

## **GET READY TO RELAX**

Our treatments, therapies and rituals

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



KOHLER  
*Waters*  
SPA

## **WELCOME TO THE HOME OF HEAVENLY RELAXATION**

Give yourself the gift of balance at our beautiful Kohler Waters Spa. We've taken care of all the details to bring you a carefully curated selection of stress-busting treatments, gorgeous therapies, relaxing rituals and state-of-the-art beauty services.

As water ebbs and flows, so does life: as the only Kohler Waters Spa outside the US we're here to help you take care of yourself, find balance and renew. It's time to choose your relaxation and if you simply can't decide, my friendly team will be delighted to help you create a day of relaxation that will refresh and revitalise.

Jelena Adahovska  
Kohler Waters Spa Manager

## THE KOHLER WATERS SPA EXPERIENCE

Get ready for relaxation. As you'd expect from a Kohler Waters Spa, water flows through every element of your experience here. Our beautiful relaxation pool, paired with a stunning hydrotherapy suite, with a second pool to help your cares float away. We also have a sauna, steam room, experience showers, cold plunge pool, and special bathing treatment rooms. There are plenty of quiet corners to curl up and relax into, including our comfy relaxation lounge with complimentary drinks and snacks. And don't forget to visit our bright Spa Café, where you can eat the rainbow with our plant-forward menu that's bursting with flavour and vitality.



## **MASSAGE THERAPY**

Massage releases tension, boosts circulation and enhances wellness; a time-honoured ritual that soothes tired muscles and helps busy brains switch off from the day-to-day. Every massage therapy starts with a detailed consultation, allowing your skilled therapist to tailor your treatment to your body's needs. Release those shoulders – relaxation starts here.

### **KOHLER WATERS SIGNATURE MASSAGE**

This relaxing full-body massage has been designed by our team to completely relax your body and switch off your mind. Sink into slow, flowing movements with light to firm pressure.

80 minutes | £210

### **ON THE GREEN CBD MASSAGE**

Tight muscles, injuries or stress? Take your massage to the next level with a deeply moisturising, indulgent CBD-enhanced treatment. The healing power of aromatherapy banishes tight spots with our specially selected blend of lemongrass, eucalyptus, peppermint and bergamot essential oils, while cell-communicating CBD penetrates deeply, relaxing your mind to restore equilibrium and free movement with light to firm pressure.

50 minutes | £180   80 minutes | £230

## GOLFER'S RECOVERY MASSAGE

A personalised massage designed especially for our golfers, using passive stretches and golf balls for more intensive pressure where needed. Set yourself up for a successful round with this personalised treat.

80 minutes | £210

## HOT STONE MASSAGE

The healing power of warm basalt stones melt away tension as your therapist combines manual massage and hot stones with light to firm pressure in this full-body massage.

80 minutes | £210

## CUSTOM MASSAGE

Everybody's body is different, so let your skilled therapist tailor traditional Swedish techniques to target tension and promote relaxation. Light to firm pressure.

50 minutes | £165

## HIMALAYAN SALT STONE MASSAGE

Himalayan salt is packed with benefits, including reducing inflammation, increasing mineral absorption and moisturising dry skin. This full-body treatment begins by gently applying warm salt stones over your body to coat your skin, followed by a tailored massage with light to firm pressure to eradicate tension.

80 minutes | £210

## BEGINNING, DURING & AFTER MATERNITY MASSAGE

Safe for all stages of the pregnancy journey after the first trimester, let us cherish and cocoon you safely during this precious time. Light to medium pressure and a special pillow makes sure you feel comfy and supported throughout.

50 minutes | £165   80 minutes | £210

## MASSAGE TWO-GETHER

Enjoy a customised treatment with a friend or loved one. Our wonderful therapists use a variety of techniques and pressures to meet your body's needs. For two people, in a double treatment room.

50 minutes | £325   80 minutes | £390





## WELLNESS TREATMENTS

These beautiful treatments have been carefully designed for people undergoing medical treatment. Using the gentlest touch, they rejuvenate body and mind, leaving you feeling relaxed and tranquil. When medication, stress and the outside world are overwhelming, these rituals are designed to restore and cherish you.

Feel free to contact the team before booking if you have any questions but do rest assured your experienced therapist will be able to adapt these treatments to suit your body's current needs.

### HAND ON HEART

This treatment is especially helpful for guests undergoing medical treatment as it rejuvenates body and mind. Slow, smooth and rhythmic gentle touch using light pressure cocoons and restores.

50 minutes | £165   80 minutes | £210

### REFLEXOLOGY

This holistic treatment targets reflex points on the feet which are known to represent the body's systems. Gentle compression techniques encourages the whole body to relax, using light to medium pressure.

50 minutes | £165

## LYMPHATIC DRAINAGE TREATMENT

Gentle touch encourages the lymph nodes to drain and lymph fluids to move around the body, removing waste and toxins from tissues.

50 minutes | £165   80 minutes | £210

## **FACIAL TREATMENTS**

Whether you want to refresh your skin-care regime, target problem areas or simply relax, each facial includes a detailed consultation with your therapist to adapt your facial to your skin's unique needs. All facial treatments include cleansing, toning, exfoliation, hand and foot hydration and soothing facial massage – you'll look brighter but, more importantly, you'll feel nourished and ready to take on the world.

### **KOHLER WATERS SIGNATURE FACIAL**

After a short back treatment, this luxurious facial leaves your skin deeply cleansed, hydrated and glowing. Includes an anti-ageing hand treatment plus foot and lower-leg massage. Complete bliss.

80 minutes | £220

### **YOUTH REVEALING PIONEER TREATMENT**

An innovative treatment with a unique massage technique stimulates micro-circulation to oxygenate and revitalise, encouraging muscle relaxation which smooths lines and restores elasticity. A back massage soothes and refreshes.

80 minutes | £220

### **CLASSIC PRESCRIPTION FACIAL**

Entirely customised to your skin's needs, we begin this treatment with a detailed consultation to explore your goals for your skin in this classic facial.

50 minutes | £170

## VITAMIN C RADIANCE FACIAL

Boost collagen production, repair photo-damage, counteract free radicals and combat collagen-compromising inflammation. Your therapist will combine vitamin C and glycolic acid complex with skin-lifting massage to restore and enhance your skin.

50 minutes | £170

## SKIN ESCAPE FOR MEN WRINKLE CORRECTION FIRING TREATMENT

True resurfacing to firm wrinkles and restructure the face. Your skin will look visibly smoother and firmer, with a more even, fresh complexion.

50 minutes | £170

## OLIGOFORCE LUMINATION

An ultra-comprehensive anti-ageing treatment to brighten skin tone, reduce dark spots and smooth away wrinkles. The perfect combination of 20% acid facial peel and soothing sheet mask brings radiance.

50 minutes | £170

## CYFOLIA ORGANIC RADIANCE PLUMPING FACIAL

Experience CYFOLIA'S unique combination of organic products in this face and eye contour wellness ritual. Combining comforting textures in a sequence of silky creams, refreshing lotion and tailor-made massage oil results in naturally healthy, hydrated and radiant skin.

50 minutes | £170

## HYDRAFACIAL

Advanced medical-grade skin treatment targeting fine lines and wrinkles, oily and congested skin, rosacea and hyperpigmentation. Hydrafacial softens the appearance of large pores, improves skin texture and tone, and helps repair sun damage for all skin types.

50 minutes | £220   80 minutes | £260



## **BODY TREATMENTS**

Our skin is our largest organ. It covers us, protects us and regulates us. It can even repair itself - it's truly miraculous. Yet we often neglect to nurture the skin we're in. These beautiful treatments improve texture, reduce lines and allow state-of-the-art moisturisers and antioxidants to penetrate deeply, to nurture, rejuvenate and refresh your skin.

### **KOHLER WATERS SIGNATURE WRAP**

Begins with a gentle exfoliation using marine sponge, before drenching your body in warm oil enriched with trace elements and minerals and scattering you with lavender petals. While cocooned, your therapist will carry out a detoxifying facial followed by a scalp and face massage.

80 minutes | £210

### **CBD SCRUB EXFOLIATION & MOISTURISE**

After a CBD scrub exfoliation, CBD oil is applied to completely detoxify the body, easing aches and pains to restore vitality and balance.

50 minutes | £190

### **SEATONIC**

This body wrap and firming massage uses a high-performance gel wrap which is massaged into your skin to lift, tighten and erase sagging.

50 minutes | £165



## GO FIGURE

Starting with body brushing and sloughing to stimulate lymphatic flow, the hips, thighs and stomach are treated to a detoxifying massage to help break down fatty deposits and stimulate collagen and elastic formation. You'll then be enveloped in an intensive marine and mineral-rich mud wrap to stimulate the metabolism and promote fat-burning. The treatment ends with a friction rub.

50 minutes | £165



## **HYDROTHERAPY TREATMENTS**

'Salus per aquam' – Latin for 'health through water' – is one of our guiding principles at the Kohler Waters Spa. Hot water soothes and quiets, slowing things down; while cold water stimulates and invigorates. Our bathing rituals balance the healing powers of water to relax and restore, often in combination with massage therapy.

Not recommended during pregnancy.

### **LAVENDER RAIN-SIGNATURE**

A nourishing body scrub with marine salt crystal awakens, before a Vichy shower hydro-massage soothes. This signature treatment also includes a full-body moisturiser and hot stone treatment for back and feet.

80 minutes | £210

### **RIVERBATH WITH MASSAGE**

Begin with a cleansing exfoliation with Vichy shower hydro-massage, then enter the RiverBath with full spectrum of eight colour hues and invigorating whirlpool jets. A full body massage follows for full relaxation.

90 minutes | £220

### **SŌK OVERFLOWING BATH WITH MASSAGE**

After dry body-brushing to exfoliate, sink into the Sok Overflowing Bath with full spectrum colours and a champagne-style bubbly hydro-massage to totally relax your body and mind. Followed by a fully body massage.

90 minutes | £220



## **SPA RITUALS**

These gloriously indulgent rituals combine powerful treatments to release tension, relax your body and rejuvenate your skin. Whether you're getting ready for a special occasion, celebrating a milestone or simply crave a little you time, they're the perfect pick-me-up. Pull on a robe and prepare to leave the cares of the world behind you.

### **SEA HOLISTIC FACE & BODY RITUAL**

Combining light strokes, pressure and stretching, this ritual includes a massage using marine salt crystals and warmed fresh lavender to restore your balance. Also includes a full body exfoliation and mini-facial.

90 minutes | £220

### **THE OUTER GLOW RITUAL**

Starting with full-body exfoliation using our unique scrub, a full-body massage using nourishing oil and mini-facial follow. Invigorating and refreshing, this all-over treat leaves your skin revitalised and hydrated from top-to-toe.

90 minutes | £220

### **ROSE QUARTZ & TRUFFLES BODY RITUAL**

Skin-transforming body massage and a facial with rose quartz massage therapy leaves you feeling totally relaxed. Our award-winning truffle skincare finishes to leave your skin restored and radiant.

90 minutes | £220

## **HAND & FOOT TREATMENTS**

Never forget the power of a mani or pedi. Whether you've had a long day on the green or simply want to update your nail colour, these lovely treatments pay attention to the details – so as well as pretty nails, you emerge feeling pampered and relaxed.

### **GOLFER'S FOOT RENEWAL – SIGNATURE TREATMENT**

Restore your tired feet after an exhilarating day on The Duke's Course. Includes a scrub, a soothing mask for feet and lower legs, with pressure-point foot massage.

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

### **HEALTHY HANDS MANICURE – SIGNATURE TREATMENT**

Heated spa mitts enhance exfoliation and moisture treatments. A hand massage and nail polish complete the treat.

50 minutes | £82

### **MARGARET DABBS SUPREME MANICURE**

Outstanding results with the full range of Margaret Dabbs products including exfoliator, serum and cuticle oil. A wonderful hand and lower arm massage and nail polish make sure you feel as good as your nails look.

50 minutes | £72

## MARGARET DABBS SUPREME PEDICURE

Long-standing results with the full range of Margaret Dabbs Fabulous Feet products, including exfoliation and mask. A foot bath, wonderful foot massage and nail polish finishes everything off beautifully.

50 minutes | £82

## **WAXING SERVICES**

Let our skilled therapists leave you silky-smooth with our range of 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**

Eat the rainbow in our light, bright, sunshiny Spa Café. Delicious, healthy food is a vital part of your wellness experience, and our new plant-forward menu bursts with vitality and colour – it's food that looks good, tastes good and does you good.

## DAY SPA RETREATS

If you simply can't choose, or if you're looking for the ultimate relaxation, our specially curated Day Spa Retreats combine our signature treatments to create a beautifully decadent day. Enjoy with friends or a loved one, or simply revel in blissful solitude; whatever you choose, we promise our Day Retreats will put a spring in your step and a smile on your face. All you need to bring is your swimming costume – we'll take care of all the details. Let the relaxation commence.

### TIME OUT

Give yourself the gift of time. Step away from the busy world into a heavenly escape, with full access to our gorgeous Kohler Waters Spa. Float away in our two pools, melt tension in the steam room, stretch out in the sauna, and nourish yourself with a delicious, vibrant lunch in our bright, light Spa Café  
£90 per person

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

## EXHALE

Take time to breathe. With two delicious treatments: a rejuvenating 25 minute facial accompanied by a wickedly relaxing 25 minute massage. Then your time is your own: dip in the pools, stretch out in the sauna and fuel yourself with a delicious lunch in our plant-forward airy Spa Café. Whatever the season – start off right, with you time.

£155 per person

## BIRTHDAY TIME

It's your birthday, so celebrate with us! Choose from a 50 minute massage or facial, then immerse yourself in our beautiful Kohler Waters Spa before enjoying a leisurely, healthy lunch in the Spa Café (with a glass of fizz, of course). Bring your BFF or, if your idea of a perfect present is perfect peace, just bring yourself – we'll take care of all the rest.

£180 per person

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## MUM-TO-BE

Pregnancy is a such a beautiful time: our mum-to-be spa day is specially designed to cocoon and support you safely through your pregnancy journey. Alternatively, this package is a perfect post-delivery pick-me-up for new mums. Let our skilled therapists take care of you, with an 80 minute massage and facial, before relaxing into our Kohler Waters Spa. A healthy, pregnancy-safe lunch in our Spa Café is also included.

£199 per person

## ESCAPE

Robe on. Enjoy everything our beautiful spa has to offer with this extra-indulgent day. Relax into your therapist's skilled hands with a 90 minute outer glow ritual, tailored to melt away stress, before soaking in the mineral-rich waters of our Kohler Waters Spa. With a delicious plant-forward two course lunch in our Spa Café with a glass of fizz included, you'll emerge restored and rejuvenated. Ready to take on the world.

£280 per person

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