

MENU OF SERVICES

2024 - 2025

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



KOHLER
Waters
SPA

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

A relaxing full body massage designed especially by our team at the Kohler Waters Spa with the aim of completely relaxing your body and switching off your mind.

Slow, flowing movements with light to firm pressure.

80 minutes | Sun – Thurs £200 | Fri – Sat £210

ON THE GREEN CBD MASSAGE

If you are seeking relief from tight muscles, injuries, or extra stress, take your massage to the next level with this deeply moisturising, 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.

Light to firm pressure.

50 minutes | Sun – Thurs £170 | Fri – Sat £180

80 minutes | Sun – Thurs £205 | Fri – Sat £230

GOLFER'S RECOVER MASSAGE

A massage for the keen golfer, incorporating passive stretches and using golf balls for more intense pressure where required, your therapist will personalise this massage specific to your concerns.

Light to firm pressure.

80 minutes | Sun – Thurs £200 | Fri – Sat £210

HOT STONE MASSAGE

Experience the healing powers of warm basalt stones which help to easily melt away tension in the body, your therapist will use a combination of manual massage and the stones for this full body massage.

Light to firm pressure.

80 minutes | Sun – Thurs £200 | Fri – Sat £210

CUSTOM MASSAGE

A classic Swedish massage, your experienced therapist will completely tailor the treatment to target specific areas of tension and promote relaxation.

Light to firm pressure.

50 minutes | Sun – Thurs £155 | Fri – Sat £165

HIMALAYAN SALT STONE MASSAGE

Himalayan salt has an array of benefits including but not limited to reducing inflammation, increase mineral absorption and moisturise dry skin. This full body massage treatment will begin by gently applying warm salt stones over the body to coat the skin, followed by a personalised massage to ease away stress and tension.

Light to firm pressure.

80 minutes | Sun – Thurs £200 | Fri – Sat £210

BEGINNING, DURING & AFTER MATERNITY MASSAGE

This treatment is created to all stages of your pregnancy journey (available after first trimester of pregnancy), during the treatment we will use a pregnancy pillow which will allow you to comfortably lay down on the front of your body.

Light to medium pressure.

50 minutes | Sun – Thurs £155 | Fri – Sat £165

80 minutes | Sun – Thurs £200 | Fri – Sat £210

MASSAGE TWO-GETHER

Enjoy your customised treatment with a friend or loved one. This universal and fully customisable massage encourages full-body relaxation. A variety of techniques and ranges of pressure are used to meet your specific needs.

Light to medium pressure.

For two people in a double massage room:

50 minutes | Sun – Thurs £305 | Fri – Sat £325

80 minutes | Sun – Thurs £370 | Fri – Sat £390

LYMPHATIC DRAINAGE MASSAGE

A form of gentle massage that encourages the drainage of lymph nodes and the movement of lymph fluids around the body, helps remove waste and toxins from body tissues.

50 minutes | Sun – Thurs £155 | Fri – Sat £165

80 minutes | Sun – Thurs £200 | Fri – Sat £210





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 treatment is especially beneficial for those undergoing medical treatments as it completely rejuvenates the entire body and mind. During the treatment you will experience smooth, slow, and rhythmic gentle touch.

Light pressure.

50 minutes | Sun – Thurs £155 | Fri – Sat £165

80 minutes | Sun – Thurs £200 | Fri – Sat £210

REFLEXOLOGY

A holistic treatment, reflex points on the feet are known to represent each of the bodies systems, using compression techniques over these points stimulates the whole body to relax and rejuvenate.

Light to medium pressure.

50 minutes | Sun – Thurs £155 | Fri– Sat £165



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

A short back treatment precedes this luxurious facial treatment that will leave your skin deeply cleansed, hydrated and glowing. Includes an anti-aging hand treatment as well as a foot and lower leg massage for complete relaxation.

80 minutes | Sun – Thurs £210 | Fri – Sat £220

YOUTH REVEALING PIONEER TREATMENT

This innovative pioneer youth revealing facial with unique massage procedure stimulates micro-circulation to oxygenate and revitalise, encouraging muscle relaxation to smooth lines and wrinkles and restore skin elasticity. Includes back massage.

80 minutes | Sun – Thurs £210 | Fri – Sat £220

VITAMIN C RADIANCE FACIAL - NEW

This facial will boost collagen production, repair photo-damage, counteract free radicals, and combat the damaging collagen – compromising effects of inflammation. Vitamin C and Glycolic acid complex, skin- lifting massage techniques used through the treatment.

50 minutes | Sun – Thurs £160 | Fri – Sat £170

CLASSIC PRESCRIPTION FACIAL

This facial customised to you skin specific needs. You will spend some time with you therapist to explore the best options for your classic facial.

50 minutes | Sun – Thurs £160 | Fri – Sat £170

SKIN ESCAPE FOR MEN WRINKLE CORRECTION FIRING TREATMENT

This treatment offers true resurfacing to firm wrinkles and restructure the face. The skin will look visibly smoother and firmer, the complexion is more even, and the skin regain its freshness.

50 minutes | Sun – Thurs £160 | Fri- Sat £170

OLIGOFORCE LUMINATION - NEW

An ultra-comprehensive anti-aging treatment that brightens skin tone, reduces dark spots, and smooths away wrinkles. The perfect combination of a 20% acid facial peel and a soothing sheet mask will bring the skin radiance.

50 minutes | Sun - Thurs £160 | Fri - Sat £170

CYFOLIA ORGANIC RADIANCE PLUMPING FACIAL

Face and Eye Contour wellness ritual in which you will experience CYFOLIA's unique combination of organic products. This treatment combines comforting textures and a sequence of silky creams, a refreshing lotion, and a tailor-made massage oil to ensure infinite pleasure resulting in naturally healthy skin that's hydrated and radiant.

50 minutes | Sun - Thurs £160 | Fri- Sat £170

HYDRAFACIAL

Hydrfacial 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 £210 | Fri - Sat £220

80 minutes | Sun - Thurs £240 | Fri - Sat £260



BODY WRAPS & SCRUBS

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

KOHLER WATERS SIGNATURE WRAP

This body wrap starts with a gentle exfoliation using marine sponge, after your body is drenched with a warm oil enriched with trace elements and minerals followed by lavender petals scattered over your body. While cocooned in a wrap you will receive a detoxifying facial, followed by a scalp and face massage.

80 minutes | Sun – Thurs £200 | Fri – Sat £210

CBD SCRUB EXFOLIATION & MOISTURISE – NEW

The treatment starts with an CBD scrub exfoliation, followed by CBD oil application to completely detoxify the body, ease aches and pains to restore vitality and balance.

50 minutes | Sun – Thurs £170 | Fri – Sat £190

SEATONIC - NEW

Body wrap and firming massage. A high-performance gel wrap is applied then massage into skin to lift, tighten and prevent sagging.

50 minutes | Sun - Thurs £155 | Fri - Sat £165

GO FIGURE - NEW

This treatment commencing with body brushing and sloughing movements to stimulate lymphatic flow. Hips, thighs, and stomach are treated to detoxifying massage, using targeted techniques to help break down fatty deposits and stimulate collagen and elastic formation in the skin, after you will be enveloped in an intensive marine and mineral rich mud wrap to stimulate the metabolism and promote fat burning, treatment will finish with a frictionrub.

50 minutes | Sun - Thurs £155 | Fri - Sat £165



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

This treatment starts with a cleansing exfoliation with a Vichy shower hydro-massage, then you enter the RiverBath with a full spectrum of eight sequential color hues and invigorating whirlpool jets, the full body massage follows to complete full relaxation.

90 minutes | Sun – Thurs £210 | Fri – Sat £220

SŌK OVERFLOWING BATH WITH MASSAGE

This treatment starts with dry body brushing exfoliation, followed by Sok Overflowing bath with full spectrum of colors and champagne like bubbly hydro-massage, which will help to relax your mind and body before full body massage.

90 minutes | Sun – Thurs £210 | Fri – Sat £220



HYDROTHERAPY THERAPIES

LAVENDER RAIN-SIGNATURE

A nourishing body scrub with marine salt crystal awakens the body in a combination with a Vichy shower hydro-massage soothes it. This signature treatment includes a full body moisturizer and hot stone treatment on the back and feet.

80 minutes | Sun – Thurs £200 | Fri – Sat £210



SPA RITUALS

SEA HOLISTIC FACE & BODY RITUAL

With a combination of light strokes, pressure, and stretching, this massage using marine salt crystals and fresh lavender in warm boluses restores the body's balance. This treatment includes a full body exfoliation and mini facial treatment.

90 minutes | Sun – Thurs £210 | Fri – Sat £220

THE OUTER GLOW RITUAL

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.

90 minutes | Sun – Thurs £210 | Fri- Sat £220

ROSE QUARTZ & TRUFFLES BODY RITUAL – NEW

This indulgent treatment will leave you feeling totally relaxed from top to toe with skin transforming body massage and facial using rose quartz massage therapy accompanied with Award -Winning truffle skincare . Skin is left feeling restored and radiant.

90 minutes | Sun – Thurs £210 | Fri – Sat £220



FINISHING TREATMENTS

GOLFER'S FOOT RENEWAL - SIGNATURE TREATMENT

Restore your feet after an exhilarating day of golf. Includes a scrub, soothing mask applied to the feet and lower legs, followed by a pressure point foot massage.

50 minutes men | £82 80 minutes women | £102

HEALTHY HANDS MANICURE - SIGNATURE TREATMENT

This manicure exfoliates and moisturises. Heated spa mitts enhance the moisturising effect. Hand massage and nail polish complete this service.

50 minutes | £82

MARGARET DABBS SUPREME MANICURE

Giving outstanding results, with the indulgence of the full range of Margaret Dabbs products including, exfoliator, serum, cuticle oil and finishing with a wonderful hand and lower arm massage and nail polish complete this service.

50 minutes | £72

MARGARET DABBS SUPREME PEDICURE

Giving outstanding long-lasting results, with the indulgence of the full range of Margaret Dabbs Fabulous Feet products including exfoliation, mask and finishing with a foot bath and wonderful foot massage and nail polish complete this service.

50 minutes | £82



WAXING SERVICES

UNDERARM 20 minutes | £25

FOREARM 20 minutes | £25

CHEST WAX 20 minutes | £35

HALF LEG 20 minutes | £30

FULL LEG 30 minutes | £40

BIKINI 20 minutes | £25

BRAZILIAN 40 minutes | £45

HOLLYWOOD 50 minutes | £50

FULL LEG & BIKINI 50 minutes | £60

FULL LEG & BRAZILIAN 60 minutes | £75

FULL LEG & HOLLYWOOD 70 minutes | £80





SPA CAFE

We believe that delicious healthy food is a key element of your wellness experience at Kohler Water Spa. Our Spa Cafe offers a seasonal menu created with optimal health and welling being in mind. Using locally sourced organic ingredients our executive chef has devised a mouth-wateringly nutritious plant-based menu that looks and tastes divine.

PACKAGES & OFFERS



SIMPLY SPA

Simply time to enjoy heavenly relaxation and immerse yourself in luxury.

Includes: access to spa facilities, two course light lunch

£90 per person



KOHLER WATERS DAY SPA

Enjoy a nourishing spa day and relax in luxurious spa facilities.

Includes: A choice of 50 minute massage, 50 minute facial or 25 minute massage and 25 minute facial, access to spa facilities, one course light lunch

£155 per person

Spa Days are available from 1st April 2024 - 31st March 2025, between 10am-5pm unless stated otherwise.



HAPPY BIRTHDAY TO YOU

A day of pampering and a glass of fizz – what else do you need!

Includes: 50 minute massage or facial, access to spa facilities, one course light lunch with a glass of bubbly, a gift from your therapist.

£180 per person



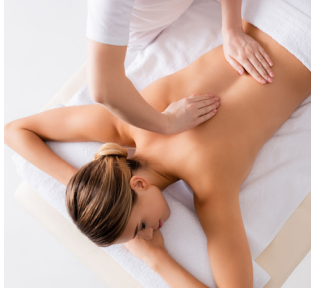
MOTHER-TO-BE

Specially designed for expectant mothers from their second trimester and post labour.

Includes: 80 minute massage and facial, access to spa facilities, one course light lunch, a gift from your therapist.

£199 per person

Spa Days are available from 1st April 2024 – 31st March 2025, between 10am–5pm unless stated otherwise.



INDULGENT RETREAT

Unwind, indulge and relax with the ultimate spa day.

Includes: 90 minute Outer Glow Ritual, access to spa facilities, two course light lunch with a glass of bubbly, a gift from your therapist.

£280 per person

Spa Days are available from 1st April 2024 - 31st March 2025, between 10am-5pm unless stated otherwise.



K O H L E R *Waters* S P A.
AT THE OLD COURSE HOTEL



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#KohlerWatersSpa

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