

SPA



STYLISH. SCOTTISH. SEDUCTIVE.



BLYTHSWOOD SQUARE
Glasgow

SPA AT BLYTHSWOOD SQUARE TREATMENT MENU

Imagine a place where you can escape the pressure of everyday life. Welcome to the Spa at Blythwood Square, an elegant and sociable place to relax, rejuvenate and rebalance the mind, body and soul.

At Blythwood Square we offer a range of luxurious, sophisticated and holistic face and body treatments that have been individually designed for our guests. We use the highest quality products that blend the potency and power of organic raw ingredients with an advanced bio-scientific approach to skincare. This ensures that our treatments are both holistic and results driven, representing some of the most effective available in the world today.

In conjunction with one of the world's leading product design scientists, we have created our own collection of bespoke treatments. These hand-blended artisan treatments combine indigenous Scottish ingredients with energy and healing. Our own collection is complemented with a full range of face and body treatments from two of the world's most exclusive skincare brands, Anne Sémonin and ila.

*The Spa at Blythwood Square —
Stylish, Scottish and Seductive*

SPA AT
BLYTHSWOOD
SQUARE
SIGNATURE
TREATMENTS

SPA AT BLYTHSWOOD SQUARE SIGNATURE TREATMENTS

The Spa at Blythswood Square Signature Treatments combine the highest quality organic indigenous Scottish ingredients with energy and healing. Our unique treatments deliver immediate results whilst acknowledging the importance that each of us is unique and has our own requirements. At the core of all our treatments is wellbeing.

TURUS BLYTHSWOOD EXPERIENCES

Turus is the Gaelic word for journey and our luxury signature treatments have been specifically designed to take you on a wonderful journey of relaxation and renewal using Scotland's purest natural ingredients.

TURUS FACIAL

60 minutes

An indulgent anti-ageing facial containing organic milk thistle extract, aloe vera and lavender that repairs and restructures damaged skin whilst helping to restore the skin's barrier and moisture levels. A natural oatmeal scrub prepares the skin for massage and penetration of the serum combined with meridian awakening and lymphatic drainage. To finish, we apply a warm oatmeal and Scottish herb poultice to leave you relaxed and refreshed.

TURUS HOT STONE MASSAGE

60 minutes

This deep tissue massage has been created to alleviate the aches and pains found deep in the muscles. The massage, when combined with gentle heat from the hot stones and the healing properties of the milk thistle, cedarwood and juniper oil, works beautifully to heal the body.

TURUS BODY SCRUB

30 minutes

An organic seaweed and salt scrub rich in minerals and iodine to detox and stimulate the lymphatic system, reducing the appearance of cellulite and leaving skin silky smooth.

TURUS BODY WRAP

60 minutes or 90 minutes

A full body seaweed and salt scrub is followed by a nourishing seaweed and plasma plankton mud wrap. This is an excellent treatment for reducing cellulite and improving the texture and hydration of the skin. This comforting wrap packed full of marine minerals detoxifies and stimulates the lymphatic system, protecting against free radicals and eliminating toxins. Sea lavender boosts the skin's natural collagen production leaving the body beautifully smooth and hydrated.

TURUS SEAWEED BATH

30 minutes

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. Here in Scotland we have been enjoying the benefits of seaweed from the Scottish islands for hundreds of years. Naturally healing, moisturising and anti-ageing, it is rich in vitamins, minerals and anti-cellulite properties. An experience we guarantee you will remember forever.

ila CHAKRA WELL-BEING

120 minutes

Chakras are the seven energy points in the body that due to the stress and strains of normal modern day to day living can become out of balance.

This ila treatment helps bring harmony back to your mind and body by balancing these key energy points. Seven blends of essential oils, chosen for their harmonising qualities, form the basis of this exquisite treatment. It involves deep relaxation of the nervous system, sensuous lymphatic drainage, subtle healing of the chakras and culminates in the pouring of warm oil over the third eye to restore and relax every sense.

The energy oil blends are chosen for each client following a personal questionnaire that reveals how you may be out of balance. Each treatment is bespoke, as your specific oil blend is created in front of you. The oils are used in your base salt scrub, and in your body massage. Your treatment includes a Bliss Facial and finishes with a 'Shirodhara' treatment where warm blended oils are slowly streamed over your head bringing a sense of deep peace and calm. Healing music, created by ila, is played during this experience to deepen the healing experience.

COUPLES TREATMENT

ila COUPLES CHAKRA WELL-BEING CONNECT

60 minutes

This treatment, for two, uses the most exquisite oils of rose (the oil of love), orange blossom (bliss) and jasmine (for stimulating the flow of love) which when combined result in a beautiful connection of mind, body and spirit.

FACIALS

An innovative facial collection from exclusive Paris skincare house, Anne Sémonin. 'Parisian' in every sense of the word, these treatments bring dynamic results to your skin. Truly 'professional', your skin is analysed and products are mixed and blended in front of you for your unique concerns.

L'EXPERIENCE ANNE SÉMONIN INTENSIVE FACE & BACK THERAPY

105 minutes

Surge your skin with our ultimate facial treatment using pure extracts from the apricot kernel, known as 'liquid gold' to restore, re-energise and revitalise the skin. Lie back onto warmed bubbling seaweed and watch while your therapist blends and prescribes products to suit your needs and concerns.

ANNE SÉMONIN AGE DEFYING CRYOTHERAPY FACIAL

85 minutes

Experience the effects of youth and radiance with this wonderful anti-ageing facial incorporating a firming eye treatment. Your skin is quenched with the power of evening primrose oil, red micro algae and wild indigo. Experience the renowned effects of Anne Sémonin's 'Express Radiance Ice Cubes' that melt away fine lines leaving your skin lifted, hydrated and radiant.

ANNE SÉMONIN DEEP MARINE PURIFYING FACIAL

75 minutes

A gentle but powerful detoxifying treatment for the skin using a peel-off seaweed mask and steam extraction. Balancing extracts of sage, cypress and lemon will drain toxins, purifying and balancing the skin.

FACIALS *continued*

ANNE SÉMONIN PHYTO-AROMATIC FACIALS

55 minutes

This 'made to measure facial' delivers effective, visible results. Following an initial skin consultation, this treatment is tailor-made to your individual skin requirements, blending plant active serums, masks and aromatic intensive complexes.

ANNE SÉMONIN AGE ZONE EYE & LIP FIRMING TREATMENT

45 minutes

A specialised effective treatment to combat fine lines, wrinkles, dryness and sensitivity around the eye and lip area. This 'Age Zone' therapy will also target fine lines and loss of elasticity as well as a sublime hand and arm massage.

Leaves the skin soft and supple and eyes full of youthful sparkle!

BODY SCRUBS

On a physical level our body scrubs stimulate the lymphatic system, aid circulation and help with the elimination of toxins. The scrub is a whole experience, in which you will enjoy lymphatic drainage, marma massage and effleurage techniques. On a subtle level, the power of the Himalayan salt and oils in the scrub cleanse and strengthen the body leaving you looking and feeling radiant.

ila BLISSFUL EXPERIENCE BODY SCRUB

60 minutes

A luxurious scrub of jasmine, sandalwood and rose that restores, nurtures and nourishes inner calm and wholeness.

ila ENERGISING & DETOXING BODY SCRUB

60 minutes

This energising scrub of lemongrass and juniper stimulates and cleanses the lymphatic system. It's an ideal treatment for cellulite, stress and tiredness.

ila VITAL ENERGY BODY SCRUB

60 minutes

Relaxing and revitalising, this energy boosting scrub helps clear the mind and prepare you for busy days ahead.

Our body scrub and body wrap treatments are excellent preparation treatments prior to our massages as they stimulate the lymphatic and circulatory systems.

The warm salt emits negative ions which also improve blood and energy flow.

BODY WRAPS

All of our luxury body wraps begins with a body scrub. The wrap that follows works in the same way as the scrub but is a more powerful treatment as it draws deeper toxins from the body. It deeply revitalises the skin and lymphatic system and promotes profound healing to re-energise the body.

ila BIO ENERGY BODY WRAP

60 minutes

The aim of this treatment is to restore the body's natural biorhythms and deeply relax the nervous system. The energy scrub and mud wrap contain high levels of minerals which charge and restore the body's bio-magnetic energy field. A head and face marma massage is given while you are cocooned. The treatment ends with a tension-relieving back massage to balance and relax the nervous system.

DETOXIFYING BODY WRAP

60 minutes

This treatment is perfect if you are feeling run down and drained of energy, suffering from fatigue or sluggish circulation. The pure ingredients boost your energy field and immune system, leaving your mind, body and spirits uplifted. The high mineral restores positive energy and removes tiredness. It stimulates the circulation, particularly the lymphatic system, and is effective in easing arthritic and joint pain.

Our body scrub and body wrap treatments are excellent preparation treatments prior to our massages as they stimulate the lymphatic and circulatory systems. The warm salt emits negative ions which also improve blood and energy flow.

RHASSOUL EXPERIENCE

30 minutes

Cleanse your body and soothe your mind in our state of the art Rhassoul by combining the benefits of mud and steam. Begin by using the exfoliating husks of nutrient packed argan seeds and Himalayan salts to gently remove dead skin cells. After the application of traditional Moroccan mud over your entire body, sit back and relax. After 20 minutes the steam chamber will release a flow of warm water onto its ceramic seats, softening the mud as well as coaxing toxins to leave the body. The powerful healing qualities of the mud will leave your skin silky smooth. The perfect experience to share with a friend, leaving your skin nourished and your mind refreshed.

MASSAGE

ila VITAL ENERGY FULL BODY MASSAGE

60 minutes

This treatment works by stimulating and balancing the energy within you through reflexology and marma massage, lymphatic drainage and the application of Himalayan herb poultices. This is a unique body massage combining various techniques to harness and restore the energy of your body.

ila DEEP TISSUE BACK MASSAGE

60 minutes

This deep tissue massage helps you to relax the nervous system and is a great stress buster. It replenishes the life force by strengthening and stimulating the nervous system due to the potent blend of oils and the techniques applied. The oils used in this treatment, such as Jasmine and Patchouli are believed to soothe and strengthen the systems of the body.

ila KU NYE MASSAGE

60 minutes

A Tibetan massage that balances the five elements and restores a harmonious flow of energy and vitality. A blend of five essential oils chosen to balance the five elements combines beautifully with Tibetan techniques of cupping, kneading and acupressure with hot herb poultices.

ANNE SÉMONIN ANTI-STRESS BACK THERAPY

45 minutes

A self heating marine mineral mud treatment for the back, neck and shoulders designed to release tension and combat tight muscles. Your feet and lower legs are carefully massaged to improve circulation allowing a powerful sense of wellbeing. This energising, stimulating therapy will rebalance energy levels and reactivate your senses.

ANNE SÉMONIN BLACK SAND JEWEL MASSAGE

85 minutes

This ultimate exfoliating experience with Black Sand from Tahiti and aromatic oils actively sweeps away dead surface skin cells, leaving your skin wonderfully soft, silky, detoxified and youthfully radiant. The delicate fragrance of exotic verbena promotes a holistic sense of wellbeing and relaxation. Aromatic oils are applied all over the body to deeply nourish, soften and remineralise the skin, followed by a revitalising exfoliation and body wrap. The therapy concludes with a Phyto-Aromatic full body massage.

MEN'S

Our treatments are perfect for both men and women, however the experiences below have been created specifically for our male guests. These treatments vary, offering everything from an introduction to the spa experience to results-driven treatments concentrating on releasing stress, tension and targeting aches and pains.

ila MEN'S VITAL ENERGY FULL BODY MASSAGE

60 minutes

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

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

PREGNANCY

Pregnancy is a time of grace and nurturing peace. Balance in the body is essential so the developing baby feels secure and happy. This is the focus of all our pregnancy treatments.

ila MOTHER-TO-BE (PRE-NATAL)

60 minutes

This is a blissful experience for both Mum and baby that uses gentle, slow and rhythmic lymphatic massage techniques to promote deep well-being and peace for you both. Herbal extracts of lavender, camomile and rose oil are used to bring gentle healing energy while warm herb poultices bring a deep sense of nurturing.

ila MOTHER (POST-NATAL)

90 minutes

This energising treatment was created to replenish energy at a deep level, restoring and reconnecting the mother's body, mind and spirit. Our treatment commences with the blissful, gentle scrub of jasmine, sandalwood and rose, followed by a nurturing rose balm marma massage and chakra healing.

ADD ON TREATMENTS

The following 30 minute treatments can be added to any ila treatment

ila BACK, NECK & SHOULDERS EXPRESS

A relaxing, de-stress massage to restore and replenish the nervous system using a unique blend of jasmine, vetivert and cardamom.

ila HEAD MASSAGE

A massage with acupressure that releases fatigue and tension from neck and head whilst at the same time nourishing the hair with vital minerals and oils.

ila HAND REJUVENATOR

A very relaxing treatment for your hands. A Bliss scrub and soak prepares the hands for a soothing and blissful Rose Balm marma massage which energises and releases stress and tension from your hands. A mask restores silky smoothness

ila FOOT RECOVERY

Lemongrass and vetivert scrub to soothe tired feet. This is a wonderful massage using marma techniques and Vital energy oil. We follow this up by applying a foot mask to restore vital energy. Of course this treatment is also deeply relaxing.

SLEEP

Sleep is the cornerstone of health. Sleeplessness is the quiet epidemic of the West. We have lost our relationship with the night because we are over-fed and over-stimulated with messages and ideas; all of which disrupts our sleep. Our Dreamtime journey is an experience to help you to re-connect to your inner space of tranquility, to release and let go of tension and connect to the grace of sleep and joyful dreaming. A secondary benefit is of glowing radiant skin, a sense of well-being and happiness.

ila DREAMTIME

120 minutes.

This soporific journey has been created to deeply relax the whole nervous system and restore the natural rhythm of sleep and dreaming. The journey begins with a mantra as a focus of letting go. A dreamtime scrub soothes and restores the lymphatic system in preparation for the body treatment. The potent combination of organic essential oils and herbs such as vetivert, valerian and hops deepens the effects of the chakra massage, restoring the nervous system to leave mind and body blissfully peaceful. The second phase of the journey is the Dream Time facial, promoting deeper relaxation and supporting the natural process of cellular rejuvenation with ingredients such as fresh royal jelly and orange blossom.

Dream Time music accompanies this treatment to relax the nervous system at its most subtle level.

ila DREAMTIME MASSAGE

60 minutes

This deeply relaxing massage treatment helps soothe you into a state where falling asleep can naturally occur. The combination of organic essential oils, marma massage and chakra healing restores the nervous system leaving mind and body blissfully peaceful.

HAND & FOOT TREATMENTS

ila LUXURIOUS HAND EXPERIENCE

60 minutes

This lush treatment begins with a blissful aromatic salt scrub to exfoliate the hands and lower arms. Nails and cuticles are groomed to perfection before you receive a soothing rose balm marma massage which energises and releases stress and tension from the hands. This beautiful treatment is completed with your choice of polish or shiny buff.

ila LUXURIOUS SEAWEED FOOT EXPERIENCE

60 minutes

Transform and re-energise tired, achy feet. Beginning with a soothing footbath filled with nutrient rich salts and pure essential oils. As you sit back and relax, the skin of the feet and lower legs are softened and calluses are smoothed away with an indigenous Scottish seaweed foot scrub. Restore energy with a relaxing marma point foot massage using our vital energy oil to deeply hydrate and nourish skin, leaving feet smooth and balanced. Nails are shaped, cuticles conditioned, and finished with your choice of polish or shiny buff.

SPA AT BLYTHSWOOD SQUARE THERMAL EXPERIENCE

3 hours

Our thermal experience is a series of rooms designed to take 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 actually helps to open and cleanse the pores in your skin. When your skin is clean and the pores open this greatly assists in the absorption of products during your treatments.

TO FINISH

TANNING

PROFESSIONAL SELF TAN

60 mins

Luxurious self-tan applied by your therapist using the Fake Bake Gold professional range for the ultimate safe-tanning treatment whilst protecting your skin from the harmful effects of the environment.

Your skin will be thoroughly prepared using the gorgeous Fake Bake Gold Pomegranate & Passion Fruit Body Polish, which after showering is followed by the accompanying Fake Bake Gold Silky Solution to super-nourish those extra dry areas, completing with the exclusive Fake Bake Gold Tanning Formula for a smooth and even tan in 6 to 8 hours.

PROFESSIONAL SPRAY TAN

30 mins

Suitable for any skin type

An ultra-fast spray tan is the quickest and most effective way to achieve a beautiful, golden glow. After showering and preparing your skin with the Fake Bake Gold Pomegranate & Passion Fruit Body Polish you are sprayed using Fake Bakes professional tanning equipment. A fast, convenient application perfectly suited to men and women who want fast, flawless results.

MAKE-UP

Using only the best quality mineral products available, Jane Iredale mineral make-up is easy to apply and is suitable for all skin types and in particular sensitive skin.

Make-Up Application	30 minutes
Make-Up Lesson	60 minutes

NAILS

Leighton Denny Expert Nails – award-winning products and treatments that provide aromatherapeutic and prescriptive care for glamorous, youthful looking hands, feet and nails.

Manicure	60 minutes
Manicure with French Polish	60 minutes
Pedicure	60 minutes
Pedicure with French Polish	60 minutes
Shape and polish (hands or feet)	20 minutes

WAXING

Luxury Full Leg Wax	40 minutes
Luxury Half Leg Wax	25 minutes
Bikini Wax	10 minutes
Underarm Wax	10 minutes
Lip & Chin Wax	10 minutes
Chest Wax	25 minutes
Back Wax	25 minutes
Eyebrow Shape/Wax	10 minutes

We recommend that you do not use any Heat Experiences

24 hours before or after waxing.

TINTING

Eyelash Tint	25 minutes
Eyebrow Tint	10 minutes
Eyelash & Eyebrow Tint	25 minutes

A 24-hour Patch Test is required prior to each of the above tints.

Gift vouchers available – please ask a member of staff for details.

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