seaweed mask combined with Caribbean massage techniques to smooth soften, relax and renew.

Treatment includes a nail buff or an application of polish.

Treatment time 1 hour 15 minutes £45

OTHER TREATMENTS

Make Up - Bare Escentuals

*Pure mineral make up - so pure you can sleep in it!
Makeovers and lessons*

from £25

Threading

*An alternative to waxing, removing hair quickly without the associations of hot wax
Facial hair removal available*

from £10

Waxing

Warm waxing hair removal available

from £10

Eye Treatments

*Eyebrow and eyelash tinting and shaping.
(Please note that all tints require a skin test.)*

from £10

TERMS & CONDITIONS

We understand that occasionally our clients having to cancel appointments. We also wish to serve clients who were unable to secure an appointment and are on a waiting list at peak times. We would appreciate if you could advise us at least 24 hours prior to any cancellation. Unfortunately if we are not given sufficiently notice of cancellation to re-book an appointment a 50% cancellation fee will be incurred.

All packages must be confirmed with a credit card booking.