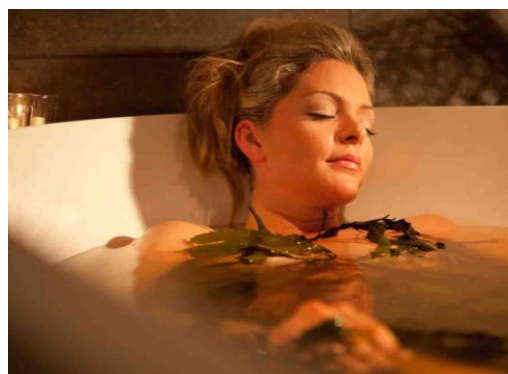




BLYTHSWOOD SQUARE *Glasgow*

Introducing...The Ultimate New Year Detox including Scotland's first Seaweed Bath

While we all have our own coping methods for detoxing post indulgence, why not leave your wellbeing in the hands of the experts at Blythswood Square, whose spa is home to **Scotland's first Seaweed Bath** - the ultimate detoxifying experience complete with organic seaweed sourced direct from the Hebrides. And with statistics showing that most of us will put on about half a kilo over Christmas, it might be an idea to get booking pronto...



Blythswood Square has perfected the Ultimate New Year Detox for 2011 to have you feeling fresh and feisty once again. First you will be led to the spa's thermal experience – a series of room designed to **transport 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 opens and cleanses the pores in your skin, greatly assisting in the absorption of detoxifying products during your treatments. Other benefits include a strengthened immune system, improved blood circulation, enhanced detoxification processes, and reduced tension.

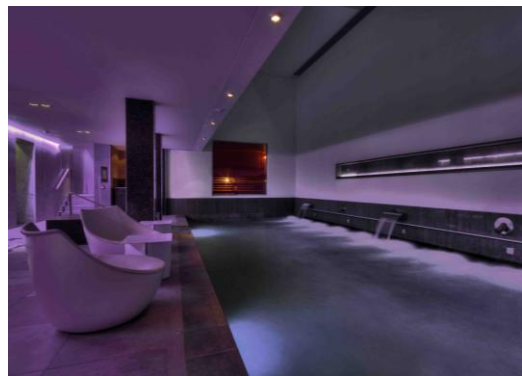
Next you will undergo a unique Scottish experience where you can relax in fresh, hand harvested seaweed from the Hebridean coast. Unwind in a hot bath infused with mineral sea salts containing over 85 natural trace minerals and pure Scottish seaweed. In Scotland inhabitants have been enjoying the benefits of seaweed from the Scottish islands for

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hundreds of years. **Naturally healing, moisturising and anti-ageing, it is rich in vitamins, minerals and anti-cellulite properties.** The mineral laminaria penetrates the blood stream to draw out impurities and greatly aids the detoxification process.

No detox would be complete without a body scrub, which works best on those feeling run down and drained of energy, perhaps suffering from fatigue or sluggish circulation. The pure ingredients used - lemongrass and Juniper berry - will boost your energy field and immune system leaving your body mind and spirit uplifted. An ideal treatment for cellulite, stress and tiredness. To complete Blythswood's Ultimate Detox is a specifically created smoothie, boosted by the health benefits of a wheat grass shot.

Blythswood Square is situated in the heart of Glasgow on one of the city's few remaining green space. The Spa at Blythswood Square houses a Rhassoul, a choice of wet and dry relaxation rooms, a decadent Dark Pool where guests can relax in warm waters and a spa lounge where guests can peruse the spa menu and choose from an array of beautifully presented tapas dishes created by the hotel's Executive Chef.



Blythswood Square's **Ultimate New Year Detox is £89pp** as a day package, including use of their thermal experience, a Blythswood Seaweed Bath, a Body Scrub, and a Detox Smoothie.

For an **overnight Detox experience prices start from £160pp** based on two people sharing a twin or double room, and includes one night's accommodation, dinner from the Market Menu, full Scottish breakfast, and all of the spa treatments above.

For further information visit www.blythswoodsquare.com

or telephone 0141 240 1622.