



OLD COURSE HOTEL  
ST ANDREWS  
GOLF RESORT & SPA

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A KOHLER EXPERIENCE

## MUM-TO-BE EXPERIENCE

PREPARING FOR MOTHERHOOD CAN BE STRESSFUL, AND WE KNOW HOW IMPORTANT IT IS FOR 'MUMS-TO-BE' TO TAKE TIME TO RELAX.

**Our massage for expectant Mums provides an all over body experience in our world-class Kohler Waters Spa. Using the very best Neom products from our 'Cocoon Range', it leaves you feeling deeply nourished and relaxed.**

On arrival your expert therapist will answer any questions you may have and talk you through each step of the experience ensuring we concentrate on any areas that you feel need the most attention.

Relax into a 110 minute all over body experience, starting with a gentle exfoliation using a warm Neom cocoon body scrub containing ylang ylang, mandarin and chamomile. Enriched with vitamins and anti-oxidants, be prepared to glow! This scrub will protect and nourish both your skin and growing bump. Heated mitts will be used to delicately remove the scrub. This is followed by a full body massage to relax and hydrate – excellent for fluid retention that is common throughout pregnancy. A mini facial will cleanse and hydrate the skin and a file and polish on the toes will complete your experience.

Enjoy a light, healthy two-course spa lunch, packed full of fresh, nutritious, seasonal ingredients, and a refreshing mocktail to match.

Make the most of our world-class Kohler Waters Spa facilities including an indoor swimming pool with cascading waterfall.

### RATES

This deluxe experience is £240.00, subject to availability.

Booking is essential – so please call the Spa on 01334 468001 or email [reservations@oldcoursehotel.co.uk](mailto:reservations@oldcoursehotel.co.uk)