



Put a spring in your step this Summer with a FREE massage

GET FIT FOR SUMMER!

Following the successful launch of our new treatment packages*, our experienced fitness team have put together a combination of fitness and body treatments targetted at those who want to kick start a healthier lifestyle that includes more exercise. Qualified members of staff can also cater for those who are prescribed exercise by their G.P.'s for a wide range of conditions.

Over a minimum of a two night "So Revitalising" stay, guests receive the following:

So Fitness £149

Fitness Analysis on arrival, 2 x Personal Training Sessions, Full Body Massage and a tailor-made fitness programme to take home

As with any package, entry into any of our energetic and fun exercise and dance classes, including the new French Jive and Belly Dancing sessions, are also included.

Save £15

*These include:

Spa Experience £85

French Facial (55 mins)
Back Massage (25 mins)

Save £10

So Indulgent for Ladies £165 (min 2 night stay)

Jessica Prescriptive Manicure Deluxe (55 mins)
Aromatherapy (1hr 10 mins)
Darphin Re-Balancing Facial (55 mins)

Save £13

So Indulgent for Gentlemen £159 (min 2 night stay)

Marine Calm (1hr 10 mins)
Marine Zest (1hr 10 mins)
Marine Footspa (40mins)

Save £15

So Relaxing for Mothers-to-be £139 (min 2 night stay)

Suitable for those over 12 weeks pregnant.
Thalgo Pregnancy Pamper Treatment (1hr 10 mins)
Jessica ZenSpa Pedicure (40 mins)
Stobo Castle Facial Massage (25 mins)

Save £12



These costs are for treatments only – room rates (from £99 per person including all meals) must be added.

NEW TREATMENT

Mary Cohr "Peel & Lift" Skin Renewal Treatment

£65.00 (50 mins)



Introducing our new 3-phase in depth renewal treatment with glycolic acid that will aid concerns for many skin types including:

Ageing skin – wrinkles, age spots and pigmentation marks are visibly reduced and facial contours are lifted

Dull skin – the complexion is visibly more radiant

Dry / dehydrated skin – the skin is intensively hydrated and more comfortable

Oily / combination skin – excess oil is dissolved and its recurrence is inhibited

Dead cells on the skin's surface are swept away to reveal a younger-looking, more radiant complexion. The skin is left reoxygenated, soothed, nourished, lifted and exceptionally smooth.

There are a range of conditions which may affect the suitability of this treatment – these include:

Eczema; Psoriasis; Recent Facial Cosmetic Surgery; Those having treatment or taking medication for any facial skin problems

Heat Treatments and sun exposure should be avoided for 3 hours pre and post treatment and Sunbeds are not advisable within 24 hours.

SPECIAL OFFER

Masters Colors



From the makers of Guinot and Mary Cohr, Masters Colors brings you skincare benefits in your make-up!

From moisturising lipsticks to vitamin E enriched powder, Masters Colors cosmetics care for your skin, while enhancing your most beautiful features.



FREE evening bag when you book a make-up lesson*

PLUS spend £45.00 or more on Masters Colors make-up in our Spa Shop and receive a gold brush set FREE*.

*Available while stocks last.

SPECIAL OFFER

Ionithermie

Established for over 25 years, Ionithermie's body treatments are the leading anti-cellulite treatments in the UK and have additional benefits of firming, toning, inch-loss and detoxification.

Ionithermie is loved by the press and celebrities such as Kylie Minogue and Paris Hilton have been known to perk

up their behinds with our renowned Cheek Lift treatment. Results are visible after just one session - excess water retention is drained away, the skin is smoother and firmer and the appearance of cellulite is reduced.

Stobo offers a choice of 3 Ionithermie body treatments to target specific problem areas:

Super Detox
Cheek Lift
Firming Bust

Pick up your FREE Summer Shaper Body Collection when you book an Ionithermie body treatment between 1st April and 1st July 2007.

Collection contains:

Exfoliating Body Gommage 30ml, Body Declic Anti-cellulite Cream 30ml, Body Declic Contouring Emulsion 30ml



INVESTORS IN PEOPLE – Stobo Receives 10 Year Achievement Award



INVESTOR IN PEOPLE

In 1996, Morag Roper, Accounts Director, led an initiative promoting good people management and development, which resulted in Stobo Castle becoming the first health spa to be awarded Investors In People status in the U.K. – a decade later and Morag was delighted to pick up Stobo's 10 year Achievement Award at celebrations held within the stunning Great Hall of Stirling Castle in November 2006.

The policies adopted through Investors In People have significantly improved the structure within the company, promoted staff investment and saw the introduction of a range of training courses for all departments. The result is a happier, more fulfilled complement of staff.

Following the latest review in March 2007, Stobo are delighted to confirm that IIP status has been maintained – congratulations to Morag and everyone involved!

OUR
GREAT VALUE
SUMMER
OFFER!



THE GREEN TOURISM BUSINESS SCHEME Stobo awarded Gold status for second time.



Protecting the environment is a major concern worldwide, and at Stobo Castle, "green" issues are taken very seriously indeed. This has been recognised by The Green Tourism Business Scheme who, after presenting Stobo with the Gold Award for the first time 3 years ago, were delighted to accredit Stobo with Gold again, following their review in March 2007.

Fiona Goddard, Liaison Manager at Stobo Castle says:

"The environmental problems affecting our planet has created a new market for "green" companies like us at Stobo Castle Health Spa. We as a business care not just for our individual clients but the planet as a whole. We are committed to environmental protection with the help from our staff and guests and this award demonstrates our commitment."

SO FESTIVE... SO STOBO

The stressful shopping and planning for Christmas 2007 will be upon us before you know it, so why not let Stobo Castle take care of everything this year by joining us for our "So Festive" break from only £319 per person for 2 nights, including:

Complimentary back massage for everyone

Enjoy use of facilities and exercise/relaxation classes.

Champagne Reception and Dinner followed by mince pies and mulled wine on Christmas Eve.

Breakfast on Christmas morning, traditional Christmas Lunch with all the trimmings with complimentary wine and buffet Dinner in the evening

Breakfast on Boxing Day, 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).

Stobo Therapist Wins Top Make Up Award

On entering the Mary Reid International Make Up Competition, Simone Palacci faced stiff competition from therapists across the country. With an array of cosmetics and imagination in abundance, she successfully transformed her model, Jane Lowe, into an enchanting fairy Queen from the past – a look that won her **first prize** in this prestigious competition.



Simone Palacci, Advanced Massage Therapist at Stobo Castle, creates a truly stunning look, inspired by the Shakespeare story, A Midsummer Nights Dream.

DE-STRESS THIS SUMMER WITH A FREE BACK OR FACIAL MASSAGE WORTH £39

Experience a complimentary massage to soothe your soul by booking a "So Revitalising" residential stay during June or July 2007 - choose from:

A Relaxing Back Massage with Essential Oils (25 mins)

or A Pampering Facial Massage with Soothing Vanilla Balm (25 mins)

Monday to Thursday only. Minimum stay of two nights. Please book your choice of treatments at least 10 days prior to arrival – complimentary treatment may not be substituted, however upgrades and additional treatments are available at an extra cost. Quote **Summer Offer** when making your reservation to qualify.

SO STOBO, SO HOGMANAY... SO CELEBRATE!

Accommodation is still available for our popular Hogmanay Package including a champagne Reception, New Year's Eve banquet and dancing in the Spa into the night – all for our usual 2007 rates plus an extra £35 per person

JAMES LESLIE STOBO'S EMPLOYEE OF THE YEAR 2007



The Investors In People Team at Stobo recently made the unprecedented move of awarding James (Jimmy) Leslie the title of Employee of the Year 2007, in recognition of his unrivalled standard of service and caring, considerate manner.

Jimmy, a favourite with our regular guests, celebrates his tenth year of employment at Stobo this year and continues to carry out his duties as Senior Waiter with enthusiasm and skill. Well done, Jimmy!

A million pounds worth of pampering...

Generous husbands and partners shelled out a million pounds in Stobo Castle gift vouchers for their loved ones during the Christmas 2006 period alone – a new high record for Stobo.

Rapidly emerging as Scotland's most popular stocking filler, these vouchers range from pampering day visits, to weekend breaks in the fabulously luxurious Cashmere Suite (see right for more details).

Have we addressed your envelope correctly?

Please let us know by telephoning 01721 725305 or emailing jenni@stobocastle.co.uk. We'll continue to send our regular newsletter by post, however if you would like to receive news and offers by email, please complete the on-line form at www.stobocastle.co.uk/news/maillinglist.

THE STOBO CASTLE GIFT VOUCHER The Perfect Present... Anytime

Give your loved one the gift of relaxation – give them a Stobo Castle gift voucher.

Choose from:

A Spa Taster Day gift voucher, 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.

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

