



A SPA WITH SOUL

Welcome to a wellness experience like no other. Where your senses are not just nourished, but totally immersed, and every moment is meaningful. Grounded by nature, we seamlessly combine years' worth of expertise with a warm and unpretentious atmosphere to create authentic, down-to-earth experiences.

Your time with us will be, above all else, enriching.

Inspired by the unfiltered splendour of the Scottish Hebrides, we celebrate and honour all that nature has to offer, from our locally-sourced products and innovative wellness techniques, to the curated, organic materials adorning our spa.

Combining contrasting thermal therapies, our unique journeys are designed to enhance your experience, whatever your aspiration. Embrace the invigorating chill of Scotland's first snow shower. Melt into the soothing warmth of one of our saunas. Inhale the clarifying air of our Himalayan salt room. We're here to guide you on an experience that's undeniably yours.



YOUR JOURNEY, YOUR WAY

Our four curated thermal journeys are designed to soothe your mind, body, and soul. Whether you're yearning for stillness, seeking clarity, craving an energy boost or aching for relaxation, settle your senses in to your very own path of discovery.

Enjoy with someone you love, go solo, or don't follow a journey at all.

The spa is yours to explore.

RELAX

Fall into nature's warm embrace with this calming journey to help reduce anxiety and promote better sleep, leaving you clear headed and, most importantly, relaxed.

DETOX

Just like the clarity after a rainstorm, this journey will assist with your body's natural detoxification leaving you feeling nourished and refreshed.

INVIGORATE

Immerse your senses in this stimulating journey leaving your soul refreshed, your mind focused, and your body energised for the day ahead.

RECOVER

Trust nature's healing properties on this journey to accelerate physical recovery, ease tight and tired muscles and ultimately help you have a restful night's sleep.



NAVIGATING YOUR JOURNEY

We take the guesswork out of your spa experience. Follow our mapped journeys to confidently discover the nourishing benefits of each thermal therapy at your own pace. An all-encompassing sensory immersion, our hot and cold therapy rooms work harmoniously to relieve physical and mental stresses leaving you relaxed, refreshed, and renewed.

Explore each thermal experience to enrich your mind, body, and soul.

Thermal Rooms



PABAY | STEAM ROOM

Enjoy all the benefits of a typical steam room with the added energy-healing properties of amethyst. Fall into deep relaxation, alleviate stress, and enhance your intuition with our amethyst crystal block, as the warm steam and ishga essences purify your skin, ease tense muscles, and enhance your breathing.



ERRIAD | TEPIDARIUM

Lie back, relax, and lose yourself in our starry sky while the warmth of our heated marble loungers gently soothes any aches and pains. The thermal contact promotes relaxation and stimulates circulation, helping regenerate your body's natural energy.



STAFFA | SALT ROOM

Cocoon yourself in the anti-inflammatory and anti-bacterial properties of our custom-built Himalayan salt room, lined with hand-cut blocks. Additional salt diffused into the air opens your airways and dislodges toxins for a respiratory detox that will clear your lungs and ease your mind.



SOAY | SHOWERS

Wash away life's stresses as you stand under the rhythmic rain of our cold and warm water showers. Alternating time between the two temperatures assists your natural immunity, balances testosterone levels, improves heart health, and accelerates muscle recovery after physical activity.



FARA | SNOW SHOWER

Embrace the chill for a health-boosting experience in Scotland's first snow shower. Stand or sit in the fresh falling snow after one of our heat treatments to improve bloodflow, release muscle tension, reduce inflammation, and promote recovery.



SWONA | ICE FOUNTAIN

Invigorate your senses with a visit to our ice fountain. Help yourself to a handful of fresh ice flakes to gently rub along your limbs for a revitalising sensation that closes pores, tightens skin, reduces swelling, and aids muscle soreness.

Saunas

hand

HIRTA LARGE SAUNA Engline

DÙN SMALL SAUNA

Just like the volcanic eruptions that formed the outer Hebridean Islands, our two saunas use the power of heat to cultivate transformation. Exposing your mind and body to high temperatures helps melt away stress, reduce blood pressure, ease joint pain and aid respiration.

Hirta, our mildly heated room, is infused with ishga essences, while Dùn, our hotter sauna room, is infused with three Essence of Harris aromas. The combination of dry heat and aromatherapy encourages your body to sweat, leaving your pores cleansed and your skin rejuvenated.

Therapy Pools

FLODAIGH VITALITY POOL DARK POOL

HYDRO POOL



ISHGA

Named after the Gaelic word for water, it's no surprise the ocean sits at the heart of ishga's award-winning organic skincare range. Its products are developed in the Outer Hebrides using the pure, clean spring water from the Isle of Lewis and four types of sustainably hand-harvested Scottish seaweed.

Seaweed is one of nature's many gifts. It has been used for centuries for its potent natural antioxidants, vitamins and minerals essential for maintaining healthy, glowing skin and preserving natural collagen. Harnessing this power, ishga's unique seaweed extract is carefully blended with cucumber extract, macadamia, jojoba, aloe vera, and lemon peel. With a range of high performing products suitable for all skin types, your ishga treatment will leave your skin feeling nourished, firm and hydrated.

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.



ISLES SPA DAY

from £170 per person Tuesday to Thursday from £185 per person Friday to Monday

Indulge in a 55-minute treatment of your choice and enjoy up to 2 hours in our thermal experience for full sensory immersion. Once utterly relaxed, enjoy a spa dining experience or afternoon tea at our spirited seafood restaurant, iasg.

BLYTHSWOOD SPA DAY

from £215 per person Tuesday to Thursday from £230 per person Friday to Monday

Explore our thermal experience for up to 2 hours and choose one of our 80-minute treatments to nourish your soul. Whether you're in need of relaxation, indulgence or an energy boost, our signature spa day is to be enjoyed your way. Once utterly relaxed, enjoy a spa dining experience or afternoon tea at our spirited seafood restaurant, iasg

REFRESH & RELAX

from £150 per person Tuesday to Thursday from £165 per person Friday to Monday

Treat yourself to a day of complete serenity and restoration as you spend up to 2 hours in our tranquil thermal experience, melting away stress and tensions. Customize your experience with a refreshing 55-minute treatment of your choice, tailored to meet your unique needs and desires.

THERMAL & DINE

from £90 per person Monday to Friday

Choose your journey through our contrasting thermal therapies with up to 2 hours in our thermal experience. Once you've rebalanced your mind, enjoy a spa dining experience or afternoon tea at our spirited seafood restaurant, iasg.



ISHGA INDULGENT MASSAGE

from $\cancel{\cancel{\epsilon}}$,99 | 55 minutes

The Ishga Indulgent Massage not only alleviates stress but also enhances your circulatory and lymphatic systems, boosting overall wellness. Let the soothing techniques of this massage bring harmony to your body and mind, leaving you feeling revitalized and serene. Treat yourself to the blissful escape you deserve. This luxurious full-body massage, performed with light to medium pressure, is meticulously designed to melt away tension and rejuvenate your senses. Our skilled therapists use gentle, flowing strokes to release muscle tightness and promote deep relaxation.

ISHGA TASTER

from £99 | 55 minutes

Combine two express treatments to create your own bespoke experience...

SALT & OIL SCRUB

Reveal a softer, smoother, glowing complexion that's velvet to the touch with our exfoliating full-body sea salt and oil scrub to gently buff away dry and tired skin.

BACK, NECK & SHOULDER MASSAGE

Feel the tension of everyday stress melt away with our soothing back, neck, and shoulder massage targeting all the key areas to leave you blissfully relaxed.

DETOX FOOT WRAP

Give your hardworking feet the care they deserve with our three-step treatment. First, the feet and lower legs are exfoliated with a sea salt scrub before a nourishing algae wrap is applied to heal dry or cracked skin. A relaxing foot massage to finish leaves your skin hydrated and feet refreshed.

FACIAL

Cleanse, hydrate and nourish your skin with our express facial using our award-winning organic product range to maintain your skin's natural balance and radiance.

HEAD & SCALP MASSAGE

Sink into deep relaxation with our heavenly stress-relieving head and scalp massage. Pressure is gradually increased to stimulate blood circulation and release tension. The temples and base of the skull are also massaged with slow, deliberate strokes, helping to relieve headaches and stress, leaving you feeling revitalised.

ISHGA INVIGORATING MASSAGE

from £,99 | 55 minutes

Release muscle tension and stress with this invigorating full-body massage. Seaweed-based oils infused with lemongrass, juniper and rose geranium will uplift your senses, designed to detoxify and revitalise the body.

ISHGA MARINE BACK THERAPY

from $\cancel{\cancel{\epsilon}}$,99 | 55 minutes

The ultimate combination of massage and exfoliation to decongest your back and reveal a brighter, smoother skin tone. The skin is prepped with a sea salt scrub before applying a clarifying and hydrating clay mask. A back and leg massage allows the healing products to melt into the skin. Ideal for concerns such as dry, dull or acne-prone skin on the back.

ISHGA PREGNANCY MASSAGE

from $£99 \mid 55$ minutes

A blissful experience for both mum and baby. Slow soothing massage techniques calm and alleviate any aches and stresses associated with pregnancy. For mothers-to-be over 12 weeks.

ISHGA DEEP TISSUE MASSAGE

from $\cancel{\ell}$,99 | 55 minutes

A massage therapy that realigns the deep inner layers of muscle with long, slow and firm strokes on the back, neck and shoulders and back's of legs, combined with a specially formulated muscle recovery oil. Beneficial for chronic tension, aches, pains, sports injury or stiff, contracted areas.

MENOPAUSE MASSAGE

from $\neq 99 \mid 55$ minutes

Menopause massage is a specialized treatment designed to relax and alleviate the symptoms associated with menopause, perimenopause, and even post-menopause. This therapeutic approach is suitable for anyone experiencing the various stages of menopause, providing a much-needed respite from its challenging symptoms. Our menopause massage combines the gentle touch of a relaxing aromatherapy massage with the strategic application of pressure points known to help relieve menopausal discomforts. The blend of soothing essential oils used in aromatherapy promotes deep relaxation, while the targeted pressure points address specific symptoms such as hot flashes, mood swings, and fatigue. Indulge in this rejuvenating treatment to experience a holistic approach to managing menopause. Our skilled therapists are dedicated to ensuring that each session leaves you feeling balanced, refreshed, and empowered to embrace this natural phase of life with greater ease.

ISHGA DETOX BODY WRAP

from $£99 \mid 55$ minutes

Begin with a full-body sea salt scrub to gently buff away dry, tired skin. An algae wrap is applied to deeply detoxify and stimulate. A soothing head and scalp massage helps you to relax and unwind whilst the products stimulate the lymphatic system. This treatment is designed to eliminate toxins, reduce cellulite and improve skin tone.

ISHGA HOT STONE MASSAGE

from $\cancel{\cancel{\epsilon}}$,99 | 55 minutes

Stone therapy incorporates heated basalt stones into an invigorating massage. The heat from the stones allows the massage to work at a deeper level, easing any tension whilst ensuring you are totally relaxed. Stones are placed on the chakra energy points to open energy pathways and uplift your overall sense of wellbeing.

ISHGA SOUND THERAPY

from £129 | 80 minutes

Transporting you to the tranquil Hebrides, this treatment will help you find inner calm, clarity and deep relaxation. An invigorating exfoliation is followed by a soothing back, neck, and shoulder massage incorporating hot stones to work at a deeper level before a lifting facial and hot oil scalp massage. This experience is delivered alongside an ishga Sound Therapy composition created by sound wellness brand, Swell.

ISHGA NOURISHING BODY WRAP

from $\cancel{\cancel{\epsilon}}$,99 | 55 minutes

Begin with a full-body sea salt scrub to gently buff away dry, tired skin. A nourishing body gel is applied to deeply soothe and nourish, followed by a light application of nurturing body oil leaving your skin soothed and you deeply relaxed.

OSKIA SUPER NUTRIENT MASSAGE

from £,99 | 55 minutes

A bespoke massage ritual created just for you. Depending on your body's needs, this treatment uses nurturing or awakening cold-pressed super berry massage oils for a personalised experience.

OSKIA FACE & BODY FUSION

from £129 | 80 minutes

A sensational experience that combines our most radiance-boosting and antiageing facial techniques with the very best deep-pressure massage, leaving you with a radiating complexion and a renewed sense of wellbeing.

RFIKI

from $\cancel{\cancel{\xi}}$,99 | 55 minutes

A gentle non-invasive technique for stress reduction and relaxation, Reiki can improve emotional and mental wellbeing by activating the body's own healing system. Release energy blocks, restore balance and reconnect with your mind, body, and spirit. You are required to be fully clothed during this treatment.

REFLEXOLOGY

from $\cancel{\cancel{-}}.99 \mid 55 \text{ minutes}$

A complementary, holistic therapy that naturally balances and treats the whole body through compression massage to reflex areas of the feet.

Releasing tension, improving circulation, and achieving a general feeling of wellbeing.

ONCOLOGY MASSAGE

from $\cancel{\cancel{-}}99 + 55$ minutes

A relaxing slow massage, created to be safely carried out for those who have been diagnosed with, undergoing treatment, recovering or living with cancer. Our specially trained therapists will adapt the treatment to your needs.

We recommend discussing with your consultant prior to scheduling a treatment.



ISHGA FACIAL

from £99 | 55 minutes

Organic seaweed-based products achieve a hydrated, glowing complexion while powerful antioxidants repair and protect the skin from environmental damage. Relaxing facial massage techniques are incorporated to lift and firm the skin. Suitable for all skin types.

ISHGA LUXURY FACIAL

from £129 | 80 minutes

Indulge your skin with the regenerating and hydrating properties of Hebridean seaweed in this facial featuring three active masks to exfoliate, nourish, and protect. Lifting facial massage combined with lymphatic drainage techniques will rejuvenate your skin, adding a host of vitamins and minerals to the face and upper body.

OSKIA RADIANCE RENEWAL FACIAL

from $£99 \mid 55$ minutes

The perfect balance between indulgence and instant results. An in-depth consultation will allow your therapist to personalise your facial to individually treat your skin conditions using ingredients such as Vitamin C and E,

Hyaluronic Acid and Bakuchiol.

OSKIA PURIFY & REVIVE FACIAL

from f,99 | 55 minutes

A reviving facial perfect for oily skin types. Natural, scientifically advanced products enhance a deep facial cleanse and massage. Cool eye stones awaken even the mosttired eyes, while a neck and shoulder massage soothes the mind and body.



PRIVATE HIRE

Indulge in an exclusive thermal experience from 8:30 PM to 10:30 PM, perfect for a private evening of unparalleled relaxation and rejuvenation. Starting at just £800, this luxurious session accommodates up to 10 guests, offering a unique and intimate spa escape.

Enjoy the serene ambiance and premium facilities, making it an unforgettable retreat for you and your friends, family, or colleagues.

Please email spa@kimptonblythswoodsquare.com to find out more.

I AM A HOTEL RESIDENT, CAN I USE THE SPA?

Yes, hotel residents have complimentary use of our spa facilities between 7:30am - 9:30am (last entry 9am) and between 5pm - 8pm (last entry 7:30pm).

We kindly ask our hotel residents to arrive at the spa reception already dressed in swimwear and robes, leaving any valuables in their rooms as there is no locker access at these times. If you would like to enjoy the spa outside of these times, you can book one of our indulgent spa packages.

HOW DO I MAKE A BOOKING?

You can make a booking online at kimptonblythswoodsquare.com/spa or by calling our spa team on +44 (0) 141 248 8888 with the date and time you would like to arrive and the experience or treatment you'd like to book.

HOW DO I GET TO THE SPA?

Our central location makes us very easy to reach by car, train or plane. The closest private car park is the Q-Park on Bath Street, open 24 hours.

If travelling by rail, both Queen Street Station and Glasgow Central Station are a half-mile walk from Kimpton Blythswood Square. Getting a taxi to either station takes approximately 3 minutes.

If travelling by air, Glasgow International Airport is just 8 miles away or 11 minutes via taxi. Official Glasgow Airport taxis operate 24 hours a day. You can also take the First 500 shuttle bus from the airport to nearby Buchanan Street Station or Glasgow Central Station. Typical fares are £7.

DO YOU HAVE AN AGE RESTRICTION FOR THE SPA?

Yes, you must be 16 years or over to visit our spa facilities, the fitness suite, or to enjoy a massage or treatment.

I HAVE A MEDICAL CONDITION, CAN I STILL VISIT THE SPA AND HAVE A TREATMENT?

Yes, we please ask that if you have a medical condition, allergies, or had a recent illness or surgery, to inform our spa team when enquiring to ensure they can offer you the best experience. Our therapists are specially trained and qualified in areas such as oncology massage and will advise which treatments and facilities are most suitable for you. Please make us aware at the booking stage and include any relevant notes on the consultation card at check-in.

I AM PREGNANT, CAN I STILL VISIT THE SPA AND HAVE A TREATMENT?

Yes, you can enjoy two of the six thermal therapy rooms and one of the two pools within our thermal experience. While we can't offer any treatments before the first trimester, once you have passed this stage, you can enjoy our slow and soothing pregnancy massage. Please make us aware at the booking stage and include any relevant notes on the consultation card at check-in.

HOW DO I PAY?

All reservations require full payment at the time of booking. If you plan to utilize vouchers as payment, we kindly ask you reach out to us directly via phone +44 (0) 141 248 8888 or email spa@kimptonblythswoodsquare.com for assistance

WHAT DO I BRING WITH ME?

Swimwear is mandatory in the thermal experience. We will provide you with plush towels and robes. We recommend you bring flipflops and a refillable water bottle with you. You'll find award-winning organic ishga products in our shower facilities, plus hairdryers and straighteners in our male and female changing rooms