



# WELLNESS AT GLENEAGLES

The perfect place to escape, relax and unwind, our luxurious Wellness area has two indoor pools, one outdoor Hydrotherapy pool, a bubble pool and a thermal suite. There's also a state-of-the-art gym where you can enjoy a wide range of fitness classes, seven days a week. During your stay you can also book a personal workout and assessment with one of our highly qualified fitness instructors.

## OPENING HOURS

Monday – Friday: 6.30am – 10.00pm  
Saturday & Sunday: 7.00am – 10.00pm

# BOB & CLOCHE

Located just a stone's throw from the hotel, Bob and Cloche's various beauty rooms — including a nail bar, pedicure room and hairstyling room — offer a complete service from our highly qualified beauty team. A stylish relaxation area, with its roaring fire and deep velvet sofas, is the perfect place to unwind and chat between treatments, while the luxurious dressing room adds glamour and fun to the ritual of trying on outfits and perfecting a look before dinner.

## OPENING HOURS

Tuesday — Saturday: 9.00am — 6.00pm

## BOB & CLOCHE TARRIFF

### NAILS

Gel Manicure	£85
Gel Pedicure	£87
Gleneagles Luxury Manicure	£70
Gleneagles Luxury Pedicure	£72
Gleneagles Manicure	£35
Gleneagles Pedicure	£37

### HAIR

Blowdry	from £68
Hair Up	from £64
Heat Styling	from £43
Cut and Blowdry	from £71
1/2 highlights	from £81
Full head highlights	from £102

*Bespoke bridal, group and in-room packages are available.  
Please chat to a member of the Bob & Cloche team.*





# THE SPA

Set in glorious surroundings and drawing inspiration from both the natural botanicals of Perthshire and wellness traditions from around the world, our treatments offer relief, recovery and renewal from the stresses of everyday life.

With beautiful new spaces for relaxation, restoration and rejuvenation, a range of Gleneagles oil blends featuring natural botanicals from the Perthshire countryside, and bespoke treatments and experiences designed in collaboration with some of the worlds leading wellness brands, The Spa at Gleneagles is a celebration of health, happiness and life itself.

With a huge variety of treatments to choose from, here are just a few of our favourites. Pop into The Spa to chat to our team of therapists about the ideal treatment for you.

## OPENING HOURS

Monday – Sunday: 8.30am – 7.30pm

## GLENEAGLES SIGNATURE TREATMENT

The Long Exhale *120 minutes*

Our unique signature treatment is designed to restore balance to your body and serenity to the mind. Relax as the sensation of warm Jade Wavestones glide along your body in rhythm and flow. This treatment includes full body stretches delivered with Flax Seed, Borage and Sea buckthorn oils infused with Neroli, Rose Otto and Sandalwood balm your being with calm. It completes with a Jade Comb Facial Massage and Scalp Massage leaving you radiant with life force.

## TATA HARPER TREATMENTS

Balancing & Grounding Facial *50 minutes*

Using singing bowl ritual and calm-inducing breathing this treatment encourages positive emotions to soothe your busy mind. A face mapping therapy and kinetique face massage melt away stress and tension. Warming experience will transport you to a sensorial journey.

## DR. BARBARA STURM TREATMENTS

Super Anti-Aging *80 minutes*

The Super Anti-Aging Facial replenishes moisture reservoirs, promotes the skin's natural barrier function and reduces the appearance of fine lines and wrinkles, resulting in a smoother and more youthful complexion.

## SPA TARIFF

### WELLNESS AT GLENEAGLES

The Long Exhale	
<i>Gleneagles Signature Treatment</i>	
120 minutes	£290
The Recovery	
<i>Deep Tissue Massage</i>	
50 minute	£185
The Highland Healer	
<i>Hot Stone Massage</i>	
50 minutes	£185
80 minutes	£235
Be in the Moment	
<i>Personalised Massage</i>	
50 minutes	£175
80 minutes	£225
Renewal Radiance	
<i>Gleneagles Body Ritual</i>	
80 minutes	£225
Marma Awakening	
<i>Ayurvedic Ritual</i>	
80 minutes	£245
Personalised Wellness Therapy	
90 minutes	£290

*All Wellness at Gleneagles treatments of 80 minutes or more include an introductory Salt, Heather & Honey Foot Ritual.*

## SPA TARIFF

### TATA HARPER

Balancing & Grounding Facial	
<i>Facial: 50 minutes</i>	£205
<i>Facial: 80 minutes</i>	£235
<i>Retreat: 110 minutes</i>	£295
Soothe & Rest	
<i>Facial: 50 minutes</i>	£205
<i>Facial: 80 minutes</i>	£235
<i>Retreat: 110 minutes</i>	£295
Illuminate & Energise	
<i>Facial: 50 minutes</i>	£205
<i>Facial: 80 minutes</i>	£285
<i>Retreat: 110 minutes</i>	£295

### DR. BARBARA STURM

Glow Facial	
45 minutes	£195
Super Anti-Aging	
80 minutes	£350
90 minutes	£430
Brightening	
60 minutes	£265
Clarifying	
75 minutes	£290
For Men	
60 minutes	£270