

DISCOVER

# KOHLER WATERS SPA

AT THE OLD COURSE HOTEL

KOHLER  
*Waters*  
SPA.

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Welcome to Kohler Waters Spa – our haven of relaxation and wellness. Just steps from the stunning Fife coastline, our serene escape invites you to immerse yourself in an experience that flows as beautifully as the waters that inspire it.

Our spa journey is designed around the principles of contrast therapy – an invigorating approach to wellness that alternates between hot and cold temperatures to stimulate circulation, improve muscle recovery and enhance overall vitality.

Whether you're new to contrast therapy or a seasoned enthusiast, our expertly designed spaces provide the perfect balance of intensity and relaxation. Coorie in by the fire, soak in our relaxation pool or feel invigorated by the refreshing chill of the cold plunge. Move effortlessly between the cosy warmth of the sauna, the crisp chill of the snow cabin and the gentle embrace of the Espuro foam steam room.

Each space is a chance to pause, explore and rejuvenate, allowing the stresses of everyday life to slip away like the tide.

## TREATMENTS

Our carefully curated spa menu offers a comprehensive selection of personalised treatments designed to calm the mind, nourish the soul and nurture the body. Choose from results-focused facials, soothing massages, restorative rituals and state-of-the-art beauty therapies.

All of our treatments are performed using superior spa products from brands that share our respect for the power of nature and commitment to sustainable practices.

Please note, a £20 supplement applies to all day spa packages and treatments booked on Saturdays.

### Phytomer

Known for its research into marine biology, this French skincare brand uses sustainably sourced natural ingredients to harness the benefits of the sea.

### Omorovicza

Inspired by the healing properties of Budapest's thermal waters, this Hungarian brand creates products renowned for their soothing, repairing and protective qualities.

### GROUND

Made from 100% natural, plant-based ingredients, GROUND products are handcrafted in small batches in Ireland and designed to promote wellness from within.

### Margaret Dabbs

The world's premier podiatry spa brand creates luxurious science-backed products for feet, hands, nails and legs, with a focus on efficacy and sustainability.

### Bamford

In addition to the spa brands used in our treatments, we provide a selection of signature Bamford products for use in our changing facilities. Scented with uplifting geranium, lavender and peppermint essential oils, these natural, organic products offer a luxurious experience as kind to the skin as it is to the planet. These beautiful Bamford products are available to buy from our spa reception, so you can recreate the spa experience at home.

## MASSAGE

A time-honoured ritual to soothe the body and still the mind, massage therapy releases tension, boosts circulation and enhances wellness. Every massage here is personally tailored to your needs, beginning with a detailed consultation before our therapist's expert hands transport you to tranquillity.

\* 80 mins  
£210

### Kohler Waters Signature Massage

A classic full-body massage designed by our team to completely relax your body and switch off your mind. Sink into slow, flowing movements applied with light to firm pressure.

50 mins  
£165  
\* 80 mins  
£210

### Hot Stone Massage

The healing power of the earth melts away tension in this therapeutic full-body massage combining manual techniques with warm basalt stones – volcanic rocks that naturally hold and evenly distribute heat.

50 mins  
£165

### Custom Massage

From light to firm pressure, let your skilled therapist tailor traditional Swedish techniques to target individual areas of tension and promote relaxation in the best way for your body.

\* 80 mins  
£210

### Golfer's Recovery Massage

Designed to treat any post-round tension, this unique personalised massage uses passive stretches to gently target problem areas – with the application of golf balls for more intensive pressure where needed.

\* Enhance your results with optional LED light therapy, available with any 80-minute massage (+£35)

50 mins  
£165  
\* 80 mins  
£210

### Relieving & Toning Back Leg Masque Treatment

Revitalise tired, heavy legs with a cooling treatment designed to enhance circulation and reduce water retention for sculpted, energised legs. An intensive foot massage will leave your feet feeling soft, radiant and rejuvenated.

50 mins  
£165  
\* 80 mins  
£210

### Thai Massage

Experience a soothing blend of acupressure, assisted stretching and yoga-inspired techniques to release muscle tension, balance energy and improve overall wellbeing, leaving your body rebalanced and your mind refreshed.

50 mins  
£165  
\* 80 mins  
£210

### Maternity Massage

Let us cherish and nurture you with light to medium pressure and a special supportive pillow designed to allow you the pleasure of lying on your front. Safe for all stages of the pregnancy journey after the first trimester.

50 mins  
£165  
\* 80 mins  
£210  
per person

### Side-by-Side Massage

Share your experience with a friend or loved one in our dedicated double treatment room, where two of our skilled therapists will perform simultaneous massages tailored to your individual preferences.

\* Enhance your results with optional LED light therapy, available with any 80-minute massage (+£35)

THE TRANSFORMATIVE POWER OF HUMAN TOUCH STARTS  
WITH THE BODY AND REACHES THE SOUL

## FACIALS

Science meets wellness in our range of results-driven facials, designed to nourish your skin and restore your glow. Our specialist therapists will personalise your treatment to your unique skincare profile to provide visible, lasting results, with instant radiance.

80 mins  
£210

### Kohler Waters Signature Facial

Our luxurious facial will leave your complexion deeply cleansed, hydrated and glowing. While the products sink into your skin, our therapist performs nourishing hand and back treatments and a relaxing foot and lower leg massage to optimise your experience.

80 mins  
£210

### Youth Revealing Pioneer Treatment

Reveal younger-looking skin with this innovative treatment, which uses a unique anti-ageing massage technique – deep and powerful movements encourage muscle relaxation, smooth lines and restore elasticity, while you enjoy a soothing back massage.

50 mins  
£165

### Targeted Facial

Address the deep needs of your skin with a bespoke experience tailored by your skin therapist's personal diagnosis. This results-driven facial will help you reach your ultimate skin goal, with optional additional steam and extraction (+£35) or rejuvenating LED light therapy (+£35). Please be aware that opting for these additions will increase the duration of your treatment by an additional 20 minutes.

50 mins  
£165

### Vitamin C Facial

This glow-boosting treatment begins with a double exfoliation to correct pigmentation and brighten. A quartz gua sha then enhances circulation and sculpts the face before a traditional Hungarian facial massage accelerates oxygenation, revealing a vibrant, more radiant complexion. To boost results, optional LED light therapy can be added (+£35). Please be aware that opting for these additions will increase the duration of your treatment by an additional 20 minutes.

50 mins  
£165

### Oligoforce Lumination

The perfect combination of 20% acid facial peel, soothing marine sheet mask and brightening facial massage, this comprehensive anti-ageing treatment brightens skin tone, reduces dark spots and smoothes away wrinkles.

50 mins  
£200

### HydraFacial

This advanced medical-grade treatment uses patented Vortex-Fusion™ technology to gently vacuum away impurities while infusing the skin with moisture and antioxidants. It effectively improves texture, tone and appearance for all skin types. Expect skin that feels instantly smoother and more radiant, with lasting results.

80 mins  
£240

### Mineral-Rich Hydrafacial

This treatment combines two patented technologies: an Omorovicza Advanced Skin Renewal booster delivered via HydraFacial innovation. Expect deep cleansing and efficient mineral delivery for rejuvenated skin, and our triple-technique facial massage to revitalise, brighten and firm.

## FACE & BODY RITUALS

Carefully curated to deliver optimum wellness and advanced results, each of our signature rituals is an immersive journey led by your therapist. Relax as they guide your spirit towards serenity, while nurturing your skin and rejuvenating the body.

120 mins  
£260

### Moor Mud Body Ritual

This detoxifying and deeply nourishing experience begins with exfoliation, followed by an Omorovicza Hungarian Moor Mud body and face wrap. A steam shower follows to enhance relaxation, while a rejuvenating scalp treatment restores balance. Finish with a full-body massage to leave you revitalised, toned, and radiant.

90 mins  
£220

### Sea Holistic Face & Body Ritual

A soothing treatment with gentle warmth and fragrant lavender flowers. Light strokes, pressure, and stretching in this Thai-inspired body massage with sea boluses eliminate tension knots and restore body balance. Exfoliation with sea salt crystals and a radiance-boosting facial restore the skin's luminosity and softness.

90 mins  
£220

### Outer Glow Face & Body Ritual

An invigorating all-over treat to leave your skin revitalised and hydrated from top to toe. Start with an optional steam shower to relax and refine skin texture, before a full-body exfoliation using our unique scrub. This is followed by a nourishing full-body massage and a mini facial.



# GROUND RITUALS

Here at Kohler Waters Spa, we believe wellness starts from within, which is why we are delighted to partner with GROUND to offer a series of powerful rituals promoting deep relaxation and enhanced wellbeing. GROUND pairs 100% plant-based, natural aromatherapy products with personalised holistic experiences to nourish the body and soul, address individual stress responses and transform sleep health. This is wellness from the ground up.

50 mins  
£165

## The Grounding Ritual

Designed to soothe mental anxiety and stress, this specialist massage treatment taps into your body's ability to self-repair and realign. It will leave you feeling replenished and connected with your body.

80 mins  
£210

## The Sleep Ritual

Soothing, flowing massage techniques and pressure-point stimulation combine with mindful breathwork to induce slower, deeper breathing, ease stress and invite rest into mind and body.

80 mins  
£210

## The Balancing Ritual

*(Menopause)*

Designed to empower women during hormone fluctuations, this holistic treatment commences with an aromatherapy foot bath and breathwork, before your body is soothed by a cold stone massage, gua sha, reflexology and lymphatic drainage.

50 mins  
£165

## The Comforting Ritual

*(Pregnancy)*

Ease pain, improve sleep and induce a profound sense of calm with this deeply comforting massage, which will soothe and relieve tired muscles during the second and third trimester of pregnancy.

SOOTHING · NOURISHING · ENERGISING - BEAUTY RITUALS  
THAT GO BEYOND THE SKIN-DEEP

50 mins  
£165

## Barróg Full-Body Massage

*(Suitable for cancer care)*

This massage was developed to bring comfort and relief to compromised skin in a safe way while supporting wellbeing. It encourages calm, rest and care when it is most needed.

90 mins  
£220

## The Soothing Ritual

*(Suitable for cancer care)*

Nourish and soothe the compromised skin of the feet and hands in this deeply restorative treatment, includes a full body massage complemented by a soothing hand and foot ritual.

90 mins  
£220

## The Calming Ritual

*(Suitable for cancer care)*

This relaxing treatment includes a full body massage with calming scalp ritual, where skin may be feeling dry and delicate during cancer treatment. It can support hair growth and nourish the hair follicles.

90 mins  
£220

## The Restful Ritual

*(Suitable for cancer care)*

This ritual with full body massage supports the lymphatic and nervous systems with breathwork and mindful massage for the neck, chest, and abdomen to ease the body into a more restful state.

## BODY TREATMENTS

From ancient healing methods and natural aromatherapy to innovative techniques and advanced products, our diverse range of body treatments are all about results. Whether you want to heal your body, nourish your skin or sculpt your silhouette, our expert therapist will perform a transformative treatment guided by your individual needs.

50 mins  
£165

### Reflexology

This holistic treatment targets reflex points on the feet known to represent the body's systems. Gentle compression techniques applied with light to medium pressure encourage the whole body to relax.

80 mins  
£210

### Kohler Waters Signature Wrap

This deeply relaxing and nourishing treatment begins with a gentle exfoliation using marine sponge, before the body is drenched in warm oil and scattered with lavender petals. While you are cocooned, your therapist will carry out a detoxifying facial followed by a calming scalp massage.

50 mins  
£165

### Firm And Sculpt

Enjoy a deeply restorative full-body massage using Omorovicza firming body oil and a targeted copper body gua sha. Afterwards, skin will be silky smooth, with a sculpted, radiant finish.

## MANICURE & PEDICURE

The hardest-working parts of our body deserve expert care, which is why we've partnered with Margaret Dabbs London, a globally recognised British beauty brand that combines medical podiatry with luxurious products for the hands and feet.

50 mins  
£70

### Margaret Dabbs London™ Supreme Pedicure

Beginning with a hydrating foot soak and exfoliating scrub, this results-driven pedicure uses expert techniques and medical-grade tools. Feet are left soft, silky and light, with an optional toenail paint. Hands will be treated to the revolutionary AstreaNatura™ LED mitts while the pedicure is performed.

50 mins  
£75

### Margaret Dabbs London™ Supreme Manicure With Treatment Gloves

A unique anti-ageing expert manicure treatment giving long-lasting results, deep hydration and beautiful nails. The treatment includes the Pure Hand Mask and Luxury Treatment Gloves, a creamy exfoliating scrub and a relaxing hand and lower arm massage, before your nails are painted to perfection. Simply the best, most thorough manicure you can find.

ADD-ON TREATMENT:

£20

### AstraeaNatura™ Led Hand Mask By Margaret Dabbs ® London

Experience a revolutionary treatment device that utilises powerful light therapy to transform the hands. Two contoured silicone mitts improve the skin's appearance; pigmentation and fine lines are reduced; irritated, chapped and sore skin is soothed; and a plump, radiant, youthful appearance is revealed.



## SNOW AND SAUNA EXPERIENCES

The newest addition to our award-winning facilities harnesses the power of nature within the safe and sophisticated environment of our spa. Contrast therapy – where you transition repeatedly between hot and cold immersion – offers remarkable wellness benefits, ranging from improved circulation, enhanced immunity and reduced inflammation to pain relief, stress reduction and better sleep. The combination of hot and cold also triggers a release of endorphins, leading to elevated mood and even feelings of euphoria.

Our Snow and Sauna Experiences can be booked for up to two people per session. If you book as an individual, you will have exclusive use of the space during your session.

FIRE AND ICE, SAUNA AND SNOW – ELEMENTAL CONTRAST  
THERAPY WILL SEND THE SPIRITS SOARING

£50  
per person

### Contrast

Immerse yourself in a 50-minute thermal journey complemented by a selection of luxury Omorovicza products. Begin with a refining exfoliation in the shower before applying a soothing mask to wear in the snow room and sauna. Finally, nourish your skin with a silky serum, moisturising face cream and rich body butter.

£50  
per person

### Recover

If you've been working hard on your swing or sweating it out in the gym, help your body heal with a 50-minute thermal journey paired with Bamford's Sport Recovery collection, which is scented with wild mint, eucalyptus and tea tree to help soothe tired muscles.

£350  
for two

### Journey Together

Discover the benefits of contrast therapy with a private 50-minute thermal experience, including specially selected Omorovicza skincare products. Afterwards, enjoy a 50-minute massage for two in our double treatment room, two hours' use of our award-winning facilities and lunch in the Spa Café.



## SPA DAYS

Our luxury spa days offer curated wellness journeys, taking in our rejuvenating hydrotherapy experience, personalised treatments to restore and renew, and nourishing meals in our Spa Café. Step away from the busy world into our luxury haven, slip on a robe and immerse yourself in the healing world of Kohler Waters Spa. Float away in our two pools, melt tension in the steam room, stretch out in the sauna and submit to JOLO – the joy of logging off. You'll emerge a lighter, brighter, calmer you.

Please note, a £20 supplement applies to all day spa packages and treatments booked on Saturdays.

### Exhale

Take time to breathe with our signature spa day, including:

- 2 hours' access to our spa facilities
- 25-minute facial and 25-minute massage  
**OR** 50-minute facial  
**OR** 50-minute massage
- Delicious lunch in our Spa Café

**£155 per person**

### Journey Together

Discover the benefits of contrast therapy with our thermal spa day, which includes:

- 2 hours' access to our spa facilities
- 50-minute hot and cold thermal experience
- 50-minute massage for two in our double treatment room
- Delicious lunch in our Spa Café

**£370 for two**

### Indulge

Celebrate any occasion with a day of indulgence in the elegant surroundings of our spa. You'll be treated to:

- Glass of fizz on arrival
- 2 hours' access to our spa facilities
- 50-minute massage  
**OR** 50-minute facial
- Delicious lunch in our Spa Café
- Gift from your spa therapist

**£180 per person**

### Nurture

*(Pregnancy)*

Our pregnancy and post-natal spa day is designed to support you through your journey into motherhood. It includes:

- 2 hours' access to spa facilities
- 80-minute massage and facial (timing for each tailored to you)
- Nutritious, pregnancy-safe lunch in our Spa Café
- Bamford Mother and Baby gift

**£250 per person**

### Revive

Restore body and mind with this rejuvenating spa day, which includes our Moor Mud Body Ritual:

- 2 hours' access to spa facilities
- 120-minute Moor Mud Body Ritual
- Delicious lunch in our Spa Café, with detox juice

**£270 per person**

# SPA GUEST JOURNEY

## HOW TO MAKE THE MOST OF YOUR SPA EXPERIENCE

To ensure a smooth and serene start to your spa journey, we recommend arriving at least 30 minutes before your scheduled appointment. This allows time to check in, complete a consultation form and ease into your visit at a relaxed pace.

To help you truly unwind, we encourage you to switch off and fully immerse yourself in the tranquillity of the spa. While phones are not strictly prohibited, we gently recommend leaving them in your locker during your visit. This is your time to disconnect, recharge and enjoy the peaceful atmosphere without distractions.

## HELPFUL INFORMATION

Our spa is open daily from 8am to 8pm, Monday through Sunday, welcoming both hotel guests and day spa visitors. Spa facility access is complimentary with any treatment booking, with the exception of manicures and pedicures.

Should you need to reschedule or cancel your treatment, we kindly ask for at least 24 hours' notice. Missed appointments or cancellations made within 24 hours are subject to a 100% charge. This also applies to no-shows. For this reason, credit or debit card details are required at the time of booking.



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