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BLYTHSWOOD SQUARE
Glasgow

Get Beach Body Perfect At Blythswood Square.....

Dare to bare? Are you ready to don your bikini or has the harsh winter left you reaching for a one piece? If you feel in need of some confidence boosting body preparation prior to your holiday - Blythswood Square has the answer.

The **Beach Body Perfect Package** comprises a range of treatments designed to leave you primed and polished and ready to hit the beach looking your best.

Our unique **Scottish Seaweed Bath** containing fresh hand harvested seaweed from the Hebridean coast is rich in vitamins, minerals and anti cellulite properties. It will speed up the metabolism, cleanse the intestine and help eliminate toxins from the body - perfect for those who suffer from water retention - the seaweed bath will make you feel and look a few pounds lighter.



Next the **Black Sand Jewel Massage** featuring Black Sand from Tahiti and aromatic oils which deeply nourish, soften and remineralise the skin, will provide the ultimate exfoliating experience and leave skin beautifully moisturized, soft and smooth perfect for soaking up the rays.

A **Leg and Bikini** wax are a pre-holiday essential, a **Manicure and Pedicure** will ensure a perfectly groomed appearance and a **Professional Self Tan** will boost body confidence for baring all in a bikini.

Individually these treatments would cost £331 but as part of the **Beach Body Perfect Package** the cost is £242.00 which represents a saving of approximately £90.

The Beach Body Perfect Package includes:



- Scottish Seaweed Bath
- Black Sand jewel Massage
- Leg Wax
- Bikini Wax
- Manicure with French Polish
- Pedicure with French Polish
- Professional Self Tan
- Full use of the spa facilities

Package Price £242.00

If you are within striking distance of the spa the treatments can be taken over 3 separate days. Three days before your departure have the Seaweed Bath and the Black Sand Jewel massage, two days before you go have the Leg and Bikini wax and the manicure and pedicure and then the day before you leave pop in for your Professional Self Tan.

If you are coming from further a field combine the package with an overnight stay. Prices for overnight accommodation start from £119 per room for bed and breakfast.

The Spa at **Blythwood Square** covers 10,000 square feet and offers the exclusive **Blythwood 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.

Turus is the Gaelic word for journey and **Blythwood Square's** Signature Treatments are centred around a '**Turus**' (Gaelic word for journey) which combine the natural benefits of Scotland's purest ingredients including Organic Milk Thistle extract, seaweed and sea lavender, with healing therapies to provide a complete body and mind experience.

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.

Blythwood 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. 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.blythwood square.com, telephone 0141 240 1622 or visit www.thetownhousecollection.com

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