

# MENU OF TREATMENTS

K O H L E R  
*Waters*  
S P A.  
AT THE OLD COURSE HOTEL



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## WELCOME TO KOHLER WATERS SPA

Water is essential to life. As water ebbs and flows, so do our lives. At Kohler Waters Spa we help you de-stress, reconnect and take care of you.

Immerse yourself in innovation water treatments, therapeutic massages and results-oriented facial and body treatments. Living a life of balance is a gift. Enjoy.

### **Garrett Mersberger**

Director - Wellness Businesses  
Kohler Co.

## THERMAL SUITE EXPERIENCE

Leave the world behind in our signature Thermal Suite. This water sanctuary for men and women is anchored by three distinct water experiences; the oversized hydrotherapy pool with swan-neck jet spray, the cool plunge pool and the deluge showers. Enjoy the Thermal Suite in conjunction with your spa treatments.

Begin your experience with the KOHLER deluge shower, a cleansing ritual featuring overhead laminar flow. Then immerse yourself in our oversized hydrotherapy whirlpool, offering both invigorating and effervescent water experiences. While there, soak in the swan-neck jet spray to wash away stress in your upper shoulder or lower back area. Following the hydrotherapy pool, enter the 8-foot cool plunge pool for a refreshing dip. Afterward, rest in the Japanese steam room, or spend 10 minutes in our dry-heat sauna with light therapy to help stimulate blood flow and eliminate toxins, followed by a glass of water to replenish and revive your body. Finally, restore your mind and body poolside to the sounds of our 8-foot waterfall, or return to the relaxation lounge for a spot of tea. Whatever your desire, you can create it within our Thermal Suite.

## DEEP RELAXATION ROOM

To enhance your treatment experience, enjoy the quiet and tranquil surroundings of our new Deep Relaxation Room. With the luxurious chaise lounges, subdued lighting and a selection of well-being beverages and amenities, you can relax deeply for the ultimate pre and post-treatment experience.

## MASSAGE THERAPIES

### BAMBOO BLISS - NEW

Melt away tension through the skillful manipulation of warm bamboo. This full-body massage uses strokes similar to a Swedish-style massage with the combined effect of deeper work.

*Not recommended during pregnancy.*

80 minutes - £106

Saturday - £116

### ALL THINGS KOHLER MASSAGE - SIGNATURE TREATMENT

Discover A KOHLER Experience from a relaxing footbath in a KOHLER custom-made sink to a harmonious full-body massage.

80 minutes - £106

Saturday - £116

### DETOX DE'LITE TREATMENT

Beginning with a dry-body brushing to boost circulation, this massage features cold and warm stones, cinnamon oil and pressure point stimulation to promote wellness and relaxation.

80 minutes - £106

Saturday - £116

### CUSTOM MESSAGE

A massage customised to meet the wellness needs of your body.

50 minutes - £94

Saturday - £104

80 minutes - £106

Saturday - £116

### DEEP TISSUE MASSAGE

50 minutes - £104

Saturday - £114

80 minutes - £116

Saturday - £126

### AROMATHERAPY MASSAGE

After a brief consultation, your therapist will help you choose a blend of essential oils to perform a personalised aromatic massage.

*Not recommended during pregnancy. Time includes consultation.*

80 minutes - £116

Saturday - £126

### GOLFER'S MASSAGE

Designed to ease tension and increase flexibility, the therapist personalises the massage to your specific needs while concentrating on the shoulders, upper back, chest/hips as well as forearms and wrists.

50 minutes - £94

Saturday - £104

80 minutes - £106

Saturday - £116

### NORTH SEA STONE MASSAGE

Heated basalt stones are placed on reflex points and along the spine to relax the muscles. Sweeping strokes of the warm stones release tension and promote energy flow to the body and spirit.

80 minutes - £116

Saturday - £126

### MATERNITY MASSAGE

A soothing and comforting massage for the mother-to-be.

50 minutes - £94

Saturday - £104

## HYDROTHERAPY TREATMENTS

*Salus per Aquam*, a Latin translation for health through water. Generally speaking, heat is used to quiet and soothe the body and slow down the activity of internal organs. Cold is used to stimulate and invigorate, increasing activity within the body.

### **RAIN MAN - NEW**

Designed for men, this warm Vichy shower experience includes hot stones on the back and feet, a full-body exfoliation and our signature John Michael Kohler moisturiser.

50 minutes - £100

Saturday - £110

### **BAMBOO CONTOURING DRIZZLE**

Illuminate your body from head to toe with this results-driven treatment that refines and firms while promoting detoxification. Our brightening scrub, slimming serum and firming cream help contour the body.

50 minutes - £100

Saturday - £110

80 minutes - £114

Saturday - £124

### **AROMATIC INFUSION**

A stress-relieving pressure point massage is performed on the body under the warm Vichy shower, followed by an aromatic organic exfoliation scrub. The experience continues with a soak in the RiverBath. An application of moisturising oil is applied to the body for a complete infusion of nutrients for the skin.

80 minutes - £114

Saturday - £124

### **LAVENDER RAIN**

This special treatment features a lavender and eucalyptus exfoliation to increase circulation and awaken your body. Followed by a warm Vichy shower, a lavender-infused wrap envelops the body. A full-body moisturiser, including soothing foot and scalp massages, completes this water treatment.

50 minutes - £100

Saturday - £110

## **TESTIMONIAL**

*"I have always had the best experience while I am there. My friends loved everything also. This was their first experience and described their massages as out-of-body experiences. We all had a great relaxing time."*

## BATHING TREATMENTS

Experience the healthy benefits of bathing for improved sleep, relaxation and overall well-being.

All Kohler Waters Spa bathing treatments use healing properties of dried seawater for remineralisation of the body.

### RIVERBATH WITH MASSAGE

Bring calm to your body and spirit with a cleansing exfoliation followed by a Vichy hydro-massage. Then enter the RiverBath by Kohler with a full spectrum of eight sequential colour hues and invigorating whirlpool jets. A 50-minute massage follows for complete relaxation.

80 minutes - £114

Saturday - £124

### SŌK OVERFLOWING BATH WITH MASSAGE

Submerge from the top of your shoulders in the sōk overflowing bath by Kohler. The chromatherapy full-colour spectrum feature takes you through a bathing rainbow. A dry-body brushing exfoliation prepares the body for mineral absorption in the bath.

A 50-minute massage completes this rejuvenating experience..

50 minutes - £114

Saturday - £124

## TESTIMONIAL

*“Your spa is beautiful and the level of service is amazing. I was made to feel comfortable with the service, and the facilities are very beautiful and clean.”*



## FACIALS

### KOHLER WATERS FACIAL - SIGNATURE TREATMENT

Customised for your skin's specific needs, this luxurious treatment increases hydration, firms and tones. Antioxidants nourish the skin and leave a vibrant glow.

*Not recommended during pregnancy.*

80 minutes - £106

Saturday - £116

### Add an eye, lip or chin wax.

80 minutes - £116

Saturday - £126

### MICRO-CURRENT LIFTING FACIAL

LED red light and impulse micro-currents awaken cell function, accelerate cell repair and re-educate muscle tone. Infusions of essential nutrients are applied with cutting-edge transdermal-delivery technology.

*Not recommended if you have certain medical conditions. Your skin care professional will provide a medical intake prior to performing this treatment.*

80 minutes - £125

Saturday - £135

### VITA-D FORTIFIED BRIGHTENING FACIAL

These powerful natural skin-nourishing proteins restore depleted, damaged cells to a more vibrant condition. This advanced treatment resurfaces damaged skin cells to open pathways for the nourishing benefits of the SGF-4 technology. Collagen is stimulated, fine lines and wrinkles are plumped for a smoother appearance. Antioxidant-rich vitamins C and A complete the facial to enhance restoration and tone.

80 minutes - £94

Saturday - £104

### CLASSIC FACIAL

A blend of marine-quality botanicals cleanses and purifies the skin. A personalised skin care analysis determines which products best suit your needs.

50 minutes - £94

Saturday - £104

### FACIAL ENHANCEMENTS

£15 per treatment

### EYE RESCUE

This invigoration treatment smoothes, hydrates and firms your eye area to relieve the appearance of fatigue and fine lines.

### PURE VITAMIN C\*

This antioxidant treatment instantly smoothes your skin and stimulates collagen production.

### INTENSIVE REPAIR\*

Highly concentrated, this cell rejuvenation treatment uses healing nutrients to improve skin colour and texture.

*\* Remaining ampoule product is yours to use at home.*

## BODY SERVICES

Exfoliation improves the texture of your skin, helps reduce lines and allows deeper absorption of moisturisers and antioxidants. We recommend absence of shaving prior to body treatments.

*Body treatments are not recommended during pregnancy.*

### **TURKISH SALT SCRUB**

An invigorating thermal salt exfoliation is applied utilising salt rich in mineral and trace elements, mixed with essential oil. After a refreshing KOHLER showering experience, a warm coat of body butter is applied. Stimulates circulation.

50 minutes - £94

Saturday - £104

### **SOUL TO SOLE**

A complete head-to-toe rejuvenation begins with a drizzling of a warming body oil. This is followed by a body mask that is worked into the skin for an exfoliating effect and left on the skin to allow the Moroccan rhassoul body clay, infused with ylang-ylang, to purify, cleanse and detoxify. While you are cocooned in a de-stress body wrap, a pressure point scalp hair treatment and a muscle-release foot massage are performed. A relaxing facial massage with a mini facial treatment to hydrate and tone the skin finished this spirit-lifting experience.

80 minutes - £106

Saturday - £116

### **SEA LIME SIGH**

Warm oil and lime salts exfoliate to reveal smoother, hydrated and invigorated skin.

50 minutes - £94

Saturday - £104



## FINISHING SPA TREATMENTS

### ROCKIN' MOROCCAN MANICURE

Hands are exfoliated with an orange-peel scrub, followed by a honey lavender-scented treatment. The service concludes with a choice of our citrus-scented enriched hand cream or signature-scented body soufflé.

50 minutes - £47

Saturday - £57

### TOTALLY NAILS EXPERIENCE

Enjoy a Neat Feet Pedicure and Healthy Hands Manicure.

Two 50-minute treatments

£94

French - £104

Shellac - £104

### SHELLAC MANICURE

Enjoy the option of a Shellac polish treatment for your 50-minute manicure. Shellac offers a 14-day wear with no dry time and a beautiful mirror nail finish. It is hypoallergenic and contains no formaldehyde, toluene or DBP with an easy, non-damaging removal.

50 minutes - £57

### HEALTHY HANDS MANICURE

Using our Hollyhock signature scent, this manicure exfoliates and moisturises. Following a paraffin mask, heated spa mitts enhance the moisturising effect. Hand massage and nail polish complete this service.

50 minutes - £47

French - £57

### FINAL TOUCH POLISH CHANGE

This mini nail service includes a brief file followed by a finishing touch nail polish.

25 minutes - £30

### NEAT FEET PEDICURE - SIGNATURE TREATMENT

Re-energise overworked feet with a warming salt scrub exfoliation. Warm stones are placed between the toes to soothe and relax.

50 minutes - £57

### HEALTHY SOLES PEDICURE

Natural beach sand, quartz crystals and alpha-hydroxy acids create a multiple exfoliation experience. Your feet are wrapped in a cooling marine mask for a rich, moisturising treatment followed by a foot massage, pedicure and polish.

80 minutes - £67

### GOLFER'S FOOT RENEWAL

Restore your feet after an exhilarating day of golf, includes a warm mud mask applied to the feet followed by a scrub and soothing foot massage. Includes a full pedicure.

50 minutes - men - £57

80 minutes - women - £72

## MAKEUP

### CONSULTATION AND COLOUR MATCHING

After consultation and colour matching to your skin type, a mineral-based makeup is applied to create your perfect look.

50 minutes - £45

### THE RED CARPET LOOK

Enjoy a celebrity beauty treatment with a makeup application for your special occasion.

50 minutes - £45

## TESTIMONIAL

*"From the moment we arrived, our visit was excellent. Your staff, both hotel check-in and the spa, was outstanding. We had a memorable experience. Thank you."*

## FOR THE GENTS

### RAIN MAN - NEW

Designed for men, this warm Vichy shower experience includes hot stones on the back and feet, a full-body exfoliation and our signature John Michael Kohler moisturiser.

50 minutes £100

Saturday £110

### GENTLEMAN'S SKIN CARE TREATMENT

Popular among our male spa guests, this facial uses products designed with men in mind. A customised mask will purify, sooth and hydrate your skin. You can choose a 25-minute pick-me-up or an indulgent 50-minute service that includes a warm mudpack on the spine to relieve muscle tension.

50 minutes £94

Saturday £104

### GOLFER'S MASSAGE

Designed to ease tension and increase flexibility, the therapist personalises the massage to your specific concerns, concentrating on the shoulders, upper back, chest/hips, as well as forearms and wrists.

50 minutes £94

Saturday £104

80 minutes £106

Saturday £116

### Golfer's Foot Renewal

Restore your feet after an exhilarating day of golf. Includes a warm mud mask applied to the feet followed by a scrub and soothing foot massage. Includes full pedicure.

50 minutes £57

## DAY SPA PROGRAMMES *(Non-Residential)*

To truly experience the long lasting benefits of spa wellness, we encourage our guests to spend a full day relaxing in the tranquillity of Kohler Waters Spa.

All our day spa programmes begin with a welcome tour of the spa. Your day package includes unlimited access to all the spa facilities throughout your visit. These include the 20-metre lap pool, whirlpool, fitness room, sauna and steam rooms. A 10% gratuity is included in each day package price.

## DAY PACKAGES

### IT'S ABOUT TIME

Choose from Kohler Waters Spa facial or All Things Kohler massage.

80 minutes £125

Saturday £155

### SOUL TO SOLE EXPERIENCE

Soul To Sole Body Treatment - 80 minutes

Choice of Healthy Hands Manicure or Neat Feet pedicure - 50 minutes

130 minutes £168

Saturday £198

### SPA ESCAPE

Bamboo Contouring Drizzle - 80 minutes

Custom Massage - 50 minutes

130 minutes £200

Saturday £230

### TAKING THE WATERS

RiverBath with massage - 80 minutes

Kohler Waters Facial - 80 minutes

Neat Feet Pedicure - 50 minutes

210 minutes £260

Saturday £290

### GOLFER'S RENEWAL

Custom Massage - 80 minutes

Golfer's Foot Renewal - 50 minutes

130 minutes £168

Saturday £198

## TESTIMONIAL

*"The spa services and the technicians and staff are the BEST! So professional, so knowledgeable, so personable. The focus on customer service and excellence is apparent."*

### **GIFT VOUCHERS**

Gift vouchers are available on request and are the perfect gift. They are valid for a 6-month period, allowing recipients freedom to book when convenient. Vouchers must be presented at time of treatment. Please note that bookings are subject to availability.

### **MEMBERSHIP FEE**

Hotel residents are entitled to all spa membership benefits during their stay. Non-hotel residents are entitled to all membership benefits for one day with the purchase of one 50-minute treatment or by purchasing a Spa Day Package. Annual memberships are available for Kohler Waters Spa. For further information on membership packages including rates, please visit [oldcoursehotel.co.uk](http://oldcoursehotel.co.uk).

### **SPA EXPERIENCE**

A visit to Kohler Waters Spa is your time for personal well-being. Please arrive 30 minutes prior to your first appointment to allow ample time for check-in, changing and relaxing in our serene environment. Spend time enjoying the amenities of the spa: mixed-use relaxation pool as well as the whirlpool, plunge pool, saunas, steam rooms and unique showers to prepare for your treatment. Spa food and beverages are available upon request.

### **SPA HOURS**

1st April to 31st October - 6.30am - 9.30pm Daily  
1st November to 31st March - 6.30am - 9pm Daily

### **AGE REQUIREMENTS**

16 years and over.

### **SPECIAL NEEDS**

If you have special medical conditions, are pregnant or have physical challenges, certain treatments are not recommended. Please notify the Old Course Hotel reservationist at the time you make your appointments.

### **APPOINTMENTS**

Demand for spa treatments is high, especially on weekends and holidays. We highly recommend reservations be made several weeks in advance. Guests are encouraged to make spa appointments at the time accommodation is reserved to ensure desired treatment times.

### **CANCELLATIONS/LATE ARRIVALS**

As a courtesy to all spa guests, cancellations must be made 24 hours in advance of your appointment time. Failure to do so will result in the full service rate changed to your account. If you are running late, a phone call is always appreciated. We will reschedule your appointment, if possible. If we are not able to reschedule your appointment time, your treatments will begin as previously scheduled. Your arrival time will determine the length of your treatment time, which will end as scheduled so the next guest may begin promptly.

### **GRATUITY**

For your convenience, a 10% gratuity will be added to treatment fees at check-in. Gratuities can be adjusted based on your experience and discretion. No other gratuities are expected or necessary.

#### **St Andrews, Kingdom Of Fife**

**Scotland KY16 9SP**

**Telephone: + 44 (0) 1334 474371**

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#### **Experience our U.S.A. Spa Locations**

**Kohler Waters Spa at The American Club**

**Kohler, Wisconsin**

**Kohler Waters Spa at Burr Ridge Village Centre**

**Burr Ridge, Illinois**

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Prices effective from 01/04/2017. Prices, policies and services are subject to change without notice.

**L E G E N D**  
— — — — —  
*Preferred*  
HOTELS & RESORTS