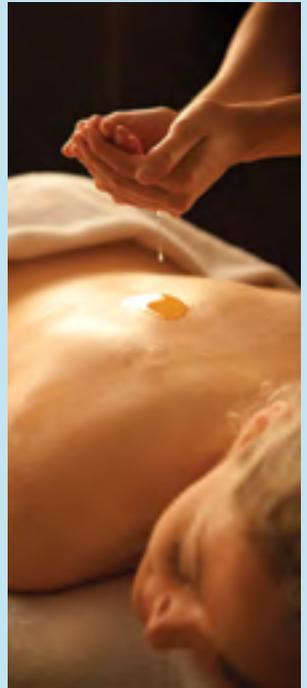


SPA

STYLISH. SCOTTISH. SEDUCTIVE.



BLYTHSWOOD SQUARE
Glasgow



SPA AT BLYTHSWOOD SQUARE TREATMENT MENU

Imagine a place where you can escape the pressure of everyday life. Welcome to the Spa at Blythswood Square, an elegant and sociable place to relax, rejuvenate and rebalance the mind, body and soul.

At Blythswood Square we offer a range of luxurious, sophisticated and holistic face and body treatments that have been individually designed for our guests. We use the highest quality products that blend the potency and power of organic raw ingredients with an advanced bio-scientific approach to skincare. This ensures that our treatments are both holistic and results driven, representing some of the most effective available in the world today.

Our signature range has been developed on the Isle of Lewis by a team of professionals with a passion for creating the highest quality cosmetics harnessing the natural anti-oxidant, healing and anti-ageing properties provided by the purest Scottish seaweed. The ishga collection is complemented with a full range of face and body treatments from two of the world's most exclusive skincare brands, Elemis and ila.

The Spa at Blythswood Square —
Stylish, Scottish and Seductive

S P A

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ishga

Scottish Seaweed Skincare



SPA AT BLYTHSWOOD SQUARE

ishga SIGNATURE TREATMENTS

ishga is derived from the Gaelic word for water:

ishga products have been developed in the Outer Hebrides using the highest quality and purest Scottish seaweed combined with water from a natural spring situated on the beautiful Hebridean Isle of Lewis. Seaweed has been used for centuries for its natural healing and therapeutic properties. It contains a high content of vitamins, minerals and powerful natural anti-oxidants that are considered essential for maintaining glowing skin. Recent scientific research shows the seaweed extract used in ishga preserves the skins natural collagen. The mineral rich seaweed extract is carefully blended with cucumber extract, macadamia, jojoba, aloe vera and lemon peel so that your ishga treatment will detoxify, nourish, firm and hydrate the skin. It is suitable for all skin types.

ishga FACIAL

ishga ANTI-AGEING REJUVENATOR FACIAL

55 minutes

A rejuvenating facial designed to revitalise and repair. It is particularly useful for toning, firming and nourishing but also repairing and protecting the skin from environmental damage. This treatment will cleanse, tone and moisturise the skin leaving it revitalised and hydrated. The high content of seaweed extract in the products used is scientifically proven to preserve the skins natural collagen with powerful anti-ageing properties. Suitable for all skin types.

ishga MASSAGE

ishga HOT STONE MASSAGE

55 minutes

A full body massage incorporating heated Basalt stones which instantly relax the muscles, allowing the treatment to work at a deeper level. Hot stones are useful for easing out tension, reducing aches and pains and are placed along the chakra's to open up energy pathway's. A seaweed base oil with lemongrass, lavender and juniper will detoxify and regenerate the skin.

ishga INVIGORATING FULL BODY MASSAGE

55 minutes

This invigorating treatment works by combining marma massage, lymphatic drainage and traditional Swedish massage techniques. It is designed to detox and balance the body whilst removing any particular areas of tension and stress. The seaweed-based body oil nourishes and protects the skin. Your therapist will adapt the pressure to suit your needs.

ishga HOT POULTICE MASSAGE

55 minutes

A combination of traditional massage and new innovative techniques, using heated Sea Salt and Seaweed granule filled poultices. At the end of your treatment, you will be given a poultice to take away and use as a detoxifying seaweed bath experience at home.

ishga BODY & FEET

ishga LUXURIOUS SEAWEED FOOT EXPERIENCE

55 minutes

Transform and re-energise tired, achy feet. Begin with a soothing foot bath filled with nutrient rich salts and pure essential oils. As you sit back and relax, the skin on your feet and lower legs will be softened with our indigenous Scottish seaweed foot scrub, followed by a relaxing foot massage to hydrate and nourish the skin and then a detoxifying seaweed gel mask will be applied. Nails shaped, cuticles conditioned and finished with your choice of nail polish or shiny buff.

ishga SEAWEED BATH

30 minutes

A unique Scottish experience where you can relax in fresh, hand harvested seaweed from the Hebridean coast. Unwind in a hot bath infused with mineral sea salts containing over 85 natural trace minerals and pure Scottish seaweed. Here in Scotland we have been enjoying the benefits of seaweed from the Scottish islands for hundreds of years. Naturally healing, moisturising and anti-ageing, it is rich in vitamins, minerals and anti-cellulite properties. An experience we guarantee you will remember forever.

ishga MENS

ishga MEN'S STRESS RELIEVER MASSAGE

55 minutes

An individually tailored full body treatment combined with scalp massage. It is designed to detox and balance the body whilst removing any particular areas of tension and stress. The seaweed-based oil nourishes and protects the skin.

ishga MEN'S BESPOKE FACIAL

55 minutes

Your therapist will select the most suitable products from the ishga range to create a personalised facial. The ishga products stimulate collagen production and combat signs of ageing. This treatment will cleanse, tone and moisturise the skin leaving it revitalised and hydrated

ishga EXPRESS TREATMENTS

ishga EXPRESS FACIAL

25 minutes

An express facial using our organic product range combines a cleanse, tone and moisture for essential skin maintenance. Includes an exfoliating mask and scalp massage to complete the experience.

ishga EXPRESS MASSAGE

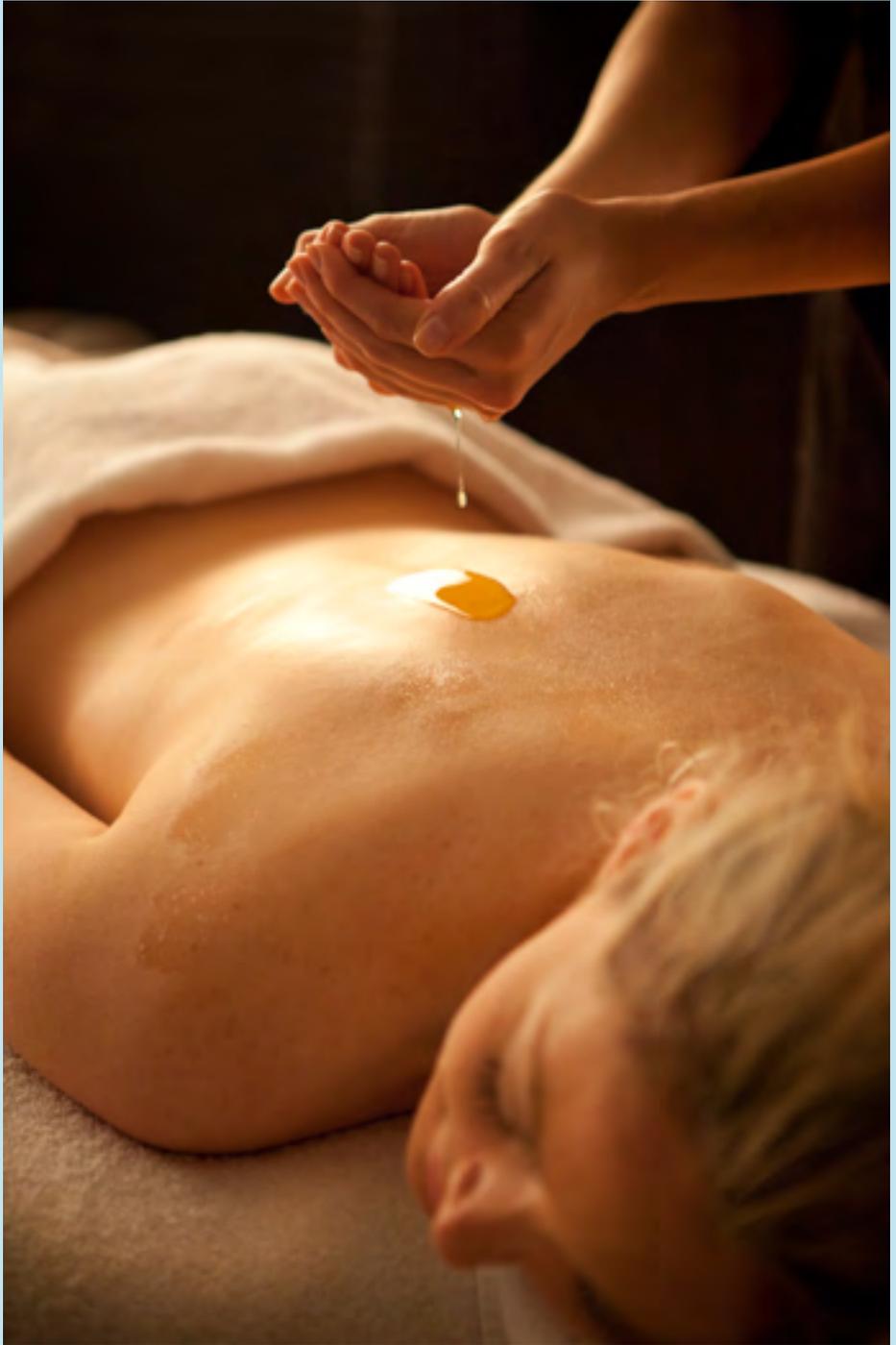
25 minutes

A massage focusing on the back, neck and shoulders to target areas of tension, release everyday stress and relax the nervous system. Our seaweed body oil regenerates, firms and nourishes the skin. Your therapist can adapt pressure to suit.

ishga SALT AND OIL SCRUB

25 minutes

A Hebridean sea salt and oil scrub gently exfoliates, sweeping away dull, dry skin. An invigorating express treatment to stimulate circulation, eliminate toxins and leave the skin nourished and glowing.



ila CHAKRA WELL-BEING

120 minutes

Chakras are the seven energy points in the body that due to the stress and strains of normal modern day to day living can become out of balance.

This ila treatment helps bring harmony back to your mind and body by balancing these key energy points. Seven blends of essential oils, chosen for their harmonising qualities, form the basis of this exquisite treatment. It involves deep relaxation of the nervous system, sensuous lymphatic drainage, subtle healing of the chakras and culminates in the pouring of warm oil over the third eye to restore and relax every sense.

The energy oil blends are chosen for each client following a personal questionnaire that reveals how you may be out of balance. Each treatment is bespoke, as your specific oil blend is created in front of you. The oils are used in your base salt scrub, and in your body massage. Your treatment includes a Bliss Facial and finishes with a 'Shirodhara' treatment where warm blended oils are slowly streamed over your head bringing a sense of deep peace and calm. Healing music, created by ila, is played during this experience to deepen the healing experience.

COUPLES TREATMENT

ila COUPLES CHAKRA WELL-BEING CONNECT

55 minutes

This treatment, for two, uses the most exquisite oils of rose (the oil of love), orange blossom (bliss) and jasmine (for stimulating the flow of love) which when combined result in a beautiful connection of mind, body and spirit.

FACIALS

ila RAINFOREST RENEWAL FACIAL

55 minutes

ila's new skincare range, Rainforest Restore, captures the rich plant ingredients from the Brazillian Amazon rainforest to create a unique new product range and 1 hour facial.

The plant properties used are packed with collagen boosting ingredients and have a lifting, tightening and brightening effect on the skin. Perfect for anti-ageing, giving an immediate natural Botox. As the products have a low oil content they are also ideal to treat acne prone skin and with no essential oils are completely safe for use in pregnancy, even in the first trimester.

This 55 minute facial combines products with a lymphatic massage designed to clear toxins from the body which build up causing dull, dry or problem skin

ELEMIS SKIN SPECIFIC FACIAL

55 minutes

Skin is cleansed and stimulated by specialist Eastern massage techniques, whilst powerful conditioning actives nourish and renew vital radiance. For perfect restoration of skin balance your therapist will tailor products for your specific skin type. You can choose from deep cleansing, draw out skin impurities, moisture boost and glow or anti-ageing.

ELEMIS TRI-ENZYME FACIAL

55 minutes

This ground-breaking anti-ageing facial instantly resurfaces and smoothes the skin. Clinically proven to visibly resurface by up to 70%* and increase skin smoothness by up to 32%* after just 1 treatment. This unique experience targets blemishes, uneven skin tone, superficial scarring and fine lines, revealing younger looking skin.

Pioneering the precision layering of 3 targeted enzyme serums, this advanced resurfacing technique safely and effectively removes the thickening layer of the epidermis. Skin is left incredibly clean, smooth and radiant, bringing a renewed level of evenness and clarity to the complexion.

**Independent Clinical Trials 2006*

ELEMIS PRO-COLLAGEN FACIAL

55 minutes

Anti-wrinkle facial with proven results.

This exceptional anti-wrinkle facial has been independently tested, with phenomenal results. Clinically proven, after just 1 treatment, this facial reduces the number of wrinkles by up to 94%* and improves skin firmness by up to 57%*. Specialised lifting massage techniques are combined with professional strength anti-ageing formulations for maximum treatment efficacy, leaving a firmer, uplifted, more youthful looking appearance.

**Independent Clinical Trials 2007*

ishga ANTI-AGEING REJUVENATOR FACIAL

55 minutes

A rejuvenating facial designed to revitalise and repair. It is particularly useful for toning, firming and nourishing but also repairing and protecting the skin from environmental damage. This treatment will cleanse, tone and moisturise the skin leaving it revitalised and hydrated. The high content of seaweed extract in the products used is scientifically proven to preserve the skin's natural collagen with powerful anti-ageing properties. Suitable for all skin types.

BODY SCRUBS & WRAPS

On a physical level our body scrubs stimulate the lymphatic system, aid circulation and help with the elimination of toxins. The scrub is a whole experience, in which you will enjoy lymphatic drainage, marma massage and effleurage techniques. On a subtle level, the power of the Himalayan salt and oils in the scrub cleanse and strengthen the body leaving you looking and feeling radiant.

All of our luxury body wraps begin with a body scrub. The wrap that follows works in the same way as the scrub but is a more powerful treatment as it draws deeper toxins from the body. It deeply revitalises the skin and lymphatic system and promotes profound healing to re-energise the body.

ila BLISSFUL EXPERIENCE BODY SCRUB

55 minutes

A luxurious scrub of jasmine, sandalwood and rose that restores, nurtures and nourishes inner calm and wholeness.

ila ENERGISING & DETOXING BODY SCRUB

55 minutes

This energising scrub of lemongrass and juniper stimulates and cleanses the lymphatic system. It's an ideal treatment for cellulite, stress and tiredness.

ila BIO ENERGY BODY WRAP

55 minutes

The aim of this treatment is to restore the body's natural biorhythms and deeply relax the nervous system. The energy scrub and mud wrap contain high levels of minerals which charge and restore the body's bio-magnetic energy field. A head massage is given while you are cocooned.

ishga SEAWEED BODY WRAP

55 minutes

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. The treatment is designed to eliminate toxins, reduce cellulite, boost energy and improve skin tone.

THE RHASSOUL EXPERIENCE

30 minutes (this experience does not include a treatment with a therapist)

Cleanse your body and soothe your mind in our state of the art

Rhassoul Experience by combining the benefits of mud and steam.

Begin by using the exfoliating husks of nutrient packed argan seeds and

Himalayan salts to gently remove dead skin cells. After the application of

traditional Moroccan mud over your entire body, sit back and relax.

After 20 minutes the steam chamber will release a flow of warm water onto

its ceramic seats, softening the mud as well as coaxing toxins to leave the body.

The powerful healing qualities of the mud will leave your skin silky smooth.

MASSAGE

ila VITAL ENERGY FULL BODY MASSAGE

55 minutes

This treatment works by stimulating and balancing the energy within you through marma massage, lymphatic drainage and the application of Himalayan herb poultices. This is a unique body massage combining various techniques to harness and restore the energy of your body.

ila KU NYE MASSAGE

55 minutes

A Tibetan massage that balances the five elements and restores a harmonious flow of energy and vitality. A blend of five essential oils chosen to balance the five elements combines beautifully with Tibetan techniques of cupping, kneading and acupressure with hot herb poultices.

REFLEXOLOGY

55 minutes

A complementary therapy which naturally balances and treats the whole body, by using compression massage to the reflex areas of the feet (or hands if the feet are damaged). Tension is released, circulation is improved and a general feeling of wellbeing is achieved.

BLYTHSWOOD FACE & BODY SENSATION

55 minutes

A deep tissue style back, neck and shoulders massage followed by an Elemis skin specific facial.

ELEMIS DEEP TISSUE MASSAGE

55 minutes

Alleviate stress, ease aching muscles and revive the senses with this powerful, customised massage. Dynamic blends of essential oils are prescribed to target individual needs and reduce specific stress and muscle tension.

Choose from:

Stress-a-Way: wind down and release the tension of the day.

Spirit Reviver: a powerful surge to invigorate and recharge.

Muscle Melt: relax and re-energise a tired and aching body.

Chakra Balancing: reconnect your mind, body and soul.

ishga INVIGORATING MASSAGE

55 minutes

A medium pressure massage combining a powerfully detoxing seaweed body oil with lemongrass, juniper and rose geranium. The treatment is designed to be invigorating but equally relaxing with a focus on removing tension to re-energise the body. The seaweed body oil used regenerates, firms and tones the skin and is particularly useful for eliminating toxins.

ishga HOT STONE MASSAGE

55 minutes

A full body massage incorporating heated Basalt stones which instantly relax the muscles, allowing the treatment to work at a deeper level. Hot stones are useful for easing out tension, reducing aches and pains and are placed along the chakra's to open up energy pathway's. A seaweed base oil with lemongrass, lavender and juniper will detoxify and regenerate the skin.

PREGNANCY

Pregnancy is a time of grace and nurturing peace. Balance in the body is essential so the developing baby feels secure and happy. This is the focus of all our pregnancy treatments.

ila MOTHER-TO-BE (PRE-NATAL)

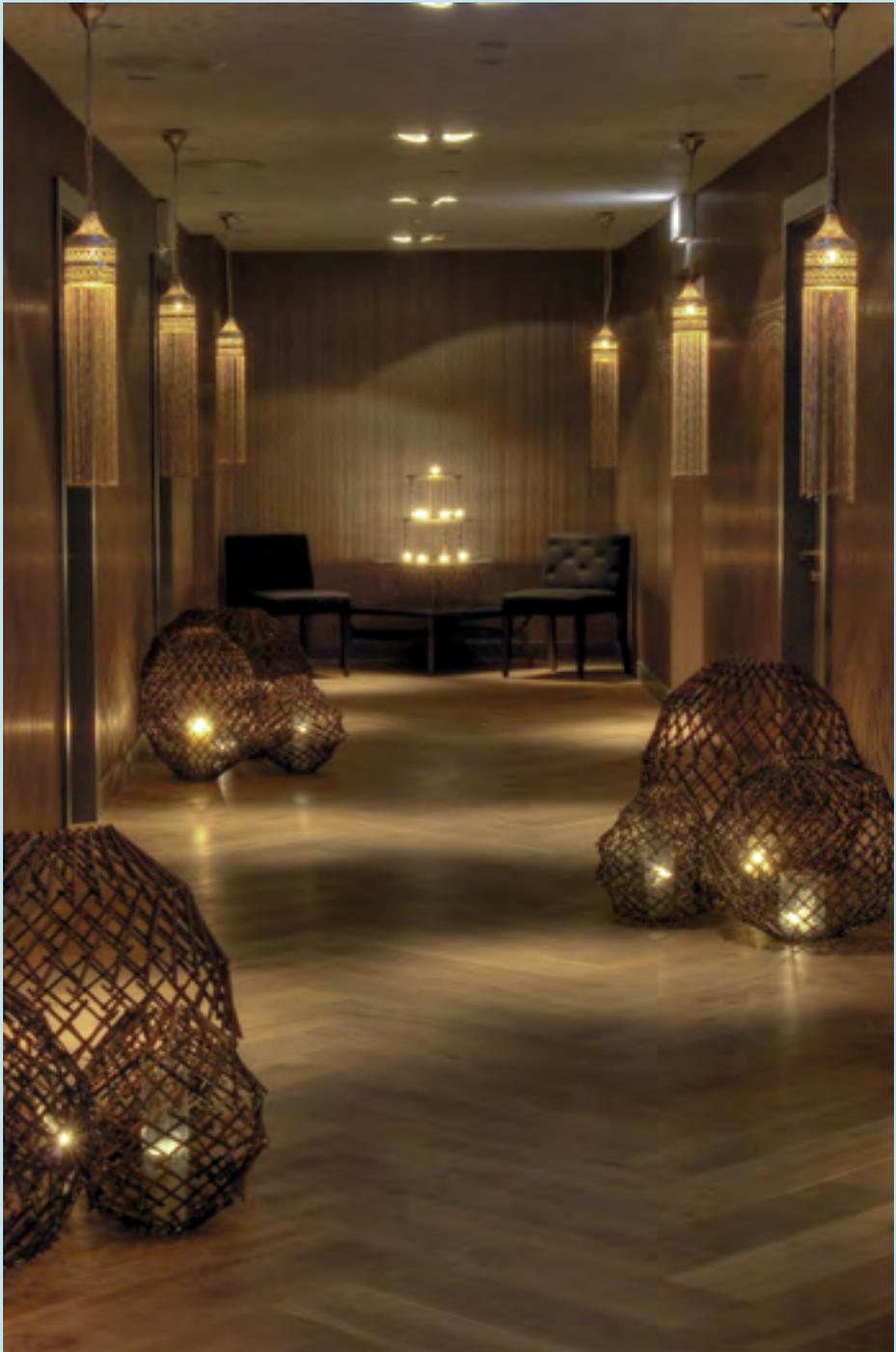
55 minutes

This is a blissful experience for both Mum and baby that uses gentle, slow and rhythmic lymphatic massage techniques to promote deep well-being and peace for you both. Herbal extracts of lavender, chamomile and rose oil are used to bring gentle, healing energy while warm herb poultices bring a deep sense of nurturing.

ila MOTHER (POST-NATAL)

90 minutes

This energising treatment was created to replenish energy at a deep level, restoring and reconnecting the Mother's body, mind and spirit. Our treatment commences with the blissful, gentle scrub of jasmine, sandalwood and rose, followed by a nurturing rose balm marma massage and chakra healing.



MEN'S

Our treatments are perfect for both men and women, however the experiences below have been created specifically for our male guests. These treatments vary, offering everything from an introduction to the spa experience to results-driven treatments, concentrating on releasing stress, tension and targeting aches and pains.

ishga MEN'S STRESS RELIEVER MASSAGE

55 minutes

An individually tailored full body treatment combined with scalp massage. It is designed to detox and balance the body whilst removing any particular areas of tension and stress. The seaweed-based oil nourishes and protects the skin.

ishga MEN'S BESPOKE FACIAL

55 minutes

Your therapist will select the most suitable products from the ishga range to create a personalised facial. The ishga products stimulate collagen production and combat signs of ageing. This treatment will cleanse, tone and moisturise the skin leaving it revitalised and hydrated.

ila MEN'S VITAL ENERGY BODY SCRUB

55 minutes

This is an invigorating and revitalising energy-boosting scrub that helps clear the mind and prepare you for busy days ahead.

ELEMIS MEN'S URBAN CLEANSE FACIAL

55 minutes

This super-grooming facial decongests the skin, works overtime to eliminate blocked pores, rapidly accelerates skin repair and neutralises impurities. Fast-acting ingredients reduce sensitivity and provide long-lasting defence against the damaging effects of daily pollutants, leaving the skin visibly clear and squeaky clean.

MEN'S HAND & NAIL TREATMENT

25 minutes

Created just for a men to help keep the hands and nails perfectly groomed and moisturised. Includes a file & buff, cuticle work and hand exfoliation with massage.

SLEEP

Sleep is the cornerstone of health. Sleeplessness is the quiet epidemic of the West. We have lost our relationship with the night because we are over-fed and over-stimulated with messages and ideas; all of which disrupts our sleep. Our dreamtime journey is an experience to help you to re-connect to your inner space of tranquility, to release and let go of tension and connect to the grace of sleep and joyful dreaming. A secondary benefit is of glowing radiant skin, a sense of well-being and happiness.

iIa DREAMTIME

120 minutes

This soporific journey has been created to deeply relax the whole nervous system and restore the natural rhythm of sleep and dreaming. The journey begins with a mantra as a focus of letting go. A dreamtime scrub soothes and restores the lymphatic system in preparation for the body treatment. The potent combination of organic essential oils and herbs such as vetivert, valerian and hops deepens the effects of the chakra massage, restoring the nervous system to leave mind and body blissfully peaceful. The second phase of the journey is the dreamtime facial, promoting deeper relaxation and supporting the natural process of cellular rejuvenation with ingredients such as fresh royal jelly and orange blossom.

Dreamtime music accompanies this treatment to relax the nervous system at its most subtle level.

iIa DREAMTIME MASSAGE

55 minutes

This deeply relaxing massage treatment helps soothe you into a state where falling asleep can naturally occur. The combination of organic essential oils, marma massage and chakra healing restores the nervous system leaving mind and body blissfully peaceful.

HAND & FOOT TREATMENTS

ila LUXURIOUS HAND EXPERIENCE

55 minutes

This lush treatment begins with a blissful aromatic salt scrub to exfoliate the hands and lower arms. Nails and cuticles are groomed to perfection before you receive a soothing rose balm marma massage which energises and releases stress and tension from the hands. This beautiful treatment is completed with your choice of polish or shiny buff.

ishga LUXURIOUS SEAWEED FOOT EXPERIENCE

55 minutes

Transform and re-energise tired, achy feet. Begin with a soothing foot bath filled with nutrient rich salts and pure essential oils. As you sit back and relax, the skin on your feet and lower legs will be softened with our indigenous Scottish seaweed foot scrub, followed by a relaxing foot massage to hydrate and nourish the skin and then a detoxifying seaweed gel mask will be applied. Nails shaped, cuticles conditioned and finished with your choice of nail polish or shiny buff.

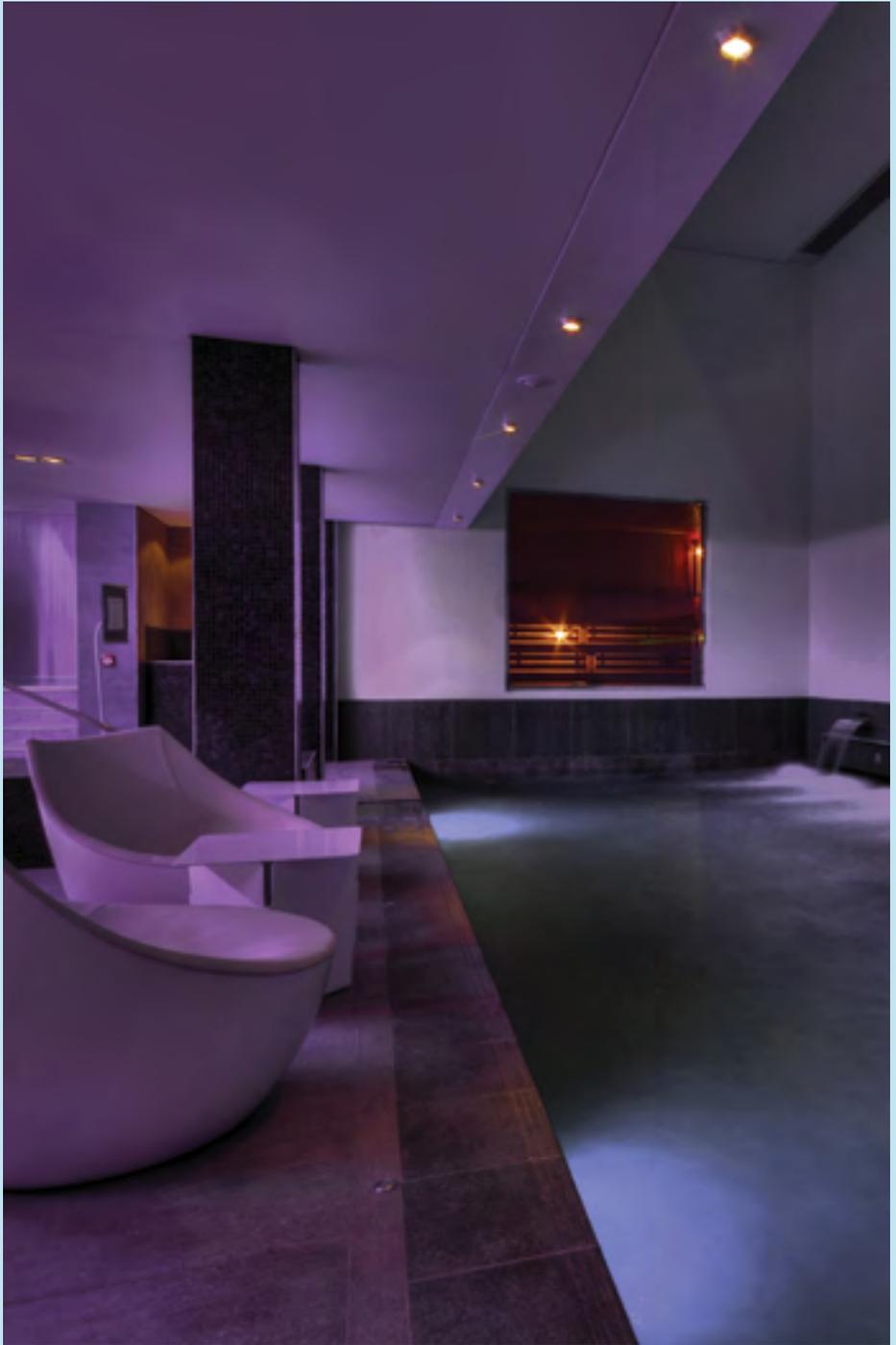
SPA AT BLYTHSWOOD SQUARE

THE THERMAL EXPERIENCE

3 hours

Our thermal experience is a series of rooms designed to take your body on a wet and dry, warm and cold temperature journey.

The physiological benefits of using steam rooms and saunas prior to receiving treatments are now well understood. The alternation of hot (saunas and steam rooms) with cold (ice fountains and cold showers) on your body actually helps to open and cleanse the pores in your skin. When your skin is clean and the pores open this greatly assists in the absorption of products during your treatments.



ADD ON TREATMENTS

The following 25 minute treatments can be added to any experience:

ila HEAD MASSAGE

A massage with acupressure that releases fatigue and tension from neck and head whilst at the same time nourishing the hair with vital minerals and oils.

ila HAND REJUVENATOR

A very relaxing treatment for your hands. A Bliss scrub and soak prepares the hands for a soothing and blissful rose balm marma massage which energises and releases stress and tension from your hands. A mask restores silky smoothness.

ila FOOT RECOVERY

Lemongrass and vetivert scrub to soothe tired feet. This is a wonderful massage using marma techniques and vital energy oil. We follow this up by applying a foot mask to restore vital energy. Of course this treatment is also deeply relaxing.

ila ROSE FACIAL

A relaxing facial from ila including a cleanse, tone, exfoliation and massage with ila rose oil for glowing radiance.

ishga BACK, NECK & SHOULDERS EXPRESS

A massage focusing on the back, neck and shoulders to target areas of tension, release everyday stress and relax the nervous system. Our seaweed body oil regenerates, firms and nourishes the skin. Your therapist can adapt pressure to suit.

ishga EXPRESS FACIAL

An express facial using our organic product range combines a cleanse, tone and moisture for essential skin maintenance. Includes an exfoliating mask and scalp massage to complete the experience

ishga SALT & OIL SCRUB

A Hebridean sea salt and oil scrub gently exfoliates, sweeping away dull, dry skin. An invigorating express treatment to stimulate circulation, eliminate toxins and leave the skin nourished and glowing.

TO FINISH

TANNING

PROFESSIONAL SELF TAN

55 minutes

Luxurious self-tan applied by your therapist using luxury organic brand Vita Liberata. Your skin will be prepared with a light exfoliation first to remove dead skin cells. Vita Liberata includes a nourishing moisture-lock© system to ensure an easy, streak-free application and a natural fade.

MAKEUP APPLICATION

55 minutes

Using only the best quality mineral products available. Jane Iredale mineral make up is easy to apply and is suitable for all skin types and in particular sensitive skin.

TINTING

Eyelash Tint	<i>25 minutes</i>
Eyebrow Tint	<i>10 minutes</i>
Eyelash & Eyebrow Tint	<i>35 minutes</i>

A 24-hour patch test is required prior to each of the above tints.

NAILS

Leighton Denny Expert Nails – award-winning products and treatments that provide aromatherapeutic and prescriptive care for glamorous, youthful looking hands, feet and nails.

Manicure	<i>60 minutes</i>
Manicure with French Polish	<i>60 minutes</i>
Pedicure	<i>60 minutes</i>
Pedicure with French Polish	<i>60 minutes</i>
Shape & Polish (hands or feet)	<i>20 minutes</i>

LonGELity Gel Polish

A high performing semi-permanent gel polish from award winning Leighton Denny. This gives a longer lasting diamond gloss finish and 2 week chip free wear.

File & Polish	<i>45 minutes</i>
Manicure	<i>85 minutes</i>
Soak Off & Repair	<i>30 minutes</i>

WAXING

Blythswood Square uses Outback Organics products for waxing treatments. Outback Organics fuses the latest cosmetic ingredients with innovative natural extracts from the forests and bush lands of Australia. Nowadays we are no longer content with purchasing a product just to pamper ourselves, we increasingly turn to nature to relieve the stresses and strains of everyday life. To ensure sustainability for future generations we need to protect the environment in which the plants have been grown and work alongside the people who harvest them. The exotic fruits and plants in our range are grown and harvested by indigenous people in Australia in remote and disadvantaged areas. We buy them from a company who ensure they get paid fairly for the job they have done.

Our entire range is free from synthetic colouring and fragrances, parabens, mineral oil and sodium lauryl sulphate. None of our products have been tested on animals.

Our waxes have been developed after consultation with professional waxers and salon owners giving you the latest generation in hair removal.

WAXING

Luxury Full Leg Wax	<i>40 minutes</i>
Luxury Half Leg Wax	<i>25 minutes</i>
Bikini Wax	<i>10 minutes</i>
Underarm Wax	<i>10 minutes</i>
Lip & Chin Wax	<i>10 minutes</i>
Chest Wax	<i>25 minutes</i>
Back Wax	<i>25 minutes</i>
Eyebrow Shape & Wax	<i>10 minutes</i>

We recommend that you do not use any heat experiences 24 hours before or after waxing.

SPA MEMBERSHIP

Improve your health and well-being by visiting us on a regular basis using your Blythswood Square Spa membership. Situated in Glasgow's city centre, our exclusive spa membership has limited places to ensure the Spa retains the ambience we have worked so hard to create.

We offer a range of different Spa membership options from £75 per month, which can be tailored to meet your specific needs.

MEMBERSHIP BENEFITS:

Unlimited access to all Spa facilities

Up to 50% discount on treatments through special membership promotions

Personal training

Unlimited access to our fitness suite

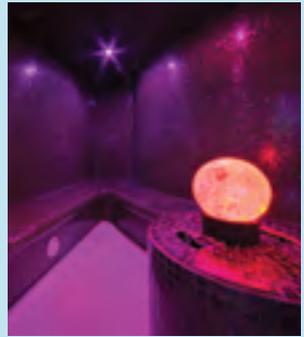
Complimentary guest passes for The Thermal Experience

Spa membership special offers

Exclusive invitations to Spa and hotel events and promotions.

10% discount on dining and hotel accommodation at Blythswood Square and our sister hotel The Bonham in Edinburgh.

*Discounts are not valid in conjunction with any other offers.



GIFT VOUCHERS



Treatments and experiences are available to purchase as gifts.
Speak to a member of the team in the Spa or visit our website:

www.blythswoodsquare.com

CONTACT US

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E: spa@blythswoodsquare.com

CONNECT WITH US

For news, special offers and competitions find us on:



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Glasgow

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