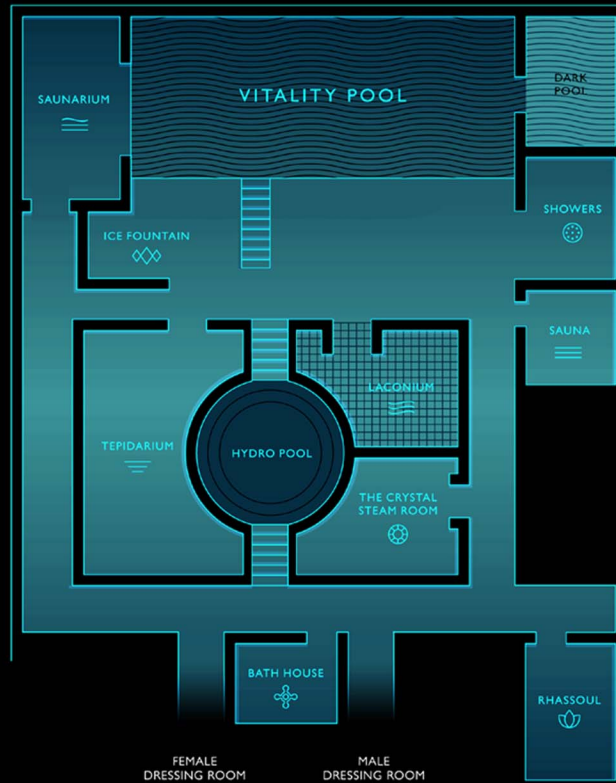


# SPA

STYLISH. SCOTTISH. SEDUCTIVE.



## THERMAL EXPERIENCE

Our thermal experience is a series of rooms designed to take your body on a wet and dry, warm and cold temperature journey that will soothe, relax and detoxify, sometimes in advance of your spa treatments or sometimes just as a restorative therapy on it's own

### LACONIUM

15-20 minutes

Warm dry air infused with Pomegranate that will heat the body gently whilst awakening the senses

### SAUNA

5-15 minutes

A traditional dry air room that heats to 85-95 degrees Celsius, aiding detoxification and flushing impurities from the body

### ICE FOUNTAIN

5-15 minutes

Rub handfuls of ice flakes over your body to cool off, whilst invigorating and energising

## TREATMENT ROOMS

booking required

### BATH HOUSE

#### TURUS SEAWEED BATH

30 minutes

Relax in fresh, hand harvested seaweed from the hebridean coast. Naturally healing, moisturising and anti-ageing, it is rich in vitamins, minerals and anti-cellulite properties

### VITALITY POOL

30 minutes

A heated pool with wall mounted hydrotherapy and seating jets, allowing full body relaxation whilst you unwind

### DARK POOL

10 minutes

An intimate pool with coloured lighting and floor jets to stimulate the senses

### TEPIDARIUM

15-30 minutes

Heated tile beds allow relaxation whilst body temperature is brought gently back to normal

### RHASSOUL

#### RHASSOUL EXPERIENCE

30 minutes

Combining the benefits of mud and steam, our state of the art Rhassoul will leave your skin soft and your mind refreshed

### HYDRO POOL

30 minutes

Heated pool with intense floor and body jets, providing a full body aqua massage that aids relaxation and soothes aching joints

### SAUNARIUM

5-15 minutes

Between a sauna and a steam room, heated to 55-65, combining the benefits of both in a more moderate form

### CRYSTAL STEAM ROOM

5-15 minutes

Damp heat that opens pores, relieves tension and aids clearing of the respiratory tract, helping you to breathe more easily

## HEALTH & SAFETY

Please notify a member of staff if you have any medical conditions so we can give you the best possible advice during your visit. We advise that pregnant ladies do not use our saunas or steam room.

The showers are provided so that you can refresh before and after the pools and heat rooms.

There is a water fountain so you can stay well hydrated and should you have any questions a member of staff will be happy to help.



BLYTHSWOOD SQUARE  
Glasgow