



SO STOBO







THE STOBO CASTLE EXPERIENCE



Stobo Castle means many different things to guests who come back to us year after year. Some join us for relaxation and pampering; some for rest among tranquil surroundings, or exercise and toning. Others are simply seeking a personal treat or beauty boost.

The only constants are those things we encourage our guests to take for granted at Stobo; excellent service, fine food, knowledgeable and elegantly trained staff, and above all, the ability to find peace in a frenetic world.

Nestled among the beautiful Scottish Borders countryside, Stobo Castle offers a deeply personal haven, or an experience for sharing with a partner or friends.

In short, we provide the backdrop for you to make the Stobo experience entirely your own.



LET STRESS EBB AWAY



There's something indescribably magical about a Scottish castle. Perched on a hill amongst rolling grounds, shaded by trees and set around a picturesque loch, Stobo Castle effortlessly sets the scene for an experience less ordinary.

The sumptuous interiors are carefully designed to remove all cares and to encourage guests to immerse themselves in the atmosphere of relaxation. Unobtrusive and calm, the staff are trained to make your stay as memorable as possible. Just as importantly though, there's endless opportunity for comfortable solitude for anyone seeking time out.

Whether you are visiting alone, with a friend or as part of a larger group, the castle has been thoughtfully designed to allow suitable accommodation for all.

No matter how you choose to visit, your experience will be unique.



RELAX AND INDULGE YOUR SENSES



Whether you are a day visitor or resident, the array of treatment options available will pose the only real quandary you are likely to have during your time with us.

For men and women, facial and body treatment options provide everything your senses could desire to restore balance to stressed bodies and minds. You might choose to have a highly effective Swedish massage, or take the softer option of a full body paraffin wax treatment with oils. For those feeling more daring, how about a session in the Serailbad Mud Room to eliminate toxins and leave your body feeling relaxed and rejuvenated?

Whatever your aims or needs, there are customised treatments available to detoxify, smooth, tone, relax and revitalise as the mood takes you.



OUTER BEAUTY REFLECTING INNER CALM



Beauty really does come from within, and as relaxation floods your senses, you should automatically feel lighter, younger and refreshed by the whole Stobo Castle experience.

To give nature a boost however, a specialist facial will provide a treat for your complexion, cleansing and balancing according to your skin's unique needs. Softening or moisturising treatments will ease out fine lines and, if you truly want to defy time, our range of Ionithermie and Phytomer facials provide a firming and toning boost with immediately visible results.

Eyebrow shaping, a new hairdo, waxing, manicure or pedicure could complete the transformation.

This is not the stuff of daily life for all but the fortunate few, but then, that's the whole point.



THE SECRET GARDEN



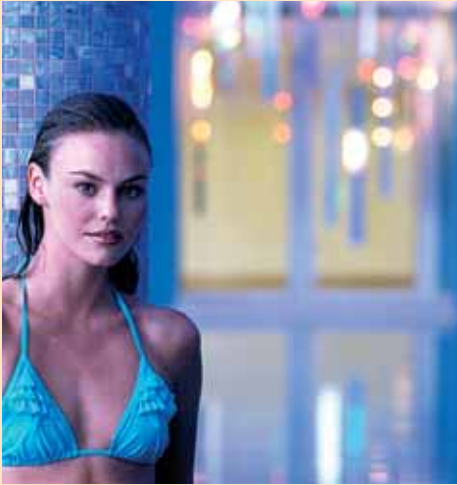
New to Stobo Castle and providing the ultimate in luxurious indulgence, is the Secret Garden treatment room, offering the Vie collection of treatments. Using wisdom gleaned from across five continents, the Vie collection uses rare and potent extracts to drench your skin in natural goodness.

“The Ritual” promises an experience you will never forget, using massage techniques from exotic cultures to leave your mind, body and soul in perfect harmony. This is a two hour treatment for the face and body, unique to Stobo Castle in the UK.

Twinned with a stay in our luxurious Cashmere Suite, a visit to the Secret Garden is the ultimate in sensual indulgence.



STONE, EXERCISE, FEEL GREAT



Stobo Castle is not the kind of place where a punishing exercise routine is imposed but you may be surprised how much you may be drawn to exercise as your confidence and overall wellbeing improves.

From our gorgeous, 25m ozone-treated swimming pool giving panoramic views of the Peeblesshire countryside, to our state of the art gym equipment, Stobo Castle offers every opportunity for improving fitness and refining body shape.

Knowledgeable fitness trainers are on hand to help and a full range of fitness classes run throughout the day offering something for everyone, regardless of level of fitness.

Relax in our giant Hydrospa afterwards with its relaxing water jets and bask in that irreplaceable feeling of being good to yourself.



CLEAR AS CRYSTAL



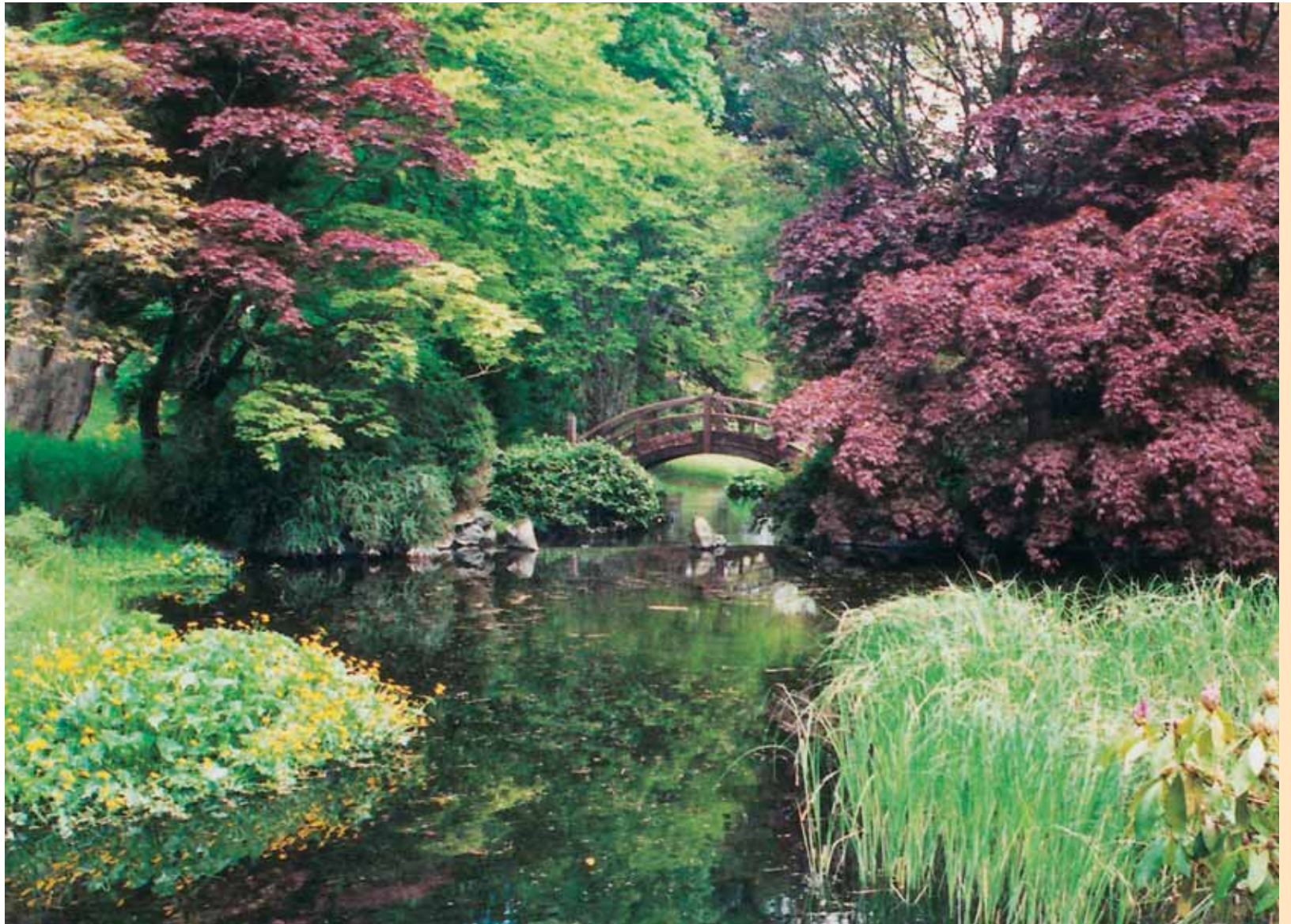
Clear as crystal might easily describe your state of mind by now but it also refers to the unusual Crystal Steam Room within the pool area.

The constant tinkle of tiny ice crystals provides a musical backdrop to the steam room where essential oils promote calm and wellbeing.

In the Ladies Health Suite, guests enjoy unlimited use of the Laconium, with its relaxing dry heat and the Aroma Room using steam blended with the fresh aroma of Eucamenthol.

Here you will also find the Ice Fountain, where an invigorating rub with ice crystals wakens the senses and firms the skin, leaving you feeling alive and supercharged with energy.

Finally, loosen off in the Experience Shower with its range of settings designed to complete your spa experience. As ever, the choice is entirely your own.



NATURE'S RICHES



Sometimes the greatest boost of all comes from breathing fresh country air and feeling the wind in your hair. Stobo Castle offers the latest in beauty treatments but the beautiful Peeblesshire countryside comes free, as an integral part of the package.

Relax in our picturesque grounds or take a walk by the side of the loch to restore a sense of balance with nature, in a world where such simple pleasures are too often overlooked.

Stand by the waterfall or amidst our gently burbling Japanese Water Gardens, specially designed to promote a Zen-like calm, and remember that perfect peace doesn't have to be silent.



THE CASHMERE SUITE



As a haven of sensual pleasure, the Cashmere Suite is the ultimate in style and comfort. Behind its walnut doors and rich drapes lies an oasis of luxury for one or two discerning guests seeking something uniquely special.

From the Persian rugs and cashmere wall coverings, to an immense oval limestone bath, the interior design murmurs of opulent comfort.

“His and her” four-poster beds decorated with the finest Italian marquetry ensure a blissful night’s sleep, after perhaps watching a late night movie on the plasma screen discreetly embedded in the walnut panelling at the foot of each bed.

Molton Brown bathing products and the softest of towels complete the sensual indulgence of a suite where no comfort has been overlooked.



EATING WELL



Good food is essential to wellbeing and at Stobo Castle, we offer variety and choice to tempt every palate.

Relaxed and informal dining means that most people choose to eat a buffet lunch in-between treatments during the day.

In the evening however, the atmosphere remains relaxed and guests can dine alongside new friends or remain with their own companions as they wish.

Every preference can be catered for, always using the best local produce and attention to detail which is part and parcel of the So Stobo experience.

And in case you were wondering, wonderful desserts are on the menu, as is champagne and fine wine.

At Stobo, self-denial is again a matter of choice.



BE OUR GUEST



Stobo Castle offers a range of accommodation options and opportunities for day visits.

From the Cashmere Suite to separate Lodge accommodation for larger parties, the Castle offers a very warm welcome to all of our guests, many of whom come back, year after year.

Warm, welcoming and elegant; like everything else at Stobo, the décor and facilities within the castle are entirely dedicated to your comfort and relaxation.

We set very high standards in all of our operations so that our guests can feel that their visit is both memorable and effortlessly revitalising. Both day visitors and residents enjoy the very best of Spa technology, nestled deep in the beautiful Scottish countryside.

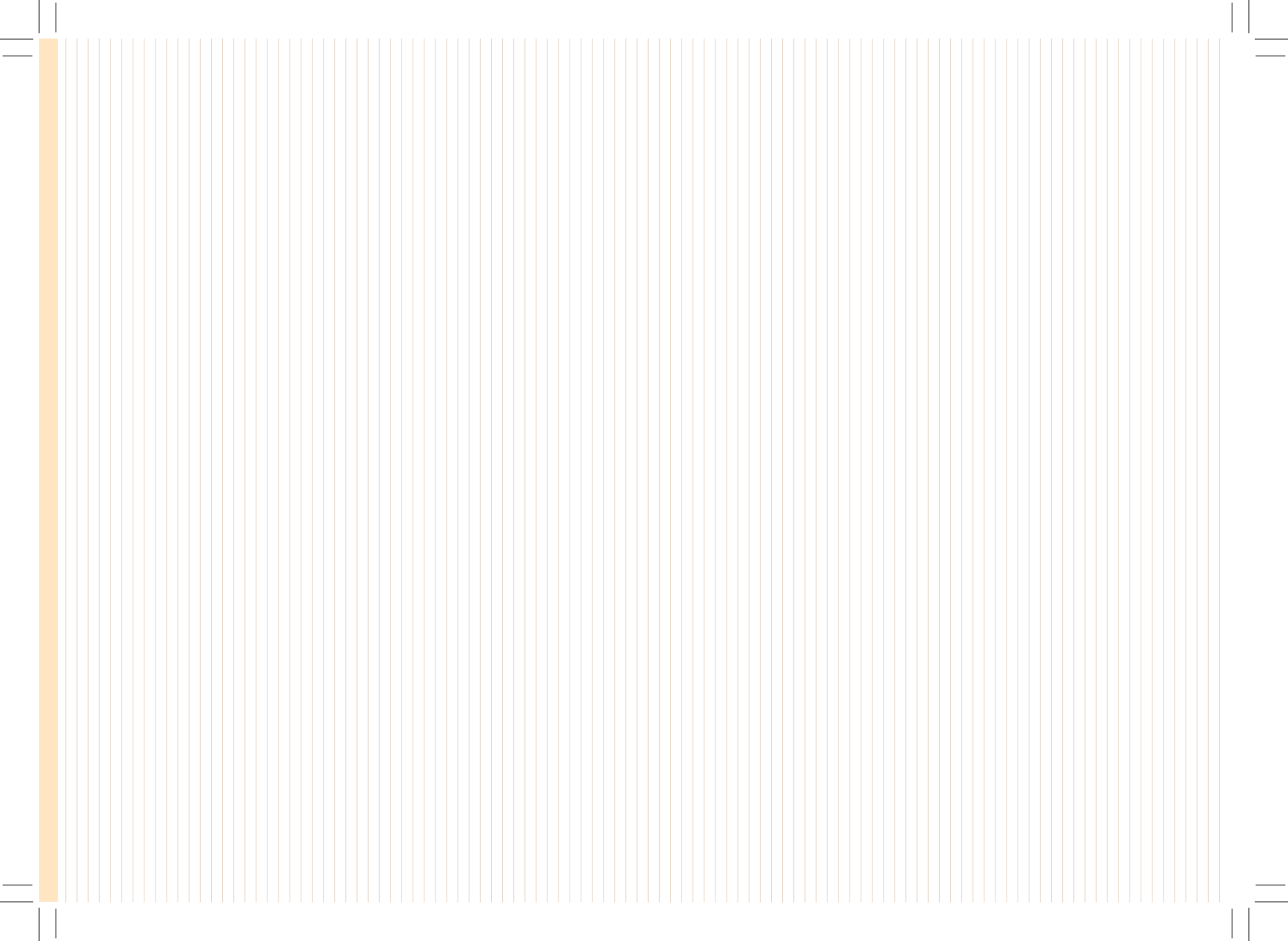
A massive investment programme, which resulted in the new pool area, juice bar and spa shop, was completed in 2003 and successfully fuses 19th century architecture with every 21st century comfort.

It would be our pleasure to welcome you to an experience which can be so rejuvenating. So Stobo.



For full details of a wide range of day and residential programmes, please contact the Reservations Team at Stobo Castle Health Spa on +44 (0)1721 725300 or visit www.stobocastle.co.uk

To treat someone who deserves to be pampered, a range of gift vouchers is also available.



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