

THE  
CRAIGELLACHIE

T R E A T M E N T S

## WELCOME

*Inspired by Ayurveda, Informed by Modern Living*

Welcome to The Treatment Rooms at The Craigellachie, located in the heart of Speyside – a region which harnesses fresh air, well-being and quality. We have selected Maui Rituals to give you a range of treatments to compliment your surroundings but also to meet your every need and inclination.

Maui celebrates centuries-old Ayurvedic tradition for layering, anointing and purifying with sensual oils, healing herbs and fragrant flowers. Maui's collection offers an exquisite repertoire of India's most effective, opulent botanicals, handcrafted in England for uncompromised performance, purity and a pleasurable path to wellbeing.

## BODY TREATMENTS

<b>'VISRAMA' SLEEP WELL POLTI MASSAGE</b>	60 MIN	£55
CALMING	90 MIN	£80

Lack of sleep by night inhibits how we function by day, which can be frustrating. This full-body massage soothes and warms tired muscles and joints, while relaxing the central nervous system for deeper, calmer sleep. Wrapped in pure muslin, 14 potent herbs including lime, kaffir, turmeric, camphor and menthol are steam heated before gently being rolled in your personalised therapeutic dosha balancing oil. The compress is rhythmically, tapped, pressed, rolled, kneaded and massaged all over the body, which is then gently stretched and refreshed with assisted breathing techniques. At once both relaxing and deeply healing, this treatment brings much comfort for those who need a gentler touch.

<b>'MUKSHIYA' DECOMPRESS DEEP TISSUE MASSAGE</b>	60 MIN	£55
RELEASING	90 MIN	£75

This deep-tissue full-body massage goes beyond traditional Vishesh methods to ensure all physical and emotional tension melts away. A sequence of highly targeted pressing, tapping and enfolding techniques, coupled with assisted breath work are performed with your particular concern in mind. The treatment is further personalised by harnessing the therapeutic benefits of your personalised 'dosha' specific oil, which is liberally massaged all over the body and with further attention given to the back, neck and shoulders. Expect to release deep seated tension, stimulate lymphatic drainage and unwind sore ligaments and muscle aches. Ideal for individuals who endure much stress, have suffered from sports injuries, poor posture, back ache or spend time slumped at a computer.

<b>'SAMYAMA' ILLUMINATING CRYSTAL MARMA MASSAGE</b>	90 MIN	£85
BALANCING		

There are times when we may feel physically and emotionally diminished, confused, stuck: or perhaps have big decisions to make and we are unsure of which path to take. This illuminating full-body massage incorporates Maui personalised blends, healing crystals and marma point massage methods to release deep-seated blocks and rediscover clarity. Marma are the subtle points in the body, located over the lymph nodes, joints and chakras and associated with the major endocrine glands. Massaging these points helps to quickly and effectively clear stagnant energy. Layered with yogic stretches, meditative breath work, and powerful relaxation sequences of auto-suggestion, this ritual brings blissful harmony of mind, body and soul. Expect to feel wonderfully relaxed, confident, stronger and ready for inner knowing to guide you to the safest answers.

<b>BESPOKE AYURVEDIC ALCHEMY</b>	2 HOUR	£130
A PERSONALISED TREATMENT JUST FOR YOU	4 HOUR	£180

Maui 'Ayurvedic Alchemy' is offered to give guest the freedom and flexibility to enjoy a completely personalised treatment from a spectrum of exceptional bespoke services. All you need do is reserve between two and four hours and leave it to our highly trained therapists to ensure this ritual is created to suited to your needs, be it a desire to relax, replenish or treat specific issues; ultimately supporting you to emerge feeling radiant and with a greater sense of contentment and wellbeing. Each experience begins with a personal consultation and wonderfully relaxing devotion foot ritual. The main treatment is focused whatever element will bring the greatest benefits, be it a tension release Indian head massage facial, combined with detoxing exfoliation and marma point therapy. We end with meditative breath work and an individual treatment plan targeted to bring benefits long after you leave the treatment room. We close with an offering of our sacred red thread, imbued with a wish for your wellbeing.

<b>DECOMPRESS BACK MASSAGE</b>	30 MIN	£45
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<b>HOT STONE MASSAGE</b>	40 MIN	£40
BACK, NECK & SHOULDERS	90 MIN	£55
FULL BODY		

<b>SWEDISH MASSAGE</b>	30 MIN	£25
BACK, NECK & SHOULDERS	60 MIN	£38
FULL BODY		

<b>AROMATHERAPY MASSAGE</b>	40 MIN	£30
HALF BODY	90 MIN	£55
FULL BODY		

## FACIAL TREATMENTS

<b>'AJARAM' TRI-MINERAL TENSION RELEASE FACIAL</b>	90 MIN	£70
ANTI-AGEING		

Few things are as ageing as facial tension, which creeps up at the very times we want to look and feel our best. Maui's signature facial harnesses the power of their illuminating tri-mineral dome method and performance lead skincare for a rejuvenating treatment that delivers miraculous results. We begin by cleansing with Maui's Radiance Mask of pure saffron, sandalwood and rose to draw out toxins and reveal visibly tighter, brighter skin. Rocking and rolling motions are then performed using Maui's exquisite botanical serum and the 'electro-conductivity of the tri-mineral dome. This method offers a fast and incredibly effective way to energise marma points and help supercharge lymphatic drainage, encourage collagen production and leave skin sculpted and beautifully hydrated. This facial is particularly effective for those who want to target tension in the jaw, under cheekbones, in the temple and forehead and who crave nourished skin that looks relaxed, healthy and carefree.

<b>'SAMSKRTA' NOURISH &amp; PROTECT FACIAL FOR MEN</b>	60 MIN	£50
REINVIGORATING		

This deeply energising, considered facial brings together potent botanical oils, muscle-warming hot towels and therapeutic marma point massage to release face, neck and shoulder tension, while soothing inflamed, dry skin and stilling an over-active mind. A natural solution for acne and superficial scarring, the treatment begins with deep detoxification with our Radiance Mask. Clean, buffed skin is then treated to a reinvigorating facial massage with Nourish Serum to alleviates dryness, refine and polish skin and leave it lingering with a wonderful deep, musky scent.

<b>RADIANCE EXPRESS FACIAL</b>	30 MIN	£45
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<b>AROMATHERAPY FACIAL</b>	60 MIN	£55
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## MANICURE & PEDICURE

STANDARD FILE AND POLISH	30 MIN	£18
FULL MANICURE	45 MIN	£25
STANDARD PEDICURE	45 MIN	£30
LUXURY SPA MANICURE WITH MAULI HAND RITUAL	60 MIN	£30
LUXURY SPA PEDICURE WITH MAULI FOOT RITUAL	75 MIN	£40
ADDITIONAL SUPPLEMENT FOR SHELLAC		£10
ADDITIONAL SUPPLEMENT FOR POLISH		£5
STANDARD SHELLAC MANICURE	45 MIN	£25
STANDARD SHELLAC PEDICURE	45 MIN	£25
SHELLAC REMOVAL	15 MIN	£10

## LYCON WAXING

BRAZILLIAN	30 MIN	£25
HOLLYWOOD	60 MIN	£32
G-STRING BIKINI	15 MIN	£25
UNDERARM	15 MIN	£12
EYE BROW WAX AND SHAPE	15 MIN	£10
LIP/CHIN (INDIVIDUAL £5)	15 MIN	£10
FULL FACE	20 MIN	£15
1/2 LEG STRIP	30 MIN	£17
FULL LEG STRIP	30 MIN	£20
1/2 ARM STRIP	15 MIN	£14
FULL ARM STRIP	30 MIN	£18

## MALE WAXING

CHEST	30 MIN	£20
BACK	30 MIN	£20
EYEBROWS	15 MIN	£15

## TINT & THREADING

EYEBROW TINT	15 MIN	£10
EYELASH TINT	15 MIN	£15
EYELASH AND EYEBROW TINT	30 MIN	£20

## THREADING

LIP OR CHIN	15 MIN	£8
LIP AND CHIN	30 MIN	£14
EYEBROW	20 MIN	£10

## ADD-ON'S

REAWAKEN HAND RITUAL	30 MIN	£15
DAILY DEVOTION FOOT RITUAL	30 MIN	£15



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