

SPA TREATMENT TARIFF

SPA TREATMENTS

ESPA FACIALS

Super Active Facials (1 hr 30 mins)	£120
Specialised Facials (1 hr 20 mins)	£100
Intensive Facials (55 mins)	£75
Eye Lift (25 mins)	£35

ESPA ULTIMATE BODY WRAPS

Ultimate Body Wrap (1 hr 10 mins)	£75
-----------------------------------	-----

ESPA MASSAGE

Essential Body Massage (55 mins)	£75
Ultimate Massage (1 hr 20 mins)	£100

ESPA HOT STONE THERAPY

Holistic Back, Face & Scalp Treatment with Hot Stones (1 hr 50 mins) Includes Escape at One	£135
Chakra Balancing with Hot Stones (1 hr 50 mins) Includes Escape at One	£135
Holistic Hand & Nail Treatment with Hot Stones (55 mins)	£50
Holistic Foot & Nail Treatment with Hot Stones (1hr 10 mins)	£65

ESPA AYURVEDIC INFLUENCE

Ama Releasing Abhyanga (2 hrs) Includes Escape at One	£145
Purva Karma Synchronised Four-hand Massage (2 hrs) Includes Escape at One	£215
Shirobhyanga (Indian Head Massage) (40 mins)	£55
Ayurvedic Body Wrap incorporating Hot Stones (2 hrs) Includes Escape at One	£145

ESPA SIGNATURE EXPERIENCE

TIME The ultimate treatment choice (2 hrs) Includes Escape at One	£145
TIME does not include the Purva Karma Four Handed Massage	
Oriental Joint Release (2 hrs) Includes Escape at One	£145

SPECIALITY TREATMENTS

Full Body Salt & Oil Scrub (25 mins)	£35
Oriental Head Massage (25 mins)	£35
Stimulating Hip & Thigh Treatment (55 mins) A course of treatments is recommended (£325 for 6 treatments)	£70
Total Indulgence Pre/Post Natal Treatment (1 hr 20 mins)	£95
Serail Mud Chamber (25 mins)	£40
This treatment can be experienced as an individual or as part of a group (Maximum 4)	

one

SPA & HEALTH
CLUB

MANICURES & PEDICURES	
Manicure (40 mins)	£30
Manicure with French polish (55 mins)	£37
Pedicure (40 mins)	£30
Pedicure with French polish (55 mins)	£37
File & Polish – Hands or Feet (20 mins)	£18

NB Please allow an appropriate drying period after all manicures and pedicures. 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.

MAKE-UP	
Day/Evening Make-up (40 mins)	£30
Make-up Lesson (55 mins)	£40
Bridal Make-up (2 x 40 mins)	£60

TO FINISH			
Luxury Full Leg Wax (40 mins)		£35	
Luxury Half Leg Wax (25 mins)		£25	
Bikini Wax (10 mins)	£12	Underarm Wax (10 mins)	£12
Lip & Chin Wax (10 mins)	£12	Chest Wax (25 mins)	£25
Back Wax (25 mins)	£25	Eyebrow Shape/Wax (10 mins)	£12

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

Eyeshadow Tint (25 mins)	£17	Eyebrow Tint (10 mins)	£12
Eyeshadow & Eyebrow Tint (25 mins)	£25		

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

ESCAPE AT ONE (3 hrs)

For the complete spa experience, why not add Escape at One to your spa treatments?

Day Guests	£65
Day Guests (having spa treatments lasting 1hr 20 mins or more)	£25
Hotel Residents	£20

NB Hot Stone Therapy, Ayurvedic Influence and Signature Experience treatments all include Escape at One

SPA DAYS

SERENITY (4 hrs 15 mins)	£285
REBALANCE (3 hrs 20 mins)	£225
TRANQUILLITY (3 hrs 10 mins)	£215
REVITALISE (2 hrs 55 mins)	£200
REJUVENATE (2 hrs 45 mins)	£200
TIME (2 hrs 55 mins)	£205
NEW BEGINNINGS (3 hrs 25 mins)	£210
RESTORE (2 hrs 15 mins)	£160
REVIVE (2 hrs 10 mins)	£155
RENEW (1 hrs 20 mins) Monday to Friday only	£110
ESCAPE AT ONE (3 hrs) Monday to Friday only	£65

SPA BREAKS 1st May 2008 - 30th April 2009

SPA RETREAT

Single	£268 - £371
Twin/Double (2 sharing)	£211 - £268

DETOX & REBALANCE

Single	£273 - £376
Twin/Double (2 sharing)	£217 - £273

TIME OUT

Single	£283 - £386
Twin/Double (2 sharing)	£277 - £283

RELAX & REVITALISE

Single	£456 - £662
Twin/Double (2 sharing)	£343 - £446

SPECIAL OCCASIONS

Single	£451 - £657
Twin/Double (2 sharing)	£338 - £441

TWO'S COMPANY

Single	£436 - £642
Twin/Double (2 sharing)	£323 - £426

All Spa prices are per person. Additional nights' accommodation will be at the Best Available Rate. Please note Spa Breaks rates are 'to and from' as accommodation rates change due to season and availability

SPA JOURNEYS

TWO-DAY JOURNEY	£295
FIVE-DAY JOURNEY	£480
TWO-DAY RESIDENTIAL JOURNEY	
Single	£425
Twin/Double (2 sharing)	£370
FIVE-DAY RESIDENTIAL JOURNEY	
Single	£1000
Twin/Double (2 sharing)	£780

All prices are per person. Residential Journeys include accommodation and full Scottish Breakfast at the Sheraton Grand Hotel & Spa. All Spa Journeys are subject to availability.

RESERVATIONS

For reservations and further information, please contact One Spa:

T: 0131 221 7777

E: info@onespa.com

W: onespa.com

One Spa, 8 Conference Square, Edinburgh EH3 8AN

Please book well in advance to avoid disappointment.

Reservations cannot be confirmed without credit or debit card details.

All Spa Treatments, Spa Days and Spa Breaks are subject to availability.

All prices are inclusive of VAT @ 17.5%, subject to change. ONE Spa reserves the right to alter prices without prior notification.

one
SPA & HEALTH
CLUB