

# INTERACTIVE ENTERTAINMENT COMING SOON

Stobo is keen to add value to the guest experience and with this in mind, a complete range of interactive services and entertainment will shortly be available in each bedroom via your television:

- Keep in touch with the outside world with high-speed broadband internet access using the advanced Speedway Connect – a completely wireless, state-of-the-art solution.
- Learn all about Stobo's additional services, treatments available and up-coming special offers with customised, invaluable information during your stay.
- Choose from a wide range of the latest movies at full digital TV quality – you can even pause, then resume watching the film at your leisure.

## PERSONNEL PROFILE



As Stobo's longest serving Premier Therapist, you may recognise Kenna Bryce.

Kenna joined the company in 1996 as a Schedules Assistant and quickly became interested in Beauty Therapy. Her hard work and training over the years was recently rewarded when she was voted as Harpers & Queens' "Best Darphin Haute Couture Facialist" by the magazine's Beauty Editor.

Earlier this year, Kenna demonstrated her on-going commitment and dedication to the company by successfully completing a Diploma in Therapeutic & Foundation Remedial Massage at Telford College. Well done, Kenna!

## YOUNG LADIES AT STOBO CASTLE

Teenage girls are now more beauty and health conscious than ever so what better way to introduce them to a healthy lifestyle and effective beauty routines than a day visit or overnight stay at Stobo.

With the age limit now reduced from 16 to 14, this opens up a whole range of new opportunities for mothers, daughters and even fathers!

- Specialist skincare advice is offered on what can sometimes be "problem" teenage skin with specialised skincare products available in the Spa Shop.
- A welcome escape from exam stress/nerves.
- Enjoy quality "Mum and Daughter" time.

Examples of suitable treatments include, Make up lessons, Massage, Facial Massage, Manicure/Pedicure, Waxing, Hairstyling, however others such as sunbed sessions and electrical treatments are strictly controlled and would not be offered to anyone under the age of 16.



# WELLBEING AND FITNESS AT STOBO

Stobo has spent the summer months initiating major changes in the Fitness Department to meet the demand for new trends in mind, body and spirit exercising.

In 1998 Stobo was the first health spa in the world to introduce a new and unique holistic exercise programme called the ChiBall Method™. Based on traditional Chinese medicine, ChiBall became an immediate hit with Stobo guests. Seven years later, ChiBall is still the most frequently requested session on Stobo's fitness timetable. What makes the ChiBall Method™ truly exceptional is its' emphasis on working with the seasons to ensure balance, harmony and well-being as taught in oriental medicine.

Recognising the need to offer a more holistic and up to date approach in exercise, owner Stephen Winyard engaged the expertise of

a world renowned mind/body consultant, Australian, Monica Linford, creator of the ChiBall Method™. Monica has spent the summer months training the Stobo Fitness team and bringing them up to date on the latest research, techniques and formats for teaching core stability training, muscle strength and tone, Chinese QiGong, the art of relaxation and ChiBall.

On your next visit to Stobo, don't miss our most up to date ChiBall sessions in our newly named Wellness and Fitness Centre with Ruth Noonan, Paul Surgey, and Judith Attack or Yoga classes by Trudy Breen and Stevie Aucote that will ensure you leave relaxed, rejuvenated and nourished on all levels. Pick up our latest well-being and fitness timetable next time you visit us.



## MAKEOVER TREATMENT FOR TENNIS COURT



What could be better than a flood-lit game of tennis in the winter months to awaken the senses and prepare you for a good nights rest?

Usage of the new all-weather court is still free of charge, however we've now found it necessary to request that guests book at reception due to its popularity.

If your tennis skills aren't up to scratch, book a session before you arrive with our qualified and experienced Coach, Heather Robertson.

## WEBSITE UPDATE

With the needs of our guests in mind, a brand new on-line spa shop has been introduced on the Stobo website, offering a range of goods including:

- Gift vouchers
- Castle Care Beauty Products
- Exclusive Stobo Castle Gifts and Confectionary

Using SECPay Ltd, we can offer a secure, online, real-time payment service over the internet, leaving you free from credit card worry. Visit now at [www.stobocastle.co.uk](http://www.stobocastle.co.uk).

# SO STOBO

NEWSLETTER

WINTER 2005/6 Issue Seven



STOBO CASTLE HEALTH SPA WINS TWO CATEGORIES OF THE  
NEW WAYS AWARDS 2005 FOR THE 2ND YEAR RUNNING

INSIDE: TREATMENT NEWS, SPECIAL OFFERS, FITNESS AND WELL-BEING UPDATE AND PERSONNEL PROFILE

# VALENTINES' CELEBRATION AT STOBO CASTLE

Celebrate the month of romance by enjoying a pampering Health & Glow or Health & Relax Day at Stobo Castle.

Join us during February 2006 and you will receive a complimentary gift pack, including exclusive Stobo Castle products and chocolates. (Excludes Fridays, Saturdays & Sundays). Special offer applies to new bookings only.

## Health & Glow Day

£160 per person

- ♥ Back Massage with Relaxing Oils
- ♥ Facial Massage
- ♥ Body Exfoliation
- ♥ Pedicure with Polish

## Health & Relax Day

£160 per person

- ♥ Full Body Massage
- ♥ Indian Head Massage
- ♥ Body Exfoliation

## THE PERFECT PRESENT: THE GIFT VOUCHER

Why not treat your partner, friend or colleague to a Stobo Castle Gift Voucher - the perfect gift for any special occasion - now available for children over 14.

Choose from:

- A Spa Taster Day gift voucher, including two treatments and lunch from £99 per person.
- A Health & Glow Day gift voucher, including four treatments and lunch from £160 per person.
- A Luxury Spa Day including four deluxe treatments, lunch and gifts to take home from £230 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).

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.



## WELLA DONE MRS BARNES!



Our last newsletter featured a competition to win a delightful Tiffany bracelet worth £160 in conjunction with Wella Hair Products.

The lucky winner was Mrs Anne Barnes from Haddington who was thrilled with her prize.

# STOBO WINS FOUR AWARDS IN AS MANY MONTHS...

Stobo Castle enjoyed a repeat of last year's tremendous success at the **New Ways Awards 2005**, held on Friday 7th October, not only winning the **Creative Marketing** category for the second year running, but also being voted the **Best Performing Business in the Scottish Borders**, again, twice in as many years. Stobos' success didn't end there however, with Morag Roper, Account Director, picking up a finalists' certificate for the **Excellence in Skills and Learning** category.

The New Ways Awards aim to reward businesses, individuals and community groups who have contributed to the success of the Scottish Borders as a whole.



JENNI WATTS, MARKETING DIRECTOR  
receiving the award for Creative Marketing



YVONNE COWAN, RESERVATIONS MANAGER  
picking up the Best Performing Business award

The famous Prestonfield House in Edinburgh was the setting for the presentation of the **Darphin Scotland Spa of the Year Award 2005** to Stobo Castle on 4th July 2005.

Trish Ridgway, Spa Director, and Pauline Harris, Retail Manager, who both attended the ceremony, were delighted that Stobo was accredited with the title, and thanked Darphin for their support over the years

Stobo's second award in July was the **Thalgo Crystal Award 2005**, presented to Stobo to celebrate achieving Thalgo's

Crystal Account status. Stobo beauty therapists Lisa Keddie and Fiona Watson enjoyed individual success when they both reached the final stages of the Thalgo Awards in the **Therapist of the Year** and **Best Newcomer** categories, respectively. Lisa read out a poem submitted as part of her entry and was presented with a Tiffany keyring.

As a finalist in Marketing Initiative category of the **Thistle Awards 2005**, Stobo are hopeful of adding to their already significant collection of awards.



# STOBO INTRODUCES THALGO SLIM & SCULPT



Discover the sensations of a younger, firmer body at Stobo Castle.

At the heart of the Slim & Sculpt treatment, active products and massage techniques are synchronised harmoniously to offer a tailor-made double action of slimming and firming.

£90

1 hour 45 mins



# MARY COHR

Starting this Autumn, we will be offering a fresh new approach to skincare with the introduction of the aromatherapy skincare range by Mary Cohr. Stobo Castle is the first spa in the UK to offer Mary Cohr products, enabling us to boast an exclusive and unique treatment menu that sets the gold standard.



TRISH RIDGWAY, SPA DIRECTOR, COMMENTED "Mary Cohr provides the super lifting and ultra cleansing treatments that we have been looking for. Our clients always want something extra special and stimulating that no other spas currently offer, and we always like to be one step ahead with our treatments"



# THE VITALITY BREAK

To celebrate our involvement with the *Vitality Show Scotland 2006*, we've put together a fantastic new two night package available from 1st March until the end of June 2006. Included in this great value offer are:

- All meals served in the plush 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
- Paraffin Wax of the Back, Neck & Shoulders
- Finders Dead Sea Salt Scrub
- Facial Massage
- Jessica Manicure
- Aromazone
- Indian Head Massage

All this for just **£289 per person**, based on sharing a standard twin room, or **£309 per person** in a Classic Room. Choice of treatments must be given at the time of booking. Excludes Friday, Saturday and Sunday nights.

Stobo Castle are delighted to be exhibiting at the *Vitality Show Scotland, 7 – 9 April 2006*, where visitors can sample our mini-treatments, order gift vouchers and purchase beauty products.