

one

S P A

GROUP SPA DAYS



GROUP SPA DAYS

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.

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.

 55 mins

Essential **£97**

Escape at One
Essential Body Massage
OR Intensive Facial

 55 mins

Essence **£90**

Escape at One
Express Facial
Luxurious Hand Treatment

 55 mins

Unwind **£90**

Escape at One
Back, Neck & Shoulder Massage
Luxurious Foot Treatment

 55 mins

Classic **£110**

Escape at One
Express Facial
Back, Neck & Shoulder Massage

 55 mins

Serene **£100**

Escape at One
Oriental Head Massage
Back, Neck & Shoulder Massage

 55 mins


Chill Out **£100**

Escape at One
Full Body Salt & Oil Scrub
Express Facial

 1 hr 20 mins


Blissful **£130**

Escape at One
Full Body Salt & Oil Scrub
Back, Neck & Shoulder Massage
Oriental Head Massage

 1 hr 20 mins

Heavenly **£130**

Escape at One
Full Body Salt & Oil Scrub
Express Facial
Oriental Head Massage

 1 hr 20 mins

Regenerate **£140**

Escape at One
Full Body Salt & Oil Scrub
Express Facial
Back, Neck & Shoulder Massage

 Treatment Time



ONE SPA CAFÉ

True health and wellbeing comes from within, which is why the Spa Café menu has been designed to complement your goals, with seasonal bento boxes filled with freshly made mini courses to suit your nutritional requirements.

One Spa Café is the perfect place to relax between treatments or meet with friends after a workout.



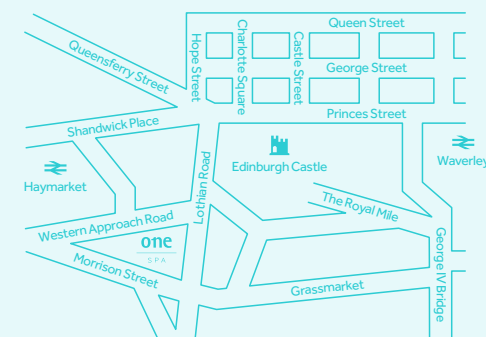
RESERVATIONS

Make sure you get the most from your spa day. Our dedicated spa group planner will help you plan your whole day, arranging treatments, food and refreshments

Tel 0131 221 7777

info@onespa.com

www.onespa.com



Please note that spa groups are subject to group reservation terms & conditions.