



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

Award winning spa. Awarded Excellence by  **Tripadvisor**

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

CLINICARE:  ST. TROPEZ  LILY  LyCON

SPA PACKAGES

Time out for two £250.00

- Salt & Oil back scrub
- 45min back massage choice of deep tissue or soothing aromatherapy
- Cinderella or Black Luxury Tie Facial
- Swim, steam & sauna
- Glass of bubbly each

Treatment time: 1 hr 45mins

Serenity Day Spa £189.00

- Spa in the city signature treatment
- Luxury holistic facial
- Two course spa lunch
- Swim, steam & sauna

Treatment time: 2hr 10mins

Tranquil Spa Day £115.00

- Swim, steam & sauna
- Stress busting back, neck & shoulder massage
- Taster facial
- Two course lunch

Treatment time: 60mins

Spa Escape £95.00

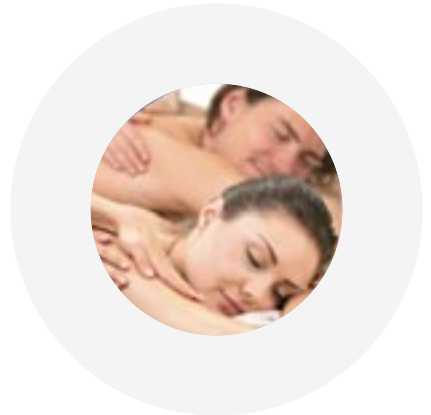
- Swim, steam & sauna
- Choice of back therapy, Hot stones, soothing aromatherapy or Swedish massage
- Two course lunch & glass of bubbly

Treatment time: 40mins

Male Grooming Spa Day £139.00

- Begin with a workout in the gym or relaxing swim before your treatments begin
- Sea Salt Scrub
- Hot stone back or deep tissue massage
- Collagen eye treatment to refresh
- Great for the active and workaholic male

Treatment time: 1hr 40mins



HOLISTIC THERAPIES

Solasta Ultimate Massage & Body Therapy £139.00

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 feet and back to prepare the body for an aromatherapy massage, kneading away tension knots 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 you skin brighter and a full oriental head massage will finish your massage experience. A Solasta candle gift is given away to you so you can recreate some tranquillity at home.

Treatment time: 1 hr 40mins

Spa in the city signature treatment £85.00

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.

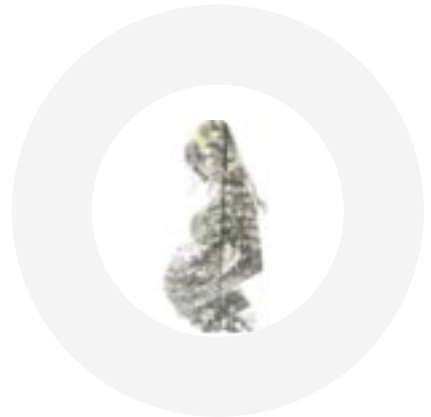
Treatment time: 70mins

Reflexology £68.00

Indian head massage £55.00

Oriental head massage £47.00

Comfort foot & leg massage £47.00



Mama to be massage £70.00

A relaxing and soothing massage, especially for mums to be, using bumps a daisy massage oil which is designed for pregnancy. A relaxing back, neck, shoulder, scalp and lower leg massage, will ease tension and hydrate the skin. Available from 12 weeks onwards. 60mins of bliss

Mama to be Pamper Package £145.00

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 with choice of gel polish will leave your feet looking and feeling beautiful. After your pamper enjoy a two - course lunch.

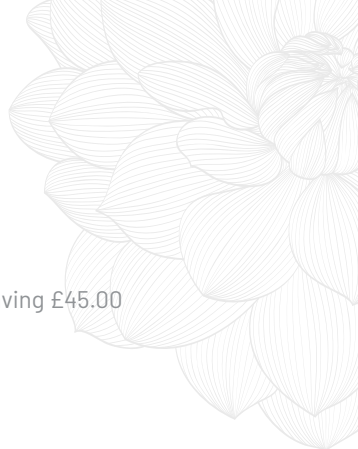
MASSAGE

Choose from soothing aromatherapy or Swedish stress buster

30mins 45mins 60mins

£35.00 £55.00 £70.00

Course of 3 x 60min full body massage treatments only £165.00 saving £45.00



Hot stones or Warming Lava shell massage

45mins 60mins 75mins

£58.00 £75.00 £89.00

Sculpt & Heal

Brazilian lymphatic drainage massage is a therapeutic massage technique that focuses on stimulating the lymphatic system in the body. At spa in the city we have trained in the revolutionary approach known as the Camo FX method.

Lymphatic full body massage £85.00

Treatment time: 60mins

Lymphatic full body massage & lymphatic facial massage £100.00

Treatment time: 75mins

Course of three lymphatic massage £240.00

includes 1 x 75min and 2 x 60min lymphatic massages

Post Surgery Lymphatic Massage available ask for quote

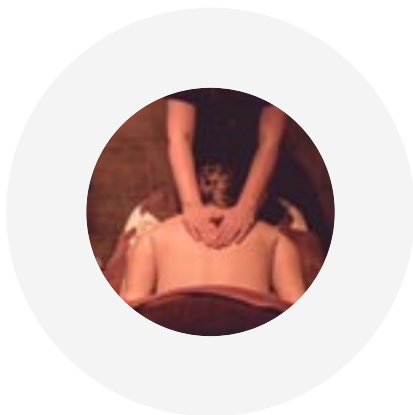
Stimulating hip, thigh & leg treatment £68.00

A specialised treatment to stimulate the circulatory and lymphatic systems, concentrating on the areas of the body prone to cellulite, fluid retention and uneven skin texture. After exfoliation with a seaweed and salt scrub, there follows a vigorous detoxifying massage using stimulating essential oils. The reflex zones and pressure points in the feet are activated gently helping to purify and cleanse the body.

Treatment time: 60mins

Salt & oil full body scrub £40 (add on to any other treatment and save £10)

Treatment time: 30mins



FACIALS

Cinderella Facial for Her or Black Tie Facial for Him £70.00

The clinicare Facial leaves the skin brighter, firmer and rehydrated after just one treatment. it includes an enzyme peel to remove dead skin cells and 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 sheet mask. Ideal before an event to get you looking red carpet ready!

Treatment time: 60mins

For added luxury add on a stress busting back massage to the facial £90.00

Clarifying Pure Facial £70.00

Clearing, anti-inflammatory facial soothes irritated skin condition and hydrates without clogging pores. Includes an enzyme peel, specialist mask and LED blue light therapy to purify, stabilise oil secretion and calm inflammation. Suitable for oily, acne and hormonal skin types.

Treatment time: 60mins

Luxury Holistic Facial £65.00

A gentle yet hydrating facial using the natural spa factory range which is vegan friendly and nasty free. After a double cleanse and gentle exfoliation a relaxing face and shoulder massage is carried to naturally lift and ease tension in the neck and facial muscles an application of a creamy cooling facial mask is applied. Simply bliss!

Treatment time: 60mins

30mins Taster £45.00

Dermaplane Facial £50.00

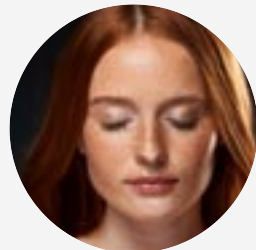
Removes Peach Fuzz and up to 3 weeks of dead skin cells includes an enzyme peel and skin geek hydrogel mask to hydrate & calm the skin .

Treatment time: 50mins

Make it luxury for £75.00

With LED red light therapy to renew the cells, boosting collagen and elastin

Treatment time: 80mins



Carboxy CO₂ Facial £70.00

This facial therapy is a cutting-edge skincare treatment designed to optimise the delivery of oxygen to tissues, meeting their oxygen demand. This innovative therapy involves the use of a gel and mask combination, which creates a bubbling effect, generating CO₂ that is then delivered to the skin through the gel layer. Within days of this treatment, there is an increased natural oxygen distribution, improved lymphatic drainage, and rejuvenated skin. Perfect for all skin types but particularly polluted, stressed and dull skins.

Treatment time: 60mins

ADVANCED FACIALS

Dermalux Led Facial Therapy

This is the gold standard of professional LED Phototherapy Medically CE certified and FDA approved. It offers some fantastic benefits, including:

- Faster cell renewal - up to 200% faster, healing the skin
- Stimulation of elastin and collagen-producing fibroblasts revealing a more youthful complexion
- Regulate oily skin types, killing bacteria & clearing the skin
- Dermalux is recommended as a course for skin issues such as Acne, Rosacea, Psoriasis, wound healing and pigmentation.

30min session £40.00 Course of 6 £210.00 Course of 12 £400.00

50min session including cleanse & enzyme peel £60.00

Aqua Hydra Glow Facial £89.00

The relaxing treatment uses a 360 approach to skin health. It can be tailored to suit all skin types it includes a deep cleanse, extraction hydro-dermabrasion, collagen stimulation, anti-inflammation and nano oxygen infusion. A non-surgical results driven facial.

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

Course of 3 available reduced price £225.00

Treatment time: 60mins

Age Control Luxury Facial £90.00

This facial combines benefits of a patented photoconverter gel and the dermalux red light. The lumiax gel supercharges the benefits of the RED led light by up to 7 times, decreases skin age by an average of 8 years. This facial is ideal for menopausal skins and anyone who wants a immediate collagen boost. Fabulous before an event and completely relaxing experience. While the wonder mask is developing you will relax with a shoulder massage and your choice of hand and arm or foot massage to make you feel truly spoiled.

Treatment time: 75mins

Course of 3 £250.00



HOT WAXING

Half leg wax.....	£25.00
Arm wax	£25.00
Under arm wax	£12.00
Standard bikini	£20.00
Extended bikini wax	£24.00
Designer bikini wax (Hollywood or Brazilian)	£35.00
Full leg and designer wax.....	£65.00
Full leg and extended Bikini Wax	£52.00
Half leg and designer bikini wax.....	£55.00

MALE WAXING

Back or chest wax	£27.00
Back & Chest Wax	£45.00
Arm wax	£25.00
Nostrils	£12.00
Brow Trim	£12.00

EYE TREATMENTS

Eyebrow wax or tweeze	£12.00
Eyebrow tint & Wax	£20.00
Eye collection- eyelash tint, eyebrow wax and eyelash tint	£39.00
Collagen Eye treatment - Give your eye area some love, this treatment includes a massage of eyes and forehead followed with collagen eye pads to soften fine lines	£40.00

SPRAY TAN

St Tropez Spray tan 30mins.....	£27.00
Course of 4 spray tans (saving £30!)	£70.00

HAND & FOOT TREATMENTS

Luxury Pedicure with heated booties, cuticle work & gels (60mins)	£50.00
Mavex Callus Peel (30mins) this treatment will leave your feet baby soft, for hard dry skin only	£35.00
Luxury Manicure with heated mitts, cuticle work, massage and gels (60mins)	£45.00
Male pedicure	£35.00
Gel reshape fingers or toes	£25.00
Gel reshape fingers and toes	£45.00

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*A☆☆☆☆! Amazing service.
Donna was extremely welcoming,
friendly & very down to earth.
The room was cosy, warm (heaters and
heated blankets etc) 🍷 and smelled
beautiful! I really enjoyed the full body
massage & two-course lunch winter
warmer package. I feel rejuvenated and
lighter with my tension rubbed out!
Next time I'm in Glasgow
I'll be returning!
Thanks so much xo*

Danielle Buxton
October 2024

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Spa Etiquette

- Please arrive 5 minutes before your treatment begins.
- Clients are here to relax and unwind, please turn your phone on to silent on arrival at 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 treatments that are 1 hour plus.

PLEASE NOTE: We require a minimum of 24 hours notice of cancellation to avoid a 50% charge.

Add leisure and robe and slippers for £15pp when booked with any 55minute treatment



Ask about our
loyalty card

- 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 9.00am - 5.30pm

500 Argyle Street, Glasgow G3 8RR
(Located at the Marriot Hotel)

www.spainthecity.co.uk

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

Tel: 0141 221 5230 Email: info@spainthecity.co.uk