

# Spa in the City

Your spa escape and beauty retreat in the heart of the city

**Award winning spa**

**Awarded excellence by Trip Advisor**



**Spa in the City** offer luxurious treatments in a relaxed and friendly environment, with over 18 years experience in the beauty industry, we deliver experienced hands and a vast knowledge for all your beauty and spa needs.

We aim to provide the ultimate experience in lifestyle consultations, 5 star treatments, excellent homecare advice and most importantly a **Spa in the City** experience to be cherished with lasting benefits.

ESPA

  
ST. TROPEZ  
The Ultimate Tan

  
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Tel: 0141 221 5230

# Body Treatments

## **Luxury ESPA Body Wrap: 1hr - £60.00**

Choose from the Detoxifier which eliminates toxins and increases the metabolism leaving you energised, lighter & invigorated or the hydrator which is soothing, warming and nourishing, great for aches & pains & dry, dehydrated skin types. Both treatments are luxurious and a real treat for the body. Excellent skin preparation before or after a holiday.

## **Shrinking Violet Body Wrap: 60min - £52.00 / 90min - £62.00**

This body wrap is a technique so powerful that a 60 minute salon session can shrink waistlines by up to 2 inches. This is a revolutionary body wrap slimming system featuring a synergistic blend of ingredients designed to promote a slimmer, leaner silhouette. For maximum results we recommend a course of 6 treatments from only £239.00.

## **Murad Vitamin C Body Firming Treatment: 55min - £55.00**

Ultimate Firm & Tone! Reduce stretch marks and tighten skin, great weight loss or post pregnancy treatment. Increasing skin firmness and elasticity. Treat two areas during one treatment either buttocks & thighs or abdomen & upper arms.

**Course of six £250**

## **Invigorating Leg Treatment: 55min - £52.00**

A stimulating massage method is carried out to boost the circulation concentrating on the areas of the body prone to cellulite and fluid retention. Skin brushing and a sea salt scrub begins this follows with a vigorous massage technique using a blend of detoxifying essential oils. Heavy legs will feel instantly lighter and a natural detox will occur leaving you invigorated & energised. Excellent pre/post flight treatment.

**A course of treatments is recommended (£250 for six treatments)**

## **Diamond Micro-dermabrasion Body Treatment: 45min - £47.00**

This intense exfoliation treatment, is excellent prior to a beach holiday or for dryer skin types. A good therapy for sun damaged skins and stretch marks. Your skin will feel soft & smooth and look more radiant.

## **Murad Blemish Control Back Treatment: 45min - £45.00**

This treatment is designed to reduce acne blemishes and improve skin clarity while instantly soothing redness and inflammation. This professional-strength acne treatment features exfoliating fruit enzymes to open clogged pores for deep cleansing.

## **Salt & Oil Scrub: 25min - £38.00**

A nourishing exfoliating treatment that will leave the skin super soft, excellent pre/post holiday and prior to a massage.

**Add this treatment on to any massage treatment and save £8.00**

## **Sea Salt Back Scrub: 15min - £15.00**

A deep exfoliation treatment to the back area, ideal add on to other treatments.





## Spa Days & Indulging Spa Packages

### **The Ultimate Spa Experience: 4hrs 15min - £205.00**

'Me Time'-Begin your pamper day with a leisurely swim, steam and sauna then allow us to pamper you from head to toe. A Sea Salt Scrub begins your spa experience to leave your skin moisturised, smooth & soft. A hot Stone therapy Back, Neck & Shoulder massage with essential oils follows to ease tension and relax tired muscles, your choice of the Murad Red Carpet Facial or Murad Vit C facial with eye lift is then carried out delivering powerful anti-oxidants to the skin. You will then enjoy a healthy light lunch followed with a luxury manicure and pedicure to complete your spa experience. Afterwards you will also receive a £10.00 gift voucher to use towards any homecare product. Allowing you to continue with some pampering at home. Blissful!

### **Time Out for Two: 1hr 50min - £195.00**

Relax with a friend or someone special with a leisurely swim, steam and sauna. Side by side, you will then each enjoy a sea salt back scrub followed with a deep tissue back massage by candlelight and a Murad advanced facial. Complete your indulgent time out with a glass of bubbly. Great for special occasions and just because...

### **Male Grooming Spa Day: 1hr 45min - £99.00**

Have a workout and a swim before your spa programme begins and then allow us to de-stress you. A Salt & Oil Scrub- A full body exfoliation to leave your skin moisturised, smooth and soft. Aromatherapy Hot Stone Back Massage then follows, a deep massage to ease tension and de-stress then to finish the soothing eye treatment to refresh tired eyes and firm eye contours. Great for the active and workaholic male.

### **Tranquil Spa Day: £80.00**

Enjoy a relaxing swim, steam & sauna before relaxing with an Aromatherapy, back, neck & shoulder massage and an Aroma facial with scalp massage finish with a two course lunch.

### **Mother to be Pamper Package: 1hr 45min - £85.00**

Indulge mum and tum with a deeply relaxing back, face & scalp massage, releasing tension and easing aches and pains. A nourishing blend is applied to tum to deeply moisturise and nourish stretched skin. To finish a jessica luxury pedicure will leave feet looking and feeling beautiful. A well deserved treat for all mums to be.

### **Spa Escape: £70.00**

Enjoy a swim, steam and sauna and then relax with a 45 min massage, choose from hot stones, aromatherapy or Swedish massage and then finish your experience with an afternoon tea. Wonderful spa escape.

### **Beauty Fix: £65.00 for one or £109.00 for two\***

This little package has been created to get you ready for a BIG night out. Enjoy a glass of bubbly or fruit juice while getting GELeration nails from a selection of the season's hottest colours, a lily lolo make up application follows and an application of eyelashes to leave you looking glam. Ideal for graduations/proms/events and special occasions.

**\*Add on a st tropez spray tan the evening before for an extra £19.00.**



# Massage

What are the benefits of massage? Massage helps to improve wellbeing, aid recovery of an injury, release tension and deeply relax you.

**Book a twin room massage and have a full body massage side by side with your partner by candlelight and each enjoy a glass of bubbly to finish your experience - £99.00**

## Swedish Massage

A firm massage, promoting deep relaxation to the tissues and muscles.

**25min - £29.00 45min - £47.00**

**60min - £52.00**

## Aromatherapy Massage

A relaxing massage using essential oils to meet your individual requirements, a full lifestyle consultation is carried out with your therapist prior to your massage to ensure your massage treatment is as individual as you are.

**25min - £32.00 60min - £55.00 75min - £62.00**

# Spa in the City Holistic Therapies

## Tranquil Massage & Body Therapy: 1hr 20min of sheer indulgence - £72.00

A deeply relaxing total body care treatment beginning with a sea salt full body scrub followed with a full body massage using a relaxing aromatherapy oil blend that will completely relax the mind, body & soul.

## Tranquil Back Therapy & Holistic Facial : 1hr 20min - £72.00

A sea salt back scrub deeply cleanses the back and an aromatherapy, back, neck & shoulder massage releases tension and soothes tired muscles, your facial follows with a holistic face & scalp massage using a luxury essential oil blend to hydrate the skin & condition the hair: Bliss!

## Spa in the City Signature Treatment: 1hr 10min - £62.00

Our signature treatment truly is a little bit of heaven on earth. This treatment includes a deep back, neck & shoulder massage, face & scalp massage and a pressure point foot massage followed with a warm application of paraffin wax to the back and feet that will ease sore muscles while giving an intense moisture boost to the skin. Leaving you completely relaxed.

## Reflexology: 45min - £47.00 60min - £52

Reflexologists do not diagnose, prescribe or treat specific conditions - rather, a reflexology treatment treats the whole body, and by restoring the whole body's natural balance, this brings about improved health.

## Indian Head Massage: 40min - £47.00

A calming yet energising scalp massage focusing upon vital energy points combined with individually chosen aromatherapy oils. This treatment will help to reduce tension, increase circulation and leave you with an improved feeling of well-being.

## Reiki: 40min - £40.00

A gentle energy treatment that is safe for everyone to have regardless of health and age. Increases wellbeing and relaxes the client. The reiki therapist uses gentle hand placement's to energy centres of the body, to balance mind, body and soul.

## Oriental Head Massage: 25min - £37.00

An oriental inspired head massage which nourishes the hair and moisturises the scalp. Essential oils and nourishing muds are used to deeply nourish. This relaxing treatment calms the mind and helps to soothe headaches and migraines.

# Hand & Foot Treatments

## Calgel Nail Extensions: £47.00

They are a natural extension to your natural nails, light, glossy and natural looking. Great for clients looking for a healthy alternative to acrylic extensions.

## Jessica Luxury Pedicure: 60 min - £42.00 Express Pedicure - £30.00

Luxury Zen Pedicure for tired, neglected feet includes leg & foot exfoliation, your choice of heated booties or cooling mint mask and nourishing cuticle treatment, finishing with application of Jessica nail polish or Geleration.

## Jessica Luxury Manicure with Nail Treatment: 60min - £42.00 Express Manicure - £25.00

Luxury Manicure with heated mitts for dry, dehydrated and overworked hands includes nourishing cuticle treatment and application of Jessica high colour polish or Geleration.

# Microdermabrasion and LED Treatments

Microdermabrasion is an intense exfoliation which removes the outer layer of dead skin cells; this stimulates collagen production and cell renewal leaving the skin more youthful and radiant. Microdermabrasion is suitable for all skin types but particularly good for sun damaged, ageing, acne scarring or stretch marked skin. At Spa in the City we use the diamond technique which is far more accurate and less irritative to the skin. Courses are recommended and a top up session every 4-6 weeks is advised to maintain results.

## **Diamond Microdermabrasion Face, Neck and Décolletage: 60min - £52.00**

An intense microdermabrasion treatment concentrating on décolletage, neck and face: this is an excellent therapy for sun damaged and ageing skin. A collagen mask is applied afterwards to soothe and deeply nourish the skin. A course of six treatments £250.00.

## **Diamond Micro-dermabrasion Body Treatment: 45min - £47.00**

This intense exfoliation treatment, is excellent prior to a beach holiday or for dryer skin types. A good therapy for sun damaged skins and stretch marks. Your skin will feel soft & smooth and look more radiant.

**LED Facial: 30min - £35.00 55min - £50.00** (includes facial massage & moisture boosting or oil control mask).

**Led Red Therapy** causes a rejuvenation effect by stimulating collagen production, promoting cellular repair and increasing circulation; making the skin look more youthful.

**Led Blue Light** The blue light helps purify the skin, stabilise oil secreting glands calm inflammation, this light also treats the condition Seasonal affective disorder SAD, which makes it a great winter time facial.

**Led Purple Light** combines both red & blue light and works particular well for pigmentation & uneven skin types.

**Course of 6 30min LED Facials £175.00**

**Course of 6 55min LED Facials £250.00**

# Hot Stone Therapy

Hot stone therapy, this technique has been used for thousands of years for total wellbeing and deeply relaxing the body.

## **Spa in the city signature Hot Stone full body: 1hr 40min - £89.00**

We begin with a detailed consultation to choose a blend of essential oils to suit your personal requirements. Skin brushing and a full body exfoliation is carried out to prepare the body for a wonderful hot stone therapy massage.

Gentle stretching helps release deep tension nodules around the shoulders. A gentle eye massage is carried out to revive tired, tense eyes before a relaxing head massage is given to calm and soothe the mind, body & soul. You will be massaged from finger to toe!

## **Hot Stone Full Body Massage: 55min - £60.00**

A tension-busting full body massage with hot stones and essential oils of lavender & eucalyptus help to ease muscular pain and work deeper into tension areas.

## **Hot Stone Back Therapy: 40min - £47.00**

An introduction to hot stone therapy, this begins with a gentle back exfoliation, aromatherapy hot stone back massage follows, easing tension with the hot stones working deeper into the muscles than standard massage.



## Facials

### **Murad Red Carpet Facial: 1hr 20min - £72.00**

This is the crème de la crème of facials after a detailed murad method consultation we will bespoke a facial to suit your concerns, powerfully anti-ageing and deeply relaxing we will use a power mask to deliver powerful anti-oxidants and advanced anti- ageing ingredients to the skin this includes a specific massage routine and firming eye mask for the delicate eye area, a warming anti -ageing hand treatment is also included. After just one treatment you will unveil a more youthful you. So much more than just a facial!

### **Redness Therapy Facial: 1hr - £55.00**

Soothe and neutralize Rosacea-like redness and sensitive skin with this breakthrough treatment. This facial allows sensitive skin to benefit from the application of two deeply calming facial masks. calming , cooling gentle & relaxing facial treatment.

### **Vitamin C Infusion Facial: 1hr - £52.00 with Vit C power mask £57.00**

A Relaxing Radiance Boosting Facial with Pure Vitamin C, excellent for sun damage, tired and environmental stressed skin types. Improve radiance and brightness. Includes your choice of head or hand and arm massage. Course of 6 £260.00 including two applications of Vit C power masks.

### **Clarifying Enzyme Facial: 55min - £52.00 with oil control power mask £57.00**

This professional-strength acne treatment features a powerful blend of exfoliating natural fruit enzymes, antioxidants and hydrating agents to open clogged pores for deep cleansing. Suitable for all levels of acne severity, this powerhouse acne treatment is also available to help control breakouts on the back and décolleté. Course of 6 £260.00 with two applications of oil control power mask.

### **AHA Rapid Exfoliator Facial: 45min - £45.00**

Youthful you! Uniquely formulated to reduce the visible signs of ageing, this exfoliating treatment will reduce the appearance of lines and wrinkles and reveal smoother, healthier and younger-looking skin. A course of 6 only £225.00.

### **Murad Taster Facial: 25min - £37.00**

An introduction to Murad advanced cosmeceutical products this facial includes a double cleanse, exfoliation, facial mask and moisturise.

### **Murad Eye Lift Treatment: 30min - £35.00**

Intense eye treatment, blast crow's feet, softening lines and refreshing eyes. Add to any Murad Facial for a more intense anti-ageing facial for only £20.00.

### **Aroma Facial: 25min - £32.00**

A gentle double cleanse with hot towel removal followed with an aromatherapy massage of the face, neck & décolletage using restoring oils of rose, frankincense & jojoba.

# Hair Removal

## Female Waxing

### **Luxury Full Leg Wax: 60min from £38.00**

A luxury wax treatment that includes, skin brushing, a gentle exfoliation followed with a full leg and a small removal from each side of the bikini line, finishing with an application of cooling moisturiser.

**Full Leg Wax: £29.00**

**3/4 Leg Wax: £24.00**

**1/2 Leg Wax: £21.00**

**Arm Wax: £19.00**

**Standard Bikini Wax: £13.00**

**Under Arm Wax: £10.00**

**Lip or Chin Wax: £9.00**

### **Lycon Hot Wax**

**Standard Bikini Wax: £13.00**

**Extended Bikini Wax: £19.00**

**Designer Bikini Wax: £32.00**

### **Waxing Combination's**

**Full Leg & Extended Bikini Wax: £45.00**

**1/2 Leg & Extended Bikini Wax: 1hr - £35.00**

**1/2 Leg & Standard Bikini Wax: £31.00**

Have three areas or more waxed and receive 10% off your total



## Male Waxing

**Full Leg Wax: £45.00**

**Back, Chest & Shoulder Wax: £45.00**

**Back & Shoulder Wax: £25.00**

**Chest & Shoulder Wax: £25.00**

**Arms: £19.00**

**Underarm: £10.00**

**Nostrils: £9.00**

**Eyebrow Wax: £9.00**

This is a professional waxing service only, please respect our qualified beauty therapist's

## NEW Dermaplaning

This deep exfoliation treatment removes dead skin cells and facial hair, leaving the surface baby-smooth, glowing and clean. The result a fresh, smooth and glowing complexion.

**£70.00 Add a Murad power mask or LED light therapy after your dermaplaning treatment for only £20.00**



## Bridal Services

Let us take the Stress out of your wedding plans with allowing yourself some relaxation time.

**Bridal Make Up with Trial and Aromatherapy Facial: £95.00**

**Bridal Make Up including Trial: 45min per make up - £65.00**

## Eye Treatments

**Lash Perfect Semi-Permanent Lashes: 90min - £70.00**

**Eyelash Lift Treatment with Tint: £47.00**  
Do you want the wow factor without false lashes? Then this is the treatment for you, the ultimate in natural eyelash enhancement and eyelash straightening. Lasts up to 8 weeks.

**Express Eyelashes: £35.00**  
Professional, gorgeous lash extensions, which last up to 2 weeks.

**Eye Collection: 40min - £29.50**  
Includes eyelash tint, eyebrow tint and eyebrow wax.

**Lash Perfect Infills: from £25.00**

**Eyelash Removal: 30min - £21.00**

**Eyelash Tint: 25min - £20.00**

**Spa in the City Signature Eye Definition: £19.50**  
Our eyebrow treatment includes an eyebrow tint, reshape with trimming, waxing & tweezing, finishing with some powder to give a gorgeous defined eyebrow finish.

**Eyebrow Wax: 15min - £9.50**

**Eyebrow Tweeze: 15min - £9.50**

**Eyebrow Tint: 15min - £9.00**

## St. Tropez Spray Tanning

Why spray tan? St Tropez tan is flawless, natural and the only safely way to tan.

**Full Body St Tropez Tan: 20min - Now only £21.00.** Spray tan course booking, 4 Spray Tans for only £60.00!

## Group Bookings

Group Booking's for group's of four or more we can offer you the following spa deal: A glass of bubbly or fruit juice on arrival followed by your choice of two of the following treatments for only **£59per person**

- Aromatherapy Back Massage or Deep Tissue Back Massage
- Taster Facial
- Sea Salt Full Body Scrub
- Murad Sensational Eye Treatment
- Gel Manicure or Gel Toes
- Lily Lolo Mineral Make Over

Add on Scrumptious afternoon tea for only £15.00pp or Cocktail Master Class for £20pp

### Spa Etiquette

Please arrive **5min** before your treatment begins  
Clients are here to relax and unwind, please turn your phone on to silent on arrival to the spa.

A consultation is required before your treatment commences this is to ensure a safe, enjoyable treatment.

A small **£10 deposit** is required at time of booking for all treatment's that are **1hr** plus.

We require **24hrs** cancellation notice.

**Thank you**

**Add on use of the leisure facilities for only £10.00 when you book any 55min plus treatment**



**Spa in the City**  
500 Argyle Street, Glasgow G3 8RR  
(Located at the Marriott Hotel)

Tel: 0141 221 5230  
Email: [enquiries@spainthecity.co.uk](mailto:enquiries@spainthecity.co.uk)

Spa in the City is open 7 days a week offering morning and late evening appointments, our full opening hours are listed below:

- Monday: 10.00am - 7.00pm
- Tuesday: 10.00am - 8.00pm
- Wednesday: 10.00am - 8.00pm
- Thursday: 10.00am - 8.00pm
- Friday: 9.00am - 7.00pm
- Saturday: 9.00am - 5.30pm
- Sunday: 10.00am - 5.30pm

**Please note: we require a minimum 24hrs notice of cancellation to avoid a 50% charge**

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