



SCHLOSS
SPA

RELAX. REJUVENATE.
RESTORE.



AT SCHLOSS SPA ALL OUR TREATMENTS ARE BASED ON THE THERAPEUTIC ACTION OF ESSENTIAL OILS.

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 exclusive and unforgettable experience. Our unique Spa has been thoughtfully designed to ensure your 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.

We are excited to announce that SCHLOSS Spa has partnered with two incredibly fitting and unique brands:

With Aromatherapy Associates, enjoy a moment to reset your mind, body & spirit with their therapeutic, multi-award-winning essential oil blends, carefully crafted to support your well-being.

KLORIS, has been carefully formulated under the guidance of botanical scientists. It is one of the world's finest and sustainably crafted products, designed for maximum efficacy. Allow nature to love you with KLORIS CBD.





SCHLOSS SIGNATURE MASSAGE

THE ULTIMATE AROMATHERAPY EXPERIENCE

This ultimate treatment starts with a consultation to find out what your emotional and physical needs are. From that we carry out an aroma test to allow you to choose the oil most suitable for you. There are twelve signature oils to choose from, formulated with natural plant and flower oils with wonderful exotic scents and powerful therapeutic benefits for body and mind.

With your chosen oil, your therapist will use carefully applied pressures to stimulate the nervous system, Swedish and neuromuscular techniques to relieve muscular tension, and lymphatic drainage to encourage healthy circulation. This treatment works from your head to your toes and it will dissolve away all your stress and tension. This is an intense massage ritual drawn from a fusion of eastern and western techniques enabling the therapist to work on your body, mind, and spirit.

It may be taken as a 60 minute or 90 minute massage ritual. In the longer treatment extra attention is given to the facial massage. This treatment releases tension held in every part of your body leaving you feeling deeply relaxed and recharged.

🕒 60 - 90 Min.

DEEP TISSUE MASSAGE & MUSCLE EASE

INTENSIVE MUSCLE RELEASE

This deeply restorative treatment is specifically designed for tight, stressed, and aching muscles. Whether it is due to spending many hours on the golf course or too many hours hunched at your desk, when you push yourself to your limit, your body is prone to becoming stiff, tight and painful.

Swedish and cross muscle-fibre massage techniques, with stretching and draining, are combined with essential oils known for their beneficial effects on the circulation. Black pepper, rosemary and ginger warm the muscles and help disperse the buildup of lactic acid that causes stiffness and pain. Calming lavender soothes and is anti-inflammatory. An intensive massage that works deep into stiff, tight aching muscles to instantly release pain and tension.

🕒 60 Min.



HOT STONE THERAPY MASSAGE

DEEP RELAXATION

This exclusive treatment uses soft hot stones that are applied on special pressure points to relieve tension in muscles. Combined with the use of cold marble, this will bring your energy back to balance. The hot stone treatment eases muscle pain and brings harmony, peace and balance to your body and soul.

🕒 60 - 90 Min.

SWEDISH MASSAGE

TAILORED MASSAGE

Enjoy this Scandinavian treatment that helps oxygenate the body and release toxins from your muscles. This massage shortens recovery time after muscular strain, sweeping metabolic products, revitalising your skin, decompressing nerves and relieving stress.

🕒 60 - 90 Min.

BODY SKIN FOCUS

REVIVE & TONE

The complete, full body detox with five key treatment stages. Begins with dry body brushing followed by a stimulating exfoliation using a fusion of sea salt and green coffee oil to slough away dead skin cells. A freshwater mud mask and wrap brightens and refines skin while tension is diffused with a scalp or foot reflex massage. Following this a deeply invigorating massage works to brighten and tone legs. This advanced treatment is completed by coating the skin with 3 stage regimes packed with high powered essential oils to revive your body, nourish your skin and reset your mind.

BODY – 90 MIN

Features body brushing, full body exfoliation, body mask and wrap, leg massage and choice of accompanying scalp or foot reflex massage.

TARGETED ZONES – 60 MIN

Features full body exfoliation, mud wrap, leg massage, choose from an accompanying scalp or foot reflex massage.

🕒 60 - 90 Min.

ROSE INDULGENCE

The ultimate exfoliation and wrap treatment to uplift the spirit and enrich the skin. Skin is exfoliated smooth then nourished with a full rose ritual from hair-to-toe. The treatment begins with guided breathing to aid relaxation followed by a full body exfoliation, softening the skin and allowing the layering of rose products to fully absorb.

BODY - 60 MIN

Inhalation with guided breathing full body exfoliation.
Layering of products.
Focuses on the back, legs, arms, abdomen, chest, scalp.

FACE & BODY - 90 MIN

Additionally, features hair & face.

🕒 60 - 90 Min.





BODY SCRUB

AROMA POLISH

A relaxing all over exfoliation and layering of richly nourishing products to leave the skin looking radiant and feeling wonderfully smooth.

This treatment leaves your skin radiant, soft and smooth and your spirits bright and uplifted.

🕒 30 Min.

BODY - WELLBEING

RELAX & SLEEP

The ultimate massage for your best night's sleep. Carefully applied pressures relieve key areas of tension, whilst our award-winning essential oil blend sedates, calms and grounds you to induce a serious state of relaxation.

BODY & FACE - 90 MIN

Inhalation and guided breathing

Massage focusses on back, scalp, face, arms, legs and feet

Facial featuring a cleanse, massage and mask applied with brushes

BODY - 60 MIN

Inhalation and guided breathing

Massage focusses on back, scalp, arms, legs and feet

🕒 60 - 90 Min.



UNWIND & DE-STRESS

Perfect for times of stress and over-activity, this treatment helps the mind unwind and refocus, getting you back on track. A double layer of products is applied to de-stress both the mind and body, soothing a heavy head of stressful thoughts with Ayurvedic scalp massage and pressure point techniques.

BODY – 90 MIN

Inhalation with guided breathing and gentle mobilisations
Massage focusing on back, legs, scalp, face, arms and chest

TARGETED AREAS – 60 MIN

Inhalation with guided breathing and gentle mobilisations
Massage focusing on back, scalp, face, arms and chest

🕒 60 - 90 Min.

IMMUNE SUPPORT

Cleansing, clearing and decongesting, this body treatment helps clear a congested body and mind and support the immune system. Guided breathing to clear congestion followed by massage techniques to soothe a heavy head, unblocking sinuses, easing headaches and promoting gut health.

BODY & FACE – 90 MIN

Box breathing & steam inhalations
Massage focuses on back, scalp, face, chest, abdomen and feet

BODY – 60 MIN

Box breathing & steam inhalations
Massage focuses on back, scalp, chest, abdomen and feet

🕒 60 - 90 Min.





INNER STRENGTH & RESILIENCE

A truly nurturing treatment to fortify and strengthen the mind and body through difficult times. Focus the mind and breathe deeply whilst warm, rich products are applied soothingly during this emotionally strengthening treatment.

BODY & FACE – 90 MIN

Inhalation with guided breathing

Hot stone placement to solar plexus

Discovery facial including cleanse, exfoliation, massage and mask.

Massage focuses on back, scalp, arms, legs and feet

BODY - 60 MIN

Inhalation with guided breathing and hot stone placement to solar plexus

Massage focuses on back, scalp, arms, legs and feet

🕒 60 - 90 Min.

FOREST THERAPY

Feel restored from the stresses of modern-day living, cleansed of pollution and relieved from restlessness and agitation. Starting with a cleansing, guided inhalation and tension releasing long, deep massage, followed with a warm grounding mud mask to recharge through hands and feet. Finally, restoring tranquility to the mind with our expert scalp massage.

FULL BODY, SCALP & FACIAL – 90 MIN

Massage focused on back, legs, abdomen and scalp

Hot stone placement, and warm mud mask to hands and feet

Facial featuring exfoliation, mud mask and pressure point massage

BODY & SCALP – 60 MIN

Massage focused on back, legs and scalp

Warm mud mask to hands and feet

🕒 60 - 90 Min.

FACE SKINCARE

ESSENTIAL ROSE FACIAL

This luxurious facial harnesses the regenerative properties of rose to nourish, soften and hydrate all skin types, especially dry, delicate and finely textured complexions. This treatment helps to boost your circulation and promote cell renewal and regeneration, leaving your skin radiant, dewy and delicately scented.

A calming frankincense inhalation helps you let go of the day's stresses, turning your focus inward as your treatment begins. A scalp massage releases muscular tension and prepares you for your facial. Your skin is thoroughly cleansed, exfoliated and toned using our rose preparations, rich in pure regenerating damask rose, skin balancing geranium, and nourishing jojoba oil. A traditional aromatherapy pressure point massage combined with lymphatic drainage releases facial tension and congestion. Then, while a hydrating facial mask goes to work, your arms and hands are massaged, and your skin is finally treated with a deeply moisturising facial oil and moisturiser.

The result is a smooth, radiant complexion and a relaxed state of mind.

🕒 60 - 90 Min.

AGE REPAIR FACIAL

This is natural, highly effective skincare to reduce the signs of ageing without using harsh chemicals.

This repairing and anti-ageing facial works with natural oils of inca inchi and larch extract which stimulate collagen formation to deliver firm and tightened skin, whilst the anti-inflammatory properties of pomegranate and rosehip seed oil work on slowing down the effects of ageing skin.

True to Aromatherapy Associates' skincare philosophy, your skin is prepared by cleansing and exfoliating with jojoba beads or corncob granules. It is then massaged using apple seed extract, raspberry seed oil and date palm oil which are renowned for their cell renewal and antioxidant effects. Two masks are applied, a rose gel to hydrate, and an intense strawberry seed and frankincense mask to firm and plump. Whilst the masks take affect, the eye area is taken care of with a lymphatic massage to improve skin suppleness and elasticity. For ultimate luxury, your scalp is massaged to release stress and tension.

For a firm, plumped and more youthful looking complexion.

🕒 60 - 90 Min.





MENS

When The Refinery and Aromatherapy Associates joined forces, the result was a pioneering skincare collection specifically formulated for men and their skincare needs. This collection is the combination of Aromatherapy Associates aromatherapy skincare know-how and the unique knowledge of the specialist grooming experts at The Refinery salon in London.

The Refinery Skincare Collection combines the finest quality ingredients and highly concentrated essential oils and plant extracts to leave the skin clean, clear, invigorated and nourished.

THE REFINERY ESSENTIAL FACIAL

A deep cleansing and brightening facial that will leave skin looking clean, luminous and deeply hydrated with rich, deeply invigorating essential oils and botanical extracts.

Skin is thoroughly cleansed and exfoliated followed by optional steam and extractions for a deep cleansing experience. Tension is eased with a full face and neck massage. Then a detoxifying and cooling mask is applied and whilst the mask gets to work a relaxing scalp massage is performed for a calming and comforting state of mind. The treatment is completed with an application of hydrating and protecting products to lock in moisture.

The result is a deeply cleansed, radiant complexion and a relaxed state of mind.

⌚ 60 Min.

THE REFINERY ULTIMATE FACE & BACK TREATMENT

Extend the benefits of The Refinery Essential Facial with the addition of a deep cleanse back treatment followed by an intensive back massage to ease muscular tension with essential oils of black pepper, ginger, rosemary and lavender, known for their beneficial effects on the circulation and inflammation.

Also includes a hand and arm massage.

This treatment targets your stresses and strains leaving you refreshed and calm.

⌚ 90 Min.



KLORIS CBD

CBD is a great inclusion in treatments because of the way it stimulates the body's endocannabinoid system to promote balance and wellbeing. It's also a wonderful anti-inflammatory and antioxidant, so when combined with quality ingredients, a treatment incorporating KLORIS CBD can add many benefits to a regular massage. KLORIS massages and rituals strive to melt muscle aches, calm the nervous system and boost the immune system - enveloping the body in deep relaxation.

COMPLETE STRESS DISSOLVE SOLUTION

A full 90 minute ritual including a reassuring and powerful visualisation script at the beginning. Quieten your mind, release tension and nourish your skin with this holistic, stress dissolving treatment. A combination of CBD body oil and carefully selected aromatherapy blends help ease anxiety and invoke profound relaxation. Mind and body feel balanced, energy renewed, and inner calm restored.

Anandamide is the body's built-in stress suppressor. CBD may help boost anandamide levels by preventing its uptake in the brain and suppressing the enzyme that breaks it down. It then has much more time to circulate and drastically reduce feelings of stress and the physiological and emotional impact stress hormones have.

🕒 90 Min.

PHYSICAL "RESTORE & RECOVER"

Where plant science meets spa, this multi-sensory treatment is a head-to-toe experience combining stretching, lymphatic drainage, muscle release and reflexology techniques to allow your body to truly relax. Using a combination of warmed KLORIS balms and massage oils this treatment focuses on melting muscle ache, calming your nervous system and enveloping your body in deep relaxation.

Aching muscles and inflamed joints can really impact your quality of life. By helping your system regain its balance, CBD may help support recovery. Your endocannabinoid system has receptors throughout your body, as well as in your brain. CBD interacts with these receptors in different ways to help restore balance.

🕒 90 Min.

DEEP SLEEP & RELAXATION

Discover a renewed sense of wellbeing and calm with this deeply relaxing massage. Traditional massage techniques moving through the whole body and scalp with a warm infusion of KLORIS CBD oil and aromatherapy oils are used to ease tension and calm the mind.

Difficulty sleeping can lead to anxiety that quickly spirals into worsened sleep patterns. Relax your mind and body with our CBD products for a better night's rest, naturally.

🕒 90 Min.

BEAUTY

MANICURE & PEDICURE BAR

Relax and unwind, safe in the knowledge that our therapists understand the importance of wellness for both your hands and feet. All our manicure and pedicure treatments are multi step pampering rituals.

Manicure	⌚ 50 Min.
Nail Polish Application	⌚ 30 Min.
Pedicure	⌚ 50 Min.
Gel Manicure	⌚ 50 Min.
Gel Pedicure	⌚ 50 Min.

ADD-ON EXPRESS TREATMENTS

Why not complement your treatment with something a little extra.

Eye Lift
Express Facial
Scalp Massage
Foot Massage

⌚ 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	⌚ 75 Min.
Follow-up	⌚ 45 Min.
Golf Fit	⌚ 60 Min.
HIIT	⌚ 60 Min.
Strength & Conditioning	⌚ 60 Min.
TRX	⌚ 60 Min.
LBT	⌚ 60 Min.

MINDFULNESS & WELLNESS

Yoga	⌚ 60 Min.
Pilates	⌚ 60 Min.
Meditation	⌚ 60 Min.

GROUP GUIDED ACTIVITIES (MINIMUM 4 PARTICIPANTS)

Nature Fit	⌚ 60 Min.
Aqua Aerobics	⌚ 45 Min.
Running	⌚ 60 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.

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 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

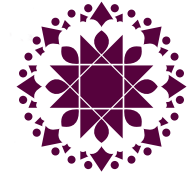
Mail: spa@schlossroxburghe.com

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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