



CAMERON SPA
ON LOCH LOMOND



RESTORE AND
REVITALISE AT
CAMERON SPA

ESCAPE TO A WORLD OF
RENEWAL AND LUXURY

Experience relaxation at its finest at the award-winning spa at the Cameron Club. Discover true tranquillity through elevated luxury spa treatments, world-class facilities, and breathtaking views just three miles from Cameron House Hotel. Enjoy refreshing facials, invigorating massages, a rooftop pool, thermal and hydro experiences, and decadent beauty treatments—perfect for uninterrupted moments of rest and rejuvenation.

CAMERON SPA

FACIALS

OUR FACIALS BEGIN WITH
A DETAILED CONSULTATION
AND IN-DEPTH SKIN ANALYSIS

Specifically tailored to individual needs, facials may include cleansing and exfoliation, along with a treatment specific massage, mask, and intensive serum. SkinVision™ technology is used to detect skin conditions not visible to the naked eye. Finally, skincare products are selected to suit individual needs, ensuring the best possible results. To maintain optimally healthy and radiant skin, it's recommended to have a facial once a month.



INTENSIVE AND AGE DEFYING FACIALS

INNER BEAUTY FACIAL

60 MIN

Experience deep cleansing, intense hydration, and total renewal with this luxurious facial. Powered by Tri-Active™ formulas that instantly revitalise the complexion, and enhanced with pure aromatherapeutic oils that soothe the senses and uplift the spirit, this indulgent treatment delivers visible results. It begins with a professional skin analysis using the SkinVision™ lamp, followed by a triple cleanse, exfoliation, Gua Sha facial massage, a personalised mask, and a calming scalp massage.

GLOW FROM WITHIN FACIAL

60 MIN

A supercharged treatment featuring a plethora of active nutrients to restore radiance, inside and out. This indulgent experience includes a SkinVision™ lamp analysis, a triple cleanse, exfoliation, Gua Sha facial massage, double masking, and a soothing hand and arm Gua Sha massage.



NATURAL FACE LIFT

90 MIN

A revitalising burst of energy for healthy-looking skin, this transformative treatment unveils visibly resilient, youthful radiance. Experience ESPA's holistic approach to skin health, powered by innovative pre- and pro-biotic technology. Blending the benefits of physical exercise with detoxifying, sculpting, and deeply relaxing techniques, this treatment features age-defying movements inspired by Japanese Kobido massage and cooling Aventurine Jade.



B O D Y

EXPERIENCES

WE OFFER A HUGE RANGE OF SOLUTION LED ESPA BODY TREATMENTS AND MESSAGES

ESPA body treatments and massages are thoughtfully designed and tailored to deliver optimal physical and emotional therapeutic benefits, based on specific needs.

'HERO' - BACK, FACE AND SCALP TREATMENT 90 MIN

Our 'hero' treatment, adored by all, delivers triple results by targeting three key areas: the back, face, and scalp. This indulgent experience leaves a lasting sense of relaxation and rejuvenation. The treatment includes a back exfoliation, a back massage, a personalised facial, and a scalp massage, with or without pink hair mud. An upgrade with hot stones is also available.

SLEEP RITUAL 90 MIN

The definitive answer to a truly blissful night's sleep. This tailor-made experience is designed to quiet the mind, ease physical tension, and release emotional stress. Guided breathing and visualisation techniques blend seamlessly with a deeply therapeutic full-body massage using hot stones, culminating in a soothing scalp massage. The result is a state of profound calm that promotes complete relaxation and supports uninterrupted, restorative sleep. Available exclusively in the late afternoon or evening.

STRENGTH AND RESILIENCE MASSAGE 90 MIN

Transform mind and body, release muscular tension and rediscover a sense of wellbeing with this resilience boosting massage. Inspired by the arduous migration of the painted lady butterfly, this revitalising massage uses aromatherapeutic oils, yogic stretches, deep muscle techniques, and reflex zone foot massage to boost energy levels and support the immune system. Emerge stronger and more resilient, ready to face life's unexpected journeys.

INNER CALM MESSAGE

60 MIN OR 90 MIN

Experience inner calm through a soothing and serene massage designed to quieten the mind, release tension, and nourish the skin. Tailored to physical and mental needs, this holistic and restorative treatment features a full-body aromatherapy massage and a calming rose quartz crystal massage. The 90-minute option also features a deeply relaxing scalp massage.

SWEDISH MESSAGE

60 MIN

A traditional full body massage using pressure to promote relaxation and ease muscle tension. This treatment is an ideal introduction to massage, incorporating Swedish techniques on the back, legs, arms, neck and shoulders.

HOT STONE MESSAGE

60 MIN OR 90 MIN

A therapeutic full-body massage using an ESPA body oil selected to suit the individual's specific needs, combined with the soothing warmth of hot volcanic stones. This treatment works to soften and warm the muscles, easing aches, pains, and deep-seated tension. The powerful oils, heat, and gentle rhythm of the stones across the skin encourage a deep sense of relaxation – ideal for those experiencing stress or difficulty sleeping.

BODY EXPERIENCES

DEEP MUSCLE

60 MIN OR 90 MIN

A powerful massage focused on relieving deep tension and muscular stress. Expert techniques target specific areas of discomfort – such as stiff neck, lower back pain, and tight shoulders – to promote lasting relief. The 90-minute session also includes the soothing addition of hot volcanic stones, enhancing the treatment and easing muscle tension more effectively.

POSITIVITY MESSAGE

90 MIN

Unwind and escape the pace of everyday life, emerge feeling positive, self-confident, and experience a renewed sense of optimism. This 90-minute massage includes breathwork and visualisation, a targeted massage to metamorphic zones of the feet, a full body massage, a calming rose quartz crystal massage, plus a scalp massage.

MINDFUL MESSAGE

90 MIN

Soothe away stress and return body and mind to the present moment with this holistic and blissfully re-balancing experience. This treatment combines breathwork and visualisation with a massage to the metamorphic zones of the feet, a full body massage, a calming rose quartz crystal massage, and a scalp massage.

PRE NATAL RELAX AND RESTORE

60 MIN OR 90 MIN

Support the body through each stage of pregnancy transformation with a personalised treatment designed to restore balance and ease. The 60-minute experience includes a deeply soothing body and scalp massage, while the 90-minute option features a revitalising back exfoliation.

ESPA BODY WRAP

60 MIN

Purify and replenish the body and mind. This personalised body wrap treatment is deeply restorative, delivering instant results through the power of natural ingredients such as algae and marine mud. Skin is left refined, toned, and glowing with radiance. End this serene experience with a soothing scalp massage to restore inner and outer calm to both the skin and senses.



ESPA EXPRESS

ADD-ON EXPERIENCES

DESIGNED TO INSPIRE
AND UPLIFT EVERY MOMENT

ESPA express experiences can be added to complement an existing spa treatment.

PERSONALISED EXPRESS FACIAL 30 MIN

An expert therapist will select the most suitable facial based on skin type. Every ESPA personalised facial includes a consultation, cleanse, exfoliation, personalised facial mask, and finishes with an application of a booster serum to soothe the skin.

BACK, NECK AND SHOULDER MASSAGE 30 MIN

This massage focuses on the key areas where tension is held within the back of our bodies, using an ESPA body oil matched to specific needs.

SALT AND OIL SCRUB 25 MIN

This skin-softening exfoliation blends sea salts with essential oils to nourish and smooth, leaving skin supple and radiant. Ideal for boosting a healthy glow, it's also recommended before an ESPA massage. For a gentler option, a body polish can replace the salt and oil scrub.

INVIGORATING FOOT TREATMENT 30 MIN

Perfect for tired post-shopping or party feet, this mini miracle reduces puffiness and soothes aches and pains while providing a refreshing exfoliation combined with a deeply therapeutic foot and lower leg massage.





COUPLES SUITE

UPGRADE TO OUR TREATMENT SUITE

Treatments are carried out by expert therapists in the same room, allowing both guests to relax side by side in ultimate luxury. Prior to this, couples have 1 hour of private access to a two-person aromatherapy spa bath, along with a calming steam and rasul mud chamber experience.

£60 | Includes 1-hour private access before experience and treatments delivered in the same room.

£30 | For treatments only (excludes 1-hour private spa bath and steam access).

Please note: Not all treatments are suitable for the Couples Suite. Both guests must select the same treatment option.



FINAL FLOURISHES

MANICURES AND PEDICURES

Treatments using OPI

SIGNATURE MANICURE OR PEDICURE | 50 MIN

PAMPER MANICURE OR PEDICURE | 70 MIN

Gel upgrade available for manicure or pedicure for £20 supplement.

If wearing gel, please remove prior to arrival or book a removal treatment for £15 (only if gel is applied here). Acrylic and gel extensions not available for removal or add on.

MEN'S HEALTH

Our ESPA face and body treatments for men are specifically tailored to suit skin types, with each one designed to provide the optimum physical and therapeutic benefits according to individual needs.

DEEP CLEANSING FACIAL 60 MIN

Experience instant renewal with this deeply cleansing and intensely hydrating facial. This tailored 60-minute treatment includes a triple cleanse, exfoliation, facial massage, personalised mask, and a soothing scalp massage.

GOLFERS TONIC 60 MIN

Relax and revive both body and mind with this multi-targeted treatment designed to ease post-golf tension. The experience features a calming back massage and exfoliation, a Marine Mud Mask applied to the back, and a revitalising leg massage.

MUSCLE REVIVER 45 MIN

Soothe and revitalise body, mind and spirit with this varied massage, designed to relieve strain and tension. Focusing on the back, neck, shoulders, and scalp, it uses specially selected essential oils to relax the muscles and restore a positive, balanced mindset.



NURTURE AND SUPPORT

In partnership with Amethyst Trust, ESPA has developed a collection of nurturing face and body rituals. These treatments are thoughtfully designed to relax and nourish individuals at every stage of cancer treatment, leaving them feeling truly refreshed. Each experience begins with breathwork and visualisation, gently guiding the mind and body into a state of deep relaxation while embracing a holistic approach to wellbeing.

BE NURTURED FACIAL 60 MIN

A relaxing, rebalancing, and deeply nourishing facial combining advanced skin assessment, tailored facial massage, and a bespoke selection of high-performance skincare. This 60-minute treatment includes a personal consultation, skin analysis, breathwork and visualisation, crystal placements on the chakras and hands, a facial with crystal massage to boost vitality, a hydrating mask, finished with a facial serum and moisturiser.



BE NURTURED MASSAGE 60 MIN

A unique experience that delivers exactly what the body and mind need. This massage focuses on areas of concern to soothe muscles and relieve tension. The treatment begins with a personal consultation, followed by breathwork and visualisation. It combines gentle effleurage and Balinese linear movements to soothe, rebalance, and deeply relax, while ESPA nourishing oil hydrates and replenishes the skin.

BE NURTURED BACK, FACE AND SCALP 90 MIN

An adaptation of our most popular and renowned ritual, this treatment targets the key areas of tension with a nurturing massage designed to help alleviate stress. The experience begins with a personal consultation, calming breathwork, and guided visualisation. A soothing back massage follows using ESPA's nourishing oil, enhanced with crystal placement on the chakras and in the hands. The treatment finishes with incorporating crystal massage, ESPA facial oils, a hydrating mask, and a revitalising serum and moisturiser to leave the skin beautifully glowing.



SPA DAYS

A haven of tranquillity awaits, where relaxation and renewal take centre stage. From serene mornings to indulgent evening escapes, each spa day is thoughtfully curated to provide a harmonious blend of nourishment and restoration. Slip into complimentary robes and flip flops and begin a journey to complete serenity.



HIDE WITH ME

Feel refreshed and rejuvenated after a well-deserved escape. Indulge in pure relaxation, beginning with a 60-minute treatment that combines a soothing back, neck, and shoulder massage with a personalised express facial, designed to leave the skin glowing and body restored. After the treatment, unwind with two hours of access to our indulgent Thermal & Hydro Experience. To complete the experience, enjoy a delicious two course light lunch in the Café Spa – the perfect time to refuel.

SPOIL ME

Indulge in the ultimate full-body experience designed to enhance skin’s texture and leave the body feeling completely relaxed. Let a deeply soothing aromatherapy massage ease away muscle tension, followed by a revitalising ESPA facial that restores skin’s natural glow, leaving it smooth, radiant, and beautifully hydrated. This luxurious 120-minute treatment includes a full-body massage, rejuvenating facial, and calming scalp massage. Afterwards, unwind with two hours in the Thermal & Hydro Experience. Finish the experience with a delightful two-course lunch at the Café Spa.

ESCAPE WITH ME

Experience triple the benefits with this indulgent ESPA package, thoughtfully designed to target three essential areas of well-being. The 90-minute treatment begins with a results-driven facial, followed by a deeply relaxing back massage and a calming head and scalp massage, delivering complete rejuvenation. The package also includes two hours in the Thermal & Hydro Experience. To complete this serene escape, enjoy a delicious two-course lunch in the tranquil and stylish surroundings of the Café Spa.

THE ULTIMATE COUPLES SPA DAY

Enjoy a shared journey of relaxation and connection with a luxurious side-by-side treatment experience. This indulgent package begins with exclusive one hour access to a private couples’ treatment suite, featuring a personal steam chamber and self-applied rasul mud therapy, followed by serene time in an aromatherapy spa bath. The experience continues with 90 minutes of rejuvenating treatments, including a full body therapeutic aromatherapy couples massage and a personalised express ESPA facial. Guests can then unwind for two hours in the Thermal & Hydro Experience followed by a nutritious two-course lunch at the Café Spa.

MUM TO BE SPA DAY

This spa day is specially designed for guests between 12 and 38 weeks pregnant who deserve some well-earned ‘me time’ before their little one arrives. The 60-minute treatment is tailored to each guest’s individual needs, with a focus on areas of concern during this time. All products used are carefully selected to be safe for use throughout pregnancy. Please note that the Thermal & Hydro Experience is not included in this package, as it is not recommended. However, guests are welcome to enjoy a relaxing swim in the main pool. A light two-course lunch at the Café Spa is part of the experience, perfect for unwinding and recharging.

BLISSFUL EXPERIENCES

HYDRO AND THERMAL

A DESTINATION SPA THAT’S TRULY UNIQUE

Inspired by the serene beauty of our location, our Thermal & Hydro Experience offers a sanctuary of pure bliss. Immerse yourself in a journey of gentle waters, enveloping warmth, and delicate aromas that restore and rejuvenate the mind, body, and soul. This two-hour experience can be enjoyed as a standalone escape or reserved alongside other treatments.

RASUL MUD CHAMBER

A revitalising exfoliation experience for couples or friends to enjoy together. This 25-minute treatment is self-administered and does not involve a therapist.

HYDRO

ROOF-TOP INFINITY POOL

Our magnificent roof-top terrace pool provides a calming open-air refuge, with unparalleled views of the surrounding mountains and plenty of fresh air.

HYDROTHERAPY POOL

Soothe tired shoulders and neck with massage jets, while air loungers and geysers relax the body to relieve stress and tension.

ICE FOUNTAIN

Massage ice flakes into the body to cool down, stimulate circulation, and balance the warming effects of other thermal experiences.

RELAXATION POOL

Unwind in a 20-metre indoor tranquillity pool with a whirlpool, offering stunning views of the estate grounds through floor-to-ceiling windows.

THERMAL

TEPIDARIUM

Sink into gently heated, contoured thermal loungers designed to soothe muscles and melt away tension – the perfect retreat between treatments.

CALDARIUM

Heated stone floors, walls and curved stone seating create a calming and purifying effect, allowing the body to heat up slowly.

SAUNA

Step into a traditional wood-lined sauna where intense heat from hot coals creates a sweltering atmosphere. This invigorating experience is believed to stimulate circulation and support immune health.

INFRARED SAUNA

Infrared panels are used to heat the air in the cabin, creating a dry, hot atmosphere that opens the skin’s pores and aids in the body’s detoxification.

HAMMAM ROOM

Experience gentle waves of warm steam and feel the tension slip away as the dense visible humidity stimulates extra blood circulation in the body.

AROMATHERAPY ROOM

Combining the effects of enveloping steam and aromatic essential oils to decongest, clear the mind, and purify the body.

Please note: Over 18s only. The Thermal & Hydro Experience is not recommended before or after spa experiences which include heat, waxing or our advanced anti-ageing facials. It is not suitable for anyone who is pregnant. Depending on your spa experiences reserved, you may be advised to enjoy the Thermal & Hydro Experience and lunch prior to your treatments. Spa treatments do not include access to the Thermal & Hydro Experience.



CAMERON SPA

FACIALS

INTENSIVE AND AGE DEFYING

INNER BEAUTY FACIAL

60 MIN | £110

GLOW FROM WITHIN FACIAL

60 MIN | £110

NATURAL FACE LIFT

90MIN | £130

BODY TREATMENTS

INNER CALM MASSAGE

60 MIN | £110 OR 90 MIN | £130

HOT STONE MASSAGE

60 MIN | £120 OR 90 MIN | £145

DEEP MUSCLE

60 MIN | £120 OR 90 MIN | £145

MINDFUL MASSAGE

90 MIN | £130

POSITIVITY MASSAGE

90 MIN | £130

SWEDISH MASSAGE

60 MIN | £110

PRE NATAL RELAX AND RESTORE

60 MIN | £110 OR 90 MIN £130

BODY WRAP

60 MIN | £110

‘HERO’ – BACK, FACE AND

SCALP TREATMENT

90 MIN | £130

Upgrade to hot stones for a supplement of £20

SLEEP RITUAL

90 MIN | £130

STRENGTH AND RESILIENCE

MASSAGE

90 MIN | £130

ADD-ON EXPERIENCES

SALT AND OIL SCRUB

25 MIN | £60

INVIGORATING FOOT TREATMENT

30 MIN | £60

BACK, NECK AND SHOULDER MASSAGE

30 MIN | £60

EXPRESS FACIAL

30 MIN | £60

HOT STONE

£20

FINAL FLOURISHES

MANICURES AND PEDICURES

Treatments using OPI

SIGNATURE MANICURE

OR PEDICURE | 50 MIN | £50

PAMPER MANICURE

OR PEDICURE | 70 MIN | £70

Gel upgrade available for Manicure or

Pedicure for £20 supplement. If wearing

gel, please remove prior to arrival or book a

removal treatment for £15

(only if gel is applied here).

Acrylic extensions not available for removal

or add on.

COUPLES SUITE UPGRADE

1 hours access prior to treatments for private

bath and steam and treatments carried out

in same room | £60

FOR TREATMENTS ONLY | £30

MEN

DEEP CLEANING FACIAL

60 MIN | £110

GOLFERS TONIC

60 MIN | £110

MUSCLE REVIVER

45 MIN | £80

NURTURE AND SUPPORT

BE NURTURED FACIAL

60 MIN | £110

BE NURTURED MASSAGE

60 MIN | £110

BE NURTURED BACK, FACE AND SCALP

90 MIN | £130

THERMAL & HYDRO EXPERIENCE

USE OF THE THERMAL & HYDRO EXPERIENCE

2HR | RESIDENT RATE | £42

2HR | NON-RESIDENT RATE | £55

RASUL MUD CHAMBER

25 MIN PLUS 2HR THERMAL

& HYDRO EXPERIENCE | £145

FOR 2 PEOPLE

SPA DAYS

All spa days include:

- Use of the Thermal & Hydro Experience

- A light lunch in the Cafe Spa

- Use of robes and flip flops

- Treatment

HIDE WITH ME

60 MIN TREATMENT

Monday - Friday | £165 PER PERSON

Saturday - Sunday | £185 PER PERSON

ESCAPE WITH ME

90 MIN TREATMENT

Monday - Friday | £185 PER PERSON

Saturday - Sunday | £205 PER PERSON

SPOIL ME

120 MIN TREATMENT

Monday - Friday | £250 PER PERSON

Saturday - Sunday | £270 PER PERSON

MUM TO BE SPA DAY

60 MIN TREATMENT

Monday - Friday | £135 PER PERSON

Saturday - Sunday | £155 PER PERSON

THE ULTIMATE COUPLES

SPA DAY

90 MIN TREATMENT

Monday - Friday | £490 FOR TWO

Saturday - Sunday | £510 FOR TWO

TIME TOGETHER BY THE LOCH

Includes:

- One night or more stay in the hotel

- 90-minute ESPA Treatment (per person)

- Private treatment room ritual

- 2-hour Thermal & Hydro experience including rooftop infinity pool

- Access to the Health Club, swimming pool, family pool, gym, sauna, steam room and bubble

pool throughout your stay

- Breakfast in the Cameron Grill

FROM £780 PER ROOM

SUMMER OF SUNND

Includes:

- One night or more stay in the hotel

- 60-minute ESPA Treatment (per person)

- 2-hour Thermal & Hydro experience including rooftop infinity pool

- 2-course lunch in Cafe Spa

- Access to the Health Club, swimming pool, family pool, gym, sauna, steam

room and bubble pool throughout your stay

- Breakfast in the Cameron Grill

FROM £665 PER ROOM

Offers subject to change.

CAMERON SPA

THINGS TO KNOW

MAKING A BOOKING

To schedule an appointment for your perfect treatment, please contact the reservations team who will be able to guide you to the right choice. To ensure your preferred time and spa experience is available we recommend that you book in advance. All appointments are required to be pre-paid with a credit or debit card at time of booking.

SPA ATTIRE

Swimwear is obligatory within the 'Thermal & Hydro Experience' and wet areas. Upon arrival we will provide you with a luxury robe, towel and flip flops. You will have use of our lockers within the changing facilities. We request that for your own and others benefit you are warm and dry prior to relaxing in our relaxation lounge.

WHAT TO BRING WITH YOU

We recommend that you bring warm comfortable clothing to change into after your spa experience or thermal suite and pool sessions. Hairdryers and amenities are available in the changing rooms for your use.

TREATMENT TIME

Your treatment time as detailed in this brochure includes before and after care as a complimentary service.

THERMAL & HYDRO EXPERIENCE

Available to you as either part of your spa packages or in two-hour sessions. We recommend you enjoy these beautiful experiences prior to your spa experience. Please ensure you give yourself enough time prior to your treatment reservation to have a quick shower and change before your appointment.

GETTING HERE

The Cameron Spa is located at the Cameron Club, a 5-minute drive from Cameron House Hotel. There is a complimentary shuttle that runs from front of the hotel to the spa. If you prefer to make your own way by car, there is plenty of parking provided.

ARRIVAL TIME

We recommend that you arrive at the spa reception at least 15 minutes prior to your scheduled appointment. Please understand that a late arrival may mean that the scheduled time is reduced or unable to be honoured. The cancellation policy will still apply.

SPA RESTRICTIONS

The spa is only available to anyone over the age of 18 years. Treatments do not include access to the Thermal & Hydro Experience.

SPA ETIQUETTE

To preserve the tranquillity at Cameron Spa, we politely ask all guests to switch off their mobile phones and securely store them in their lockers. Please keep noise to a minimum to ensure a peaceful experience for everyone. Kindly note that all valuables are left at the owner's risk, and the spa cannot be held responsible for any loss or damage.

GIFT VOUCHERS

Treat someone special to the perfect gift from Cameron Spa. Purchase the gift vouchers online at www.cameronhouse.co.uk or in person at Cameron Spa reception. Vouchers can be redeemed against any spa treatment, spa package or to purchase products. Cameron Spa reserves the right to alter prices and change or discontinue services without prior notice. Please ensure vouchers are handed in to the spa reception upon your arrival in order to redeem them.

MEDICAL CONDITIONS

Some of the treatments that are offered are not suitable for guests with certain medical ailments and conditions. We request that you draw to our attention any of the following conditions at the time of booking: epilepsy, allergies, heart conditions, high/low blood pressure, scar tissue, varicose veins, skin conditions, diabetes, cancer, thyroid, pregnancy, recent operations.

RETAIL PRODUCTS

All the products used during your visit are available to purchase to continue your treatment at home. Please ask your therapist about recommended products.

RESERVATIONS

For reservations or further information regarding Cameron Spa please call 01389 312 210 or visit www.cameronhouse.co.uk or email reservations@cameronhouse.co.uk All treatments are subject to availability and we would therefore recommend that bookings are in advance.

CANCELLATION POLICY

Cancellations within 24 hours will incur a 100% charge. A credit card number will be required at the time of booking.

SPA OPENING TIMES

7am to 9pm, 7 days

SPA LOCATION

The spa is located approximately 5km north of the entrance to Cameron House. Our concierge service operates every hour between the hotel and the spa. For satellite navigation systems please use the postal address: G83 8RE.



C A M E R O N H O U S E . C O . U K

OPENING HOURS FOR SPA OPERATIONS

7AM - 9PM | DAILY

LOCH LOMOND | WEST DUNBARTONSHIRE | SCOTLAND | G83 8RE

SPA BREAKS, DAYS AND TREATMENTS

01389 312 210