



CAMERON SPA
ON LOCH LOMOND

THE WEE SPA

While Cameron Spa is undergoing renovation, we're delighted to welcome guests to The Wee Spa, located in rooms 4-7 of the hotel. You'll find clear signage guiding you from hotel reception. Additionally, enjoy access to The Leisure Club whenever you wish – a great way to relax, refresh and rejuvenate.

BODY TREATMENTS AND MESSAGES

ESPA body treatments and massages are thoughtfully designed and tailored to deliver optimal physical and emotional therapeutic benefits, based on specific needs.

'HERO' BACK, FACE AND SCALP TREATMENT

(90 MINUTES) £130

Our 'hero' treatment, adored by all, delivers triple results by targeting three key areas: the back, face, and scalp. This indulgent experience leaves a lasting sense of relaxation and rejuvenation. The treatment includes a back exfoliation, a back massage, a personalised facial, and a scalp massage, with or without pink hair mud. An upgrade with hot stones is also available.

DEEP MUSCLE

60 MINUTES (£120) / 90 MINUTES (£145)

A powerful massage focused on relieving deep tension and muscular stress. Expert techniques target specific areas of discomfort – such as stiff neck, lower back pain, and tight shoulders – to promote lasting relief. The 90-minute session also includes the soothing addition of hot volcanic stones, enhancing the treatment and easing muscle tension more effectively.

POSITIVITY MESSAGE

(90 MINUTES) £130

Unwind and escape the pace of everyday life, emerge feeling positive, self-confident, and experience a renewed sense of optimism. This 90-minute massage includes breathwork and visualisation, a targeted massage to metamorphic zones of the feet, a full body massage, a calming rose quartz crystal massage, plus a scalp massage.

MINDFUL MESSAGE

(90 MINUTES) £130

Soothe away stress and return body and mind to the present moment with this holistic and blissfully re-balancing experience. This treatment combines breathwork and visualisation with a massage to the metamorphic zones of the feet, a full body massage, a calming rose quartz crystal massage, and a scalp massage.

SWEDISH MESSAGE

60 MINUTES (£110)

A traditional full body massage using firm pressure to promote relaxation and ease muscle tension. This treatment is an ideal introduction to massage, incorporating Swedish techniques on the back, legs, arms, neck and shoulders.

INNER CALM MESSAGE

60 MINUTES (£110) / 90 MINUTES (£130)

Experience inner calm through a soothing and serene massage designed to quieten the mind, release tension, and nourish the skin. Tailored to physical and mental needs, this holistic and restorative treatment features breathwork, a full-body aromatherapy massage, a calming rose quartz crystal massage, and a deeply relaxing scalp massage.

PRE-NATAL RELAX AND RESTORE

60 MINUTES (£110) / 90 MINUTES (£130)

Support the body through each stage of pregnancy transformation with a personalised treatment designed to restore balance and ease. This experience includes a calming back exfoliation (if needed), followed by a deeply comforting body and scalp massage.

FACIALS

Specifically tailored to individual needs, facials may include cleansing, exfoliation, and steam where appropriate, along with a treatment-specific massage, mask, and intensive serum. SkinVision™ technology is used to detect skin conditions not visible to the naked eye. Finally, skincare products are selected to suit individual needs, ensuring the best possible results. To maintain optimally healthy and radiant skin, it's recommended to have a facial once a month.

INNER BEAUTY FACIAL

(60 MINUTES) £110

Experience deep cleansing, intense hydration, and total renewal with this refreshing 60-minute facial. This luxurious treatment includes a professional skin analysis using a SkinVision™ lamp, followed by a triple cleanse, exfoliation, Gua Sha facial massage, personalised mask, and a relaxing scalp massage.

GLOW FROM WITHIN FACIAL

(60 MINUTES) £110

A supercharged treatment featuring a plethora of active nutrients to restore radiance, inside and out. This indulgent experience includes a SkinVision™ lamp analysis, a triple cleanse, exfoliation, Gua Sha facial massage, double masking, and a soothing hand and arm Gua Sha massage.

Operating hours for The Wee Spa

10AM TO 6PM | 7 DAYS

To book a spa treatment, please call 01389 312 210



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ADD ON EXPERIENCES

ESPA express experiences can be added to complement an existing spa treatment.

PERSONALISED EXPRESS FACIAL

(30 MINUTES) £60

An expert therapist will select the most suitable facial based on skin type. Every ESPA personalised facial includes a consultation, cleanse, exfoliation, personalised facial mask, and finishes with an application of a booster serum to soothe the skin.

BACK, NECK AND SHOULDER MASSAGE

(30 MINUTES) £60

This massage focuses on the key areas where tension is held within the back of our bodies, using an ESPA body oil matched to specific needs.

SPACEMASK HEATED EYE MASK

£4

Self-heating eye mask with a soothing jasmine aroma. The perfect upgrade to a treatment for the ultimate relaxation.

MEN

Our ESPA face and body treatments for men are specifically tailored to suit skin types, with each one designed to provide the optimum physical and therapeutic benefits according to individual needs.

DEEP CLEANSING FACIAL

(60 MINUTES) £110

Experience instant renewal with this deeply cleansing and intensely hydrating facial. This tailored 60-minute treatment includes a triple cleanse, exfoliation, facial massage, personalised mask, and a soothing scalp massage.

GOLFERS TONIC

(60 MINUTES) £110

Relax and revive both body and mind with this multi-targeted treatment designed to ease post-golf tension. The experience features a calming back massage and exfoliation, a Marine Mud Mask applied to the back, and a revitalising leg and scalp massage.

MUSCLE REVIVER

(45 MINUTES) £80

Soothe and revitalise body, mind and spirit with this varied massage, designed to relieve strain and tension. Focusing on the back, neck, shoulders, and scalp, it uses specially selected essential oils to relax the muscles and restore a positive, balanced mindset.

NURTURE AND SUPPORT

In partnership with Amethyst Trust, ESPA has developed a collection of nurturing face and body rituals. These treatments have been thoughtfully created to relax and nourish, providing a completely refreshed feeling. Each experience begins with breathwork and visualisation, gently guiding the mind and body into a state of relaxation while embracing a holistic approach to wellbeing.

BE NURTURED FACIAL

(60 MINUTES) £110

A relaxing, rebalancing, and deeply nourishing facial combining advanced skin assessment, tailored facial massage, and a bespoke selection of high-performance skincare. This 60-minute treatment includes a personal consultation, skin analysis, breathwork and visualisation, crystal placements on the chakras and hands, a facial with crystal massage to boost vitality, a hydrating mask, finished with a facial serum and moisturiser.

BE NURTURED MESSAGE

(60 MINUTES) £110

A unique experience that delivers exactly what the body and mind need. This massage focuses on areas of concern to soothe muscles and relieve tension. The treatment begins with a personal consultation, followed by breathwork and visualisation. It combines gentle effleurage and Balinese linear movements to soothe, rebalance, and deeply relax, while ESPA nourishing oil hydrates and replenishes the skin.

BE NURTURED BACK, FACE AND SCALP

(90 MINUTES) £130

An adaptation of our most popular and renowned ritual, this treatment targets the key areas of tension with a nurturing massage designed to help alleviate stress. The experience begins with a personal consultation, calming breathwork, and guided visualisation. A soothing back massage follows using ESPA's nourishing oil, enhanced with crystal placement on the chakras and in the hands. The treatment finishes with incorporating crystal massage, ESPA facial oils, a hydrating mask, and a revitalising serum and moisturiser to leave the skin beautifully glowing.

Operating hours for The Wee Spa

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