Our spa breaks are a perfect time for reflection.

Our spa features a selection of heat experiences, including sauna and steam rooms. Treat yourself to a rejuvenating treatment using products from the award winning ESPA range or ishga, a range of organic products created from seaweed from the Scottish Hebrides.
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Signature Treatments

Spa treatments exclusive to Trump Turnberry.

Ailsa Craig
80 MINUTES | £125
This signature treatment by ishga pays homage to the Ailsa Craig, a striking volcanic island which presides over Trump Turnberry. This powerful, detoxifying treatment begins with a Hebridean sea salt and oil scrub, followed by a full body massage using volcanic basalt stones.

Woe-Be-Tide
80 MINUTES | £125
Named after the fourth hole on the Championship Ailsa course, the Woe-Be-Tide combines the detoxifying and nourishing effect of the purest seaweed gel with the stimulating and hydrating properties of the scrub, followed by a nourishing facial.
Day Spa Packages

De-Stress
200 MINUTES | £239
This all-encompassing ESPA programme will leave you feeling completely rejuvenated. It includes an aromatherapy full body massage, an intensive facial as well as a manicure and pedicure. Indulge in a delightful afternoon tea, with spectacular views over the Ailsa Craig and Irish Sea.

ESPA Body Ritual
110 MINUTES | £179
Following body exfoliation, a marine algae or mud wrap is applied and the scalp gently massaged. Once you have taken a refreshing shower, a tailor-made aromatherapy massage takes place, personalised to your needs, carefully chosen aromatherapy blends relax, cleanse or energise, while advanced massage alleviates muscular pressure, soothes anxiety and invokes profound relaxation. Also includes a delicious Afternoon Tea.

Restore
140 MINUTES | £219
This relaxing ESPA ritual includes a salt and oil scrub as well as a full body and scalp aromatherapy massage. Finish with an intensive facial to feel fully restored. It also includes a delectable afternoon tea.

Relax
50 MINUTES | £115
This special day package incorporates a relaxing back, neck and shoulder massage, followed by an ESPA boutique facial and afternoon tea.

The Trump Turnberry Top to Toe Experience
50 MINUTES | £115
An invigorating sea salt and oil scrub by ishga with the choice of a back, neck and shoulder massage or an express facial. Also includes afternoon tea.
Facials

ESPA Inner Beauty Facial
50 MINUTES | £99
Deeply cleanse, hydrate and renew with this instant results facial. Tailored to your skin’s precise needs, Tri-Active™ formulas work immediately to transform your complexion while pure aromatherapeutic oils encompass your mind. Skin looks clear, quenched, naturally beautiful, and inner calm is blissfully restored.

ishga Facial
50 MINUTES | £99
A rejuvenating facial designed to revitalise and repair. This treatment will cleanse, tone and moisturise the skin leaving it revitalised and hydrated. A unisex treatment that is suitable for all skin types.

ESPA Men’s Deep Cleansing Facial
50 MINUTES | £99
Deeply cleanse, hydrate and renew with this instant results facial. Tailored to your exact needs, TriActive™ formulas work immediately to purify and reawaken your skin while aromatherapeutic oils relax your mind. Skin looks clear, smooth, energised, while inner calm is restored.

ESPA Instant Radiance Facial
80 MINUTES | £125
Brighten and revitalise with this intense, instantly effective facial. Innovative formulas unlock nature’s power to transform a fatigued or lacklustre complexion. Fresh, toned, radiantly healthy looking skin emerges and your natural glow is restored.

ESPA Natural Face Lift
80 MINUTES | £125
This specialised facial is the complete approach to skin health using cutting edge pre and probiotic technology combined with the same benefits of physical exercise to detoxify, invigorate, sculpt and relax. Powerful age-defying techniques inspired by Japanese Kobido massage, along with stimulating Jade rollers give instant results, leaving the skin firm, lifted and beautifully radiant.

ESPA Ultimate Lifestage Facial
80 MINUTES | £130
Restore youthful vitality and improve skin tonicity and firmness with this advanced facial. Using Lifestage products combined with specialized facial massage lifting techniques, this facial helps combat the signs of ageing, stimulate collagen production and deliver intensive results; the benefits of which can be seen immediately.
Body Treatments

ESPA Back, Face & Scalp Treatment
80 MINUTES | £135
Unravel tension, instantly boost your complexion and restore inner calm with our most renowned treatment. Targeted massage techniques combined with the purest aromatherapy oils and a highly personalised facial helping you to look and feel your very best — restored, de-stressed and beautifully radiant.

ESPA Body Wrap
50 MINUTES | £99
Purify your body or deeply replenish your skin with this personalised body wrap. Reveal instant results from naturally detoxifying Algae or nourishing Marine Mud. Skin looks refined, toned and beautifully radiant, while a soothing scalp massage restores inner calm.
ishga Seaweed Body Wrap
50 MINUTES | £99
A powerful Hebridean sea salt and oil scrub with body wrap. This combines the detoxifying and nourishing effect of the purest seaweed gel with the stimulating and hydrating properties of the scrub.

Reflexology
50 MINUTES | £85
An ancient oriental treatment that incorporates pressure point massage to the Feet which correspond with the organs, glands, tissues, and muscles in the body. This helps improve the circulation of blood and oxygen, in turn, relieving stress and alleviating pain in other areas of the body.

Golfer’s Tonic
50 MINUTES | £85
Targeting the key areas of tension following a long day on the Golf Course, enjoy a leg and foot exfoliation followed by a therapeutic massage to relieve tired feet and legs. The back is then exfoliated and massaged with hot stones to release any muscular tension.

ESPA Marine Hydrotherapy Bath
25 MINUTES | £30
Recline and relax in a luxurious, private hydrotherapy multi-jet bath. Feel gently invigorated, yet surprisingly relaxed with the soothing jets and essential oils that warm and soothe muscular tension. Ideal as a stand-alone treatment or to warm muscles prior to Massage. At the end of your treatment, you will be given a mini ESPA bath oil to take away to experience at home.

ESPA Pre-Natal Relax & Restore
50 MINUTES | £99
Nurture your changing body and calm your mind with this beautifully comforting treatment. Personalised to your needs and stage of pregnancy, the purest, most gentle formulas smooth and nourish skin while expert massage soothes tight, tender muscles and invokes a state of blissful relaxation.
ESPA Personalised Body Massage
50 / 80 MINUTES | £99 / £125
Quieten your mind, release tension and nourish your skin with this ultimately restorative experience. Personalised to your physical and emotional needs, carefully chosen aromatherapy blends relax, cleanse or energise, while advanced massage alleviates muscular pressure, soothes anxiety and invokes profound relaxation.

ishga Invigorating Body Massage
50 MINUTES | £99
A medium pressure massage combining a powerfully detoxifying seaweed body oil which regenerates, firms and tones the skin. The treatment is designed to be invigorating, but equally relaxing with a focus on removing tension to re-energise the body.
The Trump Turnberry Poultice Massage
50 MINUTES | £99
A combination of traditional massage and new innovative techniques designed by the Spa at Turnberry’s expert therapist team, using heated sea salt and seaweed granule filled poultices. At the end of your treatment, you will be given a poultice to take away to be used as a detoxifying seaweed bath experience at home.

ESPA Balinese Massage
50 MINUTES | £99
Gently heated aromatherapy oils are poured onto the centre of the body and massaged into the skin using stretching and sweeping movements for deep relaxation. Hot volcanic stones are used to tailor the massage pressure to your needs and release tension.

ESPA Hot Stone Massage
80 MINUTES | £135
Discover lasting relaxation for mind and body with this aromatherapeutic treatment. Tailored massage with hot stones unravels persistent muscular tightness and discomfort while pure, aromatic essential oils encompass the mind to relieve stress, recharge spirits and leave you feeling rejuvenated.

ESPA Strength & Resilience Massage
80 MINUTES | £135
Transform mind & body, release muscular tension and rediscover a sense of wellbeing with this resilience boosting massage. Inspired by the arduous migration of the painted lady butterfly, this revitalising massage uses aromatherapeutic oils, yogic stretches and deep muscle massage to boost your energy levels and support your immune system. You emerge stronger and more resilient, ready to face life’s unexpected journeys.

ESPA Deep Muscle Massage
80 MINUTES | £140
Restore comfort, suppleness, and movement with this intensely effective massage. Active stretching and specialised massage with expertly blended aromatherapy oils alleviate deep-seated tension in the neck, shoulders and back with instant and lasting effect. Muscular pain is diminished, leaving you feeling stronger and more energised.
Add Ons

Please note that these can only be booked and taken with treatments of 50 minutes or more, prices available upon request.

Express Facial
25 MINUTES
Every facial includes a consultation, skin analysis, cleanse, exfoliation, personalised facial mask and finishes with an application of a booster serum. Choose from ESPA or ishga products.

Back, Neck and Shoulder Massage
25 MINUTES
This massage is tailored to address any areas of concern and uses the most appropriate massage techniques along with the choice of ishga or ESPA products to suit your needs.

Salt and Oil Scrub
25 MINUTES
Choose from an ishga Hebridean sea salt and oil scrub or an ESPA body exfoliation to sweep away dull, dry skin to leave skin nourished, smooth and supple. Exceptional skin softening products combine sea salts with essential oils to leave your skin nourished, smooth and supple. An ideal way to prepare skin for other treatments.

ESPA Eye Lift
25 MINUTES
Smooth, firm and hydrate with this instantly revitalising eye treatment. Targeted massage with proven Tri-Active™ formulas relaxes the mind while smoothing fine lines, quenching delicate skin and diminishing puffiness and dark shadows. An ideal addition to one of our ESPA facials.

ESPA Marine Hydrotherapy Bath
30 MINUTES
Recline and relax in a luxurious, private hydrotherapy multi-jet bath. Feel gently invigorated, yet surprisingly relaxed with soothing jets that aid the relief of muscular tension. A potent and uplifting bath tonic is added that deeply cleanses, while also helping to tone, clarify and smooth the skin. Rich in minerals and vitamins, stimulating Laminaria Seaweed deeply cleanses while Mandarin and Orange Oils work to nourish and replenish for softer, smoother skin. The perfect treatment to warm muscles prior to massage.
Zen Spa Pedicure
55 MINUTES | £45
Awaken your senses and discover the restorative powers of Asian aquatic plant extracts to purify, cleanse, soothe and calm. Hard skin is removed, feet and legs are massaged with conditioning creams. Cuticles are groomed and toenails are shaped before finishing with the perfect Jessica polish.

Zen Spa Pedicure with GELeration & Removal
85 MINUTES | £65
As above however also includes removal of existing Gel and reapplication of Gel polish.

Jessica Express Manicure
25 MINUTES | £25
Hands and cuticles are conditioned and moisturised. Nails are beautifully shaped and treated with a prescriptive base coat, completed by the perfect polish.

Jessica Prescriptive Manicure
40 MINUTES | £35
Nails are analysed and treated for their specific type. Jessica’s prescriptive manicure includes exfoliation, massage, and cuticle care. Nails are beautifully shaped and treated with a prescriptive base coat before finishing with the perfect polish.

Jessica Prescriptive Manicure with GELeration & Removal
70 MINUTES | £55
As above however also includes removal of existing Gel and reapplication of Gel polish.

Jessica Deluxe Manicure
55 MINUTES | £45
Jessica’s Prescriptive Manicure with the luxurious added benefits of heat for deeper penetration of oils and creams. This treatment choice is excellent for increasing circulation or relieving stiff, painful joints.

CND Nail Enhancements
2 HOURS
Natural Set | £45
Custom Set | From £50
Rebalancing (Infills) | £40

Jessica Prescriptive Manicure with GELeration & Removal
85 MINUTES | £65
As above however also includes removal of existing Gel and reapplication of Gel polish.

Gel Polish
£5 SUPPLEMENT
Acrylic / Gel Removal Only
55 MINUTES | £20

Gel Polish
£5 SUPPLEMENT
Acrylic / Gel Removal Only
55 MINUTES | £20

Gel Polish
£5 SUPPLEMENT
Acrylic / Gel Removal Only
55 MINUTES | £20

Gentlemen’s Club
Hand and Nail Care
25 MINUTES | £25
Hands are exfoliated to remove dryness and massaged with treatment creams. Cuticles are conditioned and groomed and nails are trimmed and shaped.
Finishing Touches

Waxing
FROM £12

Mii Make-up
£50
From brilliant basics to total transformations, Mii makeup is all about you. Whether it’s effortless elegance for an evening out or creating the perfect finish, Mii will leave you looking fabulous and teach you trusted techniques to enhance your natural beauty.

Lifestyle Programmes

Personal Training
£40
The greatest way to achieve your fitness goals in a fast and safe way.

Fitness Evaluation
£40
Tailor your workouts to your body type and get booked into a professional fitness evaluation that will help determine your health status and physical fitness levels.
How to Spa

SCHEDULING AN APPOINTMENT
To schedule an appointment for your perfect treatment, please contact our reservations team who will be able to guide you to the right choice. To ensure your preferred time and service is available we recommend to book in advance. All spa treatments and packages will need to be guaranteed with a credit card. Unless you have stated a preference at the time of booking, your treatment may be carried out by a male or female therapist. Re-scheduling cannot be amended on the day.

ARRIVAL TIME
Please allow sufficient time before your treatment to complete a Spa Consultation Form. We recommend you arrive up to 45 minutes in advance of your treatment so that you can change, relax and enjoy the spa facilities. Please be advised that late arrivals will result in a reduction of treatment time.

SPA ACCESS
Due to obvious time constraints, non-resident guests who have reserved a treatment of less than one hour will be escorted directly to and from their treatment room and do not have access to the spa facilities, pool or the Fitness Centre.

CHILDREN’S POLICY
We are delighted to offer treatments for children under 16 years old however they must be accompanied by an adult for the whole duration. Please contact the reservations team for details on treatments available for our younger guests.

CANCELLATION POLICY
Cancellations or rescheduling of appointments made with less than 24 hours notice or failure to show up for an appointment will result in the full treatment cost being charged to your room or credit card, cancellations made with less than 48 hours notice will incur a 50% charge.

SPA ETIQUETTE
Our spa environment is one of relaxation and tranquility. Please respect all spa guests’ right to privacy and serenity. In light of this, the spa is a mobile phone and camera free zone.

HEALTH CONDITIONS
Kindly advise us of any health conditions, allergies or injuries which could affect your choice of treatment when making your spa reservation.

PREGNANCY
We have specially designed treatments for expectant women or nursing mothers. Please allow our spa team to guide you in selecting which treatments are most suitable during this special time.

GIFT VOUCHERS
An ideal gift for someone special. Order yours online today at trumpturnberry.com/gift-certificates

HOME CARE
To continue your spa experience at home, most products used in our treatments are available to purchase at SPA reception.

PRICES
All prices are subject to change at any time. Gratuities are not included and are welcomed at your discretion.