



Glenapp Castle Treatment Room & In-Suite Treatment List

Full Body Massage £95 / £130

60- or 90-minute treatment

A therapeutic full body treatment designed to restore equilibrium and bring deep relaxation to the body and mind. Alleviate tension with this combination of deep tissue and traditional Swedish massage techniques.

Aromatherapy Associates Choice of Oils: Deep Relax (to aid sleep)/ De-Stress Muscle (for muscle tension)/ Support Equilibrium (hormonal & emotional in balance).

Back, Neck & Shoulders Massage..... £50

30-minute treatment

Focusing on areas of tension within the back, neck & shoulders, relieve tight muscles and melt away any stress with this classic massage.

Aromatherapy Associates Oil: De-Stress Muscle (for muscle tension).

Hot Stones Massage £60 / £105

30- or 60-minute treatment

A deeply warming massage carried out using warm basalt stones to ease away deep tissue tension helping to detoxify the body, boost the immune system and unblock stagnant energy, resulting in a feeling of deep relaxation and wellbeing.

The Ultimate Wellbeing Facial.....£150

90-minute treatment

More than just a facial, it's a pioneering treatment that focuses on lowering stress levels in the body and encouraging full reset and repair for skin and mind.

Bring balance back for visibly glowing, healthy skin. Scalp, face and décolleté massage release areas of tension, improve blood flow and activate pressure points to encourage lymphatic drainage and a gentle abdominal massage using warm oil supports top-to-toe physical and emotional wellness. Skin is twice cleansed and exfoliated using expertly formulated, high performance natural products that contain botanical actives. Serum, oil, and moisturiser are applied for optimum hydration, alongside a specialised massage and mask for tired eyes. The treatment is supported by mood-boosting essential oils for results you can see and feel.

The Ultimate Glow Facial.....£120

60-minute treatment

A revitalising facial designed to support the skin's natural defences and combat the pressures of a busy lifestyle.

Built to combat tired and dull skin, this uplifting and energising facial helps skin, mind and body recover. The face is cleansed and exfoliated using botanical actives and carefully crafted essential oils to rejuvenate tired skin, targeting skin and mind for immediate results. Tailored scalp, face, and décolleté massage work to release areas of tension and stimulate circulation for a glowing complexion. A powerful combination of serum, oil and moisturiser provide maximum hydration, leaving your skin and mind revitalised.

The Ultimate Rebalancing Facial.....£120

60-minute treatment

A soothing facial crafted for skin under stress. From the intuitive aromatherapy inhalation to our breathing rituals, powered by aromatherapy, the treatment is designed to calm the skin and mind.

Unwind to combat aggravated skin. It locks in moisture by providing a double cleanse, exfoliating away dead skin cells, and applying serum, oil, and moisturiser to repair skin under strain. Scalp, face and décolleté massage address your skin, body, and mind to relieve areas of tension. Each product contains a unique blend of essential oils, botanical actives, and skin stress relief technology to target the cause and effect of internal and external aggressors. Help your body to help your skin: stress response is lowered, mind and body are in equilibrium, and skin radiance is restored.

To avoid disappointment, we politely request a minimum of 24 hours booking notice for any treatments. Cancellations and/or No Shows within 48 hours of a booking will be charged 100% of the treatment fee.

