



Boath House  
Auldearn · Nairn  
Spa Menu

## **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 a 50% cancellation fee will be incurred.

All appointments must be confirmed with a valid credit card.

***Boath House, Auldearn, Nairn, IV12 5TE***  
***Tel; 01667 454896***  
***[info@boath-house.com](mailto:info@boath-house.com)***

## **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 £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**

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**

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

## **OTHER TREATMENTS**

### **Make Up - Bare Escentials**

Pure mineral make up - so pure you can sleep in it!

Makeovers and lessons are available.

from £25

### **Threading**

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

from £10

### **Waxing**

Warm waxing hair removal.

from £10

### **Eye Treatments**

Tinting and shaping of eyebrows and lashes.

(Please note that all tints require a skin test.)

from £10

## **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 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* £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

## **SPA PACKAGES**

### ***Stress Relief***

*Stress relieving back massage followed by a pure focus facial.*

*Treatment time 1 hour 15 minutes* £95

### ***Renewal***

*This package includes an Aveda elemental facial and 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 hours 15 minutes* £140

### ***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 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.***

## **MASSAGE**

**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 individuals 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**

**Currently available to residents only**

### **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

### **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