SPA
AT BLYTHSWOOD SQUARE
THE SPA AT BLYTHSWOOD SQUARE

At Blythswood Square we offer a range of luxurious and holistic face and body treatments that have been individually designed for our guests. We use the highest quality products that blend the potency and power of organic raw ingredients with an advanced bioscientific approach to skincare. This ensures that our treatments are both holistic and results-driven, representing some of the most effective available in the world today.

ISHGA

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.

ILA

An ancient Sanskrit word for Mother Earth, ila is a beyond organic skin and heart care brand which aims to do something very simple, but also completely revolutionary. Founder Denise Leicester’s vision was to create a range of highly potent and sacred products which channelled the raw remedial power of nature, using her most ancient and purest sources of energy: plants, flowers, and herbs. What makes ila different is not just that the products are created in a meditative environment by hand in the Cotswolds using unsurpassed ingredients and minimal processing, nor that the company supports tribal communities, villages and farmers all over the world – it’s that every product is imbued with a very strong intent to nurture way beyond the surface of the skin.
THE THERMAL EXPERIENCE

The Thermal Experience 3 hours £65 | 7am to 6pm, seven days a week
Our thermal experience is a series of rooms designed to take your body on a wet and dry, and warm and cold journey. The physiological benefits of using steam rooms and saunas prior to receiving treatments are now well understood. The alternation of hot (saunas and steam rooms) with cold (ice fountains and cold showers) on your body helps to open and cleanse the pores in your skin. When your skin is clean and the pores open, this greatly assists in the absorption of products during your treatments.

Twilight Thermal Experience 3 hours £45 | 6-9pm Monday to Thursday

HYDROTHERAPY

ishga Seaweed Bath 30 minutes £30
A unique Scottish experience where you can relax in fresh, hand-harvested seaweed from the Hebridean coast. Unwind in a hot bath infused with mineral sea salts containing over 85 natural trace minerals and pure Scottish seaweed. Here in Scotland we have been enjoying the benefits of seaweed from our islands for hundreds of years. Naturally healing, moisturising and anti-ageing, it's rich in vitamins, minerals and anti-cellulite properties.

ila Rose Bliss Bath 30 minutes £30
Using the divine benefits of rose and tuberose to nurture a sense of deepest bliss, this luscious soak in nourishing oils and sugars will give you a glowing radiance.

The Rhassoul Experience 30 minutes £75 for two people | £45 for one PERSON
This experience does not include a treatment with a therapist. Cleanse your body and soothe your mind in our state-of-the-art Rhassoul Experience by combining the benefits of mud and steam. Begin by using the Hebridean sea salt to gently remove dead skin cells. After the application of traditional Moroccan lava clay over your entire body, sit back and relax. After 20 minutes the steam chamber will release a flow of warm water onto its ceramic seats, softening the mud as well as coaxing toxins to leave the body. The powerful healing qualities of the mud will leave your skin silky smooth.
**MASSAGE**

**Ishga Invigorating Massage** 55 minutes £87
A medium pressure massage combining a powerfully detoxing seaweed body oil with lemongrass, juniper and rose geranium. The treatment works by stimulating and balancing the energy within you through marma massage and lymphatic drainage techniques. This is a unique body massage combining various movements to harness and restore the energy of your body. This light to medium pressured massage also finishes with a relaxing head and scalp massage.

**Ishga Hot Stone Massage** 55 minutes £87
A full body massage incorporating 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 are placed along the chakras to open up energy pathways. A seaweed base oil with lemongrass, lavender and juniper will detoxify and regenerate the skin.

**Ila Head Massage** 25 minutes £47
A massage focusing on the head and scalp to target tension and release stress. The perfect way to unwind and relax, it’s an ideal addition to a full body treatment.

**Ila Prana Vitality Full Body Massage** 55 minutes £87
This treatment works by stimulating and balancing the energy within you through marma massage and lymphatic drainage techniques. This is a unique body massage combining various movements to harness and restore the energy of your body. This light to medium pressured massage also finishes with a relaxing head and scalp massage.

**Ila Ku Nye Massage** 55 minutes £87
A Tibetan massage that balances the five elements and restores a harmonious flow of energy and vitality. A blend of five essential oils chosen to balance the five elements combines beautifully with Tibetan techniques of cupping, kneading and acupressure with hot herb poultices.

**Ila Dreamtime Massage** 55 minutes £87
This deeply relaxing massage treatment helps soothe you into a state where falling asleep can naturally occur. The combination of organic essential oils, marma massage and chakra healing restores the nervous system leaving mind and body blissfully peaceful.

**MASSAGE**

**Ila Karuna Kaya Deep Tissue Back and Back-of-leg Massage** 55 minutes £87
This deep tissue massage helps you to relax and is a great stress buster. It replenishes the life force by strengthening and stimulating the nervous system due to the potent blend of oils and the techniques applied. The oils used in this treatment, such as jasmine and patchouli are believed to soothe and strengthen the systems of the body.

**Ishga Marine Back Treatment** 55 minutes £87
The ultimate back facial designed to rejuvenate and exfoliate, while treating any congestion and reveal a brighter and smoother skin. Beginning with a cleanse, tone and exfoliation, a powerful Moroccan seaweed lava clay mask is applied to clarify and soften the skin while providing a deep moisturising treatment. Ideal for skin concerns such as acne on the back, dryness or skin conditions and for muscular aches and pains. A back and leg massage is also included to send you to a place of peace and relaxation.

**Ila Back and Shoulder Recovery** 25 minutes £47
Focusing on the back, neck and shoulders this holistic massage relaxes your muscle aches. The blend of essential oils of juniper berry, rose geranium and rosehip seed oil cleanses the body, removes toxins, restores energy to the cells.

**Ishga Express Massage** 25 minutes £47
A massage focusing on the back, neck and shoulders to target areas of tension, release everyday stress and relax the nervous system. Our seaweed body oil regenerates, warms and nourishes the skin, and your therapist can adapt pressure to suit.

**Ila Couples Chakra Well-being Connect** 55 minutes £87 per person
This treatment for two uses the most exquisite oils of rose (the oil of love), orange blossom (bliss) and jasmine (for stimulating the flow of love) which when combined result in a beautiful connection of mind, body and spirit.

**Ila Mother-to-be (pre-natal massage)** 55 minutes £87 | 25 minutes £47
A blissful experience for both mum and baby that uses gentle and rhythmic lymphatic massage techniques to promote deep well-being and peace for you both. Herbal extracts of lavender, chamomile and rose oil are used to bring gentle, healing energy while warm herb poultices bring a deep sense of nurturing. For mothers-to-be of over 12 weeks.

**Ila Mother (post-natal)** 55 minutes £87 | 25 minutes £47
This energising treatment has been created to replenish energy at a deep level, restoring and reconnecting the body, mind and spirit.
FACIALS

ishga Anti-Ageing Facial  55 minutes £87
A rejuvenating facial designed to revitalise and repair, which is particularly useful for toning, firming and nourishing, as well as for repairing and protecting the skin from environmental damage. This treatment will cleanse, tone and moisturise the skin leaving it revitalised and hydrated. The high seaweed extract content in the products is scientifically proven to preserve the skin’s natural collagen with powerful anti-ageing properties. Suitable for all skin types.

ila Ananda Facial  55 minutes £87
Illuminating. Calming. Profound. This divine therapy restores natural luminance by increasing blood circulation and stimulating the free-flow of energy to facial cells. Specialised techniques combine with the powerful damascena rose otto and sandalwood oils to reduce inflammation, address hormonal imbalance and open the energy centres of the face. Skin glows with radiance and a sense of peace pervades the body.

ila Renewed Recovery Facial  55 minutes £87
Detoxifying. Regenerative. Anti-inflammatory. This restorative facial draws on intensely healing rainforest extracts to rejuvenate facial skin. Warm herbs, lymphatic drainage techniques and an Amazonian mud mask encourage toxin release, reduce water retention, increase blood supply and boost collagen production at a cellular level. Skin tone is brightened and muscle contraction is inhibited, softening fine lines and wrinkles.

ila Express Bliss Face Therapy  25 minutes £47
This treatment uses delicate techniques to open the energy centres of the face, working with the body’s blissful higher energy to induce feelings of deep peace and beautifully glowing skin. A perfect quick-fix for dehydrated and tired skin.

ishga Express Facial  25 minutes £47
An express facial using our organic product range combines a cleanse, tone and moisture for essential skin maintenance. Includes an exfoliating mask and scalp massage to complete the experience.

ila Eye Indulgence  25 minutes £47
Focusing on the often-ignored eye region, this gentle yet powerful treatment uses marma point stimulation, eye exercises and a hydrating mask to relieve tension, reduce dark circles and restore radiance and sparkle.

BODY TREATMENTS

ishga Salt and Oil Scrub  25 minutes £47
A Hebridean sea salt and oil scrub gently exfoliates, sweeping away dull, dry skin. An invigorating express treatment to stimulate circulation, eliminate toxins and leave the skin nourished and glowing.

ila Blissful Experience Body Scrub  55 minutes £87
A luxurious scrub of jasmine, sandalwood and rose that restores, nurtures and nourishes inner calm and wholeness.

ila Energising and Detoxifying Body Scrub  55 minutes £87
This energising scrub of lemongrass and juniper stimulates and cleanses the lymphatic system. It’s an ideal treatment for cellulite, stress and tiredness.

ishga Seaweed Body Wrap  55 minutes £87
A powerful Hebridean sea salt and oil scrub with body wrap. This combines 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.

ila Bio Energy Body Wrap  55 minutes £87
The aim of this treatment is to restore the body’s natural biorhythms and deeply relax the nervous system. The energy scrub and mud wrap contain high levels of minerals which charge and restore the body’s bio-magnetic energy field. A head massage is given while you are cocooned.

ila Pearl and Jasmine Amethyst Wrap  55 minutes £87
Fatigue and energy depletion is one of the biggest afflictions plaguing today’s 24/7 society. This amazing pearl and jasmine Himalayan salt crystal scrub has the immediate effect of restoring vitality and energy levels, mental clarity, wellbeing and strength. The ensuing amethyst gel body wrap relieves and balances the nervous system, stimulating circulation, regeneration of skin cells and cell growth.
FOR MEN

Our treatments are perfect for both men and women, however the experiences below have been created specifically for our male guests. These treatments vary, offering everything from an introduction to the spa experience to results-driven treatments which concentrate on releasing stress, tension, and targeting aches and pains.

**ishga Men's Stress Reliever Massage** 55 minutes £87
An individually tailored full body treatment combined with scalp massage. Designed to detox and balance the body whilst removing any particular areas of tension and stress, the seaweed-based oil nourishes and protects the skin.

**ila Men's Prana Vitality Full Body Massage** 55 minutes £87
This treatment works by stimulating and balancing the energy within, through marma massage and lymphatic drainage techniques. This is a unique body massage combining various movements to harness and restore the energy of your body. This light-to-medium-pressure massage also finishes with a relaxing head and scalp massage.

**ishga Men’s Bespoke Facial** 55 minutes £87
Your therapist will select the most suitable products from the ishga range to create a personalised facial. ishga products stimulate collagen production and combat signs of ageing. This treatment will cleanse, tone and moisturise the skin leaving it revitalised and hydrated.

**ila Men’s Prana Vitality Scrub** 55 minutes £87
An invigorating and revitalising energy-boosting scrub that helps clear the mind and prepare you for busy days ahead.
EXPERIENCES

ila Chakra Well-being  110 minutes £174
Chakras are the seven energy points in the body that due to the stresses and strains of modern-day living can become out of balance. This ila treatment helps bring harmony back to your mind and body by balancing these key energy points. Seven blends of essential oils, chosen for their harmonising qualities, form the basis of this exquisite treatment. It involves deep relaxation of the nervous system, sensuous lymphatic drainage, subtle healing of the chakras and culminates in the pouring of warm oil over the third eye to restore and relax every sense. The energy oil blends are chosen for each client following a personal questionnaire that reveals how you may be out of balance. Your specific oil blend is created in front of you and is used in your base salt scrub, and your body massage. Your treatment includes a Bliss Facial and finishes with a Shirodhara treatment where warm blended oils are slowly streamed over your head bringing a sense of deep peace and calm. Healing music, created by ila, is played to deepen the healing experience.

ila Dreamtime Journey  110 minutes £174
This soporific journey has been created to deeply relax the whole nervous system and restore the natural rhythm of sleep and dreaming. The journey begins with a mantra as a focus of letting go, a dreamtime scrub soothes and restores the lymphatic system in preparation for the body treatment. The potent combination of organic essential oils and herbs such as vetivert, valerian and hops deepens the effects of the chakra massage, restoring the nervous system to leave mind and body blissfully peaceful. The second phase of the journey is the dreamtime facial, promoting deeper relaxation and supporting the natural process of cellular rejuvenation with ingredients such as fresh royal jelly and orange blossom. Dreamtime music accompanies this treatment to relax the nervous system at its most subtle level.

ishga Marine Experience  110 minutes £174
A top-to-toe package to awaken the senses and leave the skin feeling soft and fresh. Begin with an all-over body exfoliation with our pure sea salt and oil scrub infused with seaweed and lemongrass to remove dead skin, followed by a full body invigorating massage to soothe aching tired muscles and hydrate the skin. Finish with an express facial to brighten, firm and tone the face and relaxing scalp massage.

ishga Face and Body Sensation  55 minutes £87
An invigorating yet relaxing back, neck and shoulder massage to target and soothe any tension using our organic seaweed body oil with the healing oils of lavender, lemongrass and juniper. Follow with an express ishga facial to rejuvenate and brighten all skin types using a powerful blend of organic seaweed high in antioxidants and anti-ageing benefits.
HANADS AND FEET

ila Hand Rejuvenator 25 minutes £47
A very relaxing treatment for your hands. A Bliss scrub prepares the hands for a soothing and blissful rose balm massage which energises and releases stress and tension from your hands. A mask restores silky smoothness and rejuvenates skin.

ishga Foot Recovery 25 minutes £47
Relax as your feet and lower legs are scrubbed with our Scottish seaweed foot scrub. This is followed by a wonderfully relaxing foot massage and an application of a cooling foot mask.

Reflexology 55 minutes £87
A complementary therapy which naturally balances and treats the whole body by using compression massage to the reflex areas of the feet. Tension is released, circulation is improved and a general feeling of wellbeing is achieved.

SPA MEMBERSHIP

Improve your health and well-being by visiting us on a regular basis using your Spa at Blythswood Square membership. Situated in Glasgow’s city centre, our exclusive spa membership has limited places.

We offer a range of different membership options from £75 per month, which can be tailored to meet your needs.

Membership benefits
- Unlimited access to all spa facilities
- 15% discount on all treatments
- 10% discount on products in the spa boutique
- 10% discount on dining in the spa café
- 10% discount on dining and accommodation at Kimpton Blythswood Square Hotel
- Unlimited access to our fitness suite
- Exclusive invitations to spa and hotel events and promotions.

Discounts are not valid in conjunction with any other offers.

GIFT VOUCHERS

Gift vouchers are available for treatments, packages, and as monetary values.

They are valid for one year from the date of purchase.

Just speak to a member of the team or visit our website: kimptonblythswoodsquare.com.
DAY PACKAGES

Signature spa day
£130 Monday to Thursday | £145 Friday to Sunday
Enjoy any of our two express treatments and relax in our Thermal Experience followed by afternoon tea.

Twilight & dine spa
£59 Monday to Friday, 5-9pm
Enjoy a delicious two-course dinner then relax in our Thermal Experience.

Sunrise spa morning
£55 Monday to Friday, 7-10am
Enjoy a delicious breakfast before having full use of the Thermal Experience.

Spa taster
£140 Monday to Thursday | £155 Friday to Sunday
A fantastic introduction to the Spa at Blythswood Square with full use of the Thermal Experience, any 55-minute facial, a 25-minute back, neck and shoulder massage and a complimentary gift.

Spa experience for two
£160 per person Monday to Thursday | £175 per person Friday to Sunday
The perfect spa day for couples, friends, mothers and daughters. Combining the fun of a 30-minute Rhassoul Experience with one of our 55-minute signature treatments, it's followed by a spa lunch or afternoon tea, and a complimentary gift.

Dreamtime spa day
£160 per person Monday to Thursday | £175 Friday to Sunday
Our dreamtime treatments help you re-discover your relationship with, healing sleep and dreaming. Relax in the Thermal Experience, along with a 25-minute dreamtime body scrub and a 55-minute dreamtime massage. Then enjoy a spa lunch or afternoon tea, and a complimentary gift.

DAY PACKAGES

Pre- & post-natal spa day
£165 Monday to Thursday | £180 Friday to Sunday
Specifically tailored treatments for mothers and mothers-to-be. Includes full use of the Thermal Experience, a 55-minute ila Mother-to-be or ila Mother treatment and a 55-minute ila Luxurious Hand Experience or an ishga Luxurious Foot Experience. Finish with a spa lunch or afternoon tea. Pre-natal spa day for mothers-to-be over 12 weeks.

Detox spa day
£195 Monday to Thursday | £210 Friday to Sunday
Our signature treatments combined into a fabulous spa day. Enjoy full use of the Thermal Experience with a 30-minute ishga Seaweed Bath, a 55-minute ila Energising and Detox Body Scrub, and a 55-minute ishga Facial. Finished with a spa lunch or afternoon tea.

Bespoke spa day - two treatments
£190 Monday to Thursday | £205 Friday to Sunday
The perfect way to spend the day: two 55-minute treatments, full use of the Thermal Experience, a spa lunch or afternoon tea, and a complimentary gift.

Bespoke spa day - three treatments
£270 Monday to Thursday | £285 Friday to Sunday
Add another spa treatment to make your day extra special. Includes three 55-minute treatments, full use of the Thermal Experience, a spa lunch or afternoon tea, and a complimentary gift.
 SPA FAQS

HOW DO I GET TO THE SPA?
On street parking is available for £4 an hour for a maximum of two hours and Q Park Sauchiehall Street is also nearby. The entrance to Q Park is on Bath Street. We are close to both Queen Street and Glasgow Central stations. It takes five to ten minutes to walk from either station, or alternatively a taxi will cost around £5.

I HAVE A MEDICAL CONDITION
Please make the team aware prior to your arrival so that they can offer you the best advice in relation to which treatment you should have, and arrange for you to be with the correct therapist.

I AM PREGNANT CAN I STILL COME TO THE SPA?
You are able to use two of the five heated rooms and one of the two pools. If you are past your first trimester you are able to have a mother-to-be massage. Facials are suitable at all stages throughout your pregnancy – please advise the team when booking and on your consultation card.

WHAT SHOULD I BRING AND WEAR?
If you are having a massage or treatment you should wear underwear – we’ll provide towels, robes and flip flops for you to wear. Shampoo, conditioner and body wash are available as is the use of hairdryers and straighteners. There are lockers for you to store your clothes and valuables, and we recommend that you leave your phone and other valuable items in your locker. If you are having lunch or afternoon tea in the spa lounge you are welcome to wear a robe – there is no need to get changed during your spa day. Please let us know if you are celebrating a special occasion or if we can do anything to make your visit more enjoyable. If you are using the Thermal Experience you should bring some swimwear.

IS ACCESS TO THE SPA INCLUDED IN THE PRICE OF A TREATMENT?
Access to the Thermal Experience isn’t included as part of your treatment, but can be added for £23 per person Monday to Thursday and £43 per person Friday to Sunday. We also offer a variety of spa packages which include access to The Thermal Experience. Swimwear must be worn while you are using the Thermal Experience, and we don’t recommend wearing robes. Use of the Thermal Experience without treatments is £65 per person. The thermal experience is for over 16s only.

WHEN SHOULD I ARRIVE?
We recommend that you arrive around 20 minutes prior to your treatment start time. If you are also using the Thermal Experience we suggest allowing two to three hours prior to your treatment.

HOW DO I PAY?
You can pay on the day by credit or debit card, cash or gift voucher. We don’t take pre-payment for treatments, with the exception of gift vouchers. If you are redeeming a gift voucher please bring a copy with you on the day.

WHAT IS YOUR CANCELLATION POLICY?
If you need to cancel your treatment please contact us more than 48 hours in advance. We regret that we are unable to cancel bookings within 48 hours of the date and time of your treatment.

CAN I ADD ADDITIONAL ITEMS ON THE DAY?
We will try to accommodate adding additional treatments and dining options to your booking on the day, but we would recommend that you add any extras you would like prior to your arrival to avoid disappointment.

WHAT ABOUT AFTERCARE?
Your therapist can provide full aftercare and will recommend relevant products to you. We stock a range of ishga skin care, Timeless candles, ila spa and OPI nail products.