



ARDRHU HOUSE  
- FORT WILLIAM -

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- ROOMS & SPA -

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THE  
SPA

# WELCOME TO THE SPA

We thoroughly enjoyed selecting for you the right combination of treatments and brands to offer in our Signature Organic Spa.

This choice comes from our shared ethos of treating our bodies as a sacred living temple, nurturing the mind, body and soul with respect and love. Treating every living soul with kindness and respect through our commitment to Cruelty-Free and Vegan product ranges, we are proud to welcome you into our world for a precious moment, a sunset or an entire cherished day.

We have woven ancient eastern techniques together with scientific research to create for YOU an exquisite spa experience in the heart of the Highlands. Similarly, we are a close-knitted international team, passionate about what we do. Our approach to wellbeing is eclectic and encompasses the expertise of our spa family, drawing these heavenly rituals from our knowledge of Aromatherapy, Herbalism, Esoteric Healing Practices like Reiki and Ayurveda.

Let our Spa Magicians take your body and spirit soaring new heights exploring your limits and finding new fountains of energy within you!



## ILA

Beyond Organic. The Sanskrit name for mother earth and the goddess of truth.

Absolutely everything in ila products comes from a plant or mineral – and nothing else. This ethos stems from our faith in the power of nature as the source of real wellbeing. By using pure ingredients and time-honoured techniques, we can address the mind, body and soul. With the help of our highly-skilled, aware and loving therapists, we can facilitate a profoundly healing experience for our guests.

## TEMPLE SPA

A British brand with a Mediterranean soul in the heart of the Highlands.

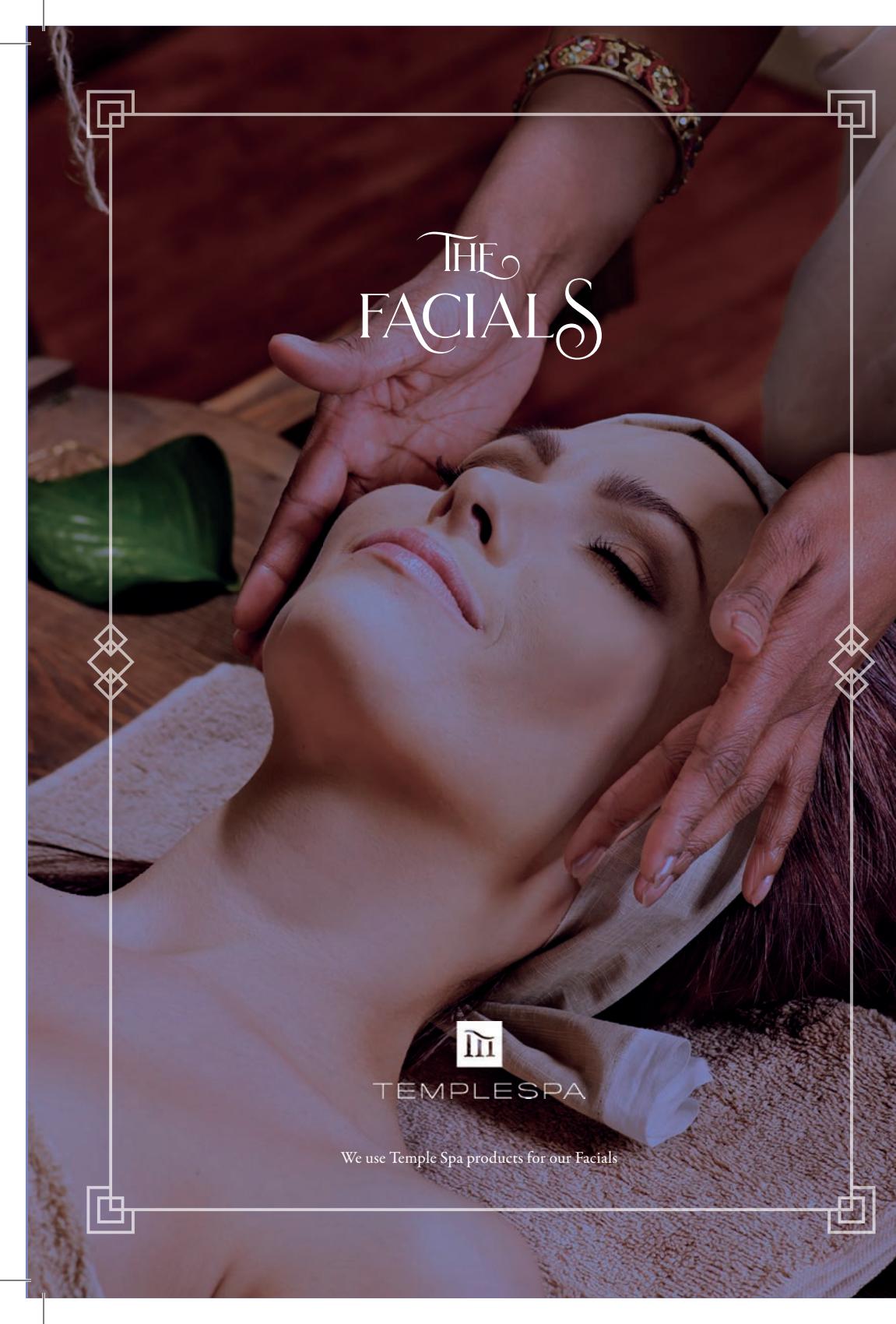
With luxurious beauty products and results-driven skincare philosophy, our therapists will pamper your senses and teach you how to use these fabulous products at home for a delightful spa experience wherever you are. And most importantly encourage you to live without compromise, breathe every moment of joy and love who you are inside and out.

We have an extensive menu of face & body treatments for ladies and gents that we guarantee will leave you feeling rested, revived and restored – skin, body and soul.

## PAUL MITCHELL

A quintessential love story of vibrant colours & fabulous styling products.

Featuring Ammonia-Free and Vegan ranges of colouring products all wrapped into one of the last independent brands in the hairstyling world, widely celebrated for their stand against Animal Cruelty over 40 years of un-compromised existence. A brand which we are sure you will treasure discovering here!



# THE FACIALS



TEMPLESPA

We use Temple Spa products for our Facials

## SILVER SANDS

- 60 MINUTES / £60 -

A deeply cleansing facial designed to target congestion and clogged pores. Begins with a brush cleanse and a soothing massage followed by an exfoliation and a purifying mud mask for a sparkling complexion.

## REST AND BE THANKFUL

- 75 MINUTES / £75 -

An indulgent aromatherapy facial that includes a relaxing face massage and eye treatment followed with hand & arm and hot oil scalp massage.

## NEPTUNE'S TIDE

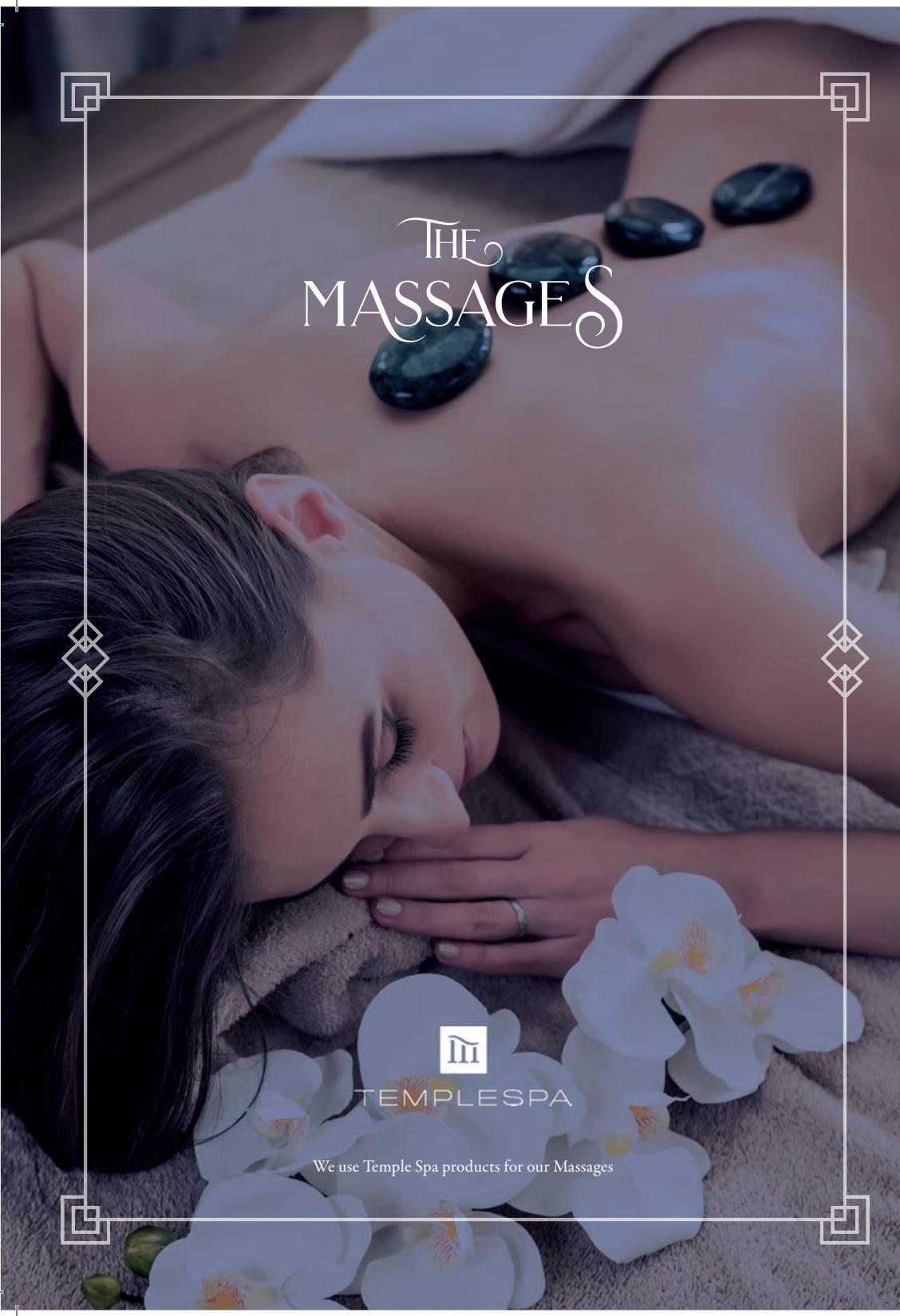
- 75 MINUTES / £75 -

The ultimate rehydrating facial, to leave skin drenched and quenched. This divine treatment includes a cryogenic mask, intense eye therapy, lymph draining & lifting massage techniques and a special remedy to encourage deep hydration and eliminate fine lines.

## GLENCOE QUICK PEAK

- 30 MINUTES / £45 -

This revitalising facial includes a deep power cleanse, nutritious clay mask, lymph drainage techniques, topped off with a wakeup scalp massage.



# THE MASSAGES

TEMPLESPA

We use Temple Spa products for our Massages

## THE HIGHLAND TABLET

- 60 MINUTES / £75 | 90 MINUTES / £90 -

A detoxifying, deep tissue massage that relieves fluid retention and works out tired, aching muscles. Using our ingenious detox massage oil including essential oils of Juniper, Lavender and Cypress.

## DRIFT AWAY ON LOCH LINNHE

- 60 MINUTES / £75 | 90 MINUTES / £90 -

### Relaxing Full Body Massage

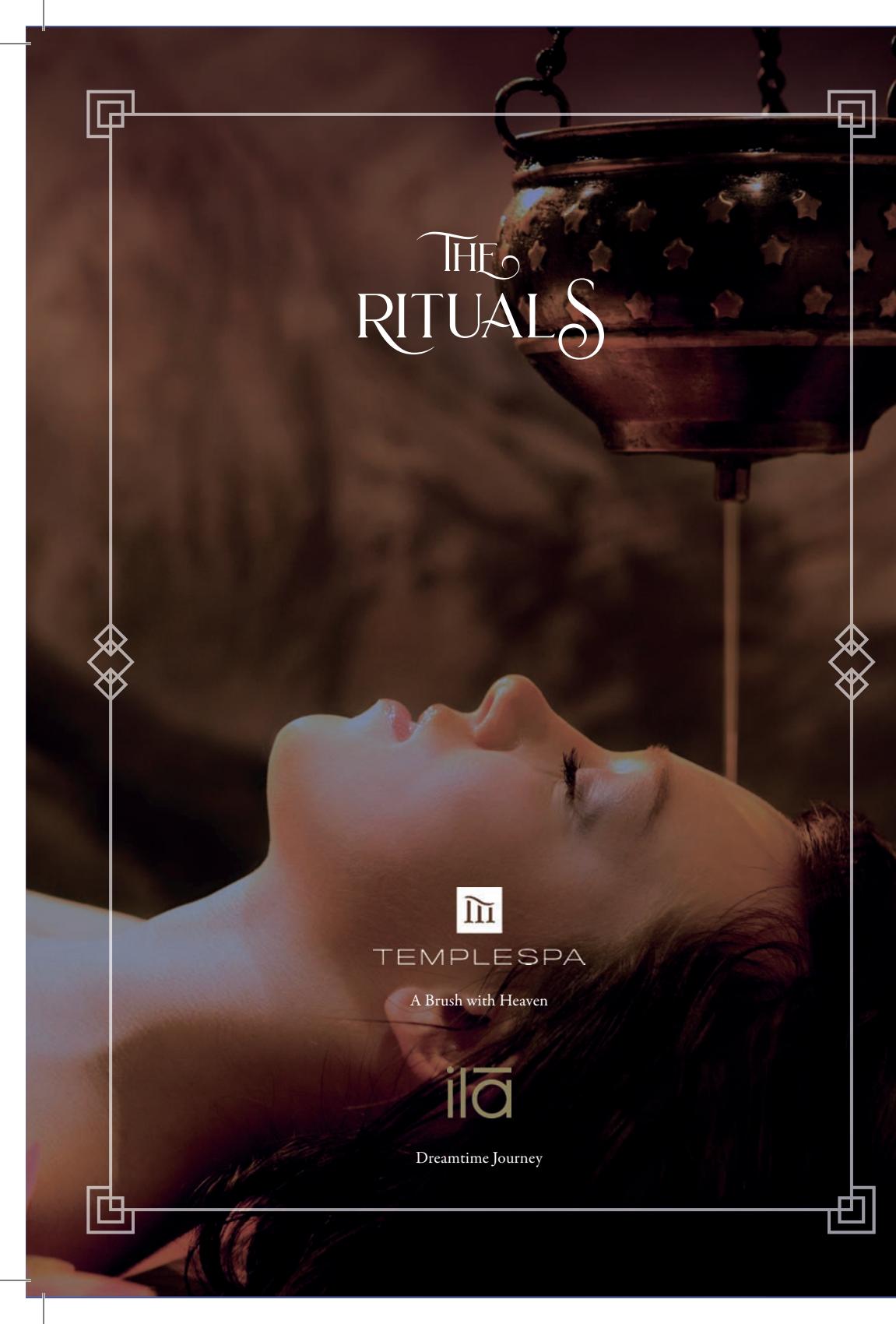
This deeply relaxing top-to-toe massage, formulated with a dreamy blend of essential oils including Frankincense, Lavender and Patchouli, is guaranteed to have you drifting away.

## ROCKS OF THE ATLANTIC

- 60 MINUTES / £75 | 90 MINUTES / £95 -

### Hot Stone Massage

This popular Thermal Stone massage is a glorious treatment using warm basalt stones to massage the body from head-to-toe. This wonderfully, warming treatment works on energy points located throughout the body to rebalance and harmonise.



# THE RITUALS



TEMPLESPA

A Brush with Heaven



Dreamtime Journey

## A BRUSH WITH HEAVEN

- 90 MINUTES / £90 -

Unique face and body treatment using only brushes.

Imagine the sensation of being brushed top-to toe! This unique treatment revives, relaxes and drains toxins. Your skin is cocooned in a rich warm body oil, whilst your face gets an equally heavenly treat. The entire treatment is carried out with brushes, whilst you doze off.

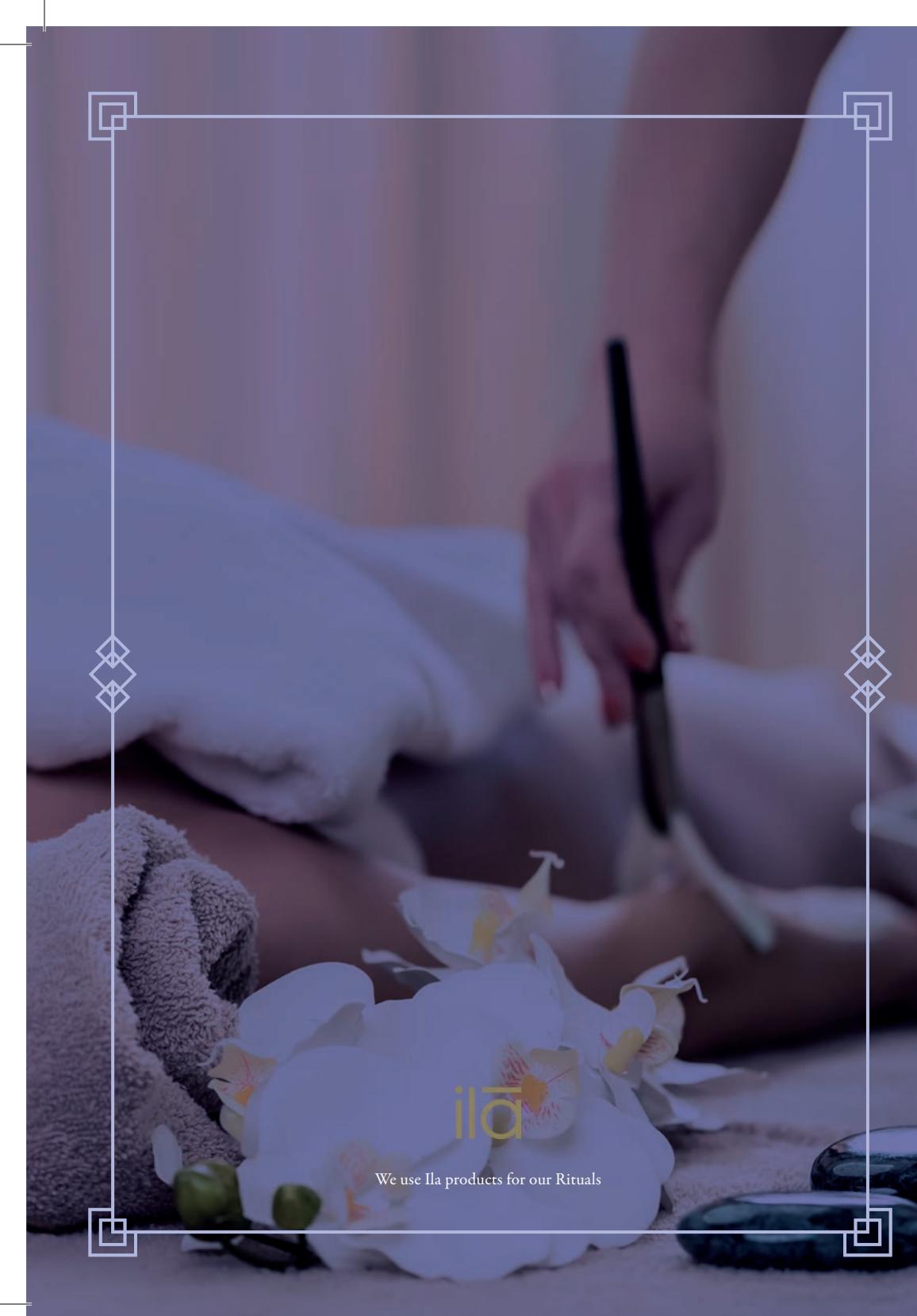
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## DREAMTIME JOURNEY

- 120 MINUTES / £130 -

Nourishing - Rejuvenating  
For insomnia & restless minds.

This soporific treatment draws on pure essential oils, marma massage and chakra healing to relax the nervous system and restore the natural rhythm of sleep. Based on the knowledge that cellular repair is faster during rest, it incorporates a slow rhythmic body renewal, body treatment and soothing face therapy to promote relaxation, while jasmine, patchouli, lavender, and spikenard promote cellular rejuvenation.



We use Ila products for our Rituals

## INNER PEACE IMMERSION

- 120 MINUTES / £130 -

Deep Relaxing - Nurturing  
For anxiety & restlessness.

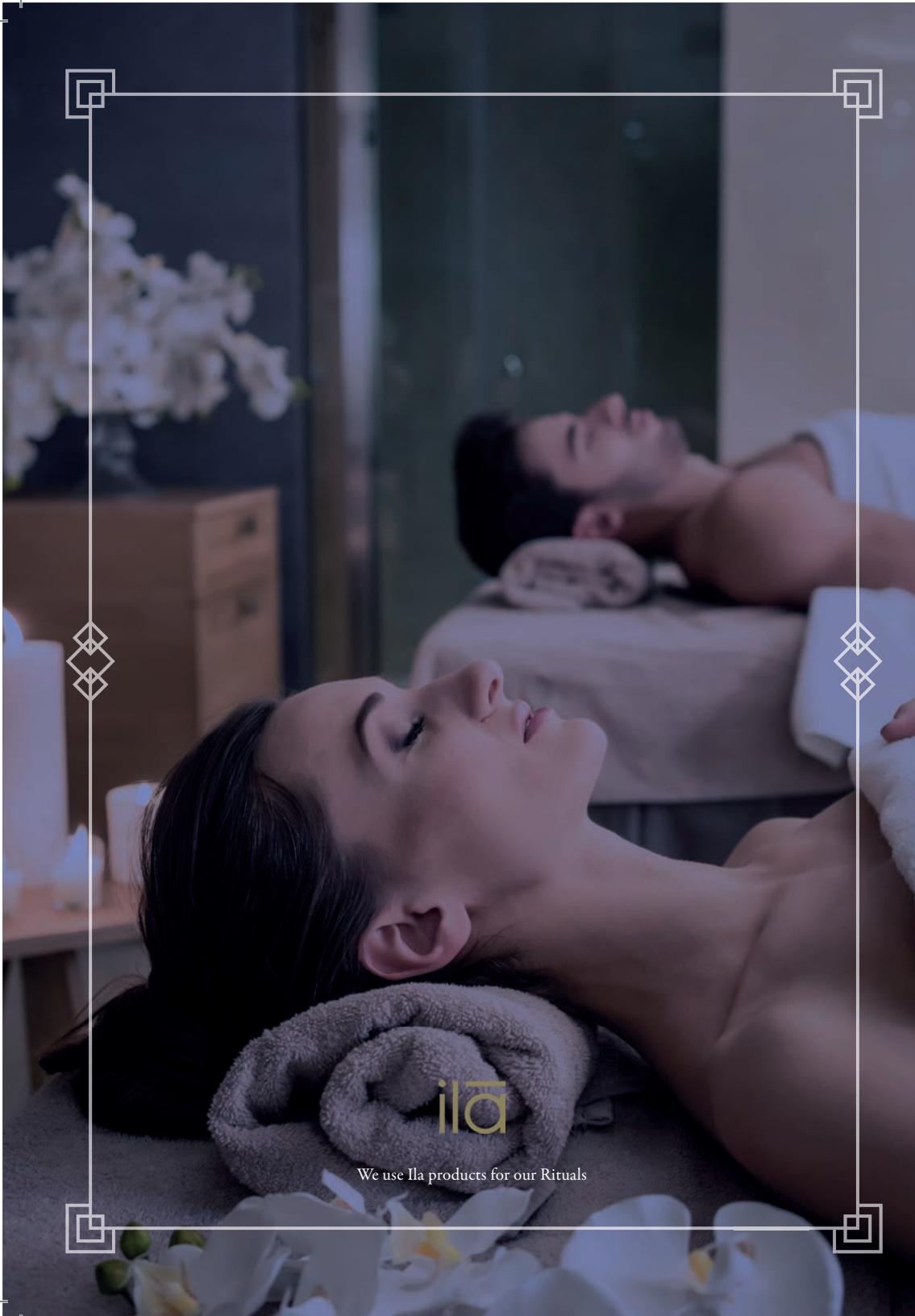
A blissfully balancing experience that restores positive energy: relaxing and reviving both body and spirit for a profound feeling of calm. Targeting skin and senses, a renewing all over scrub prepares the body for a deeply nourishing Inner Peace massage, with rose to restore emotional balance, jasmine to calm the nervous system and sandalwood to hydrate and heal. Focus is then shifted to the face with a stimulating and soothing facial for inner equilibrium.

## KUNDALINI BACK RITUAL

- 75 MINUTES / £99 -

Soothing - Grounding  
For exhaustion, stress & chronic fatigue.

Ideal for emotionally exhausted souls, this nurturing treatment has an extraordinary restorative effect on the sympathetic and parasympathetic nervous systems. Ancient marma therapy and warm herbal poultices are massaged into the back of the body, whilst sound healing and chakra balancing lift away your tension. Energy is released from the base of the spine, negativity is dissolved and the body is brought back to a state of balance. Includes rose facial massage.



We use Ila products for our Rituals

## CRYSTAL HEALING FACE THERAPY

- 90 MINUTES / £99 -

Calming - Anti-Bacterial  
For young & hormonal skin.

This treatment harnesses the healing vibrations of crystals to release tension and revitalise the skin. Meridian tapping and Tibetan crystal techniques balance and strengthen. A garnet face scrub protects and energises. Acupressure with hot poultices and rose quartz restores radiance, while a cooling and nourishing jade mask helps reduce the appearance of fine lines.

## CHAKRA WELLBEING

- 120 MINUTES / £150 FOR ONE OR £280 FOR TWO -

Soothing - Grounding  
For exhaustion, stress & chronic fatigue.

The ultimate ritual for restoring mind, body & soul for the individual or for a couple's connection experience to embrace love and happiness. As exquisite as it is holistic, this bespoke treatment – tailored to the needs of each individual – works on the muscles, lymph and nervous system as a whole. Based around seven blends of chakra balancing essential oils, each unique ritual involves deep relaxation of the nervous system, sensuous lymphatic drainage, subtle healing of the chakras and the pouring of warm oil over the third eye to restore and relax every sense.

## KU NYE FIVE ELEMENT RITUAL

- 120 MINUTES / £130 -

Rejuvenating - Therapeutic - Time Honoured Techniques. For dry skin, deep fatigue & recovery.

This Tibetan Ritual balances the five elements to restore a harmonious flow of energy and vitality. A blend of five essential oils work together to stabilise the five sensory organs. Tibetan cupping, kneading and acupressure techniques help release physical and mental tension, whilst warm crystals and poultices bring harmony. A strengthening Ku Nye Face therapy and an invigorating head massage brings nourishment and regeneration from the tips of the toes, to the crown of the head.

## POTALI DEEP TISSUE TREATMENT

- 60 MINUTES / £90 | 90 MINUTES / £120 -

Balancing - Anti-Inflammation  
For muscular fatigue & joint pain.

This treatment alleviates pain, muscle cramps and stress. The use of herbal polti bags inspired by Ayurvedic healing traditions, saturated in pine oil, amber, frankincense and Argan oil deliver therapeutic benefits including relief from physical and mental stress, while also delivering an invigorating and cleansing effect. It prompts the body's ailments to begin the healing process.

## ADRENO RESTORE TREATMENT

- 120 MINUTES / £130 -

Energy Recovery - Nutrient Dense - Grounding  
For dry skin, deep fatigue & recovery.

Strong adrenal glands protect us from daily stresses and chronic fatigue. This strengthening therapy uses adaptogenic ingredients in a targeted scrub and abdomen wrap to keep adrenal-function at optimum levels. Naturopathic warmed adrenal packs direct the healing benefits of vetivert, pine, cedar wood, ashwagandha and pfaffia where they are needed. Deep rest then follows, courtesy of a balancing Ku Nye massage.

## PEARL & JASMINE SCRUB WITH AMETHYST WRAP

- 90 MINUTES / £90 -

Restoring Nervous System - Reconnection -  
Dazzling. For brides to be & life's transitions.

Fatigue and energy depletion is one of the biggest afflictions plaguing today's 24/7 societies. This amazing pearl and jasmine Himalayan salt crystal scrub has the immediate effect of restoring vitality and energy levels, mental clarity, wellbeing and strength. The ensuing amethyst gel body wrap relaxes and balances the nervous system, stimulating circulation, regeneration of skin cells and cell growth.



# THE SCRUBS & WRAPS



TEMPLESPA

We use Temple Spa products for our Scrubs & Wraps

## THE HIGHLAND GLOW

- 45 MINUTES / £60 -

### Face & Body Exfoliation

An invigorating and refreshing all-over exfoliation treatment that leaves skin soft, revitalised and hydrated.



## GLEN GLORIOUS

- 60 MINUTES / £75 -

### Detoxifying Mud Wrap

This heavenly treatment starts with lymphatic body-brushing, then warm vitamin and mineral rich purifying mud is smoothed all over the body. Once cocooned in this cosy wrap, you'll relax with a glorious face and scalp massage.

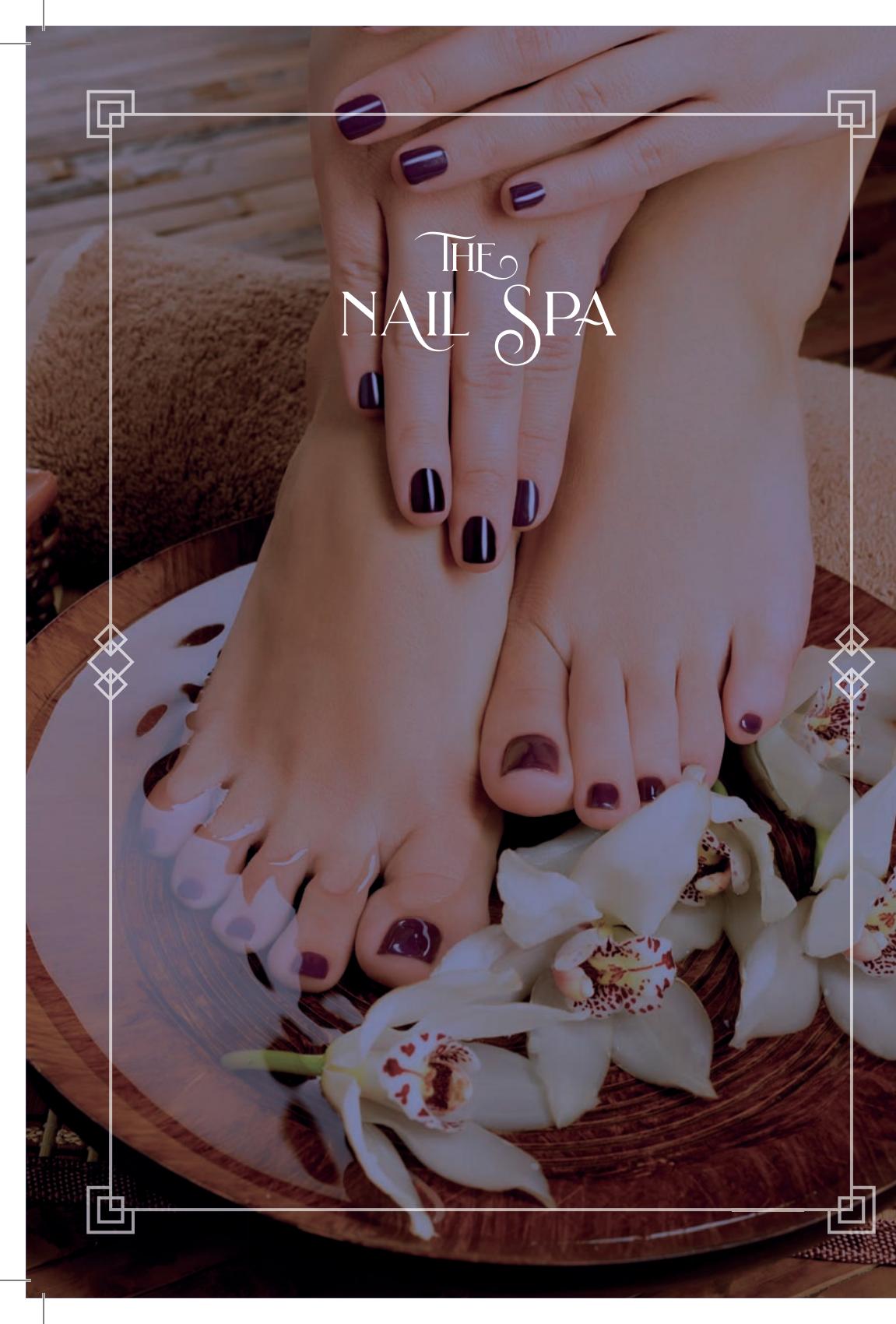


## TURKISH DELIGHT

- 90 MINUTES / £90 -

### Luxurious Steam Ritual

Using hot exfoliating gloves, along with our aromatherapy cleansing bar, your body will be lathered and exfoliated then a blissful, warm drift away massage will leave you feeling soft, smooth and totally relaxed. If you've ever wondered what it would be like to be rubbed, scrubbed and lathered-up Turkish style, this is the one for you.



# THE NAIL SPA

## LUXE MANICURE WITH POLISH OR GEL

- 45 - 80 MINUTES / £45 - £60-

Includes a sugar scrub exfoliation, hand & lower arm massage using our intensely hydrating treatment with thermal mittens. A lovely intensive treatment for dry hands & nails!

## LUXE PEDICURE WITH POLISH OR GEL

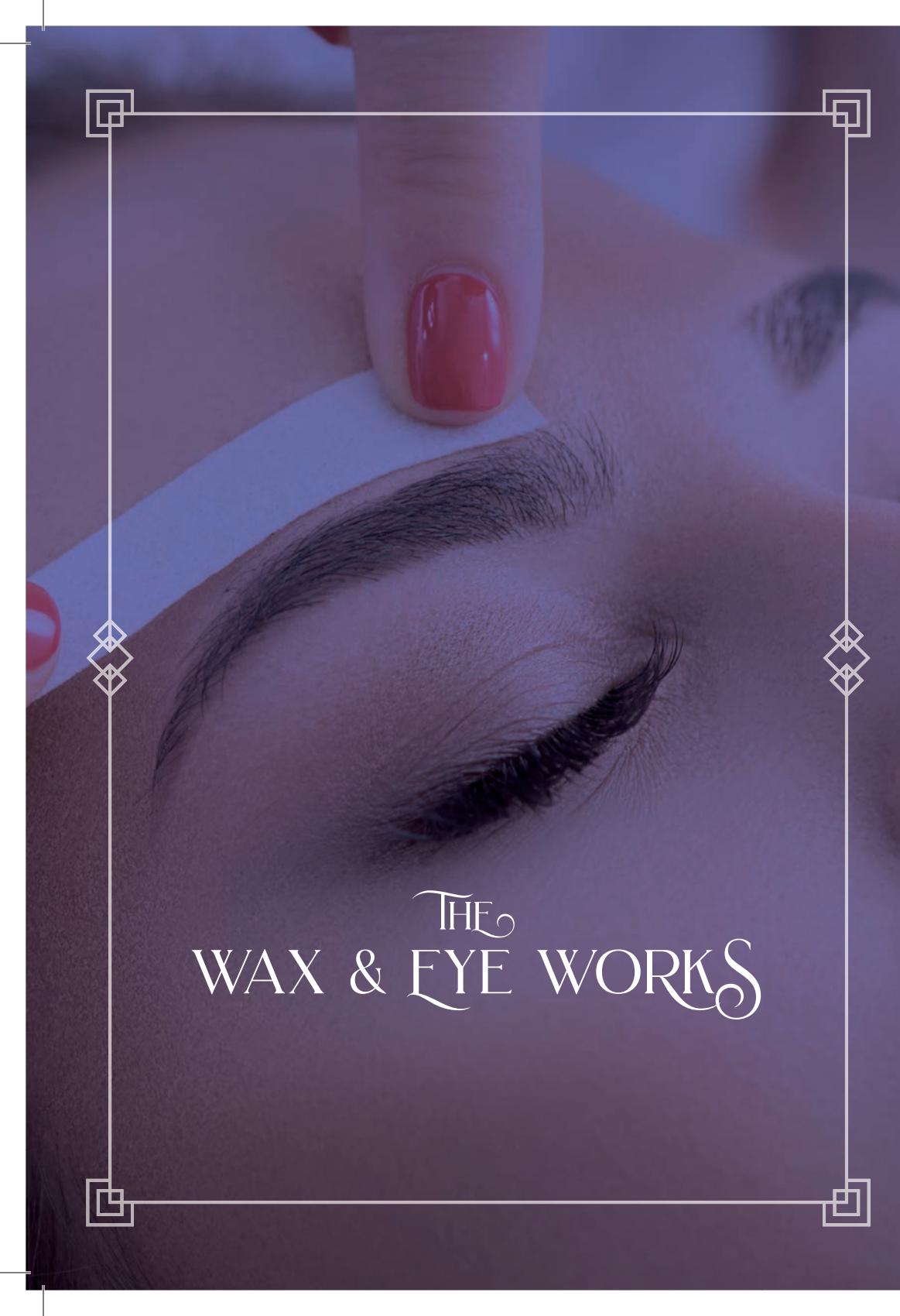
- 60 - 80 MINUTES / £50 - £70 -

The treatment starts with a hard skin buff followed by a salt scrub to prepare your feet for the aromatherapy soak. Choose from Lavender & Mint or the Rose & Jasmine blend of essential oils. The treatment then continues nail shaping, cuticle tidy, and intense hydrating treatment with thermal booties.

## HARD GEL REMOVAL

- 30 MINUTES / £25 -

Nail Art, Repairs and Infills are priced on duration £15/30 minutes.  
Please discuss when booking so we can allocate sufficient time.



# THE WAX & EYE WORKS

## THE WAX WORKS

- 30 MINUTES / £35 -

Lip - Chin - Eyebrow  
Half /full leg - Bikini  
Underarm - Forearm

Waxing is priced on duration, £25 per 30 minutes.  
Please discuss when booking so we can allocate sufficient time.

## THE EYE WORKS

- BROW TINT £15 -  
- LASH TINT £18-  
- EYE PACKAGE £30 -

Eye package includes Brow Shape, Lash & Brow Tint



# THE HAIR LOUNGE

PAUL MITCHELL.  
SIGNATURE SALON

We use Paul Mitchell products for Hairstyling

## STYLE

- BLOW DRY / £40 -
- CUT & STYLE / £50
- ~ HAIR UP £55 / -



## COLOUR

- REGROWTH / £65 -
- FULL HEAD / £70 - 80 -



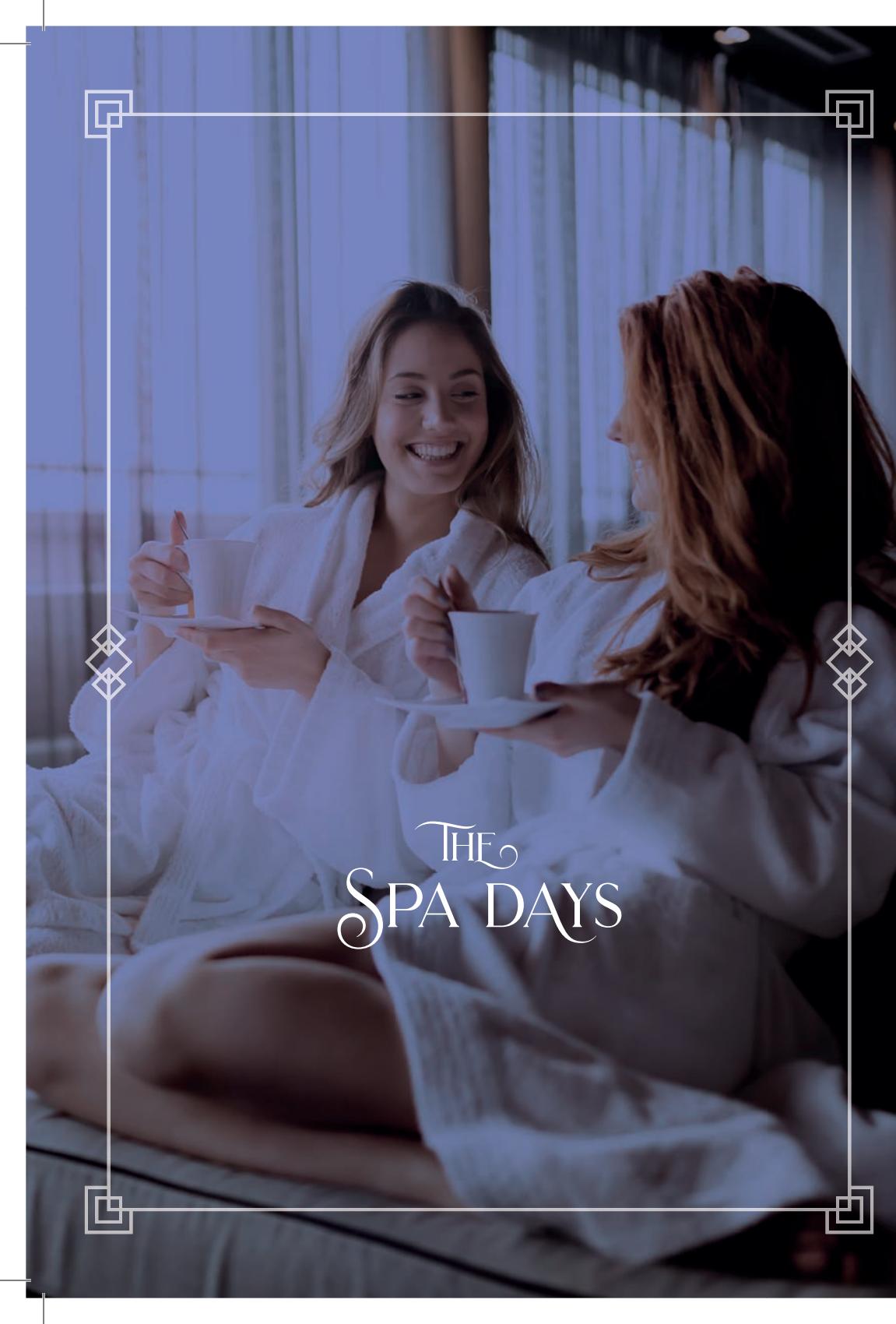
## HIGHLIGHTS WITH TONER

- HALF HEAD / £65 -
- FULL HEAD / £80 -



## FOILS WITH COLOUR

- HALF HEAD / £50 -
- FULL HEAD / £60 - 70 -



**THE  
SPA DAYS**

## SIGNATURE SPA HALF DAY

- 9AM - 12PM OR 1PM - 4PM -

Breakfast or afternoon tea, alongside 90 minutes of treatment time of your choice, a luxury goody bag and full use of the spa facilities.

FOR ONE	£140	FOR TWO	£260
FOR THREE	£390	FOR FOUR	£520



## SIGNATURE SPA FULL DAY

- 9AM - 4PM -

Breakfast and afternoon tea, alongside 150 minutes of treatment time of your choice, a luxury goody bag and full use of the spa facilities.

FOR ONE	£190	FOR TWO	£360
FOR THREE	£540	FOR FOUR	£720

For larger group bookings please contact us directly for prices.

## MAKE THE MOST OF YOUR STAY

We recommend arriving at least 15 minutes in advance of your treatment, so that you can complete a consultation form and settle in.

If you are booked for a Half Day SIGNATURE SPA visit you should arrive 30 minutes before your scheduled time (9AM-12PM or 1PM-4PM) to give you time to be checked-in and changed into your bathrobe & slippers without rush.

Full use of the spa facilities is included only in the **SIGNATURE SPA DAYS**. Kindly advise us of any health conditions, allergies or injuries which could affect your choice of treatment when making your spa reservation or request a callback from one of our therapists if you are unsure.

Please be advised that a late arrival will result in a reduction of treatment time.

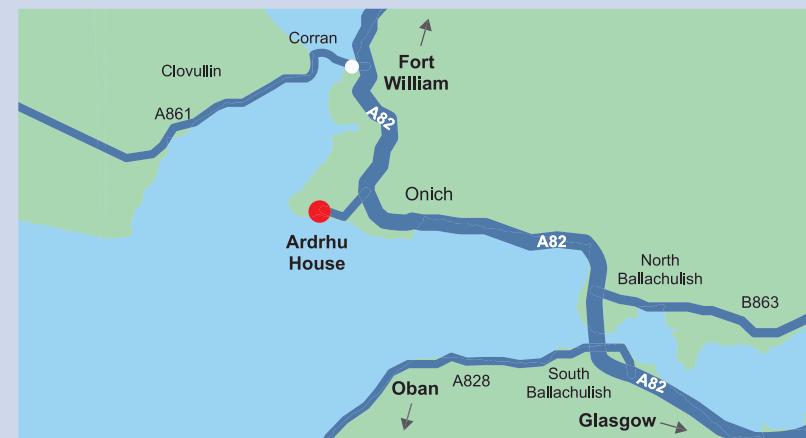
We will provide towels, robes and slippers and a wide range of amenities required for use during your spa visit. We will supply disposable underwear for some body treatments and for other treatments you may keep your own underwear on.

In the mixed areas and all other wet areas we ask that you wear a swimming costume at all times or use one of our towel wraps.

All treatments include a personalised consultation with your spa therapist at the beginning of the treatment, and at the end of your treatment our spa therapist will recommend products that are suitable for you to continue your spa experience at home. These products are available for purchase at a discounted price if purchased on the day of your treatment.

If you would like any further assistance please do not hesitate to contact our Spa Team on 01855 821 210 or email: [enjoy@ardrhuhouse.com](mailto:enjoy@ardrhuhouse.com)

## HOW TO FIND US



### From the North (Fort William) on the A82

In Onich, take the first turn to the right, downhill past a small blue bus stop and a red Royal Mail box. Follow this lane all the way down to the sea where the path turns right. Continue along the seashore all the way down to the main house.

### From the South (Oban, Glasgow) on the A82

In Onich, passing the Onich Hotel and Onich Post Office drive looking for a left turn downhill off the A82 next to a small blue bus stop and a red Royal Mail box. Follow this lane all the way down to the sea where the path turns right. Continue along the seashore all the way down to the main house.

If you are travelling by car, please note some SatNavs will not take you to our doorstep using just the postcode PH33 6SD.

Please consult the map with direction and use GoogleMaps for accurate navigation.