



Fairmont
ST ANDREWS, SCOTLAND

the spa | EXPERIENCE



THE SPA EXPERIENCE

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Escape the routine of your fast-paced world in a quieter place, recover, and then dive back into life.

Atop a Scottish cliff, inspired by land and sea, and infused with Celtic lore of magic and myths, the Spa at Fairmont St Andrews, Scotland awaits. Immerse yourself in the authentic romance of the landscape — greys and blues that echo the strong water and coast; hues of pebbles, driftwood and stone; and hints of heather and tartan.

In traditional Celtic spirit, when under our tartan, you are protected and welcomed by our team, the people who make our spa so special. Their care and touch will make you feel you've come home after a long journey. We are dedicated to creating experiences that reflect the needs of visitors and locals alike, for every life stage and lifestyle.

Try invigorating yourself and your game with Sam Torrance's favourite, the Ultimate Golfer's Treatment, or take yourself on a journey of tranquillity with our Scottish Tranquil Journey. We feature the latest advances in skin care, alongside traditional healing ingredients, such as our Organic Scottish Oatmeal combined with the finest essential oils, found in our Crest Of The Cliff treatment.

Whatever your reason for visiting us, we will help you create your own perfect spa moment. Sit back, let us take care of you, and escape.

Body experiences

CELTIC HARMONY

Detoxifying / 90 minutes

Synchronised to Celtic music, this purifying ritual begins with a geranium and pine scrub, and ends with a detoxifying massage and body wrap with essences of local juniper, cypress and lavender. Once in the wrap, essential essences are massaged into the feet and neck.

NORTH SEA SALT & SEAWEED EXFOLIATION

Revitalising / 60 minutes

Seaweed, mixed with Celtic salts and invigorating eucalyptus, is swirled over the body. Therapeutic mineral elements and botanicals form the basis of this unique exfoliating scrub, which gently refines and renews the skin.

STANDING STONES

Renewal / 90 minutes

Many believe the standing stones found throughout Scotland were laid by ancient cultures to celebrate solstices and equinoxes — times for renewal of the people and the land. Inspired by this tradition, our standing stones experience is designed to renew your body and clarify your mind. The journey begins with a gentle chamomile exfoliation and finishes with a relaxing stone experience and wrap.

SCOTTISH TRANQUIL JOURNEY TREATMENT

Tranquillity / 90 minutes

Let us take you on a journey of Tranquillity at Spa Fairmont St Andrews. Experience the delicious scent of locally grown highland pine and organic Scottish Oatmeal leading to the aromatic sugar body polish. Cocoon in warm clay to condition the skin before the top to toe massage with essence of exotic sweet benzoin, orange and grapefruit. This experience incorporates organic cleanse and pressure point massage with anti-ageing benefits. The journey is completed with Fairmont Tranquillity Tea served in our local created pottery. The skin is left soft and nourished while the mind and body are calmed and soothed.

ROMANCE OF THE ROSE

Decadence: for one or two, it is up to you / 90 minutes

Enjoy the powers of rose geranium and rose flower oil to open your heart and rejuvenate your energy. A gentle dry-brush exfoliation will stimulate your skin and invigorate your circulatory system. Next, a soothing massage incorporates these delicate essences. The experience culminates in a gentle wrap, leaving your skin and body nourished and your energy restored.

GENTLE BODY POLISH

Smooth / 60 minutes

For sensitive skin types, a gentle exfoliation with a granulated pumice and chamomile scrub to gently refine and renew the skin. Deep cleansing follows with a loofah and chamomile bath gel. A chamomile spray and lotion application completes the experience.

NATURALLY TAN

Sun kissed / 60 minutes

Attain beautifully glowing skin quickly and without the harmful effects of the sun. Kerstin Florian has searched worldwide for natural elements to create the richest-looking tan without the sun. This luxurious treatment begins with a gentle exfoliation and continues with an application of Kerstin Florian Sunless Tanner with firming extracts to achieve true radiance.

CREST OF THE CLIFF

Breathe deep and relax / 120 minutes

Breathe deep, and take in the clear skies, beautiful coastline and vision. This experience embodies St Andrews and Scotland at its finest. Designed with relaxation and pampering in mind, this all-encompassing treatment begins with a welcoming foot bath and a cup of peppermint tea to soothe after a walk on the cliffs. Enjoy a full-body exfoliation with organic Scottish oatmeal, preparing the skin for a deeply relaxing full-body massage using hot stones. The hot stones combined with essential oils leave you with a sense of warmth, balance and harmony.

MINERALISING SCRUB

Invigorating / 30 minutes

This experience begins with a full body scrub combining minerals and trace elements to deeply cleanse and remineralise the skin, then invigorates with eucalyptus to leave the skin feeling soft. The experience is completed with the application of lavender body spray to hydrate the body.

** This can also be added to any other experience*

COUPLES SUITE

Our couples suite is the ideal retreat from the pressures of life — the perfect place to spend some quiet time together. Beautifully appointed, the suite features a double shower, side-by-side treatment tables and a private sitting area. Enjoy one of our signature couples experiences or select individual treatments a la carte for each of you. Whatever your preference, we'll create the perfect spa moment for two.

Facial experiences

KINGDOM OF FIFE LUXURY FACIAL

When you want it all / 90 minutes

Whether you live in Scotland or you're visiting, this experience is for you. This indulgent, all-encompassing luxury facial includes an anti-ageing hand treatment with enzyme peel and an enlightening crème application; hand and foot massage; scalp massage; glycolic exfoliation of the face, neck and décolleté; and a luxurious massage to tone facial muscles — all in one beautiful, pampering and aromatic experience. Pure decadence.

SCOTTISH FACIAL EXPERIENCE

Restorative / 90 minutes

This exceptional aromatic face treatment is customised with professional skin analysis. Relax into this exclusive facial with a foot cleanse using Scottish oatmeal and highland pine. The relaxing deep cleanse with the sweet orange and mandarin scented oil and unique skin polishing technique refines and smoothes the skin. A specialist face massage with scented anti-ageing serums leads onto a warm prescriptive mask with a head, shoulder and arm massage to enhance the relaxation. The Fairmont Tea Ceremony completes your unique experience. A polished and radiant complexion is revealed leaving you feeling revitalised and glowing.

CUSTOMISED DEEP-CLEANSING FACIAL

European style / 60 minutes

Personalised to provide you with the most benefits, this deep-cleansing facial includes a professional skin analysis, gentle exfoliation, a facial massage to promote circulation, a nourishing masque and antioxidants to restore the skin. A detailed home care programme consultation ensures continued results.

"C" THE GLOW FACIAL

Brightens skin / 60 minutes

Address pressing skin concerns with this customised, results-oriented facial, featuring an exclusive multi-acid peel. In addition, naturally derived botanicals refine the complexion, a deep-cleansing massage promotes circulation, and a nourishing mask balances the skin.

RADIANT ANTI-AGEING FACIAL

Healthy and luminescent / 60 minutes

This decadent facial firms, tones, refines and deeply hydrates the skin with protein-rich caviar and powerful antioxidants. Exclusive caviar products infuse skin with age-defying nutrients to smooth fine lines and improve texture. An Aculift massage visibly firms and tones, while the alginate peel-off masque provides intensive hydration to instantly restore radiance. Results are immediate, leaving skin supple, healthy and luminescent.

REFRESHER FACIAL

Quick pick-me-up / 30 minutes

This light refreshing facial begins with a cleanse, then uses moor mud to exfoliate and refine the skin, finishing with a pressure point massage using one of the aromatherapy face oils to suit your skin's individual needs.

** This can also be added to any other experience*

Enhancement treatments

May be added to any facial experience.

AMPOULE THERAPY

Infuse your skin with one of our intensive ampoule upgrades. Select one or ask our expert aestheticians to select the one most suitable for your skin:

- Vitamin C Ampoule: antioxidant, lightening
- Intensive Repair Ampoule: healing, cell rejuvenation
- Caviar Cell Vitale Ampoule: intensive hydration, nourishing

GLYCOLIC TREATMENT

30 minutes

This remarkable exfoliation treatment helps to refine skin texture, minimise the appearance of fine lines and encourage a balanced skin tone. Promotes a youthful glow.

EYE AND LIP RESCUE

30 minutes

Developed to help two of the most sensitive areas of the face — the eyes and lips. The intensive eye treatment is designed to diminish fine lines and wrinkles by up to 27%, lessen dark circles, relieve puffy eyes, improve clarity and totally rejuvenate this delicate area for brighter, more luminescent eyes. The healing and rejuvenating treatment for the delicate skin around the lips imparts moisture and nutrients while smoothing fine lines and wrinkles.

Massage experiences

STRESS RELIEF

60 or 90 minutes

This ultimate customised massage experience was designed for the sole purpose of stress relief. It is a medium-pressure massage that focuses on all of your main tension points — head, neck, shoulders, back and feet.

RELAXATION

60 or 90 minutes

Tailored to your specific needs or preferences, this popular full-body Swedish-style massage offers a gentle intensity and uses long, smooth strokes to increase circulation, relax muscles and enhance lymphatic drainage.

SPORTS MASSAGE

60 or 90 minutes

This deep massage targets sore muscles and enhances recovery after exercise, sports activities or the tension and stresses of daily life. It combines deep work with stretching, rocking and circulation-enhancing strokes to move lactic acid out of the system. A mild soreness may result.

TRAVEL RECOVERY MASSAGE

60 minutes

Using essential oils — selected to regulate sleep, hydrate skin, relieve tension headaches and restore energy depleted through travel and working on the road — this medium-pressure massage focuses on all the areas affected by frequent travel: legs, neck, back, shoulders, feet and hands (with a special hand massage to aid in the recovery from “BlackBerry” hands).

SCOTTISH STONE MASSAGE

60 or 90 minutes

Aromatic birch oil is combined with warm stones to create a deep-heat massage and unique scents to release tension and melt away stress.

ST ANDREWS SIGNATURE MASSAGE

60 / 90 minutes

The luxurious massage begins with an aromatherapy scent selection for this holistic treatment while tired feet are rested in an aromatherapy foot bath. A relaxing head massage follows the cleanse along with a face massage incorporating orange, rosehip and Vitamin E. The experience is completed with a therapeutic full body massage with rich nourishing aromatic balms which melt into the skin leaving it deeply nourished, enriched and glowing. The body is relaxed and rejuvenated.

MATERNITY

60 minutes

A specially designed massage for mothers-to-be. Maternity massage has the same therapeutic benefits of a regular massage, with the ability to help ease muscular tension, improve circulation and mobility, while providing an enhanced sense of well-being for both mother and baby.

HIGHLAND FLING COUPLES MASSAGE

60 or 90 minutes

The lights are dim, candles flicker gently, the romantic scents of Scotland surround, the music soothes softly — an incredible way to be together. Spend romantic time in our signature couples suite while enjoying side-by-side relaxation massages. Pure bliss for two.

BACK, NECK & SHOULDER MASSAGE

30 minutes

Concentrating on the main tension points in the back to relax and relieve any tension

** This can also be added to any other experience*

Just for Men

We've created experiences just for men — not simply renamed treatments, but ones developed exclusively with the needs of our male guests in mind. You can also enjoy our special treatment rooms, designed especially for use by our male guests, featuring a flat-screen television and wireless headset as well as the latest newspapers and magazines. Ask about availability when you book your spa treatment.

SAM'S SIGNATURE EXPERIENCE — ULTIMATE GOLFER'S TREATMENT

Results / 90 minutes

The Spa at Fairmont St Andrews exclusive experience, endorsed by Sam Torrance, winning Ryder Cup Captain and golf course designer. Get limber with this all-inclusive experience for golfers. It begins with a eucalyptus foot bath, continues to an invigorating exfoliation and stretch massage focusing on key need areas of golfers, and finishes with a wrap, which includes a mini-facial to help protect the skin from environmental damage caused by weather conditions out on the course.

'Looking after your body before and after you golf is as important as practicing your swing. This treatment is the perfect tonic to leave you invigorated and ready to enjoy another round of golf or a fine dinner at Fairmont St Andrews,' raves Sam Torrance.

ST. ANDREWS GOLFER'S TREATMENT

Results / 60 minutes

Pure Lochside consulted with a golf bio-mechanics specialist to create a series of stretches which are incorporated into this golf stretch treatment. Muscle soothing anti-inflammatory blends are expertly massaged into the body, concentrating on the muscle groups used in golf. The invigorating treatment loosens up the muscles and help retain posture during the back swing movement. A steamed cloth and a deep breath of Scottish Spearmint and lemongrass to complete this treatment ready for the perfect round of golf!

CUSTOMISED BARBER FACE TREATMENT

Tradition / 60 minutes

A deep-cleansing and revitalising facial experience designed specifically for the special needs of men's skin, including razor burn. To complete the experience, a face, neck and shoulder massage is performed, fulfilling the traditional barber experience without the shave.

EXECUTIVE HAND GROOMING

60 minutes

A healthy approach to a traditional manicure, this deluxe treatment begins with a soak in thermal minerals and essential oils, continues with a unique Turkish-salt hand exfoliation and winds up with a luxurious hand massage and paraffin treatment to relieve dry skin.

POWER PEDICURE

60 minutes

This foot grooming helps to stimulate circulation as well as revitalise weary feet. Eucalyptus and Turkish salts exfoliate the feet, which then are immersed in a rejuvenating eucalyptus foot bath. A paraffin treatment follows to relieve dry and cracked skin. The grooming is completed with a foot massage using a therapeutic foot balm to seal in the moisture.

CLASSIC HAND GROOMING

45 minutes

A traditional men's manicure, this treatment begins with a soak in thermal minerals and essential oils, continues with a hand exfoliation and comes to a close with a hand massage and nail buffing.

CLASSIC FOOT GROOMING

45 minutes

This pedicure helps to stimulate circulation and revive weary feet, restoring energy to your entire body. Enjoy an exfoliation, nail oil application, foot soak and foot massage.

Manicure and pedicure experiences

Whatever the day's events bring, you'll be at your best after our salon experiences, each of which has an added dimension to help you look and feel fabulous. Consult our price list for our full range of waxing and salon services.

ST ANDREWS SIGNATURE MANICURE

60 minutes

Restore your hands back to their youth with this super nourishing, softening hand treatment. Hands and arms are exfoliated, massaged and cocooned in warm clay and rich cocoa butter and shea butter balms to help the enriching oils penetrate deep into the skin. This pampering treatment culminates with nail shaping and polish application.

ST ANDREWS SIGNATURE PEDICURE

60 minutes

A delicious treat for the feet designed to leave them soft, nourished and proud to be seen! The feet and legs are exfoliated, massaged and cocooned in warm clay and rich cocoa butter and shea butter balms to help the enriching oils penetrate deep into the skin. Nail shaping and polish application complete the experience.

ST ANDREWS CLASSIC MANICURE

45 minutes

After this classic manicure, your hands will feel amazing and look perfectly polished. Our classic manicure includes hand soak and massage, as well as nail shaping and polish application.

ST ANDREWS CLASSIC PEDICURE

45 minutes

The essential pedicure for happy feet. Enjoy a foot soak, exfoliation, massage, nail shaping and polish application. This pedicure creates perfect toes and puts a spring in your step.

Makeup application

GLOWING BRIDAL MAKEUP APPLICATION

Allow our trained makeup specialists to be part of your special day with our bridal makeup application. Using the award-winning Jane Iredale Mineral Makeup collection, our experts will create the perfect look — beautiful and natural — for your wedding. Includes trial and wedding day application.

MINERAL MAKEUP LESSON

Enjoy a one-to-one session with our makeup specialist as she teaches you how to masterfully apply Jane Iredale's Mineral Makeup collection. Mineral makeup allows the skin to breathe and is a natural sunscreen and anti-inflammatory. That's why this line is called The Skin Care Makeup.

A PRIVATE RETREAT

Create your own personal spa in a special private lounge, within the spa, connected to three treatment rooms. This spa-in-spa space can be booked for a spa party of two to five, no matter what the occasion. Tell us the event — whether it's a "hen" party, romantic retreat (or maybe a proposal), or girls' get-away — and let us design the perfect spa programme.

Fitness experiences

Maintaining good health is the most important gift you can give yourself. Our unique spa experiences are enhanced with an optimal fitness programme to truly begin the healing from within. Whether you would like to begin a fitness programme, try a fitness class for the first time or boost your routine, we offer a variety of fitness services to help you experience healthy energised living. Inquire about our fitness services and classes to create a programme suited to your lifestyle and needs.

Enhancing your spa experience

SPA ENVIRONMENT

We are an adult sanctuary. Guests must be 18 years of age or older. We ask that you do not bring mobile phones or other electronic devices to the spa in order to keep the spa quiet and to protect your privacy. The spa will be happy to assist you with messages during your visit.

RESERVATIONS AND MAKING APPOINTMENTS

Please call 01334 837045 or extension 7045 within the resort.

To ensure that you get the experiences you want, we suggest you make appointments as far in advance as possible and before your arrival at the resort.

CANCELLATION

If you must cancel or reschedule, we ask that you do this at least 24 hours in advance. If we cannot re-sell your appointment with 24 hours notice, it will be charged to your credit card. Cancellation of packages requires 48 hours notice.

HOURS OF OPERATION

Appointments can be made from 9:00 a.m. to 8:00 p.m.

These hours of operation are subject to occasional change.

SPA ARRIVAL AND ETIQUETTE

We recommend that you arrive at least 30 minutes before your appointment time so you are not rushed and so you can relax for a few minutes and familiarise yourself with the facilities and surroundings. Please note that your arrival time will determine the length of your treatment. As a courtesy to all, should you arrive late, your treatment will finish at the originally scheduled time.

HEALTH MATTERS

Please inform us of any health matters at the time of booking so we can suggest the best treatments. Conditions such as pregnancy, high blood pressure and allergies will determine which treatments are most appropriate. The consumption of alcohol before, during or directly after treatments is not recommended. You will be asked to fill out a brief medical history upon your arrival so our spa professionals can better customise your treatments.

SPA ATTIRE

You will receive a robe, slippers and a locker for your personal belongings.

For your comfort, undergarments can be worn during treatments, but rest assured that our therapists are highly trained in correct draping procedures for your complete privacy.

Please do not bring jewellery or other valuables to the spa.

SPA COORDINATORS

Our team of spa coordinators are available to assist you in customising your own spa experience, from selecting your treatments to answering any of your questions.

SPA GRATUITIES

For your convenience, a 10% gratuity will be added to your bill.

Rates are subject to change.

Occasionally not all services may be available.

For spa reservations, please call 01334 837045 or extension 7045 within the resort.

For hotel or spa vacation packages, please visit fairmont.com, or call 00 800 0441 1414.



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Defensores do Clima
クライメート・セイバーズ
Climate Savers

Fairmont Hotels & Resorts has been a WWF Climate Savers partner since 2009 and has committed to reducing its emissions by 20% below 2006 levels by 2013.

fairmont.com

FOR SPA RESERVATIONS

please call 01334 837045
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FOR HOTEL OR SPA VACATION PACKAGES

please visit fairmont.com
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