

5 Star Grooming in Glasgow

According to The Good Spa Guide, what men like is classy but understated treatments that are E.A.S.Y, that's Effective, Active, Sensuous and Youthful. In Glasgow you don't get more classy than the Luxury spa at the city's only AA 5 star hotel [Blythswood Square](#).



Whether you or your partner are suffering with aches and pains of spending too much time hunched over a computer, feel you've neglected yourself recently or simply just want to relax, the spacious spa at Blythswood Square offers a wide range of treatments and spa experiences to make you feel a whole lot better.

Whilst Blythswood Square treatments are perfect for both men and women, the spa has created two results oriented treatments for men concentrating on releasing stress, tension and targeting aches and pains.

ila Men's Vital Energy Full Body Massage - 60 minutes - £80.00

A revitalising treatment that works by stimulating and balancing the natural energy within you through marma massage, lymphatic drainage and the application of Scottish herb poultices. This body massage combines various ancient healing techniques to harness and restore the energy in your body.

ila Men's Vital Energy Body Scrub - 60 minutes - £80.00

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

If you want to look as good as you now feel, then book in for some essential grooming with a **natural manicure** and, if you are not taking advantage of the thermal experiences, you can whisk away those unsightly hairs with some 'gentle' waxing.

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In between treatments, take the waters as the Romans did with a dip in the 12 metre **vitality pool** with massage fountains and test your swimming skills against the endless pool jets. For something more relaxing, float away in the adjoining **Dark Pool**. Follow this with a tour of the spa's **thermal and ice experience suite** to relax both the body and mind before you finish with an invigorating cold drench shower.

After you've treated yourself to such an E.A.S.Y day you can enjoy a delicious lunch in the Spa Café or for something even more memorable and 'classy', opt for an overnight spa break when you'll be able to take advantage of the hotel's lively cocktail bar and popular restaurant.

Blythswood Square spa days start from £125 per person and spa breaks from £260 per room for two people. For further details on Blythswood Square's spa days and spa breaks visit www.blythswoodsquare.com or telephone 0141 248 8888.

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