KIMPTON

# CHARLOTTE SQUARE

HOTEL & SPA

## SPA AT CHARLOTTE SQUARE

With a menu of carefully curated activities and therapies, and second to none equipment and products, the Spa at Charlotte Square brings an elevated experience of health, fitness and wellbeing to guests and locals.

Featuring a mood-lit 12m pool, thermal area including sauna and steam rooms plus experience showers, there are also three treatment rooms, a stylish snug for relaxation and the UK's first Sound Wellness Room.

Our gym offers the latest Technogym cardio equipment and impulse strength stations along with free weights, a fitness studio, Peloton® exercise bikes and a designated stretch and core space. A 'Cardio Zone' includes the latest treadmills, elliptical trainers, escalate stair climber, and rowing machines.

On trend with the rise of functional training, the new gym also includes a custom-built fitness studio, offering all the latest in functional equipment including a rig, TRX stations, sprint track, kettle bells and sand bags. The fitness studio offers a range of classes from dynamic Pilates to HITT, spin and yoga.

## OUR PARTNERS

### ISHGA ORGANIC SKINCARE

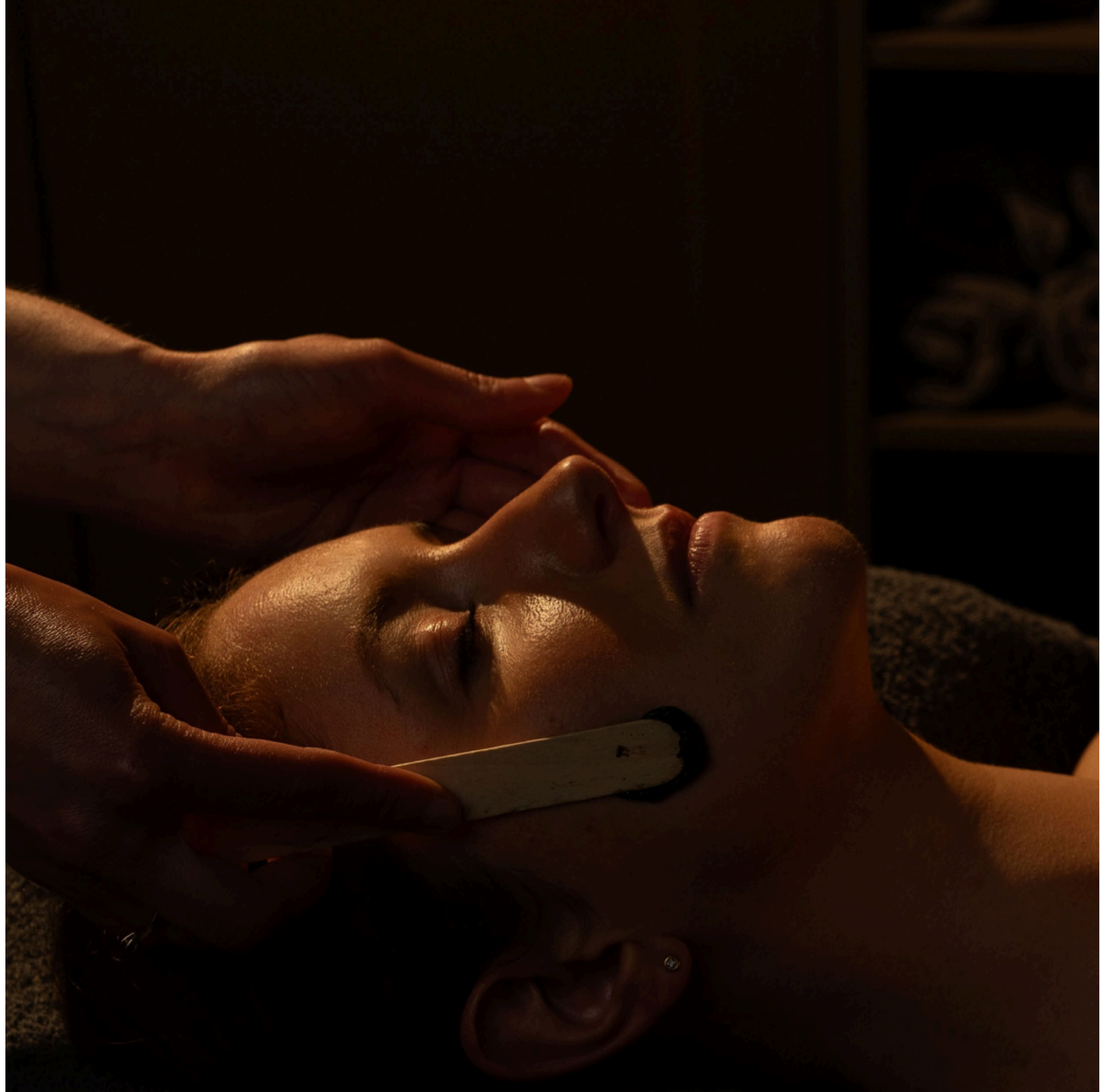
ishga is derived from the Gaelic word for water. Their products have been developed in the Outer Hebrides using the highest quality and purest Scottish seaweed combined with water from a natural spring situated on the beautiful Isle of Lewis. Seaweed has been used for centuries for its natural healing and therapeutic properties and contains a high content of vitamins, minerals and powerful natural antioxidants, which are considered essential for maintaining glowing skin; while recent scientific research shows the seaweed extract used in ishga preserves the skin's natural collagen. The mineral rich seaweed extract is carefully blended with cucumber extract, macadamia, jojoba, aloe vera and lemon peel so that your ishga treatment will detoxify, nourish, firm and hydrate the skin.

### OSKIA

OSKIA's award-winning formulas are a unique blend of easily absorbed nutrients and actives proven to give you a beautiful glowing complexion. Working on a cellular level, OSKIA's products use patented technology to combine vitamins, minerals, proteins and omegas to boost your cells' activity leading to healthier, happier skin that truly glows from within. Each indulgent spa treatment with OSKIA is tailored to you. Combining traditional practices such as acupressure, specialist natural face therapy massage, reflex and lymph drainage with modern AHA and BHA exfoliation, your next OSKIA treatment will leave your skin, body, and mind in utter bliss. Prepare to be soothed, nourished and restored with a renewed sense of wellbeing.

### SWELL SOUND THERAPY

We've joined forces with award-winning producer Brian D'Souza to create the UK's first Sound Wellness Room, a unique immersive experience which harness the therapeutic nature of sound for the ultimate relaxation. Music Psychology graduate and Sound Designer, Brian spent two years developing a new methodology which brings together biophilia, music composition and sound therapy to create the Swell Room, Spa at Charlotte Square's dedicated sound treatment offering. Guests will be able to immerse themselves in the wild, natural sounds of the world on a bespoke reclining armchair, which features a vibroacoustic delivery system allowing guests to not only be able to hear the sound, but feel it too, promoting positive biochemical responses that bring equilibrium to the nervous system; a revolutionary approach to wellness, exclusively at Spa at Charlotte Square.



## OUR PACKAGES

ishga Signature Spa Day

From £135 Monday-Thursday | From £150 Friday-Sunday

Enjoy 60-minute session of pool, sauna & steam room and a 55-minute treatment or two 25-minute express treatments, followed by lunch in BABA.

ishga Signature Swell Spa Day

From £145 Monday-Thursday | From £155 Friday-Sunday

Enjoy 60-minute session of pool, sauna & steam room, a 55-minute treatment or two 25 -minute express treatments followed by Sound Therapy (20minutes) and lunch in BABA.

Oskia LED Spa Day

From £155 Monday-Thursday | £170 Friday-Sunday

Enjoy 60-minutes session of pool, sauna & steam room and a 55-minute treatment, followed by lunch in BABA.

Oskia Signature Spa Day

From £135 Monday-Thursday | £150 Friday-Sunday

Enjoy 60-minute session of pool, sauna & steam room and a 55-minute treatment, followed by lunch in BABA.

Relax & Restore Spa Day

From £120 Monday-Thursday | £130 Friday-Sunday

Enjoy 90-minute session of pool, saune & steam room and a 55-minute treatment or 2 25-minute express treatments.

Unwind & Dine

From £120 Monday-Thursday | From £135 Friday-Sunday

Choose any 55-minute treatment for two 25-minute express treatments, followed by lunch in BABA.

Spa, Swell & Dine

From £70 Monday-Thursday | From £80 Friday-Sunday

Enjoy 60-minute session of pool, sauna & steam room,Swell Room Sound Therapy (40 minutes) and lunch in BABA.

## ISHGA TREATMENTS

ishga Invigorating Massage 55 mins from £100 Monday-Thursday | From £105 Friday, Saturday-Sunday
A medium pressure massage combining a powerfully detoxifying seaweed body oil with lemongrass, juniper and rose geranium. The treatment is designed to be invigorating and relaxing, with a focus on removing tension to re-energise the body. The seaweed body oil regenerates, firms and tones the skin and is particularly useful for eliminating toxins.

ishga Hot Stone Massage 55 mins from £100 Monday-Thursday | From £105 Friday, Saturday-Sunday
A full body massage with heated Basalt stones which instantly relax the muscles, allowing the treatment to work at a deeper level. Hot stones are useful for easing out tension, reducing aches and pains and placed along the chakras to open up energy pathways. A seaweed base oil with lemongrass, lavender and juniper will detoxify and regenerate the skin.

ishga Deep Tissue Massage 55 mins from £105 Monday-Sunday
Deep tissue massage is not only a firm massage with more pressure,but a range of advanced techniques to work on the deeper layers of muscle and connective tissue to release chronic patterns of tension that have built up over a long time. A bespoke treatment to treat chronic pain and muscle and sports-related injuries, your therapist will work in a more remedial form to target specific areas, as opposed to other massages which offer a full body treatment.

ishga Seaweed Body Wrap 55 mins from £100 Monday-Thursday | From £105 Friday-Sunday
A powerful Hebridean sea salt and oil scrub with body wrap. Combining the detoxifying and nourishing effect of the purest seaweed gel with the stimulating and hydrating properties of the scrub, the treatment is designed to eliminate toxins, reduce cellulite, boost energy and improve skin tone.

ishga Mum-To-Be Massage 55 mins from £100 Monday-Thursday | From £105 Friday-Sunday
Our mum-to-be massage has been specifically designed to pamper and relax you during pregnancy and is suitable after the first trimester (from 13 weeks onwards). This treatment focuses on the changes in your body during pregnancy, helping to ease aches and pains, and can improve your sense of well-being, comfort levels and aid relaxation. This treatment will be tailored to you by carrying out a thorough consultation. Please note for any women who have been classed as a high-risk pregnancy, or have experienced complications, your therapist may need written permission from your midwife or healthcare professional.

ishga Facial 55 minutes from £105 Monday-Sunday
Organic seaweed-based products are used to achieve a hydrated, glowing complexion. Repair and protect the skin from environmental damage with the use of powerful anti-oxidants. Facial massage techniques are incorporated to lift and firm the skin tone whilst the seaweed extract is proven to preserve the skin's natural collagen. Suitable for all skin types.

## OSKIA TREATMENTS

OSKIA LED Light Therapy Facial
60 minutes £130
OSKIA's signature facial experience encompasses a holistic approach to skin rejuvenation. Blending essential skin nutrients, bio-actives, and a fusion of modern and traditional techniques to illuminate your skin, it will leave you feeling revitalised and looking radiant. Experience the power of LED light and natural face therapies, tailored to your skin's needs. To complete your journey to radiance is a therapeutic head and hand massage. These soothing touches release any residual tension, leaving you feeling completely renewed.

OSKIA Bespoke Radiance Renewal Facial
55 minutes from £105 Monday-Sunday
OSKIA's Bespoke Radiance Renewal Facial offers the perfect balance between indulgence and efficacy. Beginning with an in-depth consultation, OSKIA's highly trained skincare therapist will personalise your facial treatment which ingredients such as Vitamin C and E, Hyaluronic Acid, Bakuchiol, Omegas, Salicylic Acid and Probiotics to ensure concerns and conditions are individually treated.

OSKIA Bespoke Super Nutrient Massage
55 minutes from £100 Monday-Thursday | From £105 Friday-Sunday
Allow our highly trained therapists to create a bespoke massage ritual for you in response to you and your body's needs, using either nurturing, or awakening cold pressed, super berry massage oils to create a superbly personalised experience.

OSKIA Dynamic Body Sculpting Massage
60 minutes £105
This powerful, results-driven treatment targets the legs, waist and glutes to reduce cellulite, break down fatty deposits and sculpt the body. Using firm, fast-paced techniques with hands, forearms, a wooden paddle tool, light suction cups and a body brush, it boosts circulation and stimulates lymphatic drainage for visibly smoother, more defined skin. Infused with Oskia's antioxidant-rich oils of super berries, avocado, rosehip, calendula and evening primrose, the treatment supports skin regeneration and elasticity. Please note: it is an intensive massage, and mild tenderness or bruising may occur. Results are often instant, leaving you feeling lighter, firmer and more energised.

## EXPRESS TREATMENTS

Choose any 2 of the following treatments to create your own bespoke experience for £105 (Monday to Sunday), or alternatively add one to any existing treatment or package for an extra £60 (not available to book individually).

ishga Express Massage 25 minutes
A massage focusing on the back, neck and shoulders to target areas of tension, release everyday stress and relax the nervous system. The seaweed body oil regenerates, warms and nourishes the skin. Your therapist can adapt pressure to suit.

ishga Express Facial 25 minutes
Anexpress facial using our organic product rangeforessential skin maintenance.

Head Massage 25 minutes
A massage focusing on the head and scalp to target tension and release stress with the option of an oil pouring to nourish and treat the hair and scalp. The perfect way to unwind, it's an ideal addition to a full body treatment.

Detox Foot Wrap 25 minutes
Relax as your feet and lower legs are bathed and exfoliated with a sea salt scrub. An algae wrap is applied to nourish and heal any dry or cracked skin, followed by a massage to hydrate and relax tired feet.

## SWELL: SOUND WELLNESS ROOM

Available as an add-on to other Spa treatments

20 minutes from £15 | 40 minutes from £20

Immerse yourself in the sounds of nature in the Swell Room, the UK's first Sound Wellness Room. Together with award-winning producer Brian D'Souza, we have created a unique immersive experience which harness the therapeutic nature of sound and a bespoke reclining armchair with a vibroacoustic delivery system for the ultimate relaxation.

The tailored therapeutic sound techniques are designed to lower the heart rate, blood pressure and stress, while promoting positive biochemical responses that bring equilibrium to the nervous system.

## SPA AND LEISURE FAQS

AGE REQUIREMENTS
All guests must be at least 16 years of age to use the Spa at Charlotte Square's leisure and spa facilities. Please note that age restrictions may apply to certain spa treatments.
Children under the age of 16 are welcome to use the swimming pool during the following times only and must be accompanied by an adult at all times: 8-9am, 12-1pm, 4-5pm

LEISURE FACILITIES
Leisure facilities are complimentary for all hotel residents and include the fitness suite and studio, 12m swimming pool, steam room and sauna.

APPOINTMENTS
Demand for spa treatments is high, especially on weekends and seasonal holiday periods. We highly recommend making your reservation in advance. Hotel guests are encouraged to book spa treatments at the time accommodation is reserved.

CANCELLATIONS
Should you wish to cancel your spa treatment with us, please contact us at least 48 hours prior to your appointment time. A 100% cancellation fee will apply if this is not adhered too. Should you wish to cancel your spa experience, we require at least 48 hours' notice otherwise a full cancellation fee will apply.

RUNNING LATE
If you are running late for your appointment, please call 0131 240 5500 (extension 3). We will reschedule your appointment if possible. If we are unable to reschedule another appointment, your treatment will begin as originally scheduled. Your arrival time will determine the length of your treatment time, which will end at the scheduled time.

SPECIFIC REQUIREMENTS
If you have specific requirements, medical conditions, are pregnant or have physical challenges, certain services and treatments are not recommended. Please notify the Spa at Charlotte Square team at the time of booking.

SPA POLICY
The Spa at Charlotte Square believes in maintaining a safe, pleasant and peaceful environment for all guests and for this reason we kindly ask our guests to follow the leisure and spa guidelines. All prices are per person and include VAT.

## GIFT VOUCHERS

Sharing is caring, so why not treat a loved one to a gift voucher for the Spa at Charlotte Square?
Gift vouchers can be purchased online at www.charlottesquare.skchase.com/vouchers

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