

Floatation Therapy

You are about to embark on a new experience! Floating is unlike anything else on earth. It is not like bathing, nor like swimming, even less like sitting in a hot tub. It is a route to profound relaxation!

Floating is a personal experience, after undressing and showering, you step into the pool where the water is heated constantly, the high concentration of Epsom salts allows your body to float effortlessly, like a cork on the surface of the water, the salts also nourish and soften your skin without wrinkling it. You simply gently lie back and your body slowly lifts to the surface of the water. It's the closest thing to zero gravity on earth.

Many people use Floatation to stimulate creative thinking and to solve problems for mental preparation for work, academic and sporting challenges, and has been reported to reduce the feelings of anger and agitation.

There are many medical conditions which have been shown to benefit such as arthritis, back pain, pre-menstrual tension, post natal depression, asthma, migraine headaches, multiple sclerosis, cardiovascular conditions, osteoporosis, synovitis and fibromyalgia to name just a few!

You will feel the benefits after a few days, however most people can only appreciate all the benefits after having 3 float sessions this is why we encourage first time floaters to try floating at least 3 times.



Price- £45 1 Hour Float Price - £90 2 Hour Float

Things to Avoid : Don't shave prior to Floating,
Client's can't float while on their menstrual cycle.

Our Relax Room

If your not feeling quite ready to leave us after your treatment then you can add on our unique relax room to any treatment to create your own unique spa day. You will be given a fluffy robe and slippers, be given refreshments like tea, coffee, bottled water, fruit and biscuits and you can chill out on one of our heated massage loungers. Perfect for couples and groups of people up to 4.
Price- £10 per person

Opening Hours

Day	Hours
Monday	Closed
Tuesday	10:00am - 6:00pm
Wednesday	10:00am - 6:00pm
Thursday	12:00am - 9:00pm
Friday	10:00am - 6:00pm
Saturday	10:00am - 6:00pm
Sunday	Closed

Check out our Facebook page and website for monthly offers and updates.



<https://www.driftwoodfloatationspa.co.uk>

Driftwood Floatation Spa

61 Dunniker Road
Kirkcaldy
KY1 2RL
01592 642676

Driftwood Floatation Spa

Kirkcaldy

Scotlands Only Open Float Pool
& Spa

01592 642676

Treatment Menu

Massage

Swedish Back Massage 30min	This classic massage helps relieve tension in the back as well as being deeply relaxing.	£32
Swedish Full Body Massage 1hr	The same benefits of the back massage with the added tension release from the legs and arms.	£42
Balinese Full Body Massage 75mins	This massage uses a mixture of techniques from ancient Bali which are deeply relaxing. Includes a foot cleanse and back scrub.	£52
Hot Stone Full Body 1hr	Let the warmth of our hot stones relieve muscle tension and aches and pains. in this stress relieving massage.	£52
Lower Leg and Foot Massage 30min	Put a spring in your step and help tired, aching legs and feet with this very relaxing treatment. Aimed at soothing sore calf muscles and feet.	£27
Sports Massage	This massage is for targeted areas only. please call us to discuss your needs with our sports massage therapist.	From £32
Hopi Ear Candling 45min	Ear candling is an amazing relaxing treatment that can help remove excessive ear wax and relieve congestion, sinusitis, tension headaches and stress. Includes a scalp massage to finish off the treatment.	£30
Indian Head Massage 45min	This deeply relaxing treatment is performed in the sitting position and focuses on the acupressure points on the shoulder, neck, face and scalp.	£37
Elemis Peaceful Pregnancy Massage	The ultimate and relaxation and top to toe pampering for the mum to be. This treatment is not only a full body massage but also includes a mini facial, foot, scalp and hair treatment, suitable from 12 weeks of pregnancy.	£67

Elemis Facials

Lift & Countour Pro Definition Facial 1hr	Powered by breakthrough technology, this facial helps restore the architecture of the face by using potent nutrients in plant actives found to help support the extra cellular matrix. Creates a profoundly sculpted, youthful effect	£65
Dynamic Resurfacing Presion Peel Facial 1hr	Clinically proven to target the signs of ageing and improve an uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal, a new start for younger looking skin. *Please arrive 30mins before appointment time as a patch test is essential, no patch test no treatment.	£65
Superfood Facial 1hr	A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energizing and detoxifying actives. Clinically proven to leave skin plumper, radiant and lit up with good health.	£65
Pro Collagen Age Defy Facial 1hr	Tackle fine lines and wrinkles with the age defying benefits of Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished younger looking skin.	£65
Elemis Express Facials 30min	All of our 1hr Facial's can be condensed into a 30min treat.	£35

Nail Services

Gel Manicure	£25
Gel Pedicure	£25
Gel Removal	£10
Luxuary Maunicure	£25
Luxuary PEDIURE	£25

Driftwood's Signature

Treatments

Tailored to You FullBody Massage	Choose from one of our Elemis Elixers to create your perfect blend of massage oil to help you either feel calmer, more rested, get a good night sleep or more focused. then your full body massage will be tailored to work on the areas you need it most.	£65
Hot Stone Pedicure	A pedicure with a difference, all the usual foot care with the added bonus of the warming hot stones to sooth aching lower legs and feet.	£40
Scrub, Sooth and Smooth Full body massage and treatment	This ultimately luxurious treatment was created with clients needs in mind to rid the body of dead skin cells, relieve aches and pains, stress and tension, increase blood flow and to deeply moisturise the body. This treatment includes a full body brush exfoliation, Paraffin wax application to the back, Infrared lamp to the back, Full body massage, full body scrub application, scalp massage and full body moisturiser.	£85

Waxing Services

We only use the best Australian Waxxxpress waxes in our treatments, with a wide variety of strip and hot waxes, before and after products to suit different hair types and areas.

Half Leg	£15
Full Leg	£25
Under Arm	£8
Bikini	£15
Eye Brow	£9
Lip	£5
Forearm	£15
Eye brow Tint	*Patch test required 48hrs before. £9
Lash Perm and Tint	*Patch test required 48hrs before. £25