

# SO STOBO

NEWSLETTER

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L-R: Amanda Blacklaw, Yvonne Cowan, Yvonne Gardner, Allison Adam and Trish Ridgway

INSIDE: STOBO'S SUMMER OF SUCCESS, CHRISTMAS AND NEW YEAR PACKAGES, SPA SHOP EXCLUSIVE OFFER, THE STOBO SPA CLUB AND THE PERFECT CHRISTMAS PRESENT – THE STOBO CASTLE GIFT VOUCHER!

## DANCE OF THE DRAGON

The popular programme of complimentary classes at Stobo is being enhanced this Autumn with a new holistic exercise concept designed to help with weight loss and improve well-being.



Dance of the Dragon, devised by Monica Linford, creator of the ChiBall Method, is suitable for anyone regardless of their age and fitness level and involves moving the body from side to side with the feet together. The swinging movements work by fully stretching the spine, body organs and meridians, thereby increasing the flow of energy and oxygen throughout the system.

The benefits are endless, and include:

- re-balancing, regulating and detoxifying the body
- realigning the spine to get the "kinks" out of the muscles
- recharging energy reserves
- enhancing the body's natural resistance to infectious diseases
- improving brain function and metabolism
- stimulating vitality, promoting a feeling of well-being and inducing relaxation

Try Dance of the Dragon on your next visit and enjoy the results for yourself!

## NEW WALKS

Our fabulous range of treatments and state-of-the-art facilities are not the only reasons our guests join us – many take advantage of the stunning landscaped gardens and parklands beyond, and include a walk, jog or cycle run in their daily schedule.



The breathtaking images pictured are just an example of the beautiful views you can expect to see in and around the Stobo Estate, and to make life a little easier, we've re-vamped our "Walking and Biking Around Stobo" leaflet, with a detailed map and suggested routes to follow.



## THE VITALITY BREAK 2007

The popular two-night package, launched to coincide with the Vitality Show Scotland 2006, provides great value and flexibility, and availability has now been extended into 2007.

Included are:

- All meals served in the Dining Room
- Unlimited use of the state-of-the-art spa facilities
- Entry into our brand new range of "Wellness" classes.
- Evening Activities

And your choice of TWO of the following treatments:

Body Exfoliation	Back Massage
Facial Massage	Jessica Manicure
Indian Head Massage	Eyebrow Shape
Paraffin Wax of the Back, Neck & Shoulders	
Eyelash Tint (test may be required 24 hrs prior)	

All this for just £309 per person, based on sharing a standard twin room, or £329 per person in a Classic Room. Choice of treatments must be given at the time of booking. Excludes 24/12/06 and 25/12/06, and Friday, Saturday and Sunday nights.

Health and beauty conscious ladies from Glasgow and surrounding areas enjoyed pampering treatments at the popular Stobo Castle stand of the Vitality Show Scotland, which took place in April 2006.

The weekend proved so successful for both visitors and staff, we've already signed up for the 2007 show, which will take place from 11th to 13th May at the SECC in Glasgow!

# BACK TO SCHOOL FOR STOBO STAFF

Tremendous amounts of hard work and dedication finally paid off for several members of the Stobo Management Team when they were awarded Management Diplomas on 20th September 2006.

Months of studying both at home and work were successfully combined with carrying out their usual managerial duties within their respective roles at Stobo Castle.

Trish Ridgway, Spa Director, said: "Amanda, Allison, Yvonne G, Yvonne C and I are all absolutely delighted and proud to have gained our respective diplomas. It proved to be an immense challenge but we can now celebrate the recognition of all our hard work. Special thanks must go to Scottish Enterprise Borders for giving us the opportunity, and without question to Moira Harris, our "teacher" who saw us all through thick and thin!"

SEB confirmed that this is the largest number of diplomas ever awarded in one go to any organisation in the Borders.



L-R: Hugh Tasker, Chairman of Scottish Enterprise Borders; Trish Ridgway, Yvonne Gardner, Amanda Blacklaw, Yvonne Cowan, Allison Adam and Stephen Winyard M.D. of Stobo Castle

## SUMMER OF SUCCESS!

Staff at Stobo Castle have been celebrating this summer after picking up five top awards at ceremonies organised by exclusive beauty companies, Thalgo, Darphin and The Skincare Sanctuary.

Premier Therapists Jane Lowe and Shona Scott faced stiff competition against beauty therapists from all over the UK and Ireland and were delighted when they picked up the Thalgo Therapist of the Year and Darphin Ambassador of the Year awards, respectively.

To add to our enviable array of awards and accolades, Stobo Castle also collected Thalgo's Crystal Award, was crowned Elite Spa of the Year by the Skincare Sanctuary and voted Darphin's Top Spa of the Year.



Andrew Bagley, M.D. of the Skincare Sanctuary; Pauline Harris, Retail Manager at Stobo Castle; Trish Ridgway, Spa Director at Stobo Castle; Jayne Lewis-Orr, Editor of Health & Beauty Magazine.



Jane Lowe (left) receiving her Thalgo Therapist of the Year Award

# SO FESTIVE... SO STOBO

Imagine a Christmas where all you have to do is sit back, relax and enjoy yourself. This year, let Stobo Castle take the stress out of the Christmas period by joining us for our "So Festive" break from only £299 per person for two nights.

## CHRISTMAS EVE

Arrive 2.30pm on Christmas Eve for a tour of the Castle. Complimentary back massage for everyone (possibly on morning of departure). Enjoy use of facilities and exercise/relaxation classes that afternoon. Champagne Reception at 6.30pm for all guests. Dinner followed by mince pies and mulled wine. Transport can be arranged in advance at an additional cost for guests who wish to attend midnight mass in Peebles.

## CHRISTMAS DAY

Breakfast on Christmas morning from 8.30–10.00am. Traditional Christmas Lunch with all the trimmings at 1.30pm and complimentary wine throughout. Winter stroll in the countryside or use of the facilities. Buffet Dinner in the evening at 7.00pm. Relax in the Drawing Room – drinks available (at an additional cost).

## BOXING DAY

Breakfast on Boxing Day followed by use of facilities and any classes you may wish to join. Buffet lunch and departure.



Additional nights available on request. Price quoted is based on Castle Lodge accommodation. Standard, Classic and Deluxe rooms also available for a small supplement. Extra treatments may be booked (Subject to availability. No treatments on Christmas Day.)

# SO STOBO, SO HOGMANAY... SO CELEBRATE!

This year, let Stobo Castle take care of the cooking and entertainment over Hogmanay – all you have to do is relax and enjoy yourself. Included is:

- Your choice of either the "So Revitalising" or "So Pampering" package.
- All meals served in our dining room.
- Accommodation (minimum 2 nights over Hogmanay).
- Unlimited use of the spa facilities.
- Full programme of Wellness classes.
- Complimentary champagne reception on New Years Eve.
- Disco in the Spa on New Years Eve.

Extra treatments may be booked subject to availability.

Please see our Tariff and Treatments 2006 booklet for rates – a £35 supplement per person applies.

Availability is limited – call now to avoid disappointment!



# THE PERFECT CHRISTMAS GIFT

Give your loved one the gift of relaxation this Christmas – with a Stobo Castle gift voucher.

Choose from:

- A Spa Taster Day, including 2 treatments and lunch from £99 per person\*
- A Health & Glow Day gift voucher, including 4 treatments and lunch from £169 per person\*
- A Luxury Spa Day, including 4 deluxe treatments, lunch and gifts to take home from £239 per person\*
- A residential voucher from £99 per person per night, including all meals and unlimited use of the spa facilities.
- A monetary voucher (minimum £50).

\* A supplement of £10 applies on a Friday, Saturday and Sunday.

Purchasing your voucher couldn't be simpler, just call our Reservations Office on 01721 725300 or visit our website at [www.stobocastle.co.uk](http://www.stobocastle.co.uk).

The voucher is stylishly presented and will be sent along with a copy of our colour brochure to an address of your choice.

Remember to order your gift voucher before 21/12/06 if you need it for Christmas!



# THE CASHMERE SUITE – THE ULTIMATE CHRISTMAS GIFT

Make Christmas 2006 one to remember by giving a gift voucher for the most luxurious suite in the country - prices start from only £259 per person per night including all meals, unlimited use of the facilities and a bottle of Bollinger and chocolates on arrival.



## WHAT THE PAPERS SAY...

“Stobo Castle is, in one word, tranquil. If you're after a seriously relaxing time, then Stobo is definitely the place to be.”

Accent Magazine, July 2006

“...an impressively full spa treatment list that uses all manner of products and programmes to guarantee utter relaxation...”

Sunday Times Travel, August 2006

## STOBO SPA SHOP EXCLUSIVE OFFER 30 DAY ANTI-AGEING COLLECTION

Save over £67.00 with this beautiful set of Gatineau products, presented in a stylish pink bag, which you can purchase for only **£39.50**.

Contains:

- Soothing Make-up Remover 150ml
- Gentle Cleansing Toner 150ml
- Floracil Eye Make-up Remover 50ml
- DefiLIFT 3D Redefining Serum 5ml
- DefiLIFT 3D Resculpting Lift Cream 15ml
- DefiLIFT 3D Eye Contour Lift Cream 5ml
- DefiLIFT 3D Lift Mask 15ml
- Melatogenine Cream 15ml
- Melatogenine Focus PLUS 2ml
- Firming Throat Gel 15ml



Call the Stobo Spa Shop on 01721 726850 to place your order  
only available while stocks last.

## STOBO TARIFF 2007

Next year's tariff has been simplified and making your reservation at Stobo is now just four easy steps:

1. Choose your grade of room and preferred dates
2. Select your preference from our vast menu of treatments or choose one of our expertly-designed packages.
3. Give our friendly Reservations Team a call on 01721 725300
4. Sit back and await your well-deserved break!

The room rate, referred to as the "So Revitalising" package, still includes all meals, unlimited use of the spa facilities, a complete programme of Wellness Classes and evening activities.

Castle Lodge rates have been frozen at £99.00\* per person per night for the third year running and standard, classic and deluxe rooms are available within the main castle for just a little extra.

\* A supplement of £15 per person per night applies on a Friday, Saturday and Sunday night.

## STOBO SPA CLUB

Busy mums and dads and hard-working professionals can enjoy some thoroughly deserved "me-time" with the Stobo Spa Club Evening Membership package, launched earlier this year.

Providing excellent value for money at just £500 per year, Evening Members have full use of all the spa facilities from 6 – 10pm, seven days a week. Little extras include a complimentary body massage and gift pack, 10% discount on treatments, and a regular fitness analysis – plus there's no joining fee!



For further information and details of our other membership packages call 01721 725305

## BRING A FRIEND FOR HALF PRICE

Check out our website for last minute availability, where we can occasionally reduce our already fantastic rates even further, and invite you to bring a friend for half price.

"So Revitalising" overnight packages and Spa Taster Days are included in the offer, depending on availability, so keep an eye on [www.stobocastle.co.uk](http://www.stobocastle.co.uk) for up-to-date details (Gift vouchers not available).