

THE WESTIN TURNBERRY RESORT

SCOTLAND



The Spa at Turnberry

Situated alongside the Hotel, The award-winning Spa at Turnberry offers spectacular views over the Irish Sea towards the Ailsa Craig and features 11 luxurious treatment rooms, 2 Hydrotherapy rooms, heat experiences, relaxation rooms, a fully equipped fitness studio and a stunning 20metre swimming pool. The Spa's restaurant, The Terrace offers light nutritious spa cuisine in relaxing surroundings.

Visit The Spa at Turnberry and allow us to restore the delicate balance between mind, body and spirit.

The Seven Pillars Of Well-Being

The Spa at Turnberry, inspired by The Seven Pillars of Well-Being, a philosophy that distinguishes the unique aspects of this spa and ensures an exceptionally high level of service and quality.

The Seven Pillars of Well-Being are the essential elements of health, beauty and inner peace that will ensure you receive a truly five star spa experience at Turnberry.

Relax and look forward to revitalising days and blissful nights of well-being as you experience holistic treatments that soothe your soul and energise your spirit.

LIFE BALANCE	Mind & body in peaceful symmetry
HARMONY	Inner peace where all the senses balance in harmony
BEAUTY	Loving your body, mind & spirit
VITALITY	Heightening energy and vigour, expanding your fitness horizons
AQUA	Water, the source of life and heart of the spa experience
NATURE	Centres the mind, body and spirit with earthly elements
NUTRITION	Healthy nourishment for mind and body



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E'SPA MIND & BODY RITUALS

Hot Stone Chakra Balancing Ritual

1hr 50min

£115.00

This all-encompassing treatment commences with a welcoming foot ritual engaging all of the five senses. Facial cleansing and full body exfoliation prepare the skin for a deeply relaxing face, body and scalp massage. Using hot and cold stones on vital energy points and an individual blend of essential oils, this truly holistic experience brings harmony to both mind and body.

Back, Face and Scalp Ritual with Hot Stone Therapy

1hr 50min

£115.00

Your journey to total relaxation commences with a welcome foot ritual and continues by combining an individually chosen Intensive Facial and a deeply relaxing hot stone Back, Neck and Scalp Massage. Skin is revitalised; muscles relaxed as tension melts away and equilibrium is restored.



Balinese Body Massage

1hr

£80.00

This sophisticated treatment begins with hot oil being poured onto the centre of the stomach or back, while elongated sweeping movements spread the oil along the whole body before it is massaged in. Deeply calming, soothing and relaxing.

Shirobhyanga

25min

£35.00

A calming yet energising scalp, neck and shoulder massage focusing upon vital energy points combined with individually chosen aromatherapy oils. This compact treatment will leave an improved feeling of well-being and is ideal to be combined with any other treatment.

Reiki

55min

£60.00

Reiki is a gentle but powerful healing treatment. The practitioner's hands are placed gently above the body in set positions, promoting a feeling of peace and calm. Reiki rebalances mind, spirit and physical body and is a unique experience for each individual. (Available on Sundays only)

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E'SPA ADVANCED AYURVEDIC HOTSTONE MASSAGE & BODY WRAPS

Following a consultation to establish your Ayurvedic mind and body type, known as Dosha; your ritual will commence incorporating a massage and treatment wrap. Each has been uniquely designed for your specific needs.

Each ritual begins with foot cleansing and marma point foot massage to clear blockages and raise energy. Deeply nourishing, relaxing or invigorating Salt and Oil Body Exfoliation prepares the skin before individually blended and warmed oils are poured onto the body. Warmed or cooled volcanic stones are used for the Dosha specific body massage.

The body is then enveloped in an application of deeply penetrating warm marine algae, marine mud or traditional oshadi clay and cocooned in warm linens allowing the herbs and oils to penetrate deeply, enhancing their effectiveness.

During envelopment the ritual continues with a luxurious Indian Head Massage that encourages the deep absorption of therapeutic aromatic oils. Facial marma points are stimulated to help renew and revitalise the skin.

Vata Comforter

1hr 50min

£115.00

The Vata-type person may often suffer from dry skin, anxiety and be affected by cold, dry weather. Vata's need warmth, nourishment, hydration, comfort and healing. This treatment helps to enhance the comfort of the skin and balance the mind with ancient Indian herbs such as brahmi and oshadi in addition to nourishing mud extracts.

Pitta Pacifier

1hr 50min

£115.00

The Pitta-type person may frequently suffer from sensitive skin, frustration and is often affected by hot weather. Pitta minds and bodies are often over-active, agitated and benefit from cooling and calming. This treatment helps to cool and soothe the skin, as well as calm busy minds and emotions with bringaraj herbal oil and restorative plant extracts such as palmerosa and myrrh.

Kapha Stimulator

1hr 50min

£115.00

The Kapha-type person often suffers from dull, possibly oily skin, a tendency to put on weight easily and is affected by cold, damp weather. Kapha needs purification and stimulation to improve circulation of the body. This treatment utilises detoxifying Indian herbs such as ashwaganda and algae extracts to clarify the skin stimulate circulation and warm the body.

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SPECIALISED E'SPA FACIALS

These specialised, advanced treatments take facials beyond cleansing, toning and moisturising and into progressive manual facial massage, connective energy facial massage and holistic de-stressing.

Totally tension relieving, the result is clear, natural healthy skin – rejuvenated, refreshed and renewed.

Advanced Lifting and Firming Facial

1hr 25min

£85.00

Perfect for mature, dehydrated and stressed skins, suffering from loss of tonicity and lacking firmness. This unique E'SPA facial offers a combination of advanced hands-on lifting and firming massage techniques and connective energy acupressure skills. The result is improved circulation, stimulated oxygen uptake and a significant reduction in tension, with cold stones precisely placed on the eyelids for cooling and peace. The unique combination of powerful anti-ageing products and the sophisticated massage techniques encourage improved skin tonicity, lifting and firming, leaving the skin visibly smooth, soft and firm.

The Age Defyer Facial

1hr 25min

£85.00

Suitable for anyone concerned with minimising and protecting against the visible signs of ageing; excellent for mature, dry and dehydrated skin. A totally luxurious regenerating facial treatment especially created to help combat the signs of ageing and sun-damaged skin. Special facial massage techniques are used for those delicate areas around the eyes, neck, lips and jaw line are combined with the E'SPA seriously effective moisturising products, rich in natural anti oxidants, and scientifically advanced natural ingredients to hydrate and protect. The anti-ageing, rejuvenating benefits of this treatment visibly improve the appearance of the skin, helping to minimise lines and wrinkles, leaving the skin fresh, revitalised and nourished. Oriental Head Massage techniques are incorporated to stimulate and lift the skin around the hairline and into the scalp and to relieve tightness and tension.

E'SPA INTENSIVE FACIALS

Totally focused on naturally improving the condition of the skin and enhancing its appearance, all E'SPA facials include specialised double cleansing techniques, gentle exfoliation, acupressure facial massage and a deep cleansing and intensive face mask. Whilst the mask is taking effect, experience a relaxing and therapeutic Oriental Head Massage with Pink Hair and Scalp Mud followed by specific moisturising to aid skin protection.

After an initial consultation your therapist can assist you with your choice from the following treatments:

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Skin Brightener

55min

£60.00

This rejuvenating facial is perfect for all skin conditions and particularly when environmental stress, business pressure, illness or lack of sleep can leave you with dull, lifeless, sallow skin.

Oil Control

55min

£60.00

Ideal for oily, congested, problematic skin or for those suffering from hormonal imbalance. This deep cleansing, gentle yet powerfully effective treatment helps soothe and calm, rebalance the skin and encourage a clear complexion.

De-sensitising

55min

£60.00

A gentle facial for truly sensitive and fragile skins prone to high colour or irritation. Leaves the skin feeling gently cleansed, soothed and nourished.

Re-Hydrator

55min

£60.00

Designed for dry, dehydrated skin requiring hydration and moisture, this is the ideal boost for normal and dry skin, leaving it smooth, soft, supple and glowing.

E'SPA BODY

Holistic Total Body Care

1hr 25min

£85.00

Body brushing and exfoliation prepare the skin and leave it feeling soft and smooth. This is followed by facial cleansing and completed with a deeply relaxing full body, face and scalp massage, using blends of essential oils chosen to suit the individual. The result - complete relaxation and restored energy levels.

Swedish Massage

1hr 25min

£80.00

A deeply therapeutic massage combining stimulating and long movements with emphasis on the back, neck and shoulders. Excellent for releasing muscular tension and fatigue promoting a general state of well-being.

Oriental Head Massage

25min

£32.00

A calming yet energising scalp massage focused on vital energy points and combined with individually chosen aromatherapy oils and deeply nourishing Pink Hair and Scalp Mud. If time is of the essence, this compact treatment will help reduce tension, increase circulation and calm the mind.

Reflexology

55min

£60.00

An ancient oriental treatment that incorporates pressure point massage on areas of the feet that relate to certain parts of the body. This gentle therapy helps to ease tension, improve circulation and promotes a feeling of well-being.

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Stimulating Hip & Thigh Treatment

55min

£60.00, Course of 6

£305.00

A specialised treatment to stimulate the circulatory and lymphatic systems, concentrating on the areas of the body prone to cellulite, fluid retention and uneven skin texture. Deep exfoliation with seaweed scrub is then followed by a detoxifying massage using stimulating essential oils and an application of warm marine algae. Essential reflex points on the feet and eye area are activated to continue the purifying and cleansing process.

Pre-Natal Treatment for New Beginnings

1hr 25min

£85.00

This pre and post natal body treatment has been carefully designed for pregnant and nursing mothers to take account of all contra-indications and aid in relaxation and tonicity of the skin during this very special time. The treatment includes gentle body exfoliation, specific massage techniques, warm mineral body mask and Oriental Head Massage, leaving the skin soft and supple and the mind relaxed.

ULTIMATE BODY WRAPS

Not just a body wrap but also a life enhancing treatment that includes lymphatic skin brushing, body exfoliation and individually chosen aromatherapy oil applied to the body. The treatment is completed with an enveloping body wrap of algae, marine mud or oshadi clay. Ultimate tranquillity is achieved with a soothing Oriental Head Massage using Pink Hair and Scalp Mud.

After an initial consultation your therapist can assist you with your choice from the following treatments:

Detoxifier

55min

£60.00

The Detoxifier helps improve circulation, speeding up the elimination of toxins throughout the whole system. It helps reduce excess fluid, improving the overall appearance of the skin.

Skin Hydrator

55min

£60.00

The Skin Hydrator brings true re-hydration to dry, sensitive or flaky skin, leaving it firm, hydrated and soft. Pure luxury, excellent after a holiday and wonderful preparation for a special night out.

Muscle Relaxation

55min

£60.00

The envelopment is soothing and warming, easing tension and tightness in the muscles helping to increase mobility and reduce aches and pains.

Stress Reviver

55min

£60.00

Stress comes in many forms but comfort, warmth and a tension relieving wrap will restore equilibrium, peace of mind and bring deep relaxation to body and spirit.

Energy Booster

55min

£60.00

The systemic cleansing of marine algae combines perfectly with the refreshing uplifting blends of essential oil to re-establish a sense of well-being and inspired energy.

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The Ultimate Wrap may be combined with a corresponding Essential Massage to create a personalised and totally indulgent two-hour treatment ritual.



E'SPA ESSENTIAL MASSAGE

The E'SPA Full Body Massage is essential, professional and specific for your individual needs.

After an initial consultation your therapist can assist you with your choice from the below treatments:

Detox Massage

55min

£65.00

Detoxifying Body Oil is a cleansing blend of citrus oils, uplifting grapefruit and eucalyptus combined with cypress and juniper berry, which is known to have natural diuretic properties. A perfect treatment to support a weight-loss programme and to counterbalance over indulgence.

Rebalancing Massage

55min

£65.00

Restorative Body Oil is rich in essential oils of palmerosa, orange, borage and wheatgerm, which are known to help improve skin tonicity and firmness. This rebalances mind and body when dealing with the stresses of a fast paced lifestyle.

Muscle Relaxing Massage

55min

£65.00

The body is massaged with Fitness Oil to relieve aches and pains. A rich essential oil blend of cloves, West Indian bay, rosemary and peppermint help ease joint pain and the discomfort of stiffness and relax and soothe the muscles.

Stress Reviver Massage

55min

£65.00

Whatever the cause of your stress, this full body massage using Soothing Oil is ideal to be taken towards the end of the day when the desire to relax can be fulfilled by sleep. Essential oils of frankincense, myrrh and ylang ylang have deeply relaxing, calming properties to soothe and de-stress.

Immune Booster Massage

55min

£65.00

Using the Resistance Oil, a powerful blend of tea tree oil with three types of eucalyptus, well known for their natural immune boosting properties. This provides the ideal tonic for relieving colds, flu and infections naturally while helping to build up lost vitality when feeling run down.

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Energiser Massage

55min

£65.00

The feel-good effects of listea cubeba and eucalyptus in the Energising Oil, coupled with the mind clearing benefits of English peppermint and rosemary can help you face the day with an increased, positive sense of well-being and mental clarity.

E'SPA EXPRESS TREATMENTS

Luxury Back Treatment

40min

£40.00

The back is cleansed, body brushed and exfoliated, then calmed with a deep tension releasing aromatherapy massage as a warm mineral mud mask soothes aches and pains. Your lower legs and feet are also treated to a relaxing massage. This exceptional treatment leaves the mind clear, body relaxed and the skin soft, smooth and revitalised.

Express Facial

40min

£40.00

Replenishing aromatherapy products are chosen to suit your individual skin type, to leave your skin feeling refreshed and rejuvenated, an ideal skin booster for those short on time.

Turnberry Body Exfoliation

25min

£32.00

This luxurious treatment incorporates products indigenous to the surrounding area, honey and wild Scottish oats are massaged onto the body and then rinsed away leaving the skin wonderfully nourished, hydrated and soft.

Salt and Oil Scrub

25min

£32.00

This exceptional skin softening body exfoliation combines sea salts, nourishing and essential oils to leave your skin moisturised, smooth and soft. A compact treatment with a dramatic result.

The Eye Lift

25min

£32.00

Perfect for those who are concerned with the first signs of ageing that appear around the eye area. The Eye Lift is also beneficial to those suffering from eyestrain, computer headaches and for contact lens wearers. A luxurious firming and hydrating treatment that helps to reduce the appearance of fine lines and protect against the environment.

Marine Hydrotherapy Bath

20min

£30.00

A therapeutic underwater massage in your own private multi jet bath. Soothed by warming massage jets, sea salts and essential oils that leave you feeling gently invigorated, yet surprisingly relaxed. This treatment is also recommended prior to a massage to enhance the benefits of the therapy.

Body Polish

25min

£32.00

An exclusive body brushing and skin enhancing treatment, which can be used in isolation to enhance the skin's function, or as preparation for any other body treatment. This complete exfoliation will cleanse and invigorate the body.

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E'SPA TO FINISH

Holistic Hand and Nail Treatment incorporating Hot Stone Therapy
55min £40.00

A holistic arm, hand and nail treatment including a gentle skin refiner and a therapeutic massage incorporating Hot Stone Therapy with the appropriate aromatherapy massage oil chosen for your individual needs and a warm paraffin wax envelopment.

Holistic Foot and Nail Treatment incorporating Hot Stone Therapy
1hr 10min £45.00

A holistic leg, foot and nail treatment including gentle exfoliation, skin softening and a relaxing pressure point massage incorporating Hot Stone Therapy with the appropriate aromatherapy massage oil chosen for your individual needs and a warm paraffin wax envelopment.

Manicure	40min	£30.00
French Manicure	55min	£40.00
Pedicure	40min	£30.00
Luxury Full Leg Wax	40min	£30.00
Half Leg Wax	25min	£20.00
Bikini Wax	10min	£12.00
Under arm Wax	10min	£12.00
Eyebrow Shape/Wax	10min	£12.00
Lip and Chin Wax	10min	£12.00
Eyelash Tint	25min	£20.00
Eyebrow Tint	10min	£12.00
Eyelash/brow Tint Combined	25min	£25.00

A patch test is essential 24 hours prior to the treatment.

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FITNESS PROGRAMMES

Personal Fitness Evaluation

1hr

£30.00

This fitness evaluation is recommended prior to commencing an exercise programme in order to establish your level of fitness. The evaluation comprises of heart rate, blood pressure, body fat percentage, flexibility and aerobic treadmill test. From this data we are able to produce a detailed analysis of your present fitness level and design a personalised programme relevant to your evaluation results. (Individual tests are also available e.g. blood pressure, body fat percentage and flexibility)

Personal Training Session

1hr

£30.00

A personalised session to meet your needs. After an initial consultation your instructor will take you through a workout designed to motivate and challenge.

Tennis Partner

Per hr

£20.00

One of the Fitness Team will join you for a challenging game of tennis on one of Turnberry's two all-weather courts. (Not a coaching session)

Jogging Partner

Per hr

£20.00

A supervised walk, jog or run around one of our scenic and varied routes. Tailored to your individual requirements and fitness level.

Aqua Tone Session

Per hr (for one to one personal session)

£20.00

Pool-based session utilising your bodies' natural resistance when moving through water to tone and provide an aerobic workout. This is a great way to get started with an exercise programme and suitable for all fitness levels.

LIFESTYLE PROGRAMMES

The Spa Day Experience
all day

£30.00 per person

Enjoy the spectacular Spa at Turnberry with a series of "hands-off" experiences, designed to relax the mind and rejuvenate the body. The Spa Day Experience includes use of:

The spectacular 20m swimming pool

With views over the Irish Sea

The heat experiences

Which cleanse the body and soothe aching

The Hydropool

Which incorporates a variety of body jets and the optimal temperature for the body to rebalance.

The state-of-the-art Westin Workout fitness studio

Providing a wide variety of high performance equipment to meet your fitness requirements.

Body Toner

2hrs 55min

£95.00

Fitness evaluation and personal training session

A personalised session to meet your needs. After an initial consultation, a Fitness Instructor will take you through a workout session to challenge and motivate.

Detoxifying Full Body Massage

Specific massage techniques and stimulating oils of juniper and cypress promote body cleansing and the elimination of toxins.

Serenity

2hrs 25min

£145.00

This luxurious programme will leave you feeling radiant and totally relaxed.

Salt and Oil Scrub

This exceptional skin softening body exfoliation combines sea salts and nourishing essential oils

Essential Massage

A full body and scalp massage using essential oils for your own individual needs.

Intensive Facial

A specially selected facial to target the individual needs of your skin to achieve a radiant glow.

Golfers Retreat

1hr 25min

£85.00

This treatment is perfect for pre or post golf and easing muscle tension before or after exercise.

Muscle Relaxing Massage

A rich essential oil blend of cloves, West Indian bay, rosemary and peppermint help ease joint pain and the discomfort of stiffness whilst relaxing and calming the muscles.

Plus your choice of either:

Marine Hydrotherapy Bath

A therapeutic underwater massage in your own private multi jet bath using sea salts and essential oils to release muscular tension

Or

Oriental Head Massage

A calming yet energising scalp massage focused on vital energy points and combined with individually chosen aromatherapy oil and deeply nourishing hair and scalp mud.

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SPA DAY RITUALS

The following Spa Day Rituals are made of experiences to bring about a synergy between mind and body. Perfect as a treatment for yourself, or as a gift to someone special, this is the ultimate way to emerge with a sense of positive well-being.

Includes the use of the sea View swimming pool, hydropool, relaxation areas, saunas, Westin Workout fitness studio and a two-course spa cuisine lunch in The Terrace.

Spa Retreat, 3hrs 25min

Sunday to Thursday

£180.00

Friday and Saturday

£200.00

This all-encompassing programme will promote a feeling of well-being and leave you totally rejuvenated.

Essential Full Body Massage

This luxurious treatment uses specially blended essential oils to ease away tension, relax the body and soothe the mind.

Intensive Facial

Natural Products are combined with relaxing and purifying techniques to help calm, soothe and revitalise the skin.

Manicure

Total grooming for your hands.

Pedicure

Total grooming for your feet.

Harmony, 2hrs 20min

Sunday to Thursday

£155.00

Friday and Saturday

£175.00

Experiences to restore energy levels and rebalance the body and mind.

Marine Hydrotherapy Bath

A therapeutic underwater massage in your own private multi jet bath using sea salts and essential oils to release muscular tension.

Stress Reviver Wrap

Stress comes in many forms but comfort, warmth and a tension relieving wrap will restore equilibrium, peace of mind and bring deep relaxation to body and spirit.

Skin Brightening Facial

A balancing and cleansing facial, leaving your skin with a healthy radiant glow.

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Purity, 2hrs 20min

Sunday to Thursday

£155.00

Friday and Saturday

£175.00

This programme will leave you feeling gently relaxed and wonderfully invigorated.

Marine Hydrotherapy Bath

A therapeutic underwater massage in your own private multi jet bath using sea salts and essential oils to release muscular tension.

The Ultimate Detoxifier Wrap

Purifying body envelopment using warmed algae to boost metabolism, reduce fluid retention and detoxify the whole body.

Detox Essential Massage

A full body massage using Detoxifying Body Oil.

Tranquility, 2hrs 40min

Sunday to Thursday

£145.00

Friday and Saturday

£165.00

A totally luxurious and all-encompassing experience that will leave you feeling blissfully relaxed and wonderfully balanced.

Back, Face and Scalp Ritual with Hot Stone Therapy

Commencing with deep cleansing and exfoliation of the back, followed by a soothing hot stone massage and an intensive facial incorporating a vital energy point massage of the head and scalp.

Manicure or Pedicure

To achieve immaculate grooming for your hands or feet

Pre-Natal Programme for New Beginnings, 3hrs 55min

Sunday to Thursday

£180.00

Friday and Saturday

£200.00

This programme has been carefully designed for pregnant and nursing mothers to take account of all contra-indications and aid relaxation leaving you feeling totally cherished.

Pre and Post Natal Treatment

The treatment includes gentle body exfoliation, specific massage techniques, warm mineral body mask and an Oriental Head Massage, leaving the skin soft and supple.

Intensive Facial

A specially selected facial to target the individual needs of the skin to achieve a radiant glow.

Holistic Foot and Nail Treatment incorporating Hot Stone Therapy

Includes gentle exfoliation a relaxing massage incorporating Hot Stone Therapy and warm envelopment of paraffin wax to leave your feet luxuriously soft



IMPORTANT INFORMATION

Spa Suggestions

In order to ensure total relaxation and enhance your spa journey, we encourage you to arrive 30 minutes prior to your appointment. This is to allow ample time to prepare yourself and for you to unwind in the heat experiences and relaxation areas.

As a courtesy to all our guests we do operate a prompt appointment schedule. A late arrival may mean that your treatment time is reduced or that we are unable honour your booking.

What to bring

Swimwear will be required if you have scheduled a hydrotherapy treatment or wish to take advantage of our pool facilities.

Special Considerations

The Spa offers each guest the chance to relax in a tranquil setting. We appreciate you turning off your mobile phone and ask that you speak quietly whilst in The Spa.

Guests

The Spa welcomes both residential and non-residential guests to use its facilities and for spa treatments.

Gift Vouchers

A Turnberry Spa gift voucher is the perfect gift to celebrate any special occasion. Gift Vouchers are available for use against any treatment or Spa Day Ritual. Gift Vouchers are not refundable and must be presented upon arrival at The Spa reception.

Cancellation Policy

Please allow 24 hours notice of cancellation to avoid a 50% charge; cancellation within 12 hours will incur a 100% charge.

The Spa at Turnberry, a member of 'The Starwood Spa Collection'.

A unique portfolio comprising of 30 of the finest spas in the world, a selection of the very best amongst Starwood Hotels & Resorts 180 spas.

