



SPA ESCAPE & BEAUTY
RETREAT
In the heart of the City

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



Tel: 0141 221 5230
www.spainthecity.co.uk

Award winning spa. Awarded excellence by Trip Advisor



ESPA



CALGEL

SPA IN THE CITY

We offer luxurious treatments in a relaxed and friendly environment, with over 20 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.



BODY TREATMENTS

Chocolate Luxury Body Wrap: 1hr - £60.00

This yummy wrap begins with a body scrub to buff away dead skin cells a warm chocolate wrap then follows. Cocoa contains powerful anti-oxidants to boost skin cells it is very moisturising and softens the skin leaving a luminous glow. You will be in a Blissful state as you drift off to a scalp massage while your wrap is setting.

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 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

EXPRESS TREATMENTS

The below treatments can be added to any other treatment booked to maximise treatment experience.

Sea Salt Back Scrub: 15min - £15.00

Shoulder & Neck Massage: 15min - £15.00

Foot & Leg Massage: 15min - £15.00



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 - £199.00

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 prosecco each in the Marriott cast iron bar. Great for special occasion 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.

Mother to be Pamper Package:

1hr 45min - £95.00

Indulge mum and tum with a deeply relaxing lava shell massage therapy. Designed especially for mums to be. This follows with a luxury pedicure to leave your feet looking and feeling beautiful. Afterwards relax in the Marriott lounge bar with a two course spa lunch.

Tranquil Spa Day: 55min - £80.00

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

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.

Morning Energiser: £65.00

A energising back massage finishing with a application of cooling eye gel and scalp massage. Leaving you ready to take charge of the day ahead. Enjoy a swim , steam and sauna before or after your treatment. Available between 9am-11.30am every day.

Evening Stress Buster: £65.00

Finish the day with a full body massage choose from Aromatherapy, Swedish or Hot Stones enjoy a swim, steam & sauna before or after your massage. only available mon-thur between 4-8pm.

MASSAGE

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

Course Saver: Course of 6 Back massage treatments only £129. Course of 6 full body massages only £224.

Swedish Massage

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

25min - £29.00 45min - £47.00 60min - £55.00

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 - £57.00 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!

Tranquil Express Back & Face Therapy:

55min - £59

A relaxing 25min aroma back, neck & shoulder massage followed with Aroma taster facial.

Spa in the City Signature Treatment:

1hr 10min - £65.00

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.

Lava Relax: 55min - £57.00

The shells are worked over the palms, arms, feet and legs in slow deep moves to warm and de-stress. This is followed by a wonderfully tranquil massage on the back, neck and shoulder to ease away all tension, knots and stress.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.

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.

Comforting Leg & Foot Massage: £37.00

A relaxing massage to tired calf's and aching feet using a blend of essential oils to energise or relax.

HAND & FOOT TREATMENTS

Calgel Nail Extensions: £47.00

They are a natural extension to you 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.

Mavex Callus Peel:

Callus peel 30min - £29.00

Callus peel with full pedicure and gel toes - £50.00

This treatment will leave your feet baby soft excellent for dry, hard skin.

Jessica Luxury Manicure with Nail Treatment:

- **Luxe Manicure £40.00 includes heated mitts**
- **Express Manicure £30.00 • Gel reshape and application £25.00 with gel removal £30.00**

DERMAPLANING, MICRODERMABRASION AND LED TREATMENTS

Dermaplaning Red Carpet Treatment:

80min - £65.00

our luxury dermaplaning provides clients with a real prescriptive treatment beginning with a dermaplane treatment to gently scrape dead skin cells and vellus hair from the face then using an enzyme peel to shed all the impurities from the skin and following with a Murad power mask or LED treatment to maximise results.

Dermaplaning Standard Treatment:

50min - £49.00

This treatment removes dead skin cells & peach fuzz leaving the skin baby smooth, glowing & clean.

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.

Course of four Dermaplane treatments only £147, recommended one every 4-6weeks

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



LAVA SHELL & HOT STONE THERAPY

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

Lava Ultimate Body Therapy:

90min - £87.00

The indulgent and truly pampering Lava Shells Body Therapy offers an idyllic treatment combining the warmth of the shells with deeply relaxing massage techniques, creating a sense of balance to the entire body and mind. Beginning with a full body sea salt scrub and total body massage. You are 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 or Lava Back Delight:

40min - £47.00

Both treatments begin with a sea salt back scrub followed with your choice of a stress busting hot stone massage or a comforting warm lava shell 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!

Bespoke Facial: 75min - £65.00

Surrender your skin to our spa director. After a thorough consultation, Donna will bespoke a facial suited to your personal needs using a combination of two of the following techniques; Skin peel, Dermaplane, LED, or Micro-needling. To reveal a more radiant skin with lasting anti-aging benefits.

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.

Holistic Facial: 55min - £49

Our holistic facial will cleanse, exfoliate and brighten the skin. This treatment is a holistic journey and begins with a salt scrub of the feet following with a blissful facial including a stem-cell regenerating mask to fight ageing.

Dr Murad Peel: 45min - £47.00

Your therapist will go through a detailed consultation and choose glycolic or ip5 to deliver an intense exfoliation revealing healthier & younger looking skin.

Course of 6 recommended only £225.

Murad Taster Facial or Aroma Taster Facial: 25min - £35

An introduction to murad advanced cosmeceuticals products or a gentle aroma facial using vegan friendly products.

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**

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.

ST. TROPEZ SPRAY TANNING

Why spray tan? St Tropez tan is flawless, natural and the only safe 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

Swim steam and sauna , robes & slippers and a glass of fizz followed with your choice of two 25min treatment from menu A or one treatment from menu B £60.00.

Menu A

- Salt & Oil Scrub
- Swedish Back, Neck & Shoulder Massage
- Aroma Taster Facial
- Comfort Foot & Leg Massage
- Reshape & Gel Application on Nails or Toes
- Mineral Make Over

Menu B

Choose one 50 minute treatment.

- Full Body Massage your Choice of Aromatherapy or Swedish Massage
- Holistic Aroma Facial Journey

To finish your pamper add on Prosecco Afternoon Tea £20.00. Prosecco Lunch £15.00. Cocktail Masterclass £20.00pp.

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 Bomb Lifting Treatment: **£40.00**

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.

New Mina Henna Brows

Mina Henna Brow Design: **£24.00***

Mina Henna Brow Tint: **£14.00***

This darkens the brows and last 4-6 weeks, leaves a lovely deep colour.

***Henna patch test required**

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**

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:** info@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 - 8.00pm
- 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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