



CAMERON SPA
ON LOCH LOMOND



WELCOME TO CAMERON SPA

**WORLD CLASS FACILITIES
AND BREATH-TAKING VIEWS
ACROSS LOCH LOMOND AND
BEN LOMOND**

Take a journey to Cameron Spa, delight the senses, the mind and the body. There are years of legend and legacy surrounding the magic and mystery of Loch Lomond, famed for its stunning beauty, inspiration and tranquility. Whatever you need, whatever you're looking for you'll find it here, an opportunity for uninterrupted time to yourself, to take a step back, regenerate, refresh and reward yourself with some well earned rest and relaxation.

SPA TREATMENTS

Hydro access is not included in treatment prices

PERSONALISED MASSAGE

45 MIN | £75

A personalised aromatherapy massage is professional and specific, using a blend of individually chosen oils.

A personal consultation will ensure that you receive a unique treatment to suit your specific needs.

Includes: back massage, back of the legs, arms, and neck and shoulders.

SWEDISH BACK AND LEG MASSAGE

45 MIN | £75

A Swedish back and leg massage using firm pressure to promote relaxation and ease muscle tension. This treatment is ideal as an introduction to massage,

stimulating movements help soothe tired aching muscles to leave you relaxed and revived. Includes:

Swedish massage to the back, back of the legs, arms and neck and shoulders.

BALINESE BACK AND LEG MASSAGE

45MIN | £75

This massage uses long, warming strokes to encourage complete calm and wellbeing. Gently heated aromatherapy oils are poured onto the centre of the body and massaged into the skin using stretching and sweeping movements for deep relaxation. This soothing and indulgent massage leaves your mind, body and spirit soothed and relaxed. Includes: Balinese massage to back,

legs, arms, and neck and shoulders.

REFLEXOLOGY

55 MIN | £89

A gentle and effective form of therapeutic treatment applied to the feet. Reflexology is considered to be a holistic healing technique that aims to treat the individual as a whole, in order to induce a state of balance and harmony in body, mind and spirit.

SHOULDER, NECK AND SCALP MASSAGE

25MIN | £49

This massage focuses on the key areas of tension in the upper body, using an ESPA body oil matched to your specific needs.



BACK, NECK AND SHOULDER MASSAGE

25MIN | £49

This massage focuses on the key areas we hold tension in within the back of our bodies, using an ESPA body oil matched to your specific needs.

SALT AND OIL SCRUB

25MIN | £49

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple. The perfect pick me up when you want to look glowing and feel invigorated, we also recommended this prior to enjoying an ESPA massage.

For a lighter application body polish is applied instead of salt and oil scrub.

INVIGORATING FOOT TREATMENT

25MIN | £49

Perfect for tired post-shopping or party feet, this mini miracle will reduce puffiness and soothe aches and pains while indulging you with a refreshing exfoliation combined with a deeply therapeutic foot and lower leg massage.

UNWIND WITH ME

£89 PER PERSON

(1 x 25 minute treatment of your choice)

Unwind with a choice of 1 x 25minute treatment of back neck and shoulder massage or invigorating foot treatment or shoulder, neck and scalp massage. You will look and feel fresher after some much needed relaxation. Includes 90

minutes access to all hydro pools and 2 course light lunch.

UPGRADE TO AFTERNOON TEA FOR AN EXTRA £15 PER PERSON

FILE AND POLISH £20

File and polish on hands or feet

SWIMMING POOL AND HYDRO POOLS ACCESS

£35 PER PERSON





CAMERON SPA THINGS TO KNOW

COVID-19 GUIDELINES

- Please follow Government guidance on maximum group sizes and households – up to 6 persons from two households.
- Prior to your treatment you will be asked to shower beforehand.
- A face covering must be worn at all times throughout your treatment and when walking around the Spa.
- Consultation card must be completed prior to your arrival at the Spa.
- Health questionnaire must be completed prior to your arrival at the Spa.
- If you or anyone in your household are experiencing any COVID-19 symptoms, please do not attend the Spa and contact us to rearrange your appointment, symptoms include: continuous cough, sore throat, loss of taste or smell and high temperature.
- If you have also been in contact with anyone showing symptoms of Covid-19 please do not attend the Spa and contact us to rearrange your appointment.
- Due to high demand of treatments we will charge for any no show or any cancellations on the day or out with 24hrs cancellation period.
- A temperature check will be taken on your arrival at the Spa
- Please adhere to all social guidance and keep 2m apart from our staff and other guests .

- If you have booked a hydro experience please ensure you shower before using the facilities.
- Sanitiser is provided for your use within the Spa.
- No changes can be made to your treatment once in the room with your therapist.
- Please note that due to the Government guidelines saunas and steam rooms remain closed.
- Card payments only at this time.
- Flip flops must be worn at all times when walking around the Spa, these will be provided to you on arrival at the Spa. Should you prefer to bring your own non-outdoor flip flops these are acceptable.

SCHEDULING AN APPOINTMENT

To schedule an appointment please book online via our website www.cameronhouse.co.uk, however if you have any questions please call spa on 01389 727 647 or email cameronspa@cameronhouse.co.uk To ensure your preferred time and spa experience is available we recommend that you book in advance. All appointments are required to be guaranteed with a credit or debit card.

SPA ATTIRE

Swimwear is obligatory within the ‘Hydro experiences’ 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 and pool sessions. We advise that you bring your own hairdryer or straighteners, as we will not be providing these amenities for the time being..

TREATMENT TIME

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

HYDRO EXPERIENCES

Hydro experience excludes access to the thermal rooms which includes saunas and steam rooms as they remain closed at this time.

ARRIVAL TIME

We recommend that you arrive at the spa reception 30 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.

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 our attention any of the following conditions at the time of booking: epilepsy, allergies, heart condition, high/low blood pressure, scar tissue, varicose veins, skin conditions, diabetes, cancer, thyroid, pregnancy, recent operations.

SPA ETIQUETTE

To preserve the tranquility of the Cameron Spa we request that all guests switch off their mobile phones and leave them within their locker. We request that guests keep noise to a minimum. Please be advised that all valuables are left at their owner’s risk and the Cameron Spa will not be held responsible for any losses 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.

SPA RESTRICTIONS

The Spa is only available to anyone over the age of 18 years. Spa treatments do not include access to the hydro experience.

RETAIL PRODUCTS

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

RESERVATIONS

For reservations or further information regarding Cameron Spa please call 01389 727 647 or visit www.cameronhouse.co.uk or email cameronspa@cameronhouse.co.uk

All treatments are subject to availability and we would therefore recommend that bookings are made well 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

8am – 8pm 7 days per week

SPA LOCATION

The Spa is located approximately 3km north of the entrance to Cameron House. 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

SPA OPENING HOURS
8AM TO 8PM 7 DAYS PER WEEK

LOCH LOMOND | WEST DUNBARTONSHIRE | SCOTLAND G83 8QZ
SPA DAYS AND TREATMENTS T 01389 727 647 | SPA BREAKS T 01389 310 777