SCHLOSS
SPA

RELAX. REJUVENATE.
RESTORE.

AT SCHLOSS SPA WE TAILOR EACH SPA EXPERIENCE HOLISTICALLY TO YOUR INDIVIDUAL NEEDS.

By offering a holistic approach to your spa experience, we go beyond simply treating the body. As our guest, you will have the option to choose the treatment, aroma, and soundtrack of your preference, making your time at our spa truly special. All of our treatments and rituals have been carefully chosen to provide you with the most unforgettable experience. Our unique Spa has been thoughtfully designed to ensure complete relaxation and rejuvenation.

From the moment you enter SCHLOSS Spa until the moment you leave, immerse yourself in the essence of nature, go back to the basics and let the demands from your daily routine fade from your memory. Leaving behind the stress of everyday life, connect with your inner self and restore your harmony and well-being.

ESPA

ESPA TREATMENTS

Restore and nourish in a complete sense with this inspired collection of personalised treatments from world-renowned spa experts, ESPA. Results-focussed facials, high performance body treatments, immersive massages, and signature rituals await, to nurture your body, calm your mind and leave skin looking radiantly and naturally beautiful.

ESPA FACIALS

Reveal skin that glows each day with natural health and beauty. By assessing your skin, lifestyle and wellbeing needs, our ESPA Experts create a truly personalised, results-focussed facial using the latest innovative techniques with our powerful Tri-Active™blends. Results are both instant and long-lasting – skin looks clear, radiant and inner calm is blissfully restored.

ESPA Inner Beauty Facial

Deeply cleanse, hydrate and renew with this instant results facial. Tailored to your skin's precise needs, Tri-Active™ formulas work immediately to transform your complexion while pure aromatherapeutic oils encompass your mind. Skin looks clear, quenched, naturally beautiful, and inner calm is blissfully restored.

Includes:
Skin analysis with Skin Vision™ lamp, triple cleanse, exfoliation, facial massage, personalised mask, scalp massage

60 Min.

Active Nutrients Glow from Within Facial

This invigorating nutrient-rich treatment embraces ESPA's holistic approach to restoring radiance, feeding your skin and your mood so your face glow with vitality. Dull, lethargic complexions are brightened and refreshed with the power of a sweeping Gua Sha massage which stimulates the lymphatic and circulatory systems, helping boost the flow of blood and nutrients to the skin. Concentrating on your face, neck and décolleté and combining steaming, exfoliation and multi-masking to maximise results, the body, mind and skin feel renewed while your face has a lit-from-within luminosity.

Includes:
Skin analysis with Skin Vision™ lamp, cleanse & exfoliation (incl, Foreo) steam, Gua Sha facial massage, double mask, hand & arm Gua Sha massage

60 Min.

ESPA Natural Face Lift

Reveal visibly resilient, healthy-looking, youthful skin. This specialised facial is the complete approach to skin health using cutting edge pre and probiotic technology combined with the same benefits of physical exercise to detoxify, invigorate, sculpt and relax. Powerful age defying techniques inspired by Japanese Kobido massage, along with stimulating Jade rollers give instant results, leaving the skin firm, lifted and beautifully radiant.

Includes:
Skin analysis with Skin Vision™ lamp, double cleanse, steam, Japanes Kobido inspired facial massage. stimulating Jade rollers, sculpting & lifting massage techniques, lifting & smoothing mask, scalp massage.

90 Min.

ESPA Express Facial

Reveal a clear, refreshed, naturally beautiful complexion with this express facial. Personalised to your needs, natural active formulas cleanse, rebalance and hydrate while aromatic essential oils capture your mind, leaving you looking and feeling relaxed and radiant.

Includes:
Skin analysis with Skin Vision™ lamp, double cleanse, exfoliation, personalised mask, scalp massage

30 Min.

ESPA Instant Radiance Facial

Brighten and revitalise with this intense, instantly effective facial. Innovative formulas unlock nature's power to transform a fatigued or lacklustre complexion. Fresh, toned, radiantly healthy-looking skin emerges, and your natural glow is restored.

Includes:
Skin analysis with Skin Vision™ lamp, triple cleanse Tri-Active™ Regenerating Resurface & Brighten Mask, age-defying Rose Quartz, crystal massage, professional Lifting & Smoothing Mask, scalp massage.

90 Min.

ESPA MASSAGE

Rediscover inner calm and physical wellbeing. Here, genuine care is taken to address your individual needs, with natural formulas and holistic techniques specially applied to provide a profoundly effective experience for both mind and body. Muscular tensions are released, your soul feels soothed, and you emerge energised with renewed focus and lasting positivity.

ESPA Inner Calm Massage

Quieten your mind, release tension and nourish your skin with this holistic, ultimately restorative experience. Personalised to your physical and emotional needs, carefully chosen aromatherapy blends relax, cleanse or energise, while advanced massage alleviates muscular pressure, soothes anxiety and invokes profound relaxation. Mind and body feel balanced, energy renewed and inner calm beautifully restored.

Includes:
Breathwork, full body aromatherapy massage, scalp massage with Rose Quartz Crystals

60 | 90 Min.

ESPA Hot Stone Massage

Discover lasting relaxation for mind and body with this aromatherapeutic treatment. Tailored massage with hot stones unravels persistent muscular tightness and discomfort while pure, aromatic essential oils encompass the mind to relieve stress, recharge spirits and leave you feeling rejuvenated.

Includes:
Full body aromatherapy massage with hot stones, scalp massage

90 Min.

ESPA Swedish Massage

Revive your body and enliven your spirits with this invigorating massage. Working swiftly and deeply where you need it most, traditional Swedish massage with pure, nourishing oils boosts circulation, alleviates tight, aching muscles and awakens the body from top to toe.

Includes:
Full body Swedish massage, scalp massage

60 Min.

ESPA Deep Muscle Massage

Restore comfort, suppleness and movement with this intensely effective massage. Active stretching and specialised massage with expertly blended aromatherapy oils alleviate deep-seated tension in the neck, shoulders and back with instant and lasting effect. Muscular pain is diminished, leaving you feeling stronger and more energised.

Includes:
Targeted massage, focussing on areas of concern.

60 Min.

ESPA Muscle Reviver

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

Includes:
Back massage, facial massage, scalp massage

45 Min.

ESPA FOR MEN

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

ESPA Deep Cleansing Facial

Deeply cleanse, hydrate and renew with this instant results facial. Tailored to your exact needs, Tri-Active™ formulas work immediately to purify and reawaken your skin while aromatherapeutic oils relax your mind. Skin looks clear, smooth, energised, while inner calm is restored.

Includes:
Skin analysis with Skin Vision™ lamp, triple cleanse, exfoliation, facial massage, personalised mask, scalp massage.

60 Min.

ESPA Deep Muscle Massage

Restore comfort, suppleness and movement with this intensely effective massage. Active stretching and specialised massage with expertly blended aromatherapy oils alleviate deep-seated tension in the neck, shoulders and back with instant and lasting effect. Muscular pain is diminished, leaving you feeling stronger and more energised.

Includes:
Targeted massage, focussing on areas of concern.

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ESPA Muscle Reviver

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

Includes:
Back massage, facial massage, scalp massage

45 Min.

ESPA BODY TREATMENTS

Guided entirely by your personal needs, expect instant and long-lasting results from these profoundly renewing rituals. Unique in every sense, they make use of nature's most powerful and effective actives and oils, coupled with innovative techniques from our expert therapists. Your body feels rebalanced, and skin's natural beauty is restored.

ESPA Back, Face & Scalp Treatment - Hero Treatment

Unravel tension, instantly boost your complexion and restore inner calm with our most renowned treatment. Targeted massage techniques combine with the purest aromatherapy oils and a highly-personalised facial helping you to look and feel your very best – restored, de-stressed and beautifully radiant.

Includes:
Back exfoliation, back massage*, inner beauty facial, scalp massage
*back massage with hot stones only included in the 120 Min. treatment

90 | 120 Min.

ESPA Pre Natal Relax & Restore

Nurture your changing body and calm your mind with this beautifully comforting treatment. Personalised to your needs and stage of pregnancy, the purest, most gentle formulas smooth and nourish skin while expert massage soothes tight, tender muscles and invokes a state of blissful relaxation.

Includes:
Back exfoliation (incl. in 90 min treatment only), focussed body massage, scalp massage

60 | 90 Min.

ESPA Salt & Oil Scrub

Revive skin's natural softness and glow with this intensely exfoliating treatment. An ideal way to prepare skin for other treatments, a natural blend of sea salt and the purest oils polishes away dull, dry cells and infuses skin with rich nourishment. Skin feels smooth, supple and looks radiantly healthy.

Includes:
Skin brush, salt & oil full body exfoliation

30 Min.

FITNESS & WELLNESS ACTIVITIES

Be inspired by the flow and the energy of our SCHLOSS Gym

Our state-of-the-art fitness studio with equipment supplied by industry leading Technogym boasts a strength area, cardio area, and functional training area. A great way to start the day full of positive energy. Or book a session with our dedicated personal trainer to help achieve your fitness goals.

Private Personal Training Sessions

1 on 1	60 Min.
Follow-up	45 Min.

YOUR PERSONAL GUIDE TO SCHLOSS SPA

SCHLOSS Spa has been thoughtfully designed to ensure your complete relaxation and rejuvenation

Relax, take advantage of one of our natural treatments, enjoy our heated outdoor infinity pool, spend time in one of our saunas and soak-up the relaxing ambience of our elegant Spa.

BOOKINGS

We recommend advance bookings for your treatments, to make sure your preferred date and time is available.

We encourage you to arrive 30 minutes before your appointment time so that you can enjoy our different areas and take some time to relax.

ACCESS

Children under the age of 16 are not permitted to enter the Spa or Fitness Centre.

DRESS CODE

If you are staying with us, you are welcome to come to the Spa wearing the bathrobe supplied in your room. If you are visiting us for the day or prefer to come dressed, there are bathrobes available for you to use in the changing rooms.

MEALS AND ALCOHOL

Please refrain from eating immediately before a Spa treatment, as the

body needs a certain time to digest food. Drinking alcohol before any treatment is equally discouraged.

MOBILE PHONES

We strive to offer a relaxing environment, and we appreciate your help in keeping the area peaceful and quiet. Please keep all mobile phones and equipment on silent.

SMOKING POLICY

Smoking is not permitted in any of the areas of SCHLOSS Spa. This includes e-cigarettes.

PERSONAL BELONGINGS

We strongly recommend leaving any valuables in a safe place. If you are wearing jewellery or bring valuables into the spa, we will provide you with a locker. The hotel does not accept any responsibility or liability for the damage, loss or theft of any personal belongings.

HEALTH QUESTIONNAIRE

Upon arrival, you will be asked to fill out a health questionnaire. It is essential that you inform our therapists of any medical conditions, allergies, medical treatments, medications taken or any other relevant information.

Any information on the questionnaire is entirely confidential and for internal use only.

SPA ETIQUETTE

Our Spa is a peaceful and relaxing place. Your cooperation in creating a quiet environment and being respectful of others is greatly appreciated

PREGNANCY

Please inform us if you are or think you may be pregnant. This will enable us to to recommend the best treatments for you.

COMFORT

To make the most of your Spa experience, please tell your therapist whether the room temperature, music volume and lighting is comfortable for you.

It is important to us that you enjoy your experience in SCHLOSS Spa, and setting the right atmosphere for you is the first step in that direction.

AFTER YOUR TREATMENT AT SCHLOSS SPA

After certain treatments, you should avoid sun exposure for 2-3 hours. Your therapist will recommend an adequate sun protection product that you can find in our SCHLOSS Spa boutique.

WATER

Please remember to drink water before and after treatments to help your body release toxins. Hydration is key in a Spa environment, especially when using the outdoor wellness facilities.

FACIAL AND BODY CARE

Our experts are on hand to advise you on the best facial and body care products for your skin type. All the products are available at the SCHLOSS Spa boutique.

GIFTS

Gift products and treatments are available at the SCHLOSS Spa boutique. Please ask our experts.

COMMENTS

We want all our customers to feel comfortable during their visit to SCHLOSS Spa. If you have comments or want to give feedback on our services or facilities, please tell your therapist or the spa manager.

BOOKINGS & CANCELLATION POLICY

To reserve a treatment at your preferred time and avoid disappointment, we recommend booking in advance by contacting our SCHLOSS Spa reservations team at:

Tel: +44 (0) 1573 450331
Mail: spa@schlossroxburghe.com

We encourage you to arrive 30 minutes before your appointment time to fully enjoy our spa facilities prior to your treatment. If you are late for your appointment, in consideration of other guests, your treatment will be conducted within the remaining time of your appointment.

In-suite spa treatments are available upon request and availability. Please note an additional charge will be applied to your treatment.

For cancellations, please inform us 24 hours in advance.

- Cancellations made 12 hours before your appointment will be charged 50% of treatment price.
- Cancellations made 6 hours before your appointment or later will be charged 100% of treatment price.

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