



Soak your Senses

Not enough time to visit our award winning urban haven known as One Spa?

Get the next best thing and soak your senses with our combinations of colours and aromatic ESPA bath oils. All you need is 20 minutes!

Just call Guest Services with your choice of bath – and why not add some bubbles with Champagne?

Available for £20 including 15ml bath oil, freshly brewed loose leaf tea and exfoliating wash glove. Not suitable during pregnancy.

Sheraton Grand

I want to feel...

RELAXED

For a relaxing experience, we recommend a Soothing Bath Oil and **green light**, the colour of balance and healing, to help you unwind. Great with some meditative music on the stereo. There's no better way to get ready for our Sheraton Sleep Experience.

Pair with: Jasmine Pearls & Petals or Pure Camomile

ENERGISED

Busy day? Recharge with some energising **red light** and ESPA's Fitness Bath Oil, a deeply warming bath oil to soothe and relieve tired muscles. Best enjoyed with some upbeat jazz.

Pair with: Mighty Assam

FOCUSSED

In need of a little clarity? Select the **yellow light**, together with ESPA's zesty Energising Bath Oil for a revitalising boost to awaken the senses. Try with some mellow jazz if you like.

Pair with: The Earl

INSPIRED

For a joyful and creative start to the day, we suggest the **orange light** setting, along with a Detoxifying Bath Oil to uplift the spirit and soften the skin. Try with some acoustic soundtracks.

Pair with: Emerald Dragon Oolong

CALM + CENTERED

Find inner peace with our calming **blue light** and ESPA's Restorative Bath Oil, with its rebalancing scent to comfort the senses. Combine this oil with your favourite classical album and a warming cup of tea.

Pair with: Simply Sencha

REVIVED

If you are feeling run down, pair the healing **green light** with ESPA's Resistance Bath Oil to fuel your body's natural defences and give a sense of wellbeing – best with some mindful ambient sounds.

Pair with: Moroccan Mint with Rose

To intensify results from your bath, follow your experience with the equivalent ESPA Body Oil. Handy 100ml versions of the ESPA Bath and Body Oils are available to buy at One Spa reception, along with scented candles and a full range of ESPA products.

Specialty Teas

BLACK

The Mighty Assam

The Earl

Elderflower & Blossom Darjeeling

OOLONG

Emerald Dragon Oolong

GREEN

Simply Sencha

Moroccan Mint with Rose

Jasmine Pearls & Petals

FRUIT & DECAF

Pure Camomile

Superfruity

Rosy Fig White Tea

Redbush Caramel Velvet

Decaffeinated

SHERATON GRAND HOTEL & SPA

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