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BE AT ONE

Modern life moves fast. Which is why it is important to catch up every now and then, to leave behind those everyday stresses and strains. Take time out to re-energise mind and body at One Spa.

A beautiful, light-filled space in the heart of Edinburgh, One Spa offers an uplifting, natural balance of energy, water and heat. Unwind in the rejuvenating Thermal Suite, indulge in a soothing Spa Treatment and immerse yourself in our iconic rooftop Hydropool. Feel your worries float away in the 19 metre infinity-edge pool, or harness your inner strength at our inspirational gym and fitness studios.

Before too long, you will have forgotten all about the world below...



TREATMENTS

ONE SPA SIGNATURE TREATMENT

One of a Kind

🕒 1 hr 30 mins + 🪑

Life inspired and enhancing, the perfect Signature Treatment has to have a soul of its own. If you are looking to try something even more special, then this is the One. Unique to One Spa, this sophisticated, wonderfully immersive Spa experience is the ultimate in feel-good indulgence.

To ease you into your signature treatment, a luxurious combination of warmed Blue Cypress Body Wash and lightly sprinkled Desert Salt will awaken your senses and soften the skin.

Following this invigorating exfoliation, it will only be a matter of time before you feel the tiredness and tension begin to drift from your body, as the gently enveloping warmth of a Peat Pad perfectly complements a therapeutic Kodo Back Massage – specifically designed to soothe those stressed and aching back muscles.

A deep cleansing, hydrating mask will then be applied to your back, during which time your legs will be expertly massaged using traditional Yabung Aboriginal touch therapy techniques. Your face will then be cleansed and exfoliated before all your worries are soothed away with a heavenly face, shoulder and scalp massage, culminating in the deliciously nourishing Quandong Hair Mask.

As true health and well-being comes from within, your One of a Kind journey will conclude with a deliciously restorative, Vitamin C-rich Yulu Tea, to help boost your digestion and aid the lymphatic system, while your head and scalp are treated to a warming towel.

With systems gently stimulated and mind and body completely refreshed, you'll feel relaxed, rejuvenated and perfectly at One.



LI'TYA TREATMENTS

LI'TYA Mala Mayi (Body Wrap & Kodo Massage)

🕒 1 hr 50 mins + 🌿

A truly holistic experience, Mala Mayi begins with a choice of Desert Salt body polish to cleanse and awaken the senses, before your body is cocooned in a rich layer of silky warm mineral Body Mud. Before long you'll drift off into a blissful state of deep relaxation as the deliciously warm mud sets to work, delivering essential nutrients to the skin. All the while, traditional Aboriginal Paudi scalp massage techniques are employed to eliminate tension and tightness in the head and neck area.

Once showered, you will be perfectly primed for an uplifting rhythmic Kodo full body massage, to leave you feeling fresh and revitalised.

LI'TYA Yirri Facial

🕒 1 hr 10 mins

This prescriptive treatment combines skin specific cleansers, cellular activating exfoliators, herbal masks, treatment elixirs and moisture therapies to target specific skin concerns and ensure optimum results.

LI'TYA Lowana (Face, Hand & Foot Treatment)

🕒 1 hr 10 mins

Employing a personalised blend of our powerful plant actives, potent essential oils and restorative native extracts, your face, hands and feet are cleansed, exfoliated, and finally massaged. A delightfully sensual and nurturing treatment to purify, condition and recharge the very essence of your being.

LI'TYA Kodo Massage

🕒 55 mins

Inspired by traditional Australian Aboriginal techniques, this rhythmic body massage helps to relieve muscular aches and uplift the body's energies. Native aromatic oils are selected according to individual needs – to rejuvenate, harmonise or detoxify.

LI'TYA Kodo Pregnancy Massage

🕒 55 mins

This soothing full body massage focuses on relieving tension and rebalancing the body. You will be positioned on your side and cushioned with pillows to allow complete relaxation while enjoying the flowing and healing movements of the massage, which help nurture both mother and baby.

ESPA AYURVEDIC INFLUENCE

Embark on a truly personal journey of Ayurvedic traditions, adapted to suit today's lifestyles. Ancient philosophies and western practices work in harmony with the inner intelligence of the body, helping it to rebalance in times of change and stress.

TIME The Ultimate Treatment Choice

🕒 2 hrs + 🌿

Time. It's the most precious gift of all. Allow yourself the luxury of an in-depth, personalised consultation with your One Spa Therapist, who will then draw on their specialist knowledge to create a collection of therapies – to meet your specific and immediate needs. Just as each day is different from the one before, so too will be the TIME treatment offered – making for a truly unique Spa Experience.

Ama Releasing Abhyanga

🕒 2 hrs + 🌿

A holistic treatment designed to create a balance of the elements and Chakras in body and spirit, this experience begins with a ceremonial foot cleansing, allowing your Therapist to prepare the treatment to meet your specific needs. First, the body is exfoliated with a Salt & Oil Scrub, before a gentle facial cleanse. An Ayurvedic Marma point massage restores vitality, as an infusion of warm oils is applied with gentle pressure to the vital energy centres of face and body to release tension. This ritual concludes with a relaxing head massage to leave you feeling thoroughly revitalised.



ESPA BODY TREATMENTS

Ayurvedic Body Wrap with Hot Stones

🕒 2 hrs + €

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This Ayurvedic inspired treatment commences with a foot cleansing ritual, during which time your Therapist will discuss with you how best to tailor the experience to suit your needs. Following a Salt and Oil body exfoliation you will be covered in an application of warm Algae or Marine Mud, as natural linens envelop the body to improve the absorption of the oils. Warm oils, infused with Ayurvedic herbal blends, are then poured onto the body and hot stones are applied in the Dosha specific massage. Lastly, a luxurious Indian Head Massage with therapeutic aromatic oils will leave you feeling tranquil and refreshed in equal measure.

Body Wrap

🕒 1 hr 10 mins

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Following a lifestyle consultation to help your Therapist choose the wrap most appropriate to your specific needs, this luxurious body experience begins with lymphatic skin brushing and body exfoliation before enveloping the body with Algae or Marine Mud. By comfortably raising the temperature and inducing perspiration, the warming body wrap helps to eliminate toxins and increase the effects of the oils and the wrap itself. A calming head massage adds a final touch of tranquillity.

Experience More

Each wrap can be combined with a corresponding Essential Body Massage for an even more soothing experience, giving the maximum benefit to body and mind.

Total Indulgence Pre/Post Natal Treatment

🕒 1 hr 20 mins

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Specifically created for expectant mothers or those who have recently had a baby, this total body treatment is a suitably luxurious and tranquil experience. Calendula-infused oil and various nourishing creams are applied to safe areas using advanced massage techniques. As well as being deeply relaxing, the treatment improves the tonicity and comfort of the skin.

Oriental Head Massage

🕒 25 mins

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An Oriental-inspired head massage to nourish the hair and moisturise the scalp, this relaxing treatment calms the mind and helps to soothe headaches and migraines.

Full Body Salt & Oil Scrub

🕒 25 mins

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This exceptional skin-softening body exfoliation combines sea salts, nourishing oils and essential oils to leave skin feeling moisturised, smooth and soft.

Serail Mud Chamber

🕒 25 mins

—

For this sumptuous treatment, the combination of radiant heat and restorative body and face mud – applied with your own hands – creates a rejuvenating yet relaxing experience. The calming warmth and soothing mud help to eliminate toxins and induce relaxation, while the chamber's herb-infused vapours gently soften the mud, before a warm shower leaves your skin feeling smooth and mind clear. This treatment can be experienced as an individual or as part of a group (maximum 4).

ESPA MASSAGE

Chakra Balancing with Hot Stones

🕒 1 hr 50 mins + 📍

Chakras are seven subtle energy centres in the body that affect our equilibrium and inner harmony. When blocked these Chakras can affect the body and mind emotionally and physically. Following a full body exfoliation and facial cleanse, the body is massaged using essential oils and hot stones to release tension, leaving your body feeling soothed and restored.

Aromatherapy

🕒 1 hr 20 mins

Using a uniquely selected blend of essential oils, this wonderfully therapeutic treatment stimulates the senses. Deeply relaxing and calming or uplifting and invigorating, the benefits of this body, face and scalp massage are appropriate for all.

Balinese

🕒 1 hr 20 mins

This truly indulgent treatment begins with warm oil being gently poured on to the centre of the stomach or back, after which it is spread along the whole body in sweeping elongated movements. The massage also uses hot stones to soothe aching muscles and relax the mind – making for an exceedingly relaxing experience.

Fitness

🕒 1 hr 20 mins

Developed to alleviate areas of deep-seated tension, this is an advanced massage ideally suited to more experienced clients. Limbs and muscles are stretched and hot stones used in preparation for specific muscular release.

Swedish

🕒 1 hr 20 mins

The perfect remedy for tension and tightness, this traditional massage incorporates regulated pressure and long, strong movements to effectively ease aching backs and tired limbs.

Essential Body Massage

🕒 55 mins

This full body massage will help to relieve physical tension, revive the body or calm the mind. Through a lifestyle consultation, your Therapist will carefully choose the specific oils and techniques to meet your individual needs. The Essential Body Massage is every bit as individual as you are.

ESPA FACIALS

Holistic Back, Face & Scalp Treatment with Hot Stones

🕒 1 hr 50 mins + 📍

This powerful treatment uses hot stones to relieve deep-seated tension and restore balance to vital energy points. An initial cleansing back exfoliation is followed by a soothing hot stone back massage with essential oils, bringing equilibrium to mind and body. A prescriptive facial completes this treatment and includes a massage with deeply nourishing oils and an intensive face treatment mask to suit your individual needs. Whilst the mask is taking effect, an Oriental head massage will clear the mind and ease tension.

Face & Back Facial

🕒 1 hr 20 mins

This wonderful treatment is specifically tailored to suit your skin's condition and starts with an exfoliation and deeply relaxing massage of the back, neck and shoulders. An intensive facial and scalp massage leaves the skin re-hydrated and both body and mind deeply relaxed.

Age Defyer

🕒 1 hr 20 mins

A luxuriously regenerative facial treatment created to help combat the signs of ageing and sun-damaged skin. Expert facial massage techniques are applied to the delicate areas around the eyes, neck, lips and jaw line, using antioxidant-rich moisturisers and advanced natural ingredients to hydrate and protect. The revitalising benefits of this treatment leave the skin feeling fresh and nourished, helping to minimise lines and wrinkles.

Intensive Facial

🕒 55 mins

An intensive treatment created to naturally improve the condition of the skin and enhance its appearance. Each facial is adapted to suit your personal requirements and includes specialised double cleansing techniques, gentle exfoliation, acupressure facial massage and a prescriptive face mask. While the mask is taking effect, you'll experience a therapeutic oriental head massage followed by specific moisturising and protection for the skin.

Advanced Skin Radiance Facial

🕒 1 hr 30 mins

Suitable for all skin types and ages, this treatment combines our unique Optimal Skin ProCleanser, which gently exfoliates as it melts into the skin, with a deep Clarisonic brush cleanse and brightening mask to remove dead skin cells. An age-defying and sublimely relaxing massage using Rose Quartz Crystals follows, finishing with a Lifting & Smoothing Mask and our revolutionary Skin Radiance Intensive Serum – to powerfully brighten, firm and even skin tone, leaving your complexion smooth, supple and radiantly healthy.

Cellular Renewal Enzyme Facial

🕒 1 hr 30 mins

A powerful and highly effective facial, this treatment boosts cell regeneration and gives an instantly smooth, softly glowing complexion. A deep cleanse incorporating skin brushing, followed by an intense enzyme peel containing botanical extracts and pumpkin enzymes will deeply exfoliate and remove dead skin cells. To finish, we apply a Lifting and Smoothing Mask containing concentrated seaweed extracts, argan oil and menthol, which will give your skin a more plumped and firmer appearance.

Super Active Facials

🕒 1 hr 30 mins

ESPA's acclaimed Super Active skin care range is specially formulated to treat specific skin conditions and help counter the damaging effects of harsh skin treatments, environmental and lifestyle issues.

Choose from the following options:

Super Active Toning, Lifting & Firming Facial

Super Active Calming & Soothing Facial

Super Active Repairing & Restoring Facial

SPA TREATMENTS FOR MEN

Naturally, male guests are encouraged to explore and enjoy all our Spa experiences, however this selection of treatments has been expertly designed with men in mind.

Intensive Facial for Men

🕒 55 mins

This hydrating, triple-cleansing treatment employs products from the ESPA Men's range. A hot towel compress soothes the skin, before a relaxing facial massage, deep shoulder, and scalp massage helps release tight muscles and ease tension.

Essential Body Massage

🕒 55 mins

A full body massage designed to relieve physical tension, revive the body or calm the mind. Following an initial lifestyle consultation, your Therapist will choose specific oils and massage techniques to meet your individual needs.

Fitness Massage

🕒 1 hr 20 mins

Specifically developed for our more active clients, this advanced massage is ideal as a post-match treat or as a part of a regular training routine. Limbs and muscles are stretched and hot stones used to alleviate areas of deep-seated tension.

Pedicure for Men

🕒 55 mins

One Spa for Men

🕒 1 hr 50 mins + €

This programme of essential Spa Treatments has been designed specifically for men and will help to relieve tension and soothe aching muscles, whilst also hydrating the skin and clearing the mind.

- Essential Back Massage
- Intensive Facial for Men

HAND & FOOT

Choose from the following

- Manicure
- Manicure with French Polish
- Pedicure
- Pedicure with French Polish
- File & Polish (Hands or Feet)

Please allow an appropriate drying period after all manicures and pedicures, with the exception of Shellac nail treatments. It is advisable to wear open-toe shoes directly after pedicures. After any polish application it is advisable not to use the Thermal Suite or any Heat Experiences.

Shellac

A unique hybrid nail product, Shellac is not only thin and strong enough to be applied just like a polish, but it also gives an incredible shine. Best of all, because Shellac is cured by UV light, it dries within a matter of minutes, for an incredibly flexible and durable 14 day finish – making it perfect for those with precious little time to waste waiting for their nails to dry!

- Shellac Manicure
- Shellac Manicure with French Polish
- Shellac Removal & Manicure
- Shellac Pedicure
- Shellac Pedicure with French Polish
- Shellac Removal & Pedicure

TINTING & WAXING

Tinting

- Eyelash Tint
- Eyebrow Tint
- Eyelash & Eyebrow Tint

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

Waxing

- Luxury Full Leg Wax
- Luxury Half Leg Wax
- Bikini Wax
- Underarm Wax
- Lip & Chin Wax
- Chest Wax
- Back Wax
- Eyebrow Shape/Wax

Hot & warm wax available.

We recommend that you do not use the Thermal Suite or any Heat Experiences 24 hours before or after waxing.



DAYS

SPA DAYS

Dedicate the whole day to nothing but you, with a series of bespoke Spa Treatments and rituals designed to restore balance, purify the body and stimulate the senses. Each programme* includes precious time in our rooftop Hydropool and Thermal Suite, a series of heat and water experiences that relax and rejuvenate in equal measure.

The Dreaming

🕒 3 hrs + 🍷 🍽️

Drawing on LI'TYA's acclaimed Aboriginal healing techniques, this deeply therapeutic journey has been created to ease tired muscles and restore balance. With a range of cleansing and nourishing treatments for body and face alike, this Spa Day will leave you feeling re-energised and ready to face the world once again.

- Mala Mayi Body Wrap & Kodo Body Massage
- Lowanna Face, Hand & Foot Treatment

TIME

The Ultimate Spa Ritual

🕒 3 hrs + 🍷 🍽️

Allow yourself the luxury of an in-depth consultation with a One Spa Therapist, who will use this meeting as the basis for your own, personalised Spa ritual – creating a bespoke collection of therapies to meet your specific and immediate needs. Just as each day is different from the one before, so too will be the TIME treatment offered, making for a truly unique One Spa experience. TIME – it's the most precious gift of all.

- 🕒 Spa Treatment Time
- 🍷 Includes Escape at One
- 🍽️ Includes Light Lunch at One Spa Café

*With the exception of New Beginnings

Rebalance

🕒 2 hrs 55 mins + 🍷 🍽️

An Ayurvedic-influenced ritual created for the unique needs of your mind and body. Following a relaxing, introductory foot ritual and consultation, your Therapist will choose a luxurious collection of natural products best suited to your skin. This delightfully warming, tranquil treatment is designed to gently cleanse and nourish, balancing the body from head to toe.

- Ayurvedic Body Wrap
- Intensive Facial

Tranquillity

🕒 2 hrs 45 mins + 🍷 🍽️

Achieve complete relaxation with this holistic ritual designed to counteract the stresses and strains of modern life. Using volcanic hot stones and specially selected aromatherapy oils, a massage will release deep-seated tension, while an intensive facial will calm, soothe or revitalise the skin. Whatever your requirements, this deeply calming treatment will help bring harmony to body and mind alike.

- Chakra Balancing massage with Hot Stones
- Intensive Facial

Rejuvenate

🕒 2 hrs 40 mins + 🍷 🍽️

An all-encompassing ritual designed to promote tranquillity and help you feel totally rejuvenated. Using only natural products, specifically chosen to meet your individual needs, this unique treatment will nourish the face and body as well as relaxing the mind. No matter how stressed or tired you might be on arrival, the expert touch of your One Spa Therapist will ensure that you leave feeling wholly reinvigorated and ready to tackle the world once more.

- Full Body Salt & Oil Scrub
- Serail Mud Chamber
- Essential Body Massage
- Intensive Facial

SPA DAYS

New Beginnings

🕒 3 hrs 10 mins + 🍷

Designed for expectant mothers or those who have recently had a baby, this wonderful, total body treatment not only aids relaxation, but also takes into consideration all contra-indications – to leave you feeling perfectly cherished. A truly luxurious experience using Calendula-infused oil and nourishing creams with advanced massage techniques to safe areas.

- Total Indulgence Pre/Post Natal Treatment
- Intensive Facial
- Pedicure
- Use of the Swimming Pool

Restore

🕒 2 hrs 30 mins + 🍷

A deeply relaxing programme to clear the mind and rejuvenate the body, this uniquely restorative ritual employs nurturing ingredients, traditional techniques and specially blended oils. And as both the treatments and products applied are individually tailored to meet the immediate needs of your mind and body, this indulgent day is the ideal way to restore and maintain natural balance.

- Full Body Salt & Oil Scrub
- Ultimate Body Wrap
- Essential Body Massage

Refresh

🕒 2 hrs 15 mins + 🍷

This revitalising selection of essential Spa Treatments has been designed to refresh the face, body and mind in equal measure. Allow your senses to be stimulated by a heavenly range of relaxing and purifying techniques that will help soothe, rehydrate or revitalise the skin. Developed with the everyday pressures of urban living in mind, this Spa Day is the perfect pick-me-up.

- Full Body Salt & Oil Scrub
- Essential Body Massage
- Intensive Facial

Renew

🕒 1 hr 20 mins + 🍷
(Monday to Friday only)

A compact programme of essential treatments designed to relax and refresh – the ideal introduction to our Spa. This treatment combination will leave you relaxed and re-energised, making it the perfect midweek indulgence or pre-weekend treat.

- Full Body Salt & Oil Scrub
- Express Facial
- Oriental Head Massage

Escape at One

🕒 3 hrs

(Monday to Friday only)

Create your own Spa rituals. Let our calming waters wash away your worries. Be at One. High above Edinburgh city centre, our beautifully spacious, light-filled 19 metre swimming pool provides the perfect point of departure for your Escape.

By way of contrast, the nearby Thermal Suite is a hidden haven of tranquillity, a calming space where you are free to explore the collection of heat and water treatments inspired by the ancient Celts and Romans. Soothe aching muscles in the powerful heat of the Rock and Bio saunas and let the warmth of the Laconium and Tepidarium relax and rejuvenate. Allow the enveloping steam of the Hammam and Aroma Grotto to gently cleanse the body, before the scented tropical rain and cold fog showers lift the spirits.

As a final treat for the senses, immerse yourself in One Spa's iconic Hydropool, up on the rooftop. A wonderfully invigorating indoor-outdoor warm water experience, the Hydropool's body jets provide a flow of warming water to rebalance the body's essential core. After experiencing this uniquely uplifting balance of energy, water and heat, it'd be all too easy to forget that you are in the very heart of Edinburgh...

Escape at One also includes use of our inspirational gym and fitness studios.



A photograph of a hallway with a textured wall made of stacked, irregular stones. The wall is illuminated from behind, creating a warm, golden glow. The floor is dark wood. In the background, a person in a light-colored dress is walking away. The word "BREAKS" is overlaid in white, spaced-out capital letters on the left side of the image.

BREAKS

SPA BREAKS

Forget all about the world outside. Take time out to re-energise mind and body with a day or two at One Spa, a perfectly tranquil space in the heart of Edinburgh. Our expert Therapists will consult with you to discover your own preferences, your own needs and build these into your Spa Break.

Each programme includes Escape at One – invaluable time in our rooftop Hydropool, 19 metre swimming pool and unique Thermal Suite, a series of heat and water experiences that relax and rejuvenate in equal measure.

What's more, guests can also enjoy access to our inspirational gym, and take part in a studio class. With the added luxury of a guest room in the recently refurbished Sheraton Grand Hotel & Spa to look forward to, this is the very definition of 'me' time.

Spa Retreat

1 Night

⌚ 1 hr 45 mins + ⑤

Feel your worries float away on this restorative Spa Break, specially created to leave the mind feeling clear, the skin soft and the body rejuvenated.

Spa Treatments include:

- Salt & Oil Scrub
- Serail Mud
- Intensive Facial

And as if all that wasn't indulgent enough, you'll also enjoy overnight accommodation in a Classic king or twin bedroom, complete with a full Scottish breakfast.

Time Out

1 Night

⌚ 2 hrs 15 mins + ⑤

Those feeling in need of a little quality time will relish this relaxing Spa Break, developed to work wonders by nourishing the skin, revitalising the body and calming the mind. By way of an introduction, our Spa Therapists will consult with you to better understand your particular requirements on the day. Spa Treatments include:

- Salt & Oil Scrub
- Holistic Back, Face & Scalp Massage with hot stones

Following all this intensive relaxation, you can retire to the comfort of your Classic king or twin room at the Sheraton Grand and dream of a delicious full Scottish breakfast in the morning.

Relax & Revitalise

2 Nights

⌚ 3 hrs + ⑤ Ⓛ

It's all about you. This luxuriously laid-back series of Spa Treatments has been formulated to rejuvenate the face and body, as well as relaxing the mind. An initial Lifestyle Consultation will enable our Spa Therapists to tailor your experience to suit. Spa Treatments include:

- Body Wrap
- Essential Body Massage
- Intensive Facial Treatment

With an energising light lunch in the Spa Café – not to mention two memorable nights in a Classic king or twin bedroom including full Scottish breakfast – this Spa Break is all you need for a carefree break from your routine.

⌚ Spa Treatment Time

⑤ Includes Escape at One

Ⓛ Includes Light Lunch at One Spa Café



GROUPS

SPA GROUP DAYS

Even better when shared. Join your friends or family for a whole day of pure indulgence. Created with groups of five or more in mind, our Spa Group Days are perfect for a birthday treat, a spot of pre-wedding relaxation or simply a well-earned break. And if you're thinking about a unique way of thanking staff or clients, then a day (or two) in One Spa is sure to make a splash!

Spa Days

You, your best friends, and a choice of heavenly Spa Treatments at Europe's leading urban spa. If only every day were as wonderful as this! Simply select the Spa Day you'd most like to try and switch all mobile calls to divert...

As if that wasn't tempting enough, our Spa Days also include Escape at One, which gives full access to the invigorating facilities at One Spa including the Thermal Suite, rooftop Hydropool, 19 metre infinity swimming pool, gym and studios.

Spa Breaks

After experiencing first hand the benefits of One Spa, it's highly likely that you'll find it hard to leave, which is exactly why we now offer a sumptuous selection of Spa Breaks. Not only will you enjoy a choice of indulgent Spa Treatments and full access to One Spa, but you'll also spend one or two luxurious nights in the Sheraton Grand Hotel & Spa, complete with a full Scottish breakfast in the morning. It really doesn't get much better...

Whichever you choose, our Spa Group Planner will help you organise the perfect day. To find out more, or plan your perfect Group Spa Day, please contact One Spa:

Telephone 0131 221 7777
Email info@onespa.com
Visit onespa.com

Please note that Spa Groups are subject to group reservation terms & conditions.





GIFT VOUCHERS

Gift Vouchers

Give the gift of time. The perfect present. The chance to relax and enjoy a moment of pure tranquillity. One Spa Gift Vouchers are available for use against Spa Treatments, Spa Days and Membership. Gift Vouchers can be purchased at One Spa or online at www.onespa.com

One Spa Products

Take a little bit of One Spa home with you. At the Spa Reception you'll discover a full range of luxurious ESPA face and body products, along with a fabulous assortment of native plant Spa products from LI'TYA. Also available is leading UK nail technician Leighton Denny's acclaimed Expert Nail range. We also offer a collection of beautifully presented gift boxes, each containing a range of products, packaged to create a therapeutic Spa experience in the comfort of your home.

Now your hair can look as good as you'll feel, thanks to Cloud Nine's Irons and catwalk-approved styling products, available at the Spa Reception.

SPA CAFÉ

Spa Café

Open daily from 9am – 6pm

Served in relaxed surroundings, our Spa Café menu offers everything from classic deli-style sandwiches and healthy salads, to freshly-squeezed juices and energising smoothies. After all, who says that eating well can't be delicious?

Lunch in a Box

One Spa Lunch Boxes offer five delicious, freshly-made and convenient mini-courses to suit your training and nutritional requirements, making them the smarter way to eat healthily!

Reservations

For reservations & further information,
please contact One Spa:

One Spa
8 Conference Square
Edinburgh EH3 8AN

Tel 0131 221 7777
Fax 0131 221 7778
info@onespa.com
www.onespa.com

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-  TripAdvisor.co.uk

