

MENU OF SERVICES

2023 - 2024

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



WELCOME TO KOHLER WATERS SPA

Water is essential to life. As water ebbs and flows, so do our lives. At Kohler Waters Spa we help you de-stress, reconnect, and take care of yourself. Immerse yourself in innovative water treatment, therapeutic massages, and results-oriented facials and body treatments. Living a life of balance is a gift.

THE KOHLER WATERS SPA EXPERIENCE

Bring yourself to a place of balance with the ambience and amenities offered at Kohler Waters Spa:

Nine treatment rooms

Two couple's treatment rooms

Two wet treatment rooms with KOHLER bathing experiences

Beauty suite

Relaxation pool with waterfall

Hydrotherapy suite, including hydrotherapy pool for therapeutic bathing, steam room for deep muscular relaxation and detoxification, experience showers, cold plunge pool, and sauna

Separate men's and women's changing rooms with lockers and steam rooms

Relaxation lounge with complimentary spa snacks and beverages

Spa lunch available in Spa Cafe 12pm - 3:30pm daily



MASSAGE THERAPIES

All massage treatments provide tension release, stress reduction, circulation enhancement and overall wellness. All services include a consultation to focus on key needed areas.

KOHLER WATERS SIGNATURE MASSAGE

Designed by our very own Kohler team, you will experience a blend of their favourite Kohler touches – beginning with a relaxing footbath followed by a harmonious full body massage, featuring our Kohler Signature Tranquility.

80 minutes | Sun – Thurs £180 | Fri – Sat £190

ON THE GREEN CBD MASSAGE – NEW

If you are seeking relief from tight muscles, injuries, or extra stress, take your massage to the next level with this deeply moisturizing, indulgent, and luxurious CBD-enhanced treatment. Experience the healing powers of aromatherapy with a specially selected blend of lemongrass, eucalyptus, peppermint, and bergamot essential oils. Allow the cell-communicating CBD to penetrate deep, relaxing your body and mind while restoring equilibrium, leaving you feeling refreshed with freedom to move.

50 minutes | Sun – Thurs £160 | Fri – Sat £170 80 minutes | Sun – Thurs £195 | Fri – Sat £210

GOLFER'S RECOVER MASSAGE

Designed to ease tension and increase flexibility with specific stretching techniques, 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.

80 minutes | Sun – Thurs £180 | Fri – Sat £190

HOT STONE MASSAGE

An extraordinary ancient ritual for the body using hot stones, which immediately bestow relaxation, alleviating tension, stress and anxiety, and promotes detoxification. This treatment eases aches and pains, stimulates the metabolism and restores vitality and balance.

80 minutes | Sun – Thurs £180 | Fri – Sat £190

HIMALAYAN SALT STONE MASSAGE

This treatment brings together Eastern medicine, Swedish massage, and thermal and salt therapies. Enjoy an array of possible benefits, including increased blood circulation, reduced inflammation, improved sleep, mineral absorption, and deep relaxation for an overall sense of well-being.

80 minutes | Sun – Thurs £180 | Fri – Sat £190

CUSTOM MASSAGE

This universal and fully customisable back massage encourages relaxation and targets areas of tension. A variety of techniques and range of pressure are used to meet your specific needs.

50 minutes | Sun – Thurs £145 | Fri – Sat £155

BEGINNING, DURING & AFTER MATERNITY MASSAGE

In these phases it is important to concentrate on nourishing the skin to ensure it remains soft, supple, and elastic to avoid stretch marks. Due to stretching of the skin, it can feel very itchy and tight, and therefore best to deeply nourish it to offer a sense of relief and comfort.

50 minutes | Sun – Thurs £145 | Fri – Sat £155 80 minutes | Sun – Thurs £180 | Fri – Sat £190



WELLNESS TREATMENTS

These Made for Life Organic treatments are especially beneficial for those undergoing medical treatments as it completely rejuvenates the entire body and mind, leaving you with the overwhelming sense of tranquillity and relaxation.

They are perfect for those whose skin feels damaged by medications, stress, and the outside world.

HAND ON HEART

This deeply relaxing and nurturing spa ritual is suitable for all and is aimed to soothe bodies that are under pressure and stress. Smooth, slow, and rhythmic Tui Na and gentle touch is applied to the scalp, face, back, and shoulders. These slow Chinese movements rebalance and calm the upper body. This facial eases any tension and replenishes, nourishes, and revives the skin.

This treatment is especially beneficial for those undergoing medical treatments as it completely rejuvenates the entire body and mind leaving you with the overwhelming sense of tranquillity and relaxation.

50 minutes | Sun – Thurs £145 | Fri – Sat £155 80 minutes | Sun – Thurs £180 | Fri – Sat £190

REFLEXOLOGY

Complementary therapy which naturally balances and treats the whole body, by using compression massage to the reflex areas of the feet. Start with a welcome foot bath before tension is released, circulation is improved, and a general feeling of well-being is achieved.

50 minutes | Sun – Thurs £145 | Fri– Sat £155



FACIAL TREATMENTS

All Kohler Waters Spa facials include cleansing, toning, exfoliation, and facial massage with hand and foot hydration. Your spa therapist will also provide a personal evaluation to assess your skin care needs and provide any recommendations.

KOHLER WATERS SIGNATURE FACIAL

As unique to you as your thumbprint, your skin is a living expression of your life, and it changes in response to the season, stress, and diet. So your skin deserves a treatment designed just for you. This luxurious treatment increases hydration, firms and tones. Antioxidants repair the skin and leave a vibrant glow. Includes a relaxing back treatment and an anti-ageing hand treatment.

80 minutes | Sun – Thurs £190 | Fri – Sat £200

YOUTH REVEALING PIONEER TREATMENT

This innovative pioneer youth revealing facial from Phytomer, uses the patented marine ingredient Extra Marine Filler, to enable lines and wrinkles to be filled within 15 minutes. The use of a new and unique massage procedure stimulates micro-circulation to oxygenate and revitalise, encouraging muscle relaxation to smooth lines and wrinkles and restore skin elasticity. The result – lines and wrinkles are diminished, the skin is softer, smoother and more radiant. Also includes a relaxing back massage.

80 minutes | Sun – Thurs £190 | Fri – Sat £200

CLASSIC PRESCRIPTION FACIAL

Customised for your specific needs, your therapist will guide you in selecting the components that are right for the needs of your skin on the day of your service. From the style of your exfoliation treatment and the masque that soothes your revitalised cells, to the body treatments and finishing touches that rejuvenate your mind and body, we invite you to choose. Before your treatment begins, you and your therapist will spend a few moments exploring the options and designing your classic facial.

50 minutes | Sun – Thurs £150 | Fri – Sat £160

CYFOLIA ORGANIC RADIANCE PLUMPING FACIAL – NEW

With CYFOLIA ORGANIC, our new essential skin careline, PHYTOMER continues its commitment to preserving and protecting your skin and the sea. Its organic CYFOLIA algae, native to Brittany, leaves skin radiant and glowing once more.

50 minutes | Sun – Thurs £150 | Fri- Sat £160

SKIN ESCAPE FOR MEN WRINKLE CORRECTION FIRMING TREATMENT – NEW

This treatment offers true resurfacing to fill wrinkles and restructure the face. The skin is visibly smoother and firmer, signs of fatigue are erased, the complexion is more even and the skin regains its freshness.

50 minutes | Sun – Thurs £150 | Fri- Sat £160

OLIGOFORCE LUMINATION

An ultra-comprehensive anti-aging treatment that brightens skin tone, reduces dark spots, and smooths away wrinkles. The perfect pairing of a 20% acid facial peel and a soothing cloth mask to bathe the skin in radiance.

50 minutes | Sun – Thurs £150 | Fri – Sat £160



HYDRAFACIAL

Hydrafacial is an advanced medical-grade skin care treatment that targets fine lines and wrinkles, oily and congested skin, rosacea, and hyperpigmentation. It softens the appearance of large pores, improves skin texture and tone, and helps repair existing sun damage.

Recommended for all skin types.

50 minutes | Sun – Thurs £200 | Fri – Sat £210 80 minutes | Sun – Thurs £220 | Fri – Sat £240



BODY WRAPS & SCRUBS

Exfoliation improves the texture of your skin, helps reduce lines and allows deeper absorption of moisturisers and antioxidants.

KOHLER WATERS WRAP-SIGNATURE

This signature body wrap starts with a gentle exfoliation using a marine sponge before your body is drenched with a warm oil enriched with trace elements and minerals. Fresh lavender petals are then scattered over your body giving you a sense of deep relaxation and well-being. While cocooned in warmth you will receive a detoxifying facial treatment, followed by a scalp and facial massage. Your skin will be left visibly rejuvenated and nourished.

80 minutes | Sun - Thurs £180 | Fri - Sat £190

HIMALAYAN SALT & MOISTURISE

The treatment starts with an exhilarating salt scrub, a combination of the precious pink Himalayan salt, followed by aromatic oil to completely detoxify the body, ease aches and pains, stimulate the metabolism, and restore vitality and balance.

50 minutes | Sun - Thurs £145 | Fri - Sat £155

SEATONIC

Body wrap and firming massage. A high-performance gel wrap is applied then massaged into skin to lift, tighten and prevent sagging. Result: the whole body is firmed and toned.

50 minutes | Sun - Thurs £145 | Fri - Sat £155



BATHING TREATMENTS

Salus per aquam, a latin translation for health through water. Generally speaking, heat is used to quiet and soothe the body and slow down the activity of internal organs. Cold is used to stimulate and invigorate, increasing activity within the body. Not recommended during pregnancy.

RIVERBATH WITH MASSAGE

Bring calm to your body and spirit with a cleansing exfoliation with a Vichy hydro-massage. Then enter the RiverBath by Kohler with a full spectrum of eight sequential colour hues and invigorating whirlpool jets. A 50 minute massage follows for complete relaxation.

90 minutes | Sun – Thurs £190 | Fri – Sat £200

SŌK OVERFLOWING BATH WITH MASSAGE

Submerge from the top of your shoulders in the SŌK overflowing bath by Kohler. The chroma-therapy 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 50-minute massage completes this rejuvenating experience.

90 minutes | Sun – Thurs £190 | Fri – Sat £200



HYDROTHERAPY

LAVENDER RAIN-SIGNATURE

Relax and inhale the calming and balancing benefits of fresh lavender in this completely balancing and rejuvenating spa experience. A nourishing body scrub with marine salt crystal awakens the body, and a warm rinse under our KOHLER® Custom Vichy shower soothes it. This signature treatment includes a full body moisturiser and hot stone treatment on the back and feet.

80 minutes | Sun - Thurs £180 | Fri - Sat £190



SPA RITUALS

SEA HOLISTIC FACE & BODY RITUAL

With a combination of effleurage strokes, pressure, and stretching, this highly original massage using marine salt crystals and fresh lavender in warm boluses restores the body's balance and provides a sensation of absolute well-being. The body is deeply relaxed and the skin is left feeling remineralised and beautifully soft. This treatment includes a full body exfoliation and mini facial treatment.

90 minutes | Sun – Thurs £190 | Fri – Sat £200

HIMALAYAN SALT STONE MASSAGE RITUAL

An extraordinary ancient ritual for the body which begins with body massage using warm Himalayan salt stones, which immediately bestow relaxation, alleviating tension, stress, and anxiety. The treatment then proceeds with an exhilarating salt scrub, a combination of the precious pink Himalayan salt with a nourishing aromatic oil to completely detoxify the body, ease aches and pains, stimulate the metabolism, and restore vitality and balance.

90 minutes | Sun – Thurs £190 | Fri – Sat £200

THE OUTER GLOW RITUAL - NEW

Using our unique scrub, we will start our treatment with full body exfoliation, followed by full body massage using nourishing oil and finishing with mini facial. This invigorating and refreshing all over treatment leaves the skin top-to-toe soft, revitalised and hydrated. Simply go and glow treatment!

90 minutes | Sun – Thurs £190 | Fri- Sat £200



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AT THE OLD COURSE HOTEL

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