



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 tranquillity. 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.

CAMERON SPA

ESPA FACIALS

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

Your facial is specifically tailored to you, to include cleansing, exfoliation and steam where necessary, and a treatment specific massage, mask and intensive serum. Using Skinvision™ technology to identify skin conditions not visible to the naked eye. Finally, skincare products are chosen for your individual needs to achieve the best possible results. To maintain the ultimate in healthy radiant skin we recommend a facial once a month.



INTENSIVE AND AGE DEFYING ESPA FACIALS

ESPA INNER BEAUTY FACIAL

60 MIN

Deeply cleanse, hydrate, and renew with this instantly refreshing facial. Tailored to your skin's precise needs, Tri-Active™ formulas transform your complexion instantly. Pure aroma-therapeutic oils envelop the senses and the spirit. Skin looks clear, quenched and naturally beautiful. Inner calm is blissfully restored. Includes: Skin analysis with Skin Vision™ lamp – triple cleanse – exfoliation. Facial massage, personalised mask and scalp massage.

ESPA GLOW FROM WITHIN FACIAL

60 MIN

This supercharged treatment features a plethora of active nutrients to restore your radiance. Feed your skin and spirit, glow inside and out. Brighten and refresh dull, lethargic complexions with this glow-giving facial. This treatment harnesses the power of Gua Sha, a sweeping massage which stimulates the lymphatic and circulatory systems. In turn, this helps boost the flow of blood and nutrients to the skin. Vibrant indulgence for the face, neck, scalp, and décolleté. This facial combines exfoliation, and multi-masking for optimal results. The body, mind, and spirit feel renewed and the skin glows with vitality and luminosity. Includes: Skin analysis with Skin Vision™ lamp – cleanse & exfoliation Gua Sha facial massage – double mask – hand & arm Gua Sha massage.



ESPA NATURAL FACE LIFT

90 MIN

A burst of exuberance for healthy-looking skin. This facial treatment reveals visibly resilient, youthful-looking skin. Discover ESPA's complete approach to skin health with our innovative pre and pro-biotic technology. This is combined with the same benefits of physical exercise to detoxify, invigorate, sculpt and relax. Indulge in powerful age-defying techniques inspired by Japanese Kobido massage, cooling Aventurine Jade



BODY EXPERIENCES

ESPA

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

Each one designed and tailored specifically to ensure you experience the best physical and emotional therapeutic benefits depending on your needs.

‘HERO’ - BACK, FACE AND SCALP TREATMENT 90 MIN

Renowned as our ‘hero’ treatment and loved by all, this ESPA experience delivers triple results by targeting three key areas; the back, the face and the scalp. These ideal indulgences for all will leave you truly relaxed and feeling wonderful. Included within this experience is a back exfoliation, a back massage, a personalised facial and a scalp massage with or without pink hair mud.

Upgrade with hot stones available.



INNER CALM MESSAGE

60 MIN

Inner calm is yours with this soothing, serene massage. Quiet your mind, release tension, and nourish the skin with this holistic, restorative experience. Personalised to your physical and mental needs, this treatment features immersive, aromatherapy blends to relax, cleanse or energise. Advanced massage techniques alleviate muscular pressure, soothe stress and evoke the feeling of profound relaxation. Discover balance and harmony both inside and out and reveal your natural beauty.

Includes: Breath work, full body aromatherapy massage, calming rose quartz crystal massage, and scalp massage.

HOT STONE MESSAGE

60MIN

A therapeutic full body massage using an ESPA body oil matched to your specific needs combined with hot volcanic stones. We will soften and warm target muscles to ease aches and pains as well as helping to relieve deep muscle tension. The powerful oils, heat and the soothing rhythm of stones on your skin will help you to unwind, switch off and relax, perfect if you suffer from stress or have trouble sleeping.

Includes: hot stone aromatherapy massage to back, legs, arms, abdomen, neck and shoulders.

SWEDISH MESSAGE

60MIN

A traditional full body 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 back, legs, arms, abdomen, neck and shoulders.

BODY EXPERIENCES

ESPA

DEEP MUSCLE

60 MIN OR 90 MIN

A powerful massage designed to alleviate deep-seated tension and muscular stress. Specialised techniques concentrate on specific areas of concern and alleviate common discomforts such as a stiff neck or lower back pain and sore, tight shoulders. The 90 minute massage includes the addition of Hot Volcanic stones that are used to tailor the massage to your needs and release tension.

POSITIVITY MASSAGE

90 MIN

Unwind and escape the pace of everyday life, emerge feeling positive, self-confident and experience a renewed sense of optimism. Experience total relaxation as an ESPA Expert helps calm both mind and body through guided breathing and visualisation. Areas on the feet are gently massaged using metamorphic techniques to rebalance and ground you, before a soothing massage is performed. Finishing with a re-energising scalp massage, using warm rose quartz crystals.

Includes: Breath work and visualisation – massage to metamorphic zones of the feet, full body massage, calming rose quartz crystal massage, and scalp massage

MINDFUL MASSAGE

90 MIN

Soothe away stress and return body and mind to the present moment with this holistic and blissfully re-balancing experience. Unique in every way, guided breathing and visualisation combine with deeply therapeutic massage to release physical and emotional anxieties, relax the mind and restore a positive spirit. Includes: Breath work and visualisation, massage to the metamorphic zones of the feet, full body massage, calming rose quartz crystal massage, and scalp massage.

PRE NATAL RELAX & RESTORE

60 MIN OR 90 MIN

Nurture your changing body through every evolution. Calm your mind and relax your body with this personalised treatment. Composed to suit your individual needs and stage of pregnancy, ESPA indulges you with the purest most gentle formulas to smooth and nourish the skin. Precise, expert massage soothes tight, tender muscles and restores blissful relaxation.

Includes: Back exfoliation (if required), body and scalp massage.

ESPA BODY WRAP

60 MIN

Purify and replenish the body and mind. This personalised body wrap treatment is deeply restorative, revealing instant results from the finest naturals such as Algae and Marine Mud. Skin looks refined and toned, glowing with radiance. End your serene experience with a soothing scalp massage to restore inner and outer calm to the skin and senses. Includes: Skin brush, body exfoliation, algae or mud wrap, and scalp massage.

STRENGTH AND RESILIENCE MASSAGE

90 MIN

Fortify the skin, body, and spirit with this transformative massage. Release muscular tension, rediscover wellbeing, and soothe aching bodies. This resilience-boosting massage garners its inspiration from the arduous migration of the Painted Lady Butterfly. Indulge in aromatherapy oils, yogic stretches, and back massages to revitalize and re-energise. Emerge with strength and serenity. Includes: Yogic stretching, reflex zone foot massage, back massage, sinus release and scalp massage.

REJUVENATE WITH NATURE

90 MIN

A relaxing and rejuvenating massage treatment featuring our signature blend of Scottish lavender, Scottish pine, and thistle oil. Designed to relieve the body of tension and bring the body back to its own natural equilibrium. This treatment includes gentle pressure points on the temples, foot massage and full body massage.



ESPA EXPRESS

ADD-ON EXPERIENCES

DESIGNED FOR YOU TO ENJOY
WHEN YOU NEED A BOOST

30 minute ESPA express experiences to get you back to your fantastic self. These express experiences can be 'added on' to complement your existing spa experience, when you need a little more time to yourself.

PERSONALISED EXPRESS FACIAL

Your therapist will select the most suitable facial for your skin. Every ESPA personalised facial includes a consultation, cleanse, exfoliation, personalised facial mask and finishes with an application of a booster serum to suit your skin.

SPACEMASK

Self-heating eye mask with soothing Jasmine aroma. The perfect upgrade to your treatment for the ultimate relaxation.

BACK, NECK AND SHOULDER MASSAGE

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

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 for when you want to look glowing and feel invigorated, we also recommend this prior to enjoying an ESPA massage. For a lighter application, body polish is applied instead of salt and oil scrub.

INVIGORATING FOOT TREATMENT

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.





UPGRADES COUPLES SUITE

UPGRADE YOUR TREATMENTS TO OUR LUXURY COUPLES TREATMENT SUITE

Your treatments will be carried out by our expert therapists in the same room. Lying side by side, enjoy having your treatments together in the ultimate luxury treatment room. Prior to your treatments taking place, you have 1 hours access to the treatment room together to enjoy your own private aromatherapy spa bath for two and relaxing steam and rasul mud chamber.

£60 | Upgrade fee includes 1 hours access prior to treatments for private bath and steam and treatments carried out in same room

£30 | For treatments only (excludes access 1 hour prior for spa bath and steam chamber)

Not all treatments are suitable to be carried out within the Couples Suite. You must both select the same treatment choice.



CAMERON SPA

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.

ESPA MEN

Our ESPA face and body treatments for men are specifically tailored to your skin type; each one designed to ensure you experience the best physical and therapeutic benefits according to your needs.

ESPA DEEP CLEANSING FACIAL

60 MIN

Experience instant renewal with this deeply cleansing facial. This hydrating treatment is tailored to your exact needs, featuring our powerful formulas that work to purify and reawaken your skin. Enhanced with our sensorial essential oil aromatherapy, these luxurious and potent formulas cleanse and relax the skin and spirit. Discover purified skin that is re-energised, whilst your inner calm is restored.

Includes: Triple cleanse – exfoliation – facial massage – personalised mask – scalp massage

GOLFERS TONIC

60 MIN

Relax and revive body and mind with this multi-targeted massage. Instantly alleviate tension after golf with this relaxing massage concentrating on the back, back of the legs and scalp. Using personally selected essential oils. Includes: Back massage, Marine Mud Mask on the back, back of the legs & scalp massage.

MUSCLE REVIVER

45 MIN

Relax and revive body and mind with this multi-targeted massage. Instantly alleviate tension with this powerful yet soothing treatment focusing on the back, neck, shoulders and scalp. Using personally selected essential oils, persistent tension in the back is eased, and a positive mindset is restored.

Includes: Back & scalp massage.



CAMERON SPA SPA DAYS

- All spa days include:
- Use of the Thermal & Hydro Experience
 - Two-course light lunch in the Cafe Spa
 - Complementary use of robes and flip flops
 - Treatment

The perfect luxury day out, with a choice of our most popular treatments to choose from allowing you to personalise your experience and enjoy a deliciously light 2 course lunch.



HIDE WITH ME 60MIN TREATMENT

- Includes:
- 2 hours use of the thermal and hydro spa experience
 - 2 course light lunch in Cafe Spa
 - 60-minute treatment combining a back neck and shoulder massage with personalised express facial

You will look and feel fresher after some much-needed relaxation.

SPOIL ME 120MIN TREATMENT

- Includes:
- 2 hours use of the thermal and hydro spa experience
 - 2 course light lunch in Cafe Spa
 - 120 minutes treatment which combines a full body therapeutic aromatherapy massage with an ESPA Facial and scalp massage

This treatment promises to improve skin texture and relax tension in your muscles. The massage will help release any tension in your muscles, whilst the facial will leave your skin feeling radiant, smooth and hydrated.

ESCAPE WITH ME 90MIN TREATMENT

- Includes:
- 2 hours use of the thermal and hydro spa experience
 - 2 course light lunch in Cafe Spa
 - 90-minute treatment including ESPA's Hero back face and scalp treatment.

This ESPA experience delivers triple results by targeting three key areas; the back, face, head and scalp. Sheer bliss that delivers a solution led facial treatment, a relaxing back massage and a head and scalp massage.

THE ULTIMATE COUPLES SPA DAY 90MIN TREATMENT TIME EACH PLUS ACCESS TO OUR COUPLE'S SUITE ROOM

- Includes:
- 2 hours use of the thermal and hydro spa experience for 2 guests
 - 2 course light lunch in Cafe Spa
 - 1 hour access to our couple's treatment room to relax your own private steam chamber and enjoy a self-applied rasul mud therapy followed by some relaxing time in your own aromatherapy spa bath together
 - 95 minutes of treatments which combine a full body therapeutic aromatherapy massage with a personalised express ESPA Facial

Ultimate spa escape for 2. Just the two of you, for the day together. Spend some quality time together in your own couple's suite treatment room and enjoy side by side treatment experiences.

MUM TO BE SPA DAY 60MIN TREATMENT

- Includes:
- Access to our main pool area for a relaxing swim
 - 2 course light lunch in Cafe Spa
 - 60-minute treatment including ESPA's Pre Natal Treatment

This spa day is suitable for pregnant guests who are between 12 and 38 weeks pregnant. The treatment is tailor made to your requirements focusing on areas of concern during the pregnancy massage. Products used in the treatment are suitable for use during pregnancy. Please note that the use of the thermal and hydro spa experience is not included with this package as it is not recommended for use during pregnancy.

CAMERON RITUALS SPA BREAKS

BEAUTY TREATMENTS SURROUNDED BY BEAUTY

Set within Loch Lomond and the Trossachs National Park near Glasgow, famed for its stunning beauty, inspiration and tranquillity, this is the perfect location and opportunity for uninterrupted time to yourself, to take a step back, regenerate, refresh and reward yourself with some well-earned rest and relaxation.



LUXURY WELLBEING PACKAGE

Relax, restore and recharge with our luxury spa wellbeing package, designed to capture the essence of our unique environment and a complete mind and body refresh.

CHOOSE ONE 55 MINUTE TREATMENT PER PERSON

ESPA INNER BEAUTY FACIAL

Specifically tailored to you, to include cleansing, exfoliation and steam where necessary, and a treatment specific massage, mask and intensive serum. Finally, skincare products are chosen for your individual needs.

ESPA INNER CALM MASSAGE

This aromatherapy massage will be designed and tailored specifically to ensure you experience the best physical and emotional therapeutic benefits depending on your needs.

SWEDISH MASSAGE

PACKAGE INCLUDES:

- Overnight stay in a Classic or Contemporary bedroom
- Choose one 55 minute treatment per person*
- Two-hour Thermal & Hydro experience including rooftop infinity pool
- Access to the Cameron Leisure Club, swimming pool, family pool, gym, sauna, steam room and bubble pool throughout your stay
- Breakfast in the Cameron Grill restaurant

FROM £562 PER ROOM

*Offer based on 2 guests sharing. Package available all year round. Choose one 55 minute treatment per person, from the options provided within this package.

GLOW PACKAGE

Experience a renewing of the body, mind and spirit. Relax and renew with an ESPA Inner Beauty Facial OR ESPA Glow From Within Facial featuring a plethora of active nutrients to restore your radiance. This treatment harnesses the power of Gua Sha, a sweeping massage which stimulates the lymphatic and circulatory systems helping to boost the flow of blood and nutrients to the skin.

PACKAGE INCLUDES:

- Overnight stay in a Classic or Contemporary bedroom
- 60 minute ESPA Inner Beauty Facial OR ESPA Glow From Within Facial
- Two-hour Thermal & Hydro experience including rooftop infinity pool
- Nourishing two-course lunch within the Cafe Spa
- Access to the Cameron Leisure Club, swimming pool, family pool, gym, sauna, steam room and bubble pool throughout your stay
- Breakfast in the Cameron Grill restaurant

FROM £580* PER ROOM

*Applicable for new bookings only. Offer is based on 2 guests sharing. Available all year round.

REFRESH PACKAGE

Renew and refresh with a 30-minute treatment of your choice with the Refresh overnight spa package.

Awaken the senses with a reenergising treatment, or take a moment of calm and appreciate 30 minutes of pure relaxation. Choose from a personalised express facial, back, neck and shoulder massage, salt and oil scrub or invigorating foot rub.

PACKAGE INCLUDES:

- Overnight stay in a Classic or Contemporary bedroom
- Choose a 30-minute treatment from an express facial, back, neck and shoulder massage, salt and oil scrub or invigorating foot rub
- Two-hour Thermal & Hydro experience including rooftop infinity pool
- Nourishing two-course lunch within the Cafe Spa
- Access to the Cameron Leisure Club, swimming pool, family pool, gym, sauna, steam room and bubble pool throughout your stay
- Breakfast in the Cameron Grill restaurant

FROM £560* PER ROOM

*Applicable for new bookings only. Offer is based on 2 guests sharing. Available all year round.

CELEBRATION PACKAGE

Experience an unrivalled massage using Cameron Spa's own signature blended oil.

Try our new Rejuvenate with Nature Signature Massage treatment, featuring our signature blend of Scottish lavender, Scottish pine, and thistle oil. This treatment includes gentle pressure points on the temples, foot massage and full body massage.

PACKAGE INCLUDES:

- Overnight stay in a Classic or Contemporary bedroom
- 90-minute Rejuvenate with Nature Signature Massage
- Two-course lunch in Cafe Spa for two
- Access to the Cameron Leisure Club, swimming pool, family pool, gym, sauna, steam room and bubble pool throughout your stay
- Breakfast in the Cameron Grill restaurant

FROM £610* PER ROOM

*Applicable for new bookings only. Offer is based on 2 guests sharing. Available all year round.

CAMERON EXPERIENCES

HYDRO AND THERMAL

A TRUE DESTINATION SPA SET TO
CHALLENGE THE WORLD’S FINEST

It is easy to see how the tranquil loch setting has been the inspiration behind our hydro and thermal experiences. Drift away and allow the gentle waters, heat and aromas to purify and relax the mind, body and soul...

The thermal and hydro spa experience lasts 2 hours and can be enjoyed as an experience on its own or can be booked separately.

RASUL MUD CHAMBER
2HR THERMAL AND HYDRO EXPERIENCE
FOR 2 PEOPLE

An exfoliating and revitalising treatment for couples or two friends. This treatment is without a therapist and is a 25 minute treatment.

HYDRO

ROOF-TOP INFINITY POOL

Our magnificent roof-top terrace with infinity pool is truly fantastic and a place to take refuge from the world, looking over the magical banks of Loch Lomond.

HYDROTHERAPY POOL

Relax with shoulder and neck massage jets, relaxing air loungers for body massages and invigorating geysers. The pools offer the perfect environment to relax and rejuvenate.

EXPERIENCE SHOWERS

Choose between an invigorating cold mist shower or a soft scented tropical shower within the two multi-sensory shower experiences.

ICE FOUNTAIN

Use the crushed ice to counteract the warming effects of the thermal experiences.

RELAXATION POOL

Unwind in our 20 metre indoor tranquillity pool with whirlpool.

THERMAL

TEPIDARIUM

Contoured thermal couches are gently heated for a relaxing and re-energising experience.

CALDARIUM

Stone floors, walls and curved stone seating is heated to create a calming and purifying effect, allowing the body to heat up gently in a warm, dry environment.

SAUNA

A traditional wood lined sauna, the hot coals generate sweltering temperatures and the extreme conditions are believed to boost the immune system.

INFRARED SAUNA

Harnessing the power of the sun, infrared panels are used to heat up the air in the cabin to enhance the dry hot atmosphere, open the skin’s pores and aid in the detoxification of the body.

HAMMAM ROOM

Immerse yourself in gentle wafts of warm steam and feel the tension slip away as the dense visible humidity stimulates extra blood circulation in your body.

AROMATHERAPY ROOM

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

Please Note: Over 18’s only. Thermal and hydro experiences are not recommended before or after spa experiences which include heat, waxing or our advanced anti-ageing facials. Thermal and hydro experiences are not suitable for anyone who is pregnant. Depending on your spa experiences reserved you may be advised to enjoy the thermal and hydro experiences and lunch prior to your treatments. Spa treatments do not include access to the thermal and hydro experience. Non-resident access to the thermal and hydro experience is only available in addition to booking a treatment on the same day.



CAMERON SPA

THINGS TO KNOW

SCHEDULING AN APPOINTMENT

To schedule an appointment for your perfect treatment, please contact spa reception 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 'Hydro and thermal 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 or thermal suite and pool sessions. We have hair dryers and amenities available for your use.

TREATMENT TIME

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

HYDRO AND THERMAL EXPERIENCES

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 spa appointment. Please arrive in the spa 30 minutes before your appointment.

ARRIVAL TIME

We recommend that you arrive at the spa reception at least 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 to 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 tranquillity at 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 minimum. Please be advised that all valuables are left at their owner's risk and The Spa at Cameron House 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 thermal and 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 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 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

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 half hour between the hotel and the spa. For satellite navigation systems please use the postal address: G83 8RE.



