

Inside Out Spa Journeys

Cruachan Spa Journey £85

An ultimate luxury spa package. Starting the journey with body brushing followed with our coconut sugar body polish and soothing soufflé moisturiser to relax the senses before our rejuvenating facial to boost skin condition to leave it looking smooth and supple, finishing with a hot stone back neck ,shoulder and facial massage completes the treatment, leaving you soothed and relaxed. 2hr 30min inc. 15min rest time.

Ochils Spa Journey £65

A detoxifying spa package that offers total body experience. Starting the journey with body brushing followed by our coconut sugar body polish and soothing soufflé moisturiser to awaken the senses before our revitalising facial to boost skin condition, leaving it bright and revived. A full body massage with bespoke massage techniques to leave you feeling relaxed, revived and rejuvenated. 2hr 15min inc. 15min rest time.

Choose between 30min Revitalising facial and full body massage or 60min Rejuvenating facial and Back Neck and shoulder massage.

Campsie Spa Journey £55

A therapeutic spa package that offers total relaxation. Starting the journey with body brushing followed by our our coconut sugar body polish and soothing soufflé moisturiser to soothe the senses before our revitalising facial to boost skin condition finishing with facial hot stone massage to leave you feeling relaxed, revived and rejuvenated. 1hr 45min inc. 15min rest time.

Escape Spa Journey £45

Starting the journey with a deeply relaxing Indian head massage followed with a revitalising facial to boost skin condition. Includes a relaxing foot massage. 1hr 15min inc. 15min rest time.

All journeys are available as vouchers for the ultimate luxury gift



Spa Therapies & Luxury Spa Journeys

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INSIDE OUT LIFESTYLE SPA

Inside Out is Stirling's first Lifestyle Spa. A contemporary way to compliment today's way of living.

Opened in 2009, the Lifestyle Spa was established through the desire to provide traditional spa therapies together with the popular hair, nails and beauty treatments before adding an array of specialist therapies to offer a complete lifestyle service for the convenience of our clients all under one roof.

Within our serene environment, complete with fully equipped treatment rooms, our highly qualified therapists aim to make your visit as relaxing and memorable as possible, so much so you can't wait to return.

Our philosophy is to make our client's look and feel fabulous, from Inside Out.

PEDICURE

Mavala and OPI are both recognised as a world leading manufacturers of professional nail care products, formulated to be long lasting and chip resistant with seasonal and limited edition collections consistently complimenting the latest trends

Please Note: Bring open toe shoes for any foot treatment so not to smudge your newly polished toes.

File and Polish £12

Nails are shaped and polished. Perfect for quick fixes or in between treatments.

Pedicure £20

An ideal treatment to keep busy feet on the go. Includes nail tidy and soak with exfoliation and moisturise with foot massage to finish and application of colour.

Luxury Spa Pedicure £30

Full pedicure including exfoliation, hydration and refreshing massage technique to restore tired feet, finishing with foot massage soothing the skin leaving your feet beautiful and soft.

Add Hot stones or Paraffin Wax to any Pedi treatment for £5

MANICURE

Mavala and OPI are both recognised as a world leading manufacturers of professional nail care products, formulated to be long lasting and chip resistant with seasonal and limited edition collections consistently complimenting the latest trends.

File and Polish £10

Includes nail shape and polish. Perfect for quick fixes or in between treatments.

Manicure £17

Nails are shaped, cuticles tidied then hands are moisturised with relaxing hand and arm massage with nails buffed and polished with application of polish.

Luxury Spa Manicure £27

A truly luxurious spa treatment for your hands. Nails are shaped, cuticles tidied and soaked, hands are then exfoliated and a moisture mask applied then placed into heated mitts and finished off with hand and arm massage then nails buffed and application of polish.

Add Hot stones or Paraffin Wax to any Mani treatment for £5

SPA THERAPY TREATMENTS

Body Wrap Treatment £35

Our wrap absorbs dirt and oils and cleanses the skin while stimulating and nourishing it with minerals. The unique product rejuvenates the skin and leaves it revitalised, soft and supple.

Relieves pain in muscles and joints and releases the body from stress and tension, leaving the body feeling invigorated and refreshed. Includes Scalp massage.

Body Glow Treatment £25

Starting with light body brushing before moving on to our coconut sugar body exfoliation which will increase skin tone and smooth texture of skin to leave it looking brighter, supple and oozing radiance. Finishing with silky soufflé moisturiser to leave skin soft and scented.

Balancing Back Treatment £30

An individual treatment specially for backs. Starting with exfoliation, application of a deep cleansing mask, then deep heat paraffin wax before lightly massaging moisturiser in to finish. A luxurious treatment, Soothing and softening to leave skin looking supple.

SKIN THERAPY

Rejuvenating Facial £35

A 1 hour classic bespoke facial to achieve radiant looking skin. This 60 min treatment is individually customised for all skin types, the facial will begin with a consultation with your therapist before moving on to a thorough double cleanse including steam followed by exfoliation and application of paraffin wax, the heat of which enables extraction. A treatment mask is then applied before removing with hot soaked cloths and applying a cold compress and facial spritz then finishing with a facial massage and moisturise.

Revitalising Facial £18

A 30 minute revitalising pick me up facial designed to give skin a boost in this 30 min treatment to achieve revitalised looking skin. Individually customised for all skin types, the facial will begin with a consultation with your therapist before moving on to a thorough double cleanse followed by exfoliation and a treatment mask is then applied before removing with hot soaked cloths and applying a cold compress and facial spritz then finishing with moisturiser.

Therapeutic Hot Stone Facial £28

A 45 minute therapeutic facial designed to give skin a therapeutic boost to achieve revitalised looking skin. Individually customised for all skin types, the facial will begin with a consultation with your therapist before moving on to a thorough double cleanse followed by steam exfoliation and a treatment mask is then applied and removed with hot soaked cloths and applying a deeply therapeutic hot stone massage to deepen the sense of relaxation before finishing with moisturiser.

THERAPUTIC MASSAGE THERAPY

When you come to Inside Out you will be calmed and soothed by the warm lighting and gentle music.. You will leave the spa feeling refreshed, relaxed and revitalised.

All Inside Out massages are customised to your individual preferences. Your therapist will identify the suitable blends of oils and massage techniques to achieve the state of body and mind you desire. Regular massages have the option to buy a course and get six for the price of five.

Swedish Massage

A popular massage designed to soothe tired muscles helping ease stress. Will help improve tone, circulation, remove toxins and decrease cellulite. You can literally feel the tension leaving your muscles.

Full Body	£30
Back Neck and Shoulders	£18

Aromatherapy Massage

Drift away in sheer bliss with a personalised massage combined with essential oils to help you relax, energise or revitalise your mind and body. Can help with insomnia, cleansing, PMT, stress, muscle ache and many more.

Full Body	£45
Back Neck and Shoulders	£25

Hot Stone Massage

A wonderfully therapeutic treatment using smooth heated stones to place on the body to allow the gentle warmth to penetrate. This treatment is sheer indulgence and is particularly beneficial for those who suffer from muscular tension.

Full Body	£45
Back Neck Shoulders	£30
Face, Neck & Shoulders	£20