



Boath House
Auldearn · Nairn
Spa Menu

TERMS & CONDITIONS

Spa clients are required to complete a consultation card prior to their treatment. Please be aware that some conditions contra indicate treatments and clients are requested to inform staff of any known condition, which could affect their choice of treatment.

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 a 50% cancellation fee will be incurred.

All appointments must be confirmed with a valid credit card.

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 time 45 minutes £50

Men's Revitalising Facial

A personalised treatment aimed to meet current skin needs. Treatment includes deep cleanse, exfoliation and mask to replenish the skin after shaving and face, shoulder and scalp massage.

Treatment time 60 minutes £65

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 £80

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 £80

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 £55

Green Science Skin Renewing Facial

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 15minutes £90

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

Complete Anti-ageing Facial

Combine the skin renewing facial with the perfecting plant peel, which offers the benefit of a 30% glycolic peel but without the redness and irritation. This treatment smoothes lines and wrinkles, evens skin tones and refines pores to restore youthful radiance, providing the ultimate in anti-ageing skin care.

Treatment time 1 hour 30 minutes £115

BODY TREATMENTS

(Suitable for both male and female clients)

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 £70

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 £90

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 £85

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 £70

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 £70

HAND AND FOOT TREATMENTS

(Suitable for both male and female clients)

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

£35

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

£40

Aveda Spa Pedicure

Indulge 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 revitalized. Your choice of a nail buff or polish application completes the treatment.

Treatment time 1 hour

£45

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

£50

SPA PACKAGES

(Suitable for both male and female clients)

Stress Relief

Stress relieving back massage followed by a pure focus facial.

Treatment time 1 hour 15 minutes

£105

Men's Revitalising Experience

Combining the essential back treatment with the revitalising facial leaving the skin smooth, exfoliated and rejuvenated.

Treatment time 2 hours 15 minutes

£145

Renewal

This package includes an Aveda elemental facial and a full body and scalp massage.

Treatment time 1 hour 50 minutes

£150

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 hours 15 minutes

£170

Nurture

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

Treatment time 1 hour 45 minutes

£110

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

£185

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

SPA PACKAGES

(Suitable for both male and female clients)

Half Day Spa

*This package includes an Aveda pure focus facial, back massage, manicure and pedicure.
Treatment time 3 hours 15 minutes. £180*

Deluxe Half Day Spa

*The ultimate in relaxation packages includes an Aveda elemental facial, full body massage, manicure and pedicure.
Treatment time 4 hours £230*

Ultimate Men's Relaxation

*Comprising a facial, full body massage together with a man-icure and pedicure to tidy nails and cuticles.
Treatment time 4 hours £230*

All packages include a light lunch which can be taken either before or after treatments depending on the appointment time. Upgrades to a full lunch menu are available upon request but must be pre-booked.

HOLISTIC TREATMENTS

Hopi Ear Candling

*A relaxed treatment using specially designed candles to draw impurities from the ear whilst regulating pressure and gently massaging the ear drum. The treatment finishes with a draining facial massage and is especially beneficial for those suffering from sinus problems, migraines or a build up of wax.
Treatment time 60 minutes £60*

Indian Head Massage

*Based on the Ayurvedic system of healing which has been practiced in India for over a thousand year this massage is used to balance chakras and relieve stress.
Treatment time 30 minutes £45
Treatment time 60 minutes £65*

MASSAGE

(Suitable for both male and female clients)

Back & Shoulder Treatment time 30 minutes £45

Pure Full Body

*A personalised massage experience based upon the Aveda Elemental Nature Philosophy and your favourite Aveda aromas.
Treatment time 60 minutes £65
Treatment time 1 hour 30 minutes £95*

Sports Massage

*Tailored to each individuals needs.
Treatment time 30 minutes £50
Treatment time 1hour 15 minutes £80*

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 40 minutes £50
Treatment time 1 hour 15 minutes £80*

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 45minutes £60
Treatment time 1 hour 15 minutes £90*

Reflexology

*Therapeutic treatment using the reflex areas of the feet which correspond to areas of the body.
Treatment time 1 hour 15minutes £60*

Make up and Grooming

Bare Escentuals Make up Application £30

Threading from £15

Waxing from £15