

*"Time...  
there's never enough until you take it!"*

Spa days can be upgraded  
& charged accordingly with prior notice

Please note, we can tailor make any  
treatments of your choice into a spa day if  
you wish, we can add on your lunch too.

Lunch is an extra £11 if not already  
included... a light, two course snack &  
exclusive use of our Sanctree comfy room.

Robes & fluffy socks are provided or you  
can bring your own if you feel more  
comfortable. For bathing ceremonies &  
detox box sessions, a swimsuit/swimming  
shorts must be worn.

## BATHING CEREMONY PACKAGES

(Lunch NOT included)

### MUSCLE RELAXATION

30 mins detox box  
warming jacuzzi ocean bath  
Elemis deep tissue full body muscle  
massage or Signature top  
to toe massage  
approx 2.25 hrs  
£71

### SKIN NURTURE

(suitable for pregnancy)  
Skin nourishing milk ocean bath  
Elemis Modern skin facial or  
Bare minerals luxury facial with face,  
neck and shoulder massage  
approx 1.5 hrs  
£61

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access to more  
information & last minute deals

# SPA DAYS

at

HIGHLAND BEAUTY  
CLINIC  
& day spa

153 High Street, Forres  
01309 675674  
[www.highlandbeautyclinic.com](http://www.highlandbeautyclinic.com)



## RELAX & UNWIND

(unisex)

30 min Detox box & shower  
20 min Swedish back massage  
Elemis Aromapure taster facial or  
Gents Elemis mini facial  
Mineralise the face  
A light lunch  
Approx 2.5 hrs

£66

## TAKE TIME OUT

(unisex)

30 min Detox box & shower

Indian head massage, Bare minerals facial with hot stones  
facial massage  
Mineralise the face

A light lunch  
Approx 2.5 hrs

£68

## PRE HOLIDAY PAMPER

Half leg, bikini line & underarm wax

Eye package (patch test required)

Fingernail OR toenail file & paint (add £9 for gel)

Mineralise the face

A light lunch  
Approx 3 hrs

£80

## PARTY PREP

File & gel polish on fingers & toes

Full body spray tan (patch test required)

includes light refreshments

Approx 2 hrs

£70

## SPA DAYS

(includes a light lunch)

### HIGHLAND BEAUTY

30 mins Detox box & shower  
Elemis Aromapure taster facial  
Fingernail OR toenail File & paint  
Eye package (Brow thread or tweeze)  
Mineralise the face  
A light lunch  
Approx 3 hrs

£83

(Tint patch test required)

### INDULGENCE

(unisex)

30 min Detox box & shower  
Hot stones back of body massage  
Pressure point facial massage  
Deluxe OPI spa manicure  
Mineralise the face  
A light lunch  
Approx 3 hrs

£99

### DELUXE SPA DAY

(unisex)

30 min Detox box & shower  
Elemis Deep tissue back of body muscle massage  
Elemis Skin specific facial or Skin IQ facial for men  
Deluxe OPI Spa pedicure or Sports pedicure for men  
Brow tidy  
Mineralise the face  
A light lunch  
Approx 4.5 hrs

£140

### SIGNATURE PICK & MIX SPA DAY

(unisex)

Choose one from each of the following 4 categories

Elemis Visible brilliance facial (add £10 for Biotec)  
Luxury microdermabrasion  
Cellulite and colon body treatment

Indian head massage  
Reflexology  
Ear candle therapy

Deluxe OPI spa manicure  
Deluxe OPI spa pedicure  
Elemis exfoliation treatment

Hot stones back massage  
Back, neck, shoulders & scalp massage  
Bare minerals make up lesson

Plus a 30 min Detox box & shower,  
mineralise the face & a light lunch

Approx 4-5 hrs depending on treatment choices

£185

VAT REG 761 96 92 87