

Perfect way to start off the festive season – Elemis Couture Touch at Macdonald Marine Hotel

It seemed that it would be such a treat to sneak away for a spa treatment just as things are getting frantic for Christmas!

However, sneak away I did and found myself sitting in a fluffy robe in the dimly lit relaxation room of the Spa at the Macdonald Marine Hotel in North Berwick earlier this week.

My therapist Eilidh collected me and when settled in our treatment room, she began my personal consultation. As I was booked in for the Elemis Couture Touch package, facial and massage, she recommended products that would be specific for my needs.



We started with a back, neck, shoulder massage. As someone who sits at a desk, wears heels and carries shopping bags, my back always needs some attention. Here, Eilidh started with the Elemis De-Stress Massage Oil and quickly established where the problem areas were. She worked hard applying a firm pressure. I could feel the tight areas begin to soften as she worked her magic. Finally, she finished off with some Instant Refreshing Gel.

Next, my facial. I had identified anti-ageing as my 'problem' and, again, Eilidh recommended the right products for me. After a wonderful cleanse/tone, she applied a gentle exfoliator that she assured me would 'eat away' all the dead cells (Elemis Papaya Enzyme Peel). Lovely!

The final stage was the Exotic Cream Moisturing Mask which she applied and left me to drift off for 10 mins while she gave my tired feet a wee massage too. Before heading back to the real world she applied Pro-Collagen Marine Cream and Eye Renewal. Wonderful.

My spot of festive pampering left me walking on air ,with skin ready for the busy party season. Finally, I enjoyed a festive glass of Prosecco and mince pies before it was time to head back to Edinburgh.

The 55 minute Festive Day Spa package is available until 31 December and is priced from £44.50.

For further information or to book [click here.](#)

