

# the angus hotel

## Welcome

**Vital Health and Beauty** at the Angus Hotel is a brand new service where we offer our guests a range of top quality treatments carried out by our in-house fully qualified beauty and holistic therapist Suzanne Barclay, using the best products.



The information found on the rear of this sheet has been compiled to guide you through the choice of therapies prior to your visit. It has been divided into sections with clear headings covering each area of treatment.



## Pre-Book Your Treatment

To ensure your booking is guaranteed we request that all treatments are pre-booked, ideally at least 72 hours before your arrival, however we will try to accommodate all requests even if they are on the day.

If you are a first time or a regular visitor we invite you to select your preferred treatments from the list shown over then to book by calling reception on 01250 872 455. We will then call you back to confirm availability

**Now all you have to do is lie back and relax!**

## Vital Health and Beauty

# the treatment list

<b>Facial Treatments</b>	<b>Prices</b>
Mini Facial (30 minutes)	<b>£20</b>
Full Facial (1 hour)	<b>£40</b>
<b>Massages</b>	
Full Body Swedish Massage (1 hour)	<b>£40</b>
Back Massage (20 minutes)	<b>£20</b>
Anti-stress Massage (20 minutes)	<b>£20</b>
Aromatherapy Massage (1 hour)	<b>£40</b>
Full Body Hot Stone Massage (1½ hours)	<b>£60</b>
Hot Stone Back Massage (45 minutes)	<b>£30</b>
Indian Head Massage (45 minutes)	<b>£30</b>
Thermal Auricular Therapy (Hopi Ear Candles) (45 minutes)	<b>£35</b>

## **Terms and Conditions**

- Treatments and activities must be booked in advance.
- All treatment requests will be confirmed subject to a review of your health questionnaire, which must be completed on arrival at the treatment room
- All natural therapies are conducted by Specialist Practitioners and are subject to availability, therefore, treatment availability cannot be confirmed until you arrive.
- The set of guidelines for contra-indications is not an exhaustive list and only serves to highlight some of the main medical indicators where treatments may not be advised. If you have any health concerns regarding your suitability for treatments or activities, please consult your GP prior to arrival.
- Bookings cancelled with less than 24 hours notice will be subject to a 50% cancellation fee
- Please note, services and treatments are subject to change, or withdrawal without prior notice.

## **Health Advice**

It is essential that we know the relevant facts about your health as some treatments and activities may not be suitable for guests with particular health problems. We ask you to complete a health questionnaire on arrival at the treatment room. Vital Health and Beauty at the Angus Hotel is not a medical centre and our staff are not trained medical practitioners. If you have had, or are suffering from ill health, abnormal blood pressure or any other medical condition, we strongly advise you speak to a doctor prior to arrival to satisfy yourself that you can make full use of all our facilities. In some instances we may require written confirmation from your doctor or to sign a disclaimer.

**Make your booking by calling 01250 872 455 or emailing [reservations@theangushotel.com](mailto:reservations@theangushotel.com)**