

# Picture of Health Club and Spa

MASSAGE AND  
TREATMENT MENU



## Facial Treatments

**Thalgo Discovery Facial. 30 Minutes £45**

Experience the benefits of marine skincare with the Thalgo Discovery mini facial.

**Thalgo Replenishing Facial. 55 Minutes £60**

The Thalgo replenishing facial is a deeply nourishing treatment designed to restore comfort and radiance to dry, stressed skin.

**Thalgo 3 Algae Facial. 55 Minutes £60**

Perfect for dull, congested or stressed skin, the Thalgo 3 Algae Facial reveals a smoother, brighter and healthier-looking complexion.



PICTURE OF  
HEALTH CLUB & SPA

 **Keavil House Hotel**  
Crossford,  
Dunfermline, KY12  
8QW

 01383 624216

 [Keavil House.co.uk](http://Keavil House.co.uk)



## Massage Therapy

**Back, Neck and Shoulders. 30 Minutes £45**

Melt away tension with our Back, Neck and Shoulder massage, a deeply relaxing treatment focused on the areas most affected by stress and poor posture.

**Custom Massage. 40 Minutes £55**

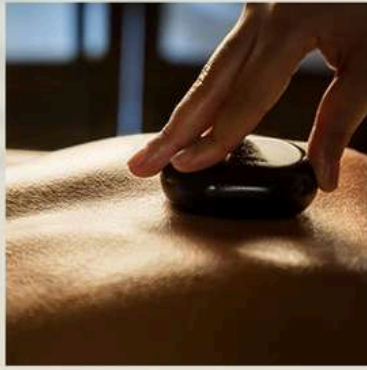
Our custom massage is tailored entirely to your individual needs, allowing you to enjoy a truly personalised spa experience.

**Back of Body Massage. 50 Minutes £65**

Unwind with our back of body massage, designed to release tension and restore balance where stress is most held.

**Full Body Massage. 80 Minutes £85**

Restore and rebalance with our full body massage, a soothing treatment designed to ease tension and promote overall well-being.



## Hot Stone Massage

### **Back Neck and Shoulders Hot Stones. 30 Minutes £50**

Let the warmth of the stones penetrate deep into the muscles, helping to release stress and tension.

### **Back of Body Hot Stones 50 Minutes £65**

Indulge in our deeply relaxing hot stone massage designed to melt away tension and restore balance to the body.

### **Full Body Hot Stones. 80 Minutes £95**

Ideal for those seeking both relaxation and therapeutic benefits.

## Packages

### **Picture of Health Spa Package. 60 Minutes £85**

Enjoy a 25-minute back, neck and shoulder massage to ease built-up tension and relieve stress, followed by a revitalising 35-minute mini facial tailored to refresh and brighten the skin.

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## Spa Rituals



### **Warming Foot Ritual. 25 Minutes £35**

Step into a cocoon of warmth and calm with indulgent warming foot ritual, designed to soothe tired feet and quiet the mind.

### **Picture of Health Radiance Ritual. 90 Minutes £105**

Reveal your natural glow with the Picture of Radiance ritual. A beautiful balance of renewal and relaxation. Includes full body scrub, massage and mini facial.

## Body Scrubs

### **Full Body Scrub 25 minutes £45**

Immerse yourself in pure renewal with this luxurious full body scrub.

### **Full body scrub and moisture application 40 minutes £55**

After the exfoliation has been removed, a rich body moisturiser is then carefully applied to deeply hydrate and replenish the skin.

### **Full Body scrub and massage 80 minutes £95**

This harmonious combination leaves your skin beautifully soft and revitalised, while your body feels lighter, relaxed and re-energised.

