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It's a Midsummer Night's Dream at Blythswood Square.....

A good night's sleep eludes many, the constant bombardment of messages and over-stimulation from multimedia channels can cause disrupted sleep patterns which in turn can lead to increased levels of stress and anxiety. The **Dreamtime Spa Day** at 5* **Blythswood Square** offers a holistic yet medically sound approach to helping you release tension and establish inner tranquility to promote deep, joyous and dream filled sleep.

As well as a blissful foot ritual and soothing mud wrap the **Dreamtime Spa Day** Package also includes a deeply relaxing **Ila Dreamtime Massage**. The combination of organic essential oils, Marma Massage and Chakra Healing restores the nervous system leaving the mind and body totally relaxed.

The **Dreamtime Spa Day Package (1 hr 55 mins)** includes:

- Full use of the spa facilities
- Welcome foot ritual – 15 mins
- Dreamtime Mud Wrap – 30 mins
- Ila Dreamtime Massage – 1 hr
- Bento Box spa lunch

The **Dreamtime Spa Day** costs £155 per person

Why not combine this with stylish 5* accommodation prices start at £60 per person, based on two adults sharing a wee classic room including breakfast and VAT and our **Dreamtime Spa Package** will leave you feeling totally relaxed.

The Spa at **Blythswood Square** covers 10,000 square feet and offers the exclusive **Blythswood Thermal Experience** – a seven stage journey of alternating temperature experiences to soothe, relax and detoxify the body prior to spa treatments or as a

restorative therapy and the UK's first indigenous Scottish treatments designed in conjunction with luxury organic skincare house, Ila.

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 where guests can peruse the spa menu and choose from an array of beautifully presented tapas dishes.

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 240 1622 or visit www.blythswoodsquare.com

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