



Relax • Indulge • Pamper • De-stress • Unwind

LIVINGWELL HEALTH CLUB
Treatment Menu



DOUBLETREE
BY HILTON™
DUNBLANE HYDRO

doubletreedunblane.com

FACE

The hands of a highly trained ELEMIS therapist are profoundly effective anti-ageing tools. Using a combination of massage techniques from around the world, this is where intuition meets expertise with clinically proven results.

Anti-Ageing

ELEMIS PRO-COLLAGEN AGE DEFY

Tackle fine lines and wrinkles with the clinically proven* age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

Duration: 60 minutes. Cost: £64.

ELEMIS PRO-DEFINITION LIFT AND CONTOUR

Powered by breakthrough technology, this facial helps restore the architecture of the face using the potent nutrients in plant actives found to help support the extra-cellular matrix. Creates a profoundly sculpted, youthful effect.

Duration: 60 minutes. Cost: £64.

ELEMIS DYNAMIC RESURFACING PRECISION PEEL

Clinically proven* to target the signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin.

Duration: 60 minutes. Cost: £64.

Skin Solutions

These targeted treatments will gently but firmly take on the challenges of sensitivity, oiliness and dullness for healthier complexions.

ELEMIS SUPERFOOD PRO-RADIANCE

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven* to leave skin plumper, radiant and lit up with good health.

Duration: 60 minutes. Cost: £56.

Duration: 30 minutes. Cost: £36.

ELEMIS SENSITIVE SKIN SOOTHER

Fragile skin needs special attention. A soothing massage technique helps reduce the appearance of redness and protect against daily stresses. Texture and moisture levels are dramatically restored. Skin is left supremely soothed, comfortable and calm.

Duration: 60 minutes. Cost: £56.

BODY

Cleansing mineral salts, oil blends rich in active ingredients and transportative aromatics are combined with an unparalleled level of expertise in massage and conditioning. For healthy, revitalised skin and deeply eased muscles.

Massage

ELEMIS FREESTYLE DEEP TISSUE MASSAGE

Your therapist will select an aromatic oil according to your concerns, from muscle pain and stress relief, to relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation.

Duration: 30 minutes. Cost: £36.

Duration: 60 minutes. Cost: £60.

ELEMIS DEEPER THAN DEEP HOT STONE MASSAGE

Balinese stones bathed in the Frangipani Monoi Body Oil are worked deep into the muscles, getting into areas of tension. The result is sparkling vitality with the added bonus of intensely hydrated skin.

Duration: 30 minutes. Cost: £40.

Duration: 60 minutes. Cost: £64.

Duration: 90 minutes. Cost: £84.

REFLEXOLOGY

A unique system of foot massage, reflexology is based on holistic principles & springs from the same Chinese roots as acupuncture. Locating and gently massaging the reflexology points on the feet helps to redress the imbalance of energy that can cause stress & ill health. It is deeply relaxing, relieves tension and promotes the natural healing of the body. *Limited appointments available, please book well in advance.*

Duration: 45 minutes. Cost: £40.

INDIAN HEAD MASSAGE

Feel your stress, aches and pains disappear with the wonderful experience of Indian head massage. Massage of the scalp, neck, shoulders, upper back, arms & face reduces stress & tension and leaves you feeling amazing.

Duration: 45 minutes. Cost: £42.

PREGNANCY

These thoroughly researched and carefully formulated treatments are safe during pregnancy and have been designed to gently nurture and support a woman through the rich experience of each trimester and will be altered as needed for your comfort.

FOOT & LEG MASSAGE

Enjoy a foot soak, exfoliation and massage for lower legs and feet to help with water retention and poor circulation. Relieves tired, aching feet and legs leaving them fresh and rejuvenated

Duration: 40 minutes. Cost: £36.

MUMS TO BE BACK, NECK & SHOULDER MASSAGE

Enjoy a relaxing back, neck and shoulder massage to ease away stress, aches & pains.

Duration: 30 minutes. Cost: £36.

MUMS TO BE FACIAL

All of the facials featured on our treatment menu can be performed during pregnancy and will be altered to suit your needs.

PACKAGES

Includes 2-course lunch with soft drink in hotel bar or lounge

ON THE MOVE (CHOICE OF TWO)

30 min ELEMIS Deep Tissue massage

30 min ELEMIS Superfood Facial

30 min Jessica File and Polish

Duration: 60 minutes. Cost: £55

ESCAPE

30 min ELEMIS Deep Tissue massage

30 min ELEMIS Superfood Facial

30 min Jessica File and Polish

Duration: 90 minutes. Cost: £90

INDULGE

30 min ELEMIS Deep Tissue massage

60 min ELEMIS Superfood Facial

Duration: 90 minutes. Cost: £90

Upgrade to an anti-ageing facial

Duration: 90 minutes. Cost: £99



JESSICA HAND & FOOT CARE

JESSICA MANICURE

Beginning with a nail analysis to treat your nail type, the manicure includes exfoliation, massage and cuticle care. Your nails will be beautifully shaped and finished with the perfect polish.

Duration: 60 minutes. Cost: £40.

FRENCH MANICURE

Duration: 75 minutes. Cost: £42.

JESSICA FILE & POLISH

File, shape and your choice of Jessica polish.

Duration: 30 minutes. Cost: £25.

JESSICA DELUXE MANICURE

This treatment combines the Jessica manicure with the luxurious added benefits of thermal mittens, helping oils and creams to penetrate deep into the skin as well as increasing circulation and relieving stiff, painful joints.

Duration: 75 minutes. Cost: £45.

JESSICA GELERATION LONG LASTING INSTANTLY DRY MANICURE

Duration: 60 minutes. Cost: £35.

JESSICA AROMA FOOT PEDICURE

Feet are exfoliated followed by a luxurious massage leaving feet feeling smooth & soft. Cuticles are cared for, nails shaped and finished with the perfect polish.

Duration: 60 minutes. Cost: £40.

MAKE UP

DAY/EVENING MAKE UP

Duration: 45 minutes. Cost: £30.

BRIDAL MAKE UP (INCLUDING TRIAL)

Duration: 60 minutes. Cost: £50.

EYECARE

A patch test must be performed 24 hours prior to tinting.

EYELASH TINT

Duration: 20 minutes. Cost: £15.

EYELASH & EYEBROW TINT

Duration: 30 minutes. Cost: £20.

EYEBROW TINT

Duration: 10 minutes. Cost: £9.

HAIR REMOVAL & WAXING

A temporary method of hair removal that is quick and effective.

EYEBROW SHAPE Duration: 15 minutes. Cost: £10.

UNDERARM Duration: 15 minutes. Cost: £10.

LIP OR CHIN Duration: 15 minutes. Cost: £8.

LIP & CHIN Duration: 20 minutes. Cost: £14.

BIKINI Duration: 20 minutes. Cost: £15.

1/2 LEG Duration: 30 minutes. Cost: £20.

3/4 LEG Duration: 30 minutes. Cost: £25.

FULL LEG Duration: 60 minutes. Cost: £30.

FULL LEG & BIKINI Duration: 80 minutes. Cost: £45.

Men's Waxing

BACK Duration: 30 minutes. Cost: £20.

CHEST Duration: 30 minutes. Cost: £20.

FAKE BAKE SPRAY TAN

Fake Bake is a safe and sunless tan giving you a healthy, natural glow.

FULL BODY Duration: 30 minutes. Cost: £25.

For more information
or to book an appointment
please call 01786 821230
or dial ext. 680

LIVINGWELL MEMBERS
RECEIVE 10% DISCOUNT.

PLATINUM MEMBERS
RECEIVE 20% DISCOUNT.