



ROYAL SCOTSMAN

SPA

WELCOME TO THE ROYAL SCOTSMAN SPA

WE ARE TOTALLY DEDICATED TO YOUR WELLNESS WHEN YOU TRAVEL WITH US ONBOARD ROYAL SCOTSMAN, A BELMOND TRAIN, SCOTLAND. WHETHER LAZING IN OUR SPA, DINING ON NUTRITIOUS CUISINE, OR ENJOYING A MOMENT'S PEACE IN A TRANQUIL HIDEAWAY, DO TAKE THIS SPECIAL OPPORTUNITY TO REFRESH BOTH YOUR BODY AND YOUR SOUL.

We offer a selection of carefully curated facial and body treatments, each devoted to restoring and nurturing your wellbeing through targeted holistic methods.

Fusing ancient traditions, our treatments work physically on the body while calming and balancing the mind. Incorporating techniques such as shiatsu massage, reflexology, acupressure, assisted stretching and yogic breathing, each therapy is a unique experience tailored to your individual needs.

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01 **BAMFORD FACIAL TREATMENTS**

ROYAL SCOTSMAN WELLNESS FACIAL

60 MINUTES

Targeting skin health from the outside in, the Royal Scotsman Wellness Facial combines two massage techniques including Gua Sha to ease muscle tension, support lymphatic flow and reduce puffiness in the face, neck and décolleté. Throughout the treatment your therapist responds to your personal needs and concerns using a tailored selection of Bamford skincare products following the holistic Cleanse, Refine, Treat, Nourish framework. Suitable for all skin types. Includes a head, neck and stomach massage to target areas of the body that contribute to skin health from the inside.

BAMFORD SIGNATURE FACIALS

60/30 MINUTES

Designed to brighten and balance the skin, Bamford Signature Facials include deep facial massage techniques and a hot/cold stone massage to stimulate cell regeneration and release tension. Your therapist will create a facial tailored to your skin's needs using a personalised selection of Bamford skincare products. Suitable for all skin types.

AWAKENING FACIAL

Awaken and brighten the skin with a double exfoliation.

REJUVENATING FACIAL

Improve elasticity and firmness with this powerful anti-ageing facial.

DETOXIFYING FACIAL

Remove impurities, toxins and pollution with a deep cleanse.

02 **BAMFORD BODY TREATMENTS**

RICH IN NATURAL AND ORGANIC PRODUCTS, SPECIALLY CREATED FOR USE IN THE WELLNESS SPA, OUR BODY TREATMENTS BLEND AN ARRAY OF HOLISTIC THERAPIES. EACH RITUAL IS DESIGNED TO RELAX, RESTORE OR REJUVENATE YOUR BODY AND SOUL.

THE ROYAL SCOTSMAN SIGNATURE MASSAGE

60 MINUTES

Our all-embracing signature treatment combines carefully targeted, time-honoured techniques that nurture every aspect of your wellbeing. It begins with Japanese shiatsu massage to open the body's meridians and unblock energy channels. Swedish massage targets areas of concern and releases specific points of tension, before a heated chakra stone is placed on the abdomen for a gentle stomach massage to improve gut health. The therapy finishes with assisted yogic breathing to oxygenate the body and leave you feeling invigorated.

THE ROYAL SCOTSMAN B STRONG DEEP TISSUE MASSAGE

60 MINUTES

Benefit from a full-body massage using a combination of shiatsu and traditional techniques. Working with the deep layers of muscle tissue, we ease acute tension and any injuries caused by overuse. Adhesions in the muscles can cause pain, inflammation and restriction of movement, so this treatment works to increase blood flow, realign layers of tissue, relax tight muscles and encourage strengthening and healing.

DE-STRESS MASSAGE

60 MINUTES

Focusing on the back of the body, this soothing treatment eases tense muscles and reduces stress levels while restoring and realigning energy. It begins with a massage of shiatsu pressure points to release tension and balance energy flow. This is followed by a Swedish back and leg massage to boost circulation and, to finish, relaxing reflex zone therapy on the feet.

03 WELLNESS RITUAL

INDULGE IN 60 MINUTES OF THE ROYAL SCOTSMAN'S WELLNESS RITUAL ACCORDING TO YOUR NEEDS. WHETHER YOU DESIRE ENERGY-BOOSTING REVITALISATION OR DE-STRESSING RELAXATION, ENJOY A RITUAL TO AWAKEN YOUR SENSES AND INCREASE POSITIVITY OR TO LEAVE YOU DEEPLY SOOTHED AND READY FOR SLEEP. WE BEGIN WITH A THOROUGH CONSULTATION TO DECIDE WHICH THERAPY WILL BENEFIT YOU THE MOST.

B VIBRANT

60 MINUTES

Re-energise your body, awaken your senses and boost your positivity. This reviving experience begins with sound therapy to rebalance your energy channels. Gentle exfoliation rejuvenates the skin and increases circulation. Marma points are stimulated during a full body and Indian head massage using cool, clarifying citrine crystals. Combined with soothing breathwork, this focuses the mind and leaves the body relaxed yet invigorated.

B SILENT

60 MINUTES

Chronic stress is one of the main causes of depleted serotonin and can affect our ability to sleep well. This treatment is devoted to relaxing your body and preparing it for sound, restful sleep. Japanese shiatsu rocking techniques and a therapeutic back massage with B Silent body oil encourage deep relaxation. A series of assisted stretches releases stress, loosens tight hips, unlocks the lower back and gently rotates the spine. A reflex foot massage and massage of the neck and chest further ease tension. Finally, a B Silent organic temple balm massage and Indian head massage prepare you to slip into peaceful slumber.

04 EXPRESS TREATMENTS

BAMFORD X ROYAL SCOTSMAN EXPRESS TREATMENTS 30-45 MINUTES

Choose one or two of the following treatments according to your wellness needs:

- Bespoke facial
- Back, neck, and shoulder massage
- Foot massage
- Indian head massage
- Hot stone massage

05 **FOR MEN**

MEN'S RECOVERY BACK MASSAGE

60 MINUTES

Release the build-up of tension and stress in your back, neck and shoulders. This restorative treatment uses hot stones alongside traditional massage techniques, before moving onto an effective face and head massage.

MEN'S SIGNATURE FACIAL

60 MINUTES

Especially designed for male skin using products from our Bamford Grooming Department. The treatment includes a deep cleanse, followed by facial reflexology to help stimulate cell regeneration. Jade stones aid circulation and cold moonlight stones soothe and tone. The treatment finishes with a mask chosen by your therapist to address your individual needs.

06 FINISHING TOUCHES

WE ARE DELIGHTED TO COLLABORATE WITH LUXURY NAIL CARE BRAND KURE BAZAAR, CELEBRATED FOR ITS UNIQUE COLOUR EFFECTS THAT DELIVER IMPECCABLE RESISTANCE AND A SUPER-SHINY FINISH IN OVER 80 EXCEPTIONAL SHADES.

MANICURE RITUAL

60 MINUTES

Treat your hands to a little love and care. Your old polish is removed and the nails filed and reshaped. A Kure Bazaar manicure glove is applied to nourish the nail bed, after which your hands are exfoliated with Bamford Botanic Sugar Polish. A relaxing hand massage draws the ritual nearly to a close before the polish of your choice is applied.

07 PRICE LIST

ROYAL SCOTSMAN WELLNESS FACIAL (60 MIN)	£150.00
BAMFORD SIGNATURE FACIALS (60/30 MIN)	£130.00/70.00
THE ROYAL SCOTSMAN SIGNATURE MASSAGE (60 MIN)	£130.00
THE ROYAL SCOTSMAN B STRONG DEEP TISSUE MASSAGE (60 MIN)	£125.00
DE-STRESS MASSAGE (60 MIN)	£110.00
B VIBRANT (60 MIN)	£140.00
B SILENT (60 MIN)	£140.00
BAMFORD X ROYAL SCOTSMAN EXPRESS TREATMENTS (30 MIN)	£70.00
MEN'S RECOVERY BACK MASSAGE (60 MIN)	£120.00
MEN'S SIGNATURE FACIAL (60 MIN)	£90.00
MANICURE RITUAL (60 MIN)	£65.00