

## **GET READY TO RELAX**

Our treatments, therapies and rituals

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



## **A NEW CHAPTER IN WELLNESS**

We're thrilled that our award-winning Kohler Waters Spa – named Scottish Spa of the Year 2024 by The Sunday Times – will undergo its final phase of refurbishment this year. This exciting transformation will elevate your experience to new heights, completing our vision for a world-class wellness retreat right here in Scotland.

Beginning in April 2025, Kohler Waters Spa will close for five months as we enhance key areas. Our plans include a revitalised spa café, stunning new entrance, upgraded male changing rooms and the addition of an innovative snow and sauna cabin, which will deliver the ultimate contrast therapy experience.

As these new spaces take shape, we will continue to offer a curated selection of treatments, from stress-busting massages and indulgent rituals to rejuvenating facials.

We deeply appreciate your patience and understanding during this closure and we're excited to welcome you back to our fully transformed spa in late summer 2025.

## MASSAGE THERAPY

Massage releases tension, boosts circulation and enhances wellness; a time-honoured ritual that soothes tired muscles and helps busy brains switch off from the day-to-day. Every massage therapy starts with a detailed consultation, allowing your skilled therapist to tailor your treatment to your body's needs. Release those shoulders – relaxation starts here.

### KOHLER WATERS SIGNATURE MASSAGE

This relaxing full-body massage has been designed by our team to completely relax your body and switch off your mind. Sink into slow, flowing movements with light to firm pressure.

80 minutes | £150

### GOLFER'S RECOVERY MASSAGE

A personalised massage designed especially for our golfers, using passive stretches and golf balls for more intensive pressure where needed. Set yourself up for a successful round with this personalised treat.

80 minutes | £150

### HOT STONE MASSAGE

The healing power of warm basalt stones melt away tension as your therapist combines manual massage and hot stones with light to firm pressure in this full-body massage.

80 minutes | £150

### CUSTOM MASSAGE

Everybody's body is different, so let your skilled therapist tailor traditional Swedish techniques to target tension and promote relaxation. Light to firm pressure.

50 minutes | £115

### HIMALAYAN SALT STONE MASSAGE

Himalayan salt is packed with benefits, including reducing inflammation, increasing mineral absorption and moisturising dry skin. This full-body treatment begins by gently applying warm salt stones over your body to coat your skin, followed by a tailored massage with light to firm pressure to eradicate tension.

80 minutes | £150

### BEGINNING, DURING & AFTER MATERNITY MASSAGE

Safe for all stages of the pregnancy journey after the first trimester, let us cherish and cocoon you safely during this precious time. Light to medium pressure and a special pillow makes sure you feel comfy and supported throughout.

50 minutes | £115   80 minutes | £150

### MASSAGE TWO-GETHER

Enjoy a customised treatment with a friend or loved one. Our wonderful therapists use a variety of techniques and pressures to meet your body's needs. For two people, in a double treatment room.

50 minutes | £230   80 minutes | £300



## **WELLNESS TREATMENTS**

These beautiful treatments have been carefully designed for people undergoing medical treatment. Using the gentlest touch, they rejuvenate body and mind, leaving you feeling relaxed and tranquil. When medication, stress and the outside world are overwhelming, these rituals are designed to restore and cherish you.

Feel free to contact the team before booking if you have any questions but do rest assured your experienced therapist will be able to adapt these treatments to suit your body's current needs.

### **HAND ON HEART**

This treatment is especially helpful for guests undergoing medical treatment as it rejuvenates body and mind. Slow, smooth and rhythmic gentle touch using light pressure cocoons and restores.

50 minutes | £115   80 minutes | £150

### **REFLEXOLOGY**

This holistic treatment targets reflex points on the feet which are known to represent the body's systems. Gentle compression techniques encourages the whole body to relax, using light to medium pressure.

50 minutes | £115



## **FACIAL TREATMENTS**

Refresh your skin care routine, address specific issues, or just unwind. Each facial includes a consultation, cleansing, toning, exfoliation, and a soothing massage, leaving you looking radiant and feeling rejuvenated.

### **KOHLER WATERS SIGNATURE FACIAL**

This luxurious facial leaves your skin deeply cleansed, hydrated and glowing. Includes back and hand treatments plus foot and lower-leg massage.

80 minutes | £150

### **YOUTH REVEALING PIONEER TREATMENT**

This innovative treatment uses a unique massage technique to encourage muscle relaxation smoothing lines and restoring elasticity. A back massage soothes and refreshes.

80 minutes | £150

### **CLASSIC PRESCRIPTION FACIAL**

Entirely customised to your skin's needs, we begin this treatment with a detailed consultation to explore your goals for your skin in this classic facial.

50 minutes | £115

### **VITAMIN C RADIANCE FACIAL**

Your therapist will combine vitamin C and glycolic acid complex with skin-lifting massage to boost collagen production, repair photo-damage and counteract free radicals to restore and enhance your skin.

50 minutes | £115

#### SKIN ESCAPE FOR MEN WRINKLE CORRECTION FIRING TREATMENT

True resurfacing to firm wrinkles and restructure the face. Your skin will look visibly smoother and firmer, with a more even, fresh complexion.

50 minutes | £115

#### OLIGOFORCE LUMINATION

An ultra-comprehensive anti-ageing treatment to brighten skin tone, reduce dark spots and smooth away wrinkles. The perfect combination of 20% acid facial peel and soothing sheet mask brings radiance.

50 minutes | £115

#### CYFOLIA ORGANIC RADIANCE PLUMPING FACIAL

Experience CYFOLIA'S unique combination of organic products in this face and eye contour wellness ritual. Combining comforting textures in a sequence of silky creams, refreshing lotion and tailor-made massage oil results in naturally healthy, hydrated and radiant skin.

50 minutes | £115

#### HYDRAFACIAL

Advanced medical-grade skin treatment that targets various skin issues, using a patented device for exfoliation, cleansing, extraction, and hydration. It effectively improves skin texture, tone, and appearance for all skin types.

50 minutes | £220 80 minutes | £260



## BODY TREATMENTS

Our skin, the body's largest organ, covers, protects and regulates us, and can even repair itself. Despite its importance, we often neglect it. These treatments improve texture, reduce lines, and allow moisturisers and antioxidants to deeply nourish and rejuvenate the skin.

### KOHLER WATERS SIGNATURE WRAP

Begins with a gentle exfoliation using marine sponge, before drenching your body in warm oil enriched with trace elements and minerals and scattering you with lavender petals. While cocooned, your therapist will carry out a detoxifying facial followed by a scalp and face massage.

80 minutes | £150

### SEATONIC

This body wrap and firming massage uses a high-performance gel wrap which is massaged into your skin to lift, tighten and erase sagging.

50 minutes | £115

### GO FIGURE

Starting with body brushing and sloughing, followed by a detox massage targeting the hips, thighs, and stomach to break down fatty deposits and boost collagen. Then, enjoy a mineral-rich mud wrap to enhance metabolism and fat burning. The session concludes with a friction rub.

50 minutes | £115

## SPA RITUALS

These gloriously indulgent rituals combine powerful treatments to release tension, relax your body and rejuvenate your skin. Whether you're getting ready for a special occasion, celebrating a milestone or simply crave a little you time, they're the perfect pick-me-up. Pull on a robe and prepare to leave the cares of the world behind you.

### SEA HOLISTIC FACE & BODY RITUAL

Combining light strokes, pressure and stretching, this ritual includes a massage using marine salt crystals and warmed fresh lavender to restore your balance. Also includes a full body exfoliation and mini-facial.

90 minutes | £160

### THE OUTER GLOW RITUAL

Starting with full-body exfoliation using our unique scrub, a full-body massage using nourishing oil and mini-facial follow. Invigorating and refreshing, this all-over treat leaves your skin revitalised and hydrated from top-to-toe.

90 minutes | £160

### ROSE QUARTZ & TRUFFLES BODY RITUAL

Skin-transforming body massage and a facial with rose quartz massage therapy leaves you feeling totally relaxed. Our award-winning truffle skincare finishes to leave your skin restored and radiant.

90 minutes | £160



## 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 breath work 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 breath work 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



## HAND TREATMENTS

Never forget the power of a manicure. Whether you've had a long day on the green or simply want to update your nail colour, these lovely treatments pay attention to the details – so as well as pretty nails, you emerge feeling pampered and relaxed.

### MARGARET DABBS SUPREME MANICURE

Outstanding results with the full range of Margaret Dabbs products including exfoliator, serum and cuticle oil. A wonderful hand and lower arm massage and nail polish make sure you feel as good as your nails look.

50 minutes | £72



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