



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



CLINICARE
CUTTING EDGE COSMETOLOGY THERAPIES

ST. TROPEZ
The Ultimate Tan

JESSICA

SILHOUETTE
DERMALIFT

LilyLolo
MINERAL COSMETICS

Lycon
precision waxing™

natural spa factories
— EST. BATH ENGLAND —

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.



SPA DAYS & INDULGING SPA PACKAGES

The Ultimate Spa Experience:

4hrs 15min - £250.00

Relax with a swim, steam and sauna before You allow your beauty therapist to pamper you, beginning with a sea salt full body scrub to prepare your body for your choice of full body massage choose a muscle warming hot stone, stress busting Swedish or soothing aromatherapy massage followed with our black tie facial to give you the ultimate glow this facial will leave your skin looking brighter, firmer and rehydrated with the after affects lasting 48hrs. You will then enjoy a two- course lunch with a glass of Prosecco or fruit juice and finish your experience with a luxury pedicure and gel application to finger- nails to match your toes. You will be totally relaxed and red carpet ready too. Complete your experience with £10 off any retail product purchase so you can continue the pampering at home.

Time Out for Two: £229.00

Relax with a friend or someone special your treatment journey includes a sea salt back scrub followed with a 40min deep tissue or aromatherapy back, neck and shoulder massage finishing with a holistic facial. An optional 60min swim, steam and sauna can begin or finish your pamper experience and to Complete a glass of Prosecco served in the Marriot lounge bar. Great for special occasions and just because...

Mother-To-Be Pamper Package: £125.00

Indulge mum and tum with a deeply relaxing pre-natal massage therapy including back, neck shoulders & scalp releasing tension and easing aches and pains to finish a luxury pedicure will leave feet looking and feeling beautiful. A two- course lunch. Products used are bumps a daisy specifically formulated for pre/post-natal skins.

Male Grooming Spa Day: 1hr 45min - £125.00

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: 55min - £99.00

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 and glass of Prosecco.

Spa Escape: £89.00

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.

A Moment of Calm: £50.00

A relaxing aromatherapy back, neck & shoulder massage and a full size solasta aromatherapy candle to take home (lovely gift idea) (optional swim, steam & sauna can be included extra £10.00).

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 £79.00pp.

Menu A

- Swedish Back, Neck & Shoulder Massage
- Collagen Eye Treatment
- Aroma Taster Facial
- Comfort Foot & Leg Massage
- Reshape & Gel Application on Nails or Toes

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 £21.00. Prosecco Lunch £18.00. Cocktail Masterclass £20.00pp.

BODY TREATMENTS

Shrinking Violet Body Wrap:

60min - £65.00 / 90min - £75.00

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.

Invigorating Leg Massage Treatment:

55min - £60.00

A stimulating massage 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 begins this follows with a vigorous massage technique using cool lava shells. Heavy legs will feel instantly lighter, and a natural detox will occur leaving you invigorated and energised.

Blemish Control Back Treatment:

45min - £50.00

This treatment is designed to reduce blemishes and improve skin clarity while soothing redness and inflammation. Feature exfoliating fruit enzymes to open clogged pores for deep cleansing.

Paraffin Wax Back Therapy:

45min - £50.00

A relaxing warming back treat includes massage and warm paraffin wax to ease sore muscles while deeply moisturising..

Salt & Oil Scrub: 25min - £40.00

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 £10.00

EXPRESS TREATMENTS

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

Sea Salt Back Scrub: 15min - £19.00

Shoulder & Neck Massage: 15min - £19.00

Foot & Leg Massage: 15min - £19.00



SPA IN THE CITY HOLISTIC THERAPIES

Solasta ultimate massage & body therapy:

1hr 45min - £129.00

This treatment is the ultimate in wellbeing, during consultation you will set your intention choosing Calm, balance or uplift. We begin with a sea salt scrub to the back & feet to prepare the body for an aromatherapy massage, kneading away tension and soothing the full body. You will be massaged from finger to toe. A holistic facial massage with rose quartz roller will gently detoxify the skin leaving your skin brighter and a full oriental head massage will finish your spa experience. A Solasta gift is given away afterwards for you to recreate some tranquillity at home.

Spa in the City Signature Treatment:

70min - £79.00

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 Shell Full Body Relax Therapy:

60min - £68.00

70min - £78.00

A soothing and warming massage using warm lava shells, heating your muscles, stretching out tight areas in the body and gently kneading away tension.

Tranquil Express Back & Face Therapy:

55min - £72

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

Reflexology:

40min - £49

55min - £60.00

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 - £50.00

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 - £42.00

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:

25min - £42.00

A relaxing leg and foot massage for tight calves and achy feet.

MASSAGE

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

Hot Stone Massage

40min - £50 55min - £68.00

A relaxing massage using hot stones to heat muscles and work deeply into tension areas.

Pre-Postnatal Massage

60min - £65.00

Especially adapted massage for mum and baby with our specially formulated bumps a daisy oil (available from 12 weeks).

Swedish Massage

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

25min - £35.00 45min - £50.00 60min - £65.00

Course of 6 55min full body massage £260.00

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 - £35.00 45min - £50.00 60min - £65.00

Course of 6 25min back massage £145.00

AQUA HYDRO FACIAL



The Aqua Hydro Glow Facial is an 8-step facial designed to cleanse, brighten, tighten and illuminate the skin. The relaxing treatment uses a 360 approach to skin health working on all aspects of the epidermis and dermis. It can be tailored to suit all skin types it includes a deep cleanse, extraction hydro-dermabrasion, jaw tightening, eye bright treatment, collagen stimulation, anti-inflammation and nano infusion.

A non surgical results driven facial. Consultations available for £20.00 deposit redeemable against any course.

Aqua Hydro Glow Facial: 60min - £89.00

We recommend a course of Aqua Hydro Facials for maximum results.

Course of 3 available reduced price £220.00

**Aqua Hydro Dermabrasion Express Facial:
45min - £55.00 (course of 3 £150.00)**

**Jaw Tightening Treatment:
30min - £40.00 course of 6 £199.00**

LED Facial: 30min - £40.00 55min - £60.00

(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 3 30min LED Facials £95.00

Course of 3 55min LED Facials £140.00

FACIALS



Mesotherapy Facial: 1 treatment - £89.00

A results driven Facial, Pathways are created in the epidermis by micro-needling to allow serum to be absorbed at a deeper layer within the skin. Micro needling alone will stimulate collagen and elastin but our hydra pen also delivers potent serums to hydrate, brighten and tighten the skin. Fantastic treatment with instant results.

**3 x treatments £220.00 saving of £47.00
(Recommended - 3 month course for maximum results)**

Cinderella Facial for Her or Black-Tie Facial for Him: 55min - £69.00 For Added Luxury Add on a Stress Busting Back Massage: 20min - £90.00

This Clinicare Facial leaves the skin noticeably brighter, firmer and rehydrated after just one treatment includes an enzyme peel to remove dead skin cells an anti-oxidant boosting serum packed with active ingredients is applied to your neck and face to give an instant glow followed with a tightening and rejuvenating facial sheet mask, a shoulder, arm and hand massage is carried out to relax you while your face mask works its magic. Ideal before an event.

Clinicare Pure Facial: 55min - £65.00

This clearing, anti-inflammatory facial soothes irritated skin conditions and hydrates without clogging pores. Includes an enzyme peel, specialist pore minimiser mask and led blue light therapy to purify, stabilise oil secreting glands and calm inflammation. Suitable for oily and acne prone skin types. **(Course of 3 £155.00)**

Luxury Holistic Facial: 55min - £60.00

We use the natural spa factory range for our holistic facials which are vegan friendly and nasty free, A gentle yet hydrating facial, after a gentle exfoliation a face and shoulder massage is carried out with dusk to dawn oil rich in neroli, rosewood & vitamin packed sweet orange. A rose quartz facial drain is carried out to gently detoxify the skin reducing puffiness and a creamy cooling facial mask is applied. Simply bliss, perfectly adapted for all skin types.

Dermaplane Facial: 50min - £50.00

Removes peach fuzz and up to 3 weeks' worth of dead skin cells. Includes an enzyme peel and skin geek hydrogel mask to hydrate & calm the skin.

Holistic Taster Facial: 25min - £45.00

A taster facial to give instant hydration and calm the skin includes gentle exfoliation & illuminate mask.

Collagen Eye Treatment: 25min - £39.00

An eye massage is carried out with a eye serum rich in hyaluronic acid to hydrate the delicate eye area and destress you, gold collagen eye pads are applied to smooth fine lines and brighten. A lovely treatment with visible results.

FEMALE HAIR REMOVAL

Waxing

Full Leg Wax: **£35.00**

Half Leg Wax: **£25.00**

Arm Wax: **£19.00**

Standard Bikini Wax: **£15.00**

Under Arm Wax: **£10.50**

Lip or Chin Wax: **£10.00**

Lycon Hot Wax

Standard Bikini Wax: **£14.00**

Extended Bikini Wax: **£20.00**

Designer Bikini Wax: **£34.00**

Waxing Combination's

Full leg & Designer Bikini Wax **£63.00**

Full Leg & Extended Bikini Wax: **£50.00**

Half Leg & Designer Bikini Wax **£40.00**

Half Leg & Extended Bikini Wax: **£37.00**

Half Leg & Standard Bikini Wax: **£31.00**

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



MALE HAIR REMOVAL

Waxing

Full Leg Wax: **£45.00**

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

Back & Shoulder Wax: **£25.00**

Chest & Shoulder Wax: **£25.00**

Arms: **£20.00**

Underarm: **£10.50**

Nostrils: **£10.50**

Eyebrow Wax: **£10.50**

EYE TREATMENTS

Lash Lift by Lash Bomb & Tint: £42.00

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.

Eye Collection: 40min - £39.00

Includes eyelash tint, eyebrow tint and eyebrow wax.

Eyelash Tint: 25min - £21.00

Spa in the City Signature

Eye Definition: £21.00

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 with Tint: £20.00

Eyebrow Wax: 15min - £10.50

Eyebrow Tint: 15min - £10.50

Eyebrow Tweeze: 15min - £10.50

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 £24.00. Spray tan course booking, 4 Spray Tans for only £60.00!

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.

HAND & FOOT TREATMENTS

Luxury Pedicure: 60 min - £49.00 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 Gelation.

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**



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 leisure and robe and slippers for £15pp when booked with any 55min 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

www.spainthecity.co.uk ASK ABOUT OUR LOYALTY CARD

Visit our online shop for luxury gift ideas at www.beautyandskincareproducts.co.uk