

GAFIA Experiences for 1 or 2 Persons

Choose your own mix of 30 minute therapies and indulge in infinite relaxation from

- Revitalising Facial and Scalp Massage
- Balinese or Swedish or Aroma Back Massage
- Ayurvedic Indian Head Massage
- Balinese Luxury Foot Ritual

Pick me up Time Out Explorer

Choice of 1
Choice of 2
Choice of 3

Supplementary Spa Facilities for extra luxury

- Relaxation Room with Migun Therapeutic Massage bed,
- Hammam Room with Sauna, Monsoon Shower with Steam Cubicle.
- Leisure Facilities with Sauna, Plunge Pool and Outdoor Hot Tub

Express Pamper (Mon-Fri) 2 Hours

Choice of one therapy treatment including the Relaxation Room and leisure facilities.

Mini Pamper

Half Day

Choice of two therapy treatments including the Relaxation Room, Leisure Facilities and two course Spa Light Lunch with a glass of wine.

Luxury Pamper

Full Day

Choice of three therapy treatments including the Relaxation Room, Hammam Room, Leisure Facilities and two course Spa Light Lunch with a glass of wine.

Spa Party Packages

Zen Space

4-6 Persons (half day)

Share the Spirit of eastern mystic

- Zen Stretching Therapy
- Chi Rebalancing facial
- Relaxation Room
- Migun Therapeutic Massage bed
- Two Course Spa Light Lunch and glass of wine
- Sauna and Cold Plunge Pool
- Outdoor Hot Tub
- Robes, Towels and Slippers

Exotic Experience

6-12 Persons (full day)

Taste of Indonesia and Bali Bliss

- Balinese Boreh Spice Body Polish and body moisturise
- Thai Yoga Style Massage
- Exotic Facial
- Relaxation Room
- Migun Therapeutic Massage bed
- Two Course Spa Light Lunch and glass of wine
- Sauna and Cold Plunge Pool
- Outdoor Hot Tub
- Robes, Towels and Slippers

Hen Party Indulgence

2-18 Persons (DB&B)

- Two Course Dinner with bed and breakfast
- 30 Min therapy from GAFIA Experiences
- Relaxation Room
- Migun Therapeutic Massage bed
- Sauna and Cold Plunge Pool
- Outdoor Hot Tub
- Robes, Towels and Slippers

The LODGE

on the Loch of Aboyne

reflect

Scottish tranquillity

Pamper packages

Allow infinite indulgence

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Visit the Lodge Reflect Spa to indulge in the ultimate GAFIA (get away from it all) experience. Be bathed in tranquillity and nurtured by nature. Enjoy beauty inside and out. With more than 17 years of practice in the art of therapies Jean can help you on your journey.

Facial Treatments Natural Effective Beauty

Natural spa relaxing facial prescribed to purify and moisturise all skin types

Mini 30 mins
An express treatment to revive the senses, cleanse, tone and hydrate the skin

Aromatherapy 45 mins
Five essential aromatic products revitalises the skin to a new radiance. An uplifting and deeply relaxing therapy.

Refining Rebalancing 45 mins
Moor Spa six step treatment with unique rich herb mask to refine, rebalance and rejuvenate the skin.

Boosting with eye care 45 mins
An intensive seven step treatment, with Moor Spa natural organic enriching products which can visibly reduce the signs of aging

Facial Supplements 15 mins
Scalp massage, manual Lymphatic drainage, collagen mask or cool marble stones for a natural facelift

Natural Body Massage Therapies

Swedish 30/60 mins
Sports Therapeutic Remedial 30/60 mins
Aromatherapy 30/60 mins
Ayurvedic or Balinese or Hawaiian 30/60 mins
Hot Basalt Stones 45/60 mins

Deeper Natural Beauty

Reflexology – an uplifting and revitalising foot therapy which re energises the disharmonies of the body. 45/60 mins

Shiatsu – Acupressure massage of the body which gets to the point of imbalances and encourages deep relaxation. 60 mins

Reiki – A hands on energy treatment which boosts wellbeing. 45/60 mins

LaStone – Healing therapy based on the 5 elements of fire, earth, metal, water and wood. This exclusive massage helps achieve the ultimate deep relaxation with the use of uniquely shaped warm basalt stones and cool white marble stones. 60/90 mins

Body Under Wraps 60 mins

Skin Brushing, Body Polish and Wrap

Mud – Nourishing mud. Enriched with minerals

Algae – Detoxifying with its anti oxidant qualities

Chocolate – Exotic indulgence

Spa Signatures

Tranquillity Spa Break for two
An overnight break in a Superior King Size Bed room with stunning romantic views over the Loch and Cairngorms National Park. Includes a choice of one therapy treatment, Relaxation Room, Sauna, Hot Tub and Robes and slippers

Golfers Tonic 2 Hours
1 hour sports massage plus use of the leisure facilities with Sauna, Plunge Pool and Hot Tub

Naturally Blooming Marvellous 90 mins
Pampering for pregnancy
Whole back and leg massage
Reflexology—a prime for labour

Mums to be Top to Toe 90 mins
Mini Facial
Moisturising manicure and Pedicure

Bride's essentials 2 Hours
In preparation for the big day
An exotic lime and ginger body polish
Moisturising manicure and pedicure

Big Day Special (bespoke package)
Hair Makeup and nails

