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'Easy Peasy Lemon Detox Squeezy' launches at Blythswood Square

Looking for a simple detox which can deliver immediate results? Blythswood Square has the answer with their new *Lemon Detox Packages*. Favoured by celebrities including Gwyneth Paltrow, Madonna and Beyonce, the *Lemon Detox* programme offers instant weight loss, clearer skin, increased energy levels and improved sleep.

The *Lemon Detox* cleanses the body from the inside out, the *Lemon Detox* formula, which replaces your food intake, comprises Madal Bal Natural Tree Syrup, pure water, fresh lemon juice and cayenne pepper or ground ginger. The formula is mixed to individual taste under professional guidance and then taken throughout the programme.



The 5* Blythswood Square offers the ultimate luxury in which to participate in a detox programme. The Spa at Blythswood Square covers 10,000 square feet and features the exclusive Blythswood Thermal Experience – a seven stage journey of alternating temperature experiences to soothe, relax and detoxify the body prior to treatments. The Spa also includes a unique Scottish Seaweed Bath containing fresh hand harvested seaweed from the Hebridean coast, rich in vitamins, minerals and anti cellulite properties. The Seaweed Bath speeds up the metabolism, cleanses the intestine and helps to eliminate toxins from the body.



The Spa also features nine spacious and tranquil treatment rooms including a double suite where guests can enjoy a full range of face, body and holistic treatments, a decadent Dark Pool where guests can relax in warm waters, a Rhassoul, a choice of wet and dry relaxation rooms and a spa lounge.

The *Lemon Detox Day* comprises:

Relaxation and full use of all the spa facilities including the Thermal Experience

30 minute Seaweed Bath

Consultation

Choice of 60 minute ila Energising and Relaxing Detoxifying Body Scrub or 60 minute Detoxing Body Wrap

Lemon Detox Formula mixed to your individual requirements and taken throughout the day (up to 6 glasses)

Price: £200 per person

***Lemon Detox* Break comprises:**

Day One – as above plus

Relaxation and full use of all the spa facilities including the Thermal Experience

Lemon Detox Formula mixed to your individual requirements and taken throughout the day (up to 6 glasses)

Overnight accommodation with the use of an ila CD in room for meditation and peppermint tea for refreshment

Day Two –

90 minute consultation plus any massage or facial from our treatment menu

Relaxation and full use of all the spa facilities including the Thermal Experience

Overnight accommodation with the use of an ila CD in room for meditation and peppermint tea for refreshment

Lemon Detox Formula mixed to your individual requirements and taken throughout the day (up to 6 glasses)

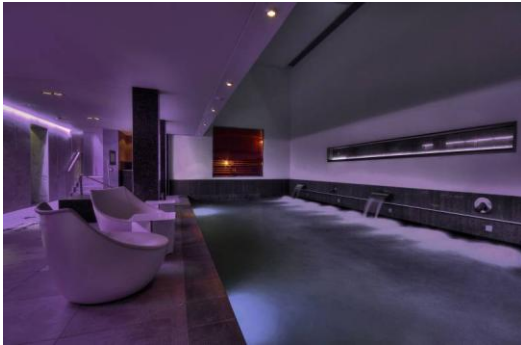
Day Three –

Final 30 consultation

Relaxation and full use of all the spa facilities including the Thermal Experience

Lemon Detox Formula mixed to your individual requirements and taken throughout the day (up to 6 glasses)

Price: £570 per person or from £940 for two people sharing a room



Blythswood Square is situated in the heart of Glasgow on one of the city's green spaces. The hotel has 100 bedrooms including four spacious suites and a top floor penthouse. It also has a restaurant, bars, a private screening room and event facilities. Blythswood Square is one of Scotland's most environmentally-friendly hotels

through the incorporation of renewable energy technologies to achieve reduced carbon emissions.

For further information visit www.blythswoodsquare.com, telephone 0141 248 8888.

Ends

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