

## SPA TREATMENT TARIFF

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### ESPA FACIALS

Super Active Facials (1 hr 30 mins)	£130
Specialised Facials (1 hr 20 mins)	£105
Intensive Facials (55 mins)	£80
Eye Lift (25 mins)	£40

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### ESPA ULTIMATE BODY WRAPS

Ultimate Body Wrap (1 hr 10 mins)	£80
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### ESPA MASSAGE

Essential Body Massage (55 mins)	£80
Ultimate Massage (1 hr 20 mins)	£105

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### ESPA HOT STONE THERAPY

Holistic Back, Face & Scalp Treatment with Hot Stones (1 hr 50 mins) Includes Escape at One	£155
Chakra Balancing with Hot Stones (1 hr 50 mins) Includes Escape at One	£155
Holistic Hand & Nail Treatment with Hot Stones (55 mins)	£60
Holistic Foot & Nail Treatment with Hot Stones (1hr 10 mins)	£75

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### ESPA AYURVEDIC INFLUENCE

Ama Releasing Abhyanga (2 hrs) Includes Escape at One	£160
Purva Karma Synchronised Four-hand Massage (2 hrs) Includes Escape at One	£230
Shirobhyanga (Indian Head Massage) (40 mins)	£60
Ayurvedic Body Wrap incorporating Hot Stones (2 hrs) Includes Escape at One	£155

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## ESPA SIGNATURE EXPERIENCE

**TIME** The ultimate treatment choice (2 hrs) £160

Includes Escape at One

TIME does not include the Purva Karma Four Handed Massage

**Oriental Joint Release** (2 hrs) £160

Includes Escape at One

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## SPECIALITY TREATMENTS

**Full Body Salt & Oil Scrub** (25 mins) £40

**Oriental Head Massage** (25 mins) £40

**Stimulating Hip & Thigh Treatment** (55 mins) £80

A course of treatments is recommended (£385 for 6 treatments)

**Total Indulgence Pre/Post Natal Treatment** (1 hr 20 mins) £105

**Serail Mud Chamber** (25 mins) £45

This treatment can be experienced as an individual or as part of a group (Maximum 4)

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## MANICURES & PEDICURES

Manicure (55 mins)	£40
Manicure with French polish (55 mins)	£42
Pedicure (55 mins)	£40
Pedicure with French polish (55 mins)	£42
File & Polish – Hands or Feet (25 mins)	£22

NB Please allow an appropriate drying period after all manicures and pedicures. It is advisable to wear open-toe shoes directly after pedicures. After any polish application it is advisable not to use the Thermal Suite or any Heat Experiences.

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## MAKE-UP

Day/Evening Make-up (40 mins)	£45
Make-up Lesson (55 mins)	£55
Bridal Make-up (2 x 40 mins)	£75

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## TO FINISH

Luxury Full Leg Wax (40 mins)	£37		
Luxury Half Leg Wax (25 mins)	£27		
Bikini Wax (10 mins)	£15	Underarm Wax (10 mins)	£15
Lip & Chin Wax (10 mins)	£15	Chest Wax (25 mins)	£27
Back Wax (25 mins)	£27	Eyebrow Shape/Wax (10 mins)	£15

NB We recommend that you do not use the Thermal Suite or any Heat Experiences 24 hours before or after waxing.

Eyeshadow Tint (25 mins)	£19	Eyebrow Tint (10 mins)	£15
Eyebrow & Eyeshadow Tint (25 mins)			£27

NB A 24-hour Patch Test is required prior to each of the above tints.

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## ESCAPE AT ONE (3 hrs)

For the complete spa experience, why not add Escape at One to your spa treatments?

Day Guests	£70
Day Guests (having spa treatments lasting 1hr 20 mins or more)	£30
Hotel Residents	£30

NB Hot Stone Therapy, Ayurvedic Influence and Signature Experience treatments all include Escape at One

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## SPA DAYS

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<b>SERENITY</b> (4 hrs 15 mins)	£295
<b>REBALANCE</b> (3 hrs 20 mins)	£230
<b>TRANQUILLITY</b> (3 hrs 10 mins)	£220
<b>TIME</b> (2 hrs 55 mins)	£215
<b>REVITALISE</b> (2 hrs 55 mins)	£210
<b>REJUVENATE</b> (2 hrs 45 mins)	£210
<b>NEW BEGINNINGS</b> (3 hrs 25 mins)	£220
<b>REFRESH</b> (2 hrs 15 mins)	£170
<b>RESTORE</b> (2 hrs 15 mins)	£170
<b>REVIVE</b> (2 hrs 10 mins)	£165
<b>RENEW</b> (1 hrs 20 mins) Monday to Friday only	£120
<b>ESCAPE AT ONE</b> (3 hrs) Monday to Friday only	£70

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## SPA BREAKS 1st January – 31st December 2010

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### SPA RETREAT

Single	£257 - £339
Double	£217 - £263

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### DETOX & REBALANCE

Single	£243 - £344
Double	£222 - £268

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### TIME OUT

Single	£253 - £354
Double	£232 - £278

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### RELAX & REVITALISE

Single	£434 - £598
Double	£351 - £433

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### SPECIAL OCCASIONS

Single	£429 - £593
Double	£346 - £428

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### TWO'S COMPANY

Single	£376 - £578
Double	£293 - £394

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All Spa Breaks prices are per person. Additional nights' accommodation will be at the Best Available Rate. Please note Spa Breaks rates are 'to and from' as accommodation rates change due to season and availability

## SPA JOURNEYS

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TWO-DAY JOURNEY	£295
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FIVE-DAY JOURNEY	£480
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### TWO-DAY RESIDENTIAL JOURNEY

Single	£425
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Twin/Double (2 sharing)	£370
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### FIVE-DAY RESIDENTIAL JOURNEY

Single	£1000
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Twin/Double (2 sharing)	£780
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All prices are per person. Residential Journeys include accommodation and full Scottish Breakfast at the Sheraton Grand Hotel & Spa. All Spa Journeys are subject to availability.

## RESERVATIONS

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For reservations and further information, please contact One Spa:

T: 0131 221 7777

E: [info@onespa.com](mailto:info@onespa.com)

W: [onespa.com](http://onespa.com)

One Spa, 8 Conference Square, Edinburgh EH3 8AN

Please book well in advance to avoid disappointment.

Reservations cannot be confirmed without credit or debit card details.

All Spa Treatments, Spa Days and Spa Breaks are subject to availability.

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All prices include VAT at the current rate.

All prices are subject to change in accordance with any amendments to the rate of VAT.

ONE Spa reserves the right to alter prices without prior notification.

# one

SPA & HEALTH  
CLUB