

GROUND

Wellness from the ground up

KOHLER *Waters* S P A.
AT THE OLD COURSE HOTEL

WELLNESS FROM THE GROUND UP

We are delighted to be partnering with award-winning spa brand GROUND Wellbeing, introducing treatments designed for deep relaxation and tailored care. GROUND's specialised massage rituals address individual stress responses, providing a genuinely personalised and inclusive wellness experience for all.

THE GROUNDING RITUAL | Soothing Mental Anxiety & Stress

This specialist massage treatment will provide you with the space and time to tap into your body's ability to self-repair and re-align and will leave you feeling replenished and grounded in your body.

50 minutes | £165

THE AWAKENING FACE RITUAL | Stimulate the Skin & Uplift the Mind

Harnessing the power of nutrient-rich botanicals, lymphatic drainage and gua sha techniques, this energising face ritual works to trigger the skin's natural function leaving the skin deeply cleansed, detoxified and invigorated while providing a sense of focus, clarity and inner strength.

50 minutes | £165

THE SLEEP RITUAL | Ideal for Physical Fatigue, Insomnia & Jetlag

This full body massage ritual was especially developed to guide the mind and body into deep slumber. Soothing, flowing massage techniques and pressure points combined with mindful breathwork help to induce slower, deeper breathing and invite rest into mind and body. An ideal remedy for those who feel that stress is disrupting their quality of sleep and day to day life.

80 minutes | £210

THE BALANCING RITUAL | Empowering Through Hormonal Change

Designed with women in mind, this hands-on approach to wellbeing is truly holistic. Each treatment commences with an aromatherapy foot bath and breathwork and uses cold stone massage therapy, gua sha, reflexology and lymphatic drainage helping to soothe the body during hormone fluctuations.

80 minutes | £210

DEEPLY GROUNDED FACE & BODY RITUAL | The Absolute in Skin & Body Wellness

Surrender in full to our signature Grounding Ritual to relieve stress and anxiety, followed by chosen GROUND Face Ritual to restore skin wellness and repair the delicate barrier.

120 minutes | £300 - Includes Grounding Ritual and Face Ritual

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#KohlerWatersSpa

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