



## Luxury Spa Experiences

*Choose one of our spa wellness experiences in Tain spa, with use of luxurious facilities and exceptional treatments that will restore harmony and balance to both body and mind.*

*With a range of options to enjoy our outdoor thermal pools, sauna and glass garden room, you can relax and enjoy the surrounding countryside as we bring you closer to nature for a truly wonderful time.*



*Aspen Spa experiences have been carefully designed for the ultimate in relaxation.*

*Enjoy the outdoor decked area with dual-zone swim spa which is included in some experiences. Keep active in the swim zone then relax in the hot tub with views over the countryside.*

### **Classic spa experience £245**

#### ***Spa Day***

Freshly prepared smoothie or welcome drink  
Swim spa, hot tub, sauna & glass garden room  
Signature massage or O2 Relax facial or Citrus Body  
Scrub 60 mins  
2 course organic lunch with glass of champagne

### **Afternoon delight £255**

#### ***Spa Day***

Freshly prepared smoothie or welcome drink  
Swim spa, hot tub, sauna & glass garden room  
Choose from Signature massage or O2 Relax facial 60 mins  
Afternoon tea in the glass garden room with glass of champagne

### **Calming spa experience £290**

#### ***Spa Day***

Freshly prepared smoothie or welcome drink  
Swim spa, hot tub, sauna & glass garden room  
Natura Bissé Diamond-Well Living massage  
90 mins  
2 course organic lunch with glass of champagne

### **Signature spa experience £330**

#### ***Spa Day***

Freshly prepared smoothie or welcome drink  
Swim spa, hot tub, sauna & glass garden room  
Aspen Spa Signature massage 60 mins  
Natura Bissé O2 Relax Facial 60 mins  
2 course organic lunch with glass of champagne

### **Mother-to-be spa experience £245**

#### ***Created for women in their 2nd & 3rd trimester***

Freshly prepared smoothie or welcome drink  
Use of swim spa active zone. Thermal facilities not included  
Use of glass garden room  
Pregnancy massage 60 mins & express nails  
2 course organic lunch with alcohol free drink

### **Express spa experience £195**

*2.5 hours of relaxation Mon-Thur (09:30-12:00 or 13:30-16:00)*

Massage 60 mins  
Glass of champagne  
Hot tub and sauna  
Refreshment in lounge

### **Evening restore £195**

*3 hours Wed, Thur, Fri after 15:00*

Massage 60 mins  
Glass of champagne  
Hot tub and sauna  
Refreshment in lounge

### **Body Boost £110**

*1.5 - 2 hours*  
Massage 30 mins  
Hot tub and sauna 45 mins  
Refreshment in lounge  
(From September 2024)

*Please contact us if you would like to add extra treatments to your spa experience. Subject to additional cost/availability.*

*Continue your spa experience at home with a £10 credit that can be used on the day towards our Natura Bissé spa and skincare range.*