



# AOGA Weekend 2022

## SPA Appointment Booking Form



### ***The Highland Healer – Hot Stone Massage***

For when you need downtime to regain your strength, energy, and vitality. We apply warm healing Basalt stones to specific chakra points to balance the body and mind. The heated stones blended with muscle-soothing oils are massaged in slow and fluid movements to ground and nurture. Recommended for stress, deep relaxation, and sleep issues. Emerge feeling calm, balanced, and inspired.

### ***Be in the Moment – Personalised Massage***

Every day is different. Everyone is unique. Our body tells us what we need. Experience a sensory journey and your therapist will curate a massage honouring your individual needs. This treatment blends holistic bodywork to remedy any areas of concern and return you to equilibrium. No two treatments will ever be the same. Depart feeling relaxed and restored.

### ***Tata Harper Balancing and Grounding Facial***

Designed to balance the delicate facial skin, leaving it glowing with health. Bringing peace, rest, comfort, calmness, and harmony to your body. 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.

### ***Tata Harper Sooth and Rest Facial***

Soothing treatments calm and comfort helping to restore the skin's defence system. Experience the complete rest so your body will be able to operate optimally and regenerate naturally. Facial: Focusing on lymphatic drainage to ease physical tension while sleep enhancing breathing technique gets you to serenity. A truly soothing and calming facial is suitable for irritated or inflamed skin, helping to restore the skin's defence system. The result is a healthy complexion and a relaxed state of mind.

### ***Tata Harper Illuminate and Energize Facial***

Crafted to deliver a flawless, radiant skin through stimulation of cellular renewal. Represent lightness, transformation, and enhanced engagement in an activity. Tuning fork ritual helps to revitalize your body by focusing on facial marma points to remove any internal blockages and stimulate the flow of energy. Your skin will be instantly brighter and refined with the use of natural multi-acid peel in this treatment. Targeted oxygenic massage will repair and strengthen the skin.

When guest are looking to make an appointment please email both [spa.host@gleneagles.com](mailto:spa.host@gleneagles.com) and [alix.meiklejohn@gleneagles.com](mailto:alix.meiklejohn@gleneagles.com) with the following information:

Name: \_\_\_\_\_

Contact Email & Mobile No: \_\_\_\_\_

Company Sponsor Name: \_\_\_\_\_

Treatment required: \_\_\_\_\_

Date: \_\_\_\_\_

Preferred Time: \_\_\_\_\_

*(Gleneagles will work to accommodate as close to this time as possible)*