



MENU OF TREATMENTS
2009-2010

KOHLER *Waters* SPA.
AT THE OLD COURSE HOTEL

Immerse yourself in ...

A KOHLER® Experience. Our bodies are, in essence, water. And it is with water that Kohler believes we can restore and replenish them. Experience the therapeutic benefits of water at Kohler Waters Spa, where remineralising experiences recreate the healing properties of earth's natural mineral-rich waters.

At home or at the spa, KOHLER water experiences transport you to a sanctuary of relaxation, balance and rejuvenation.

Thermal Suite Experience

Leave the world behind in our signature Thermal Suite. This water sanctuary for men and women is anchored by three distinct water experiences; the oversized hydrotherapy whirlpool with swan neck jet spray, the plunge pool and the deluge shower. Enjoy the Thermal Suite in conjunction with your spa treatments.

Begin your experience with the KOHLER® deluge shower, a cleansing ritual featuring overhead laminar flow sprays. Then, immerse yourself in our oversized hydrotherapy whirlpool, offering both invigorating and effervescent water experiences. While there, soak in the swan neck jet spray to wash away stress in your upper shoulder or lower back area. Following the hydrotherapy pool, enter the 8-foot cool plunge pool for a refreshing dip. Afterward, rest in the Japanese steam room, or spend 10 minutes in our dry heat sauna with light therapy to help stimulate blood flow and eliminate toxins, followed by a glass of water to replenish and revive your body. Finally, restore your mind and body poolside to the sounds of our 8-foot waterfall, or return to the relaxation lounge for a spot of tea. Whatever your desire, you can create it within our Thermal Suite room.

Kohler Bathing

Experience the healthy benefits of bathing for improved sleep, relaxation and overall well-being.

All Kohler Waters Spa bathing treatments use healing properties of dried seawater for remineralisation of the body and a finishing body moisturiser.

SÖK OVERFLOWING BATH

Submerge from the top of your shoulders in the sōk overflowing bath by Kohler. The chromatherapy full-colour spectrum feature takes you through a bathing rainbow. A dry body brushing exfoliation prepares the body for mineral absorption in the bath. A finishing body moisturiser hydrates the skin.

50 minutes £55

RIVERBATH

Bring calm to your body and spirit with a cleansing exfoliation followed by a Vichy hydro-massage. Then enjoy the RiverBath by Kohler with its eight sequential color hues and invigorating whirlpool jets. An application of a quenching body moisturiser completes the treatment.

50 minutes £55

Water Experiences

HYDRO RUSH

For the seasoned spagoer. This exhilarating water massage is designed to stimulate the central nervous system. A body exfoliation combined with hydrotherapy provides a “big water” treatment that cleanses and re-energises.

50 minutes £85

H₂O INSPIRATION – NEW

Signature Treatment

A water ritual that begins with a warm oil scalp massage, followed by a full-body exfoliation with Vichy shower. From the shower you enter the RiverBath, designed to increase circulation and invigorate the body. Culminates with a finishing moisturiser and foot massage.

75 minutes £95

AQUATONIC – BODY AND FACE

Truly unique – a therapeutic tonic for the face and body integrated with hydrotherapy. A facial is performed while you enjoy the hydro-massage from the warm Vichy shower. A full-body tonic follows with an exfoliation. Simultaneous gentle, cool contrasts are used to stimulate circulation and the lymphatic system.

50 minutes £85

HIGHLAND FLING

Our version of a Scottish dance experienced under the streams of a Vichy shower and a fling of warm water buckets that drench the body. This signature water treatment is designed to be therapeutic and full of “mist”-ical energy. The earthiness of the coffee granule exfoliant, mixed with the aroma of mint oil, and the ultimate chocolate body butter moisturiser create a complete body cleansing and re-energising for the body and the senses.

50 minutes £85

Massage Therapies

KOHLER MASSAGE

A customised bodywork experience. Your therapist chooses massage techniques that are most suited to your needs. Maternity massage – 25 or 50 minutes is recommended for the mother-to-be.

25 minutes	£57
50 minutes	£87
75 minutes	£97

AROMATHERAPY MASSAGE - NEW

Experience an aromatic journey with organic essential oils. Used as a healing technique for thousands of years by ancient civilisations, essential oils aid in relaxation, improve circulation and help the body heal. Pleasant smells stimulate emotional responses of joy and relaxation.

75 minutes – (includes personal aroma/consultation) £100

MASSAGE WITH RESTORATIVE NAP - NEW

Sleeping is healing for the body. After a 60-minute custom massage, remain on the massage table in your deeply relaxed state for a 15-minute restorative nap. The therapist will reenter the room and gently awaken you.

75 minutes £97

GOLFER'S MASSAGE

Designed to ease tension and increase flexibility, the therapist personalises the massage to your specific needs while concentrating on the shoulders, upper back, chest and hips, as well as forearms and wrists.

50 minutes	£87
75 minutes	£97

NORTH SEA STONE MASSAGE

Heated basalt stones are placed on reflex points and along the spine to relax the muscles. Sweeping strokes of the warm stones release tension and promote energy flow to the body and spirit.

75 minutes £100

Facials

ORGANIC FACIAL - NEW

This treatment utilizes organic products (certified by Ecocert) and 100 percent natural ingredients of papaya enzymes and tropical fruits to regenerate and brighten the skin. A buckwheat mask leaves the skin toned and hydrated. Gentle stretching and massage techniques throughout the facial provide a feeling of serenity and relaxation.

50 minutes £85

KOHLER WATERS FACIAL

Signature Treatment

Customised to your skin's specific needs, this luxurious face and hand facial is a skin ritual that embodies aromatherapy and massage to restore, tone and moisturise the skin. Includes a lip treatment and back exfoliation.

75 minutes £95
Add an eye, lip or chin wax £110

CLASSIC FACIAL

This facial cleanses, nourishes and firms the skin to give a healthy and radiant appearance. Following a personalised skin-care analysis, your spa therapist will assist you in determining which products best suit your skin's needs: purifying, soothing, hydrating or anti-aging.

50 minutes £85

BURST OF RADIANCE

When time is of the essence, this facial does it all – exfoliation, cleansing, hydrating mask and moisturiser. Includes a hand and arm massage.

25 minutes £ 55

AGE ZONE FACIAL

This facial treatment is customised to be deeply anti-aging and hydrating. Special massage techniques are performed using nutrient-rich formulas that boost the active function of the skin.

75 minutes £105

MAKEUP

Consultation and Application

A mineral-based makeup line is used to create your perfect look.

50 minutes £45

Body Treatments

We recommend absence of shaving prior to body treatments.

CITRUS SCRUB

Warm citrus aromatherapy gel is applied to the body followed by a warm water mist from the Vichy shower prior to the full-body citrus exfoliation. Concludes with a moisturiser application, leaving your skin smooth and hydrated.

25 minutes £55

SEA LIME SIGH

After a gentle body toning with heated towels, warm oils are applied to the body with a gentle shaking of lime salts for exfoliation. After a refreshing KOHLER® showering experience, a warm coat of body butter is applied to the body for soothing skin protection.

50 minutes £85

AGE ZONE BODY TREATMENT

Designed for complete hydration of the body, your skin will be lavished in potent minerals to replenish and rebalance the body. Exfoliation is performed along with specialised massage techniques. Your body emerges silky, refined and quite beautiful.

75 minutes £105

MARINE CONTOURING WRAP

The perfect post-pregnancy/weight-loss treatment to enhance the silhouette and tighten and tone localized areas. Combines rebalancing algae with marine and plant extracts to strengthen the skin's elasticity.

75 minutes £95

SEA TIDES FACE & BODY RITUAL - NEW

Experience the warm lavender and marine poultices (bolus balls) that are used to gently massage your face and body along with a prescriptive cocktail of marine skin care. This deeply relaxing treatment combines a hydrating facial with a full-body massage, using active marine ingredients that leave your skin soft, supple and refined. This ritual is unique and exclusive to Kohler Waters Spa.

150 minutes £200

TOTAL AGE ZONE RITUAL

The ultimate in a total-body spa ritual. The Vie facial combined with the Vie exfoliating treatment will leave your body drenched, nourished and thirsty for more.

150 minutes £210

Nail Treatments

All manicure and pedicure treatments include take-home gift of your choice of polish.

HEALTHY HANDS MANICURE

Using our signature scent, this manicure exfoliates and moisturises. Following a paraffin mask, heated spa mitts enhance the moisturising effect. Hand massage and nail polish complete this service.

50 minutes £45

FINAL TOUCH POLISH CHANGE

This mini nail service includes a brief file followed by a finishing-touch nail polish.

25 minutes £28

NEAT FEET PEDICURE

Signature Treatment

This restorative treatment re-energizes overworked feet with gentle vegetal coral exfoliation. Warm stones are placed between the toes to soothe. A complete pedicure and polish finish this service.

50 minutes £55

HEALTHY SOLES PEDICURE

Natural beach sand, quartz crystals and alpha-hydroxy acids create a multiple exfoliation. Your feet are wrapped in a cooling marine mask for a rich, moisturising treatment followed by a foot massage, pedicure and polish.

75 minutes £65

GOLFER'S FOOT RENEWAL

Restore your feet after an exhilarating day of golf. Includes a warm mud mask applied to the feet followed by a scrub and soothing foot massage. Includes a full pedicure.

50 minutes – men £55

75 minutes – women £65

For the Gents

JOHN MICHAEL KOHLER FOR HIM BATH - NEW

After an invigorating exfoliation under the Vichy shower, enjoy the relaxation of the sōk® overflowing bath. A hydrating body moisturiser completes this gentleman's bathing experience.

50 minutes £85

JOHN MICHAEL KOHLER FOR HIM SCRUB

Our custom John Michael Kohler salt glow is used for a body scrub followed by invigorating water jets. The treatment concludes with a warm body butter application. Perfect as an after-golf treatment to soothe muscles.

25 minutes £55

GENT'S SKIN CARE

Popular among our male spa guests, this facial uses products designed with our men in mind. A customised mask will purify, soothe and hydrate your skin. You can choose a 25-minute pick-me-up or an indulgent 50-minute service that includes a warm mudpack on the spine to relieve muscle tension.

25 minutes £55

50 minutes £85

GOLFER'S MASSAGE

Designed to ease tension and increase flexibility, the therapist personalises the massage to your specific needs, concentrating on the shoulders, upper back, chest and hips, as well as forearms and wrists.

50 minutes £87

75 minutes £97

GOLFER'S FOOT RENEWAL

Restore your feet after an exhilarating day of golf. Includes a warm mud mask applied to the feet followed by a scrub and soothing foot massage. Includes a full pedicure.

50 minutes £55

GENT'S HAND RENEWAL

This mini nail service includes a cuticle touch-up, brief file and nail buff for a clean, professional look.

25 minutes £28

Spa Wedding Packages

Kohler Waters Spa at the Old Course Hotel has created a fabulous range of spa experiences for the bride and groom for pre-wedding relaxation.

ULTIMATE BRIDAL EXPERIENCE

3 hours, 15 minutes

sōk overflowing bath

Kohler Waters Facial

Neat Feet Pedicure

£250

GROOM EXPERIENCE

3 hours

John Michael Kohler for Him Scrub

Kohler Massage

Golfer's Foot Renewal

£242

You may choose to personalise your pre-wedding spa experience by calling the spa directly for a consultation.

Spa Day Programmes

(Nonresidential)

To truly experience the long-lasting benefits of spa wellness, we encourage our guests to spend a full day relaxing in the tranquility of Kohler Waters Spa.

All of our day programmes begin with a welcome tour of the spa, with unlimited access to all the spa facilities throughout your visit. This includes the 20-metre lap pool, whirlpool, fitness room, sauna and steam rooms. A light and healthy spa lunch is part of all day packages. A 10 percent gratuity is included.

DAY PACKAGES

SPLASH OF SPA

Kohler Massage – 25 minutes

Burst of Radiance Facial – 25 minutes

50 minutes £148

SPA ESCAPE

AquaTonic – Body and Face – 50 minutes

Kohler Massage – 75 minutes

2 hours £225

KOHLER SIGNATURE TREATMENTS

Kohler Waters Facial – 75 minutes

H₂O Inspiration – 75 minutes

Kohler Massage – 50 minutes

Neat Feet Pedicure – 50 minutes

4 hours £390

Spa Experience

SPA HOURS

6:30am – 9pm daily

AGE REQUIREMENT

16 years and over

GIFT VOUCHERS

Gift vouchers are available on request and are the perfect gift. They are valid for a 12-month period, allowing recipients freedom to book when convenient. Vouchers must be presented at time of treatment. Please note that bookings are subject to availability.

MEMBERSHIP FEE

Hotel residents are entitled to all spa membership benefits during your stay. Non-hotel residents are entitled to all membership benefits for one day with the purchase of two 50-minute treatments or by purchasing a Spa Day Package. Annual memberships are available for Kohler Waters Spa.

SPA EXPERIENCE

A visit to Kohler Waters Spa is your time for personal well-being. Please arrive 30 minutes prior to your first appointment to allow ample time for check-in, changing and relaxing in our serene environment. Spend time enjoying the amenities of the spa: mixed-use relaxation pool as well as the whirlpool, cool plunge pool, saunas, steam rooms and unique showers to prepare for your treatment.

SPECIAL NEEDS

If you have special medical conditions, are pregnant or have physical challenges, certain treatments are not recommended. Please notify our spa reservationist at the time you make your appointment.

APPOINTMENTS

Demand for spa services is high, especially on weekends and holidays. We highly recommend reservations be made several weeks in advance. Resort lodging guests are encouraged to make spa appointments at the time lodging is reserved to ensure desired treatment time.



CANCELLATIONS/LATE ARRIVALS

As a courtesy to all spa guests, cancellations must be made 24 hours in advance of your appointment time. Failure to do so will result in the full service rate being charged to your account. If you are running late, a phone call is always appreciated. We will reschedule your appointment, if possible. If we are not able to reschedule your appointment time, your treatments will begin as previously scheduled. Your arrival time will determine the length of your treatment time, which will end as scheduled so the next guest may begin promptly.

GRATUITY

For your convenience, a 10 percent gratuity will be added to treatment fees at check-in. Gratuities can be adjusted based on your experience and discretion. No other gratuities are expected or necessary.

WEB SITE

OldCourseHotel.co.uk

St Andrews, Kingdom of Fife
Scotland KY16 9SP

Telephone + 44 (0) 1334 474371

For luxurious hospitality and world-class golf destinations, visit aKOHLEExperience.com.