

# SPA

— AT BLYTHSWOOD SQUARE

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BROCHURE



A spa with soul

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## 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.



A woman in a light-colored, textured dress is walking from left to right across a room. The background is a large, vertical living wall covered in various shades of green moss and small plants. To the left, two modern, spherical pendant lights hang from the ceiling. The floor is a light-colored, textured carpet. The overall atmosphere is calm and natural.

Your journey,  
your way







# Thermal experiences

## 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.





# Saunas



HIRTA  
LARGE SAUNA



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.





# Our partners

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## 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.





# Packages

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SPA  
— AT BETHSWOOD SQUARE

# Body treatments

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## ISHGA INDULGENT MASSAGE

from £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 DETOX BODY WRAP

from £99 | 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 £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 £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.



# Facial treatments

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## 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 | 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 £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 most tired eyes, while a neck and shoulder massage soothes the mind and body.

A modern spa lounge area featuring a row of dark brown lounge chairs with white side tables, arranged under a black metal frame with a draped canopy. The floor is made of light-colored wood-look tiles. In the background, a swimming pool is visible, and a window with horizontal blinds is set into a wall with marble-like tiles. The lighting is warm and ambient.

# FAQ'S

## 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](mailto: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](http://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 Blythwood 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.

