



The Spa at Gleneagles by ESPA
Treatments



The Spa by ESPA

Surrounded by fresh air and set in 850 acres of stunning Scottish countryside, The **Gleneagles®** Hotel is one of Europe's most luxurious five star resorts. It feels like a world away, yet it's located just a one hour drive from the cities of Edinburgh and Glasgow.

After an inspiring walk in the Perthshire hills or an exhilarating round of golf on one of the three championship courses, a visit to The Spa by ESPA is simply the ultimate indulgent experience.

From the moment you enter the multi award-winning Spa, the serene atmosphere will help you forget the demands of your daily lifestyle.

ESPA has created a selection of powerful and highly effective signature treatments for The Spa at Gleneagles that uniquely reflect a fusion of the latest scientific advances with potent European therapies, Eastern philosophy and Ayurvedic influence. Our team of highly skilled ESPA trained spa professionals have been hand picked to deliver optimum results in every treatment.



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The Ultimate Treatment Choice - ESPA TIME (2 hours)

Time is a rare gift. Surrender to your therapist by reserving TIME during which their knowledge, in conjunction with an in-depth consultation, will allow them to create a sequence of face and/or body therapies, in a programme to suit your specific and immediate needs. The minimum reservation for TIME is two hours and commences with a welcoming foot ritual. Please note that the TIME Ritual does not include the Purva Karma Four Handed Massage.

The Source (2 hours)

An Exclusive Signature Experience from Gleneagles

Reconnect with that rare feeling of peace and tranquility. For many, the source can be found here in this, our signature experience. We take ingredients from the fresh waters and rolling hills of Perthshire to create a whole body experience that will revitalise and rebalance mind and body.

Your journey begins with a calming foot bath, as your therapist uses local river-washed stones to stimulate reflex points on the feet.

A full body exfoliation follows, preparing the body to reach a whole other world of relaxation. Tired muscles are then warmed using our unique muslin-wrapped herbal infusions with ingredients sourced from the nearby countryside. The ritual continues with a purifying full body massage leaving the skin restored and, at journey's end, a tension relieving scalp massage ensures body and mind are in complete harmony.

Look no further. You've found The Source!

ESPA Advanced Signature Treatments

Purva Karma Four Handed Massage (2 hours)

Paradise is achieved with an advanced combination of stretching and rolling movements and long deep strokes using oil enriched with fragrant spices from the Indian continent. A welcoming foot ritual begins this all-encompassing treatment. Two therapists work in synchronised harmony for the ultimate in tension releasing, deeply relaxing and rebalancing massage to achieve mental and spiritual bliss. Enjoy twice the experience as four hands complete this vital energy point massage of the face, body and scalp.

Holistic Total Body Ritual with Hot Stones (2 hours)

Chakras are the seven subtle energy centres in the body which affect our equilibrium and inner harmony. Recognised in both Ayurvedic and Chinese philosophies, blocked and congested Chakras can affect the body and mind both emotionally and physically. Natural energies are stifled and the zest for life is lost or subdued.

After a welcoming foot ritual and full body exfoliation this holistic treatment continues with the placing of stones along the spine, at vital energy points on hands and feet and on Chakras around the body. The body is massaged using individually tailored essential oils combined with the use of hot stones to release tension. Critical tension points are massaged around the eyes and ears, before an acupressure head massage is given. This full body treatment ends with gentle stretching to help release deep-seated tension around neck and shoulders and leaves your body feeling soothed and your spirit calm.

Ama Releasing Abhanga (2 hours)

Echoes of the ancient wisdoms of Ayurveda can be sensed in this holistic treatment inspired to create a balance of the elements and Chakras in body and spirit. Your experience will commence with a ceremonial foot cleansing ritual which will allow your therapist to tailor your ritual to meet your specific needs. The body is stimulated and exfoliated with a salt and oil body scrub, which is followed by a gentle facial cleanse. After a warm shower, surrender to the Ayurvedic Marma point massage as a warm infusion of oils and herbs is applied to the vital energy centres of face and body, to gently release tension and restore vitality. This ritual concludes with a deeply relaxing Shirobhyanga head massage. Achieve ultimate tranquility and prepare to face the world completely restored.

Advanced Back, Face and Scalp Massage with Hot Stones (2 hours)

An all-embracing treatment incorporating back cleanse, massage and a full ESPA Intensive Facial with facial acupressure and Oriental Head Massage.

The initial, deep cleansing back exfoliation is followed by the Hot Stone back massage with aromatic oils bringing powerful de-stressing benefits to mind and body. Hot Stones are placed along spine, shoulders and neck to stimulate and balance vital energy points throughout this exceptional treatment.

The facial includes massage with a deeply nourishing facial oil and the application of an intensive face treatment mask, tailored to your individual needs. Whilst the mask is taking effect, the Oriental Head Massage takes place to help clear the mind, calm the spirit and ease tension. The result is rehydrated, nourished and soothed skin combined with a sense of deep relaxation.



ESPA Ayurvedic Inspired Treatments

Ayurvedic Ritual with Hot Stones (2 hours)

A combination of body exfoliation, wrap and hot stone massage are personalised to suit your Ayurvedic Dosha type and needs of the moment. Sundried sea salt and oil scrub stimulates circulation before an application of warm Oshadi Clay, Marine Algae or mineral-rich Mud are smoothed onto the body, which is then cocooned in natural linens to ensure the nourishing benefits of the body mask are fully absorbed into the skin. Following a shower, warm oils and hot volcanic stones are used for a deep body massage and an acupressure head massage eases any remaining tension.

ESPA Pitta Pacifier (2 hours)

In a state of high Pitta, stressed minds and bodies may be over active and agitated; benefiting from soothing, cooling and calming. This treatment will bring peace to the mind, reduce muscular tension and comfort and cool the skin.

ESPA Kapha Stimulator (2 hours)

In a state of Kapha the skin may be dull or oily; there is a tendency of puffiness, weight gain and poor circulation. Balance is achieved through purification and stimulation to improve circulation and energise the mind and body.

ESPA Vata Comforter (2 hours)

When Vata is out of balance the skin may feel dry, and the body and mind may suffer with anxiety and hyper-activity. The warmth, nourishment and hydration of this treatment will restore equilibrium and bring comfort to mind and body.

ESPA Super Active Facials

ESPA Super Active facials are performed by hand-selected, highly qualified therapists to deliver luxurious and results-driven experiences, the benefits of which can be seen immediately. These three prescriptive treatments use products scientifically proven to treat specific skin conditions and begin with an in depth skin analysis using a Woods Lamp to identify skin conditions not visible to the naked eye. The facials have been created to improve the condition of skin damaged by the ageing process, environmental and lifestyle stresses, as well as the impact of harsh treatments.

Super Active Toning, Lifting and Firming Facial (1 hour 40 minutes)

A highly effective treatment developed to help improve tonicity, firmness and combat the early signs of ageing. The powerful concentrate of super active ingredients produces instant, visible results, renewing collagen production and enhancing cellular communication. Using the most advanced facial techniques, the treatment is performed by hand selected, highly qualified therapists to deliver a deeply relaxing yet intensive experience, the benefits of which can be seen immediately.

Super Active Calming and Soothing Facial (1 hour 40 minutes)

This technically advanced super active facial cools and comforts irritated skin that is prone to redness. Using super active products (that contain myriad active ingredients to improve microcirculation and help strengthen capillary walls) and specially selected quartz crystals, the facial is particularly effective in providing soothing relief. The beneficial effects are enhanced by the specific therapeutic techniques used. Redness is visibly reduced and the skin is left calmed, soothed and hydrated.

Super Active Repairing and Restoring Facial (1 hour 40 minutes)

Designed to help counter the effects of harsh products and aggressive treatments, this super active facial helps sensitised skin that requires restoring and rebalancing. The super active products, rich in plant oils and phytoactive extracts, together with scientifically advanced techniques, help create evenness of skin tone, to visibly alleviate the effects of this specific skin condition and restore vibrance and lustre to the skin. Only highly trained skilled therapists perform this exceptional facial which delivers instant results.

ESPA Facials

All ESPA Facials begin with an in-depth consultation followed by a detailed skin analysis to identify your individual needs and concerns. This enables your therapist to tailor the treatment to your specific requirements and offer relevant home care advice to enable you to deliver long term benefits to your skin.

Infinite Brightening Age Defier Facial (1 hour 20 minutes)

City pollution, environmental stress, travel or lack of sleep can result in dull, lifeless skin. In this treatment face, neck and décolleté benefit from our unique triple cleanse process, exfoliation, intensive eye treatment and a stress relieving pressure point massage. A hydrating face mask, combined with Skin Brightener, is then applied to brighten and resolve irregular pigmentation and uneven skin tone. This facial leaves the skin visibly bright, hydrated and radiant.

ESPA Holistic Back, Face and Scalp Treatment (1 hour 20 minutes)

A truly, holistic experience combining a deep cleansing back exfoliation with a powerful back massage using essential oils to soothe, relax and balance. This is followed by an ESPA Intensive Facial tailored to your individual needs and finishes with a therapeutic head massage to help clear the mind, calm the spirit and ease tension.

The Skin Brightener (55 minutes)

This rejuvenating facial is perfect for all skin conditions and particularly when environmental stress, business pressure, illness or lack of sleep leave you with dull, lifeless, sallow skin. This facial includes a special application of Skin Brightener, rich in natural AHAs and BHAs from Hawaiian Algae and Meadowsweet; plus other skin regenerating products rich in anti-oxidants, which are skin softening, smoothing, and visibly improve the radiance, appearance and texture of the skin.

The Oil Controller (55 minutes)

Ideal for oily, congested, problematic skin or for those suffering from hormonal imbalance. This deep cleansing, oil-controlling facial helps to regulate oil secretions whilst refining open pores. After cleansing with a naturally foaming cleanser made with Yucca, Sugar Beet and Honey, this facial uses products with naturally decongesting and anti-inflammatory ingredients such as Tea Tree and White Thyme to help soothe, calm, rebalance and encourage a clear complexion.

The De-Sensitiser (55 minutes)

A specifically gentle facial for truly sensitive, fragile skins which are prone to redness and irritation. Soothing, de-sensitising natural plant extracts and aromatherapy oils such as Chamomile and Benzoin are used to gently cleanse, nourish and hydrate fragile skins, helping to reduce sensitivity and to calm high colour, leaving the skin calmed, nourished and comfortable.

The Rehydrator (55 minutes)

Ideal for dry, dehydrated, flaky and tired skin, this rehydrating facial is an excellent regenerating boost. Gentle deep cleansing and exfoliation helps the skin to improve the absorption of nourishing and moisturising masks, facial oils, Botanical Rescue Balm and moisturisers, which are specifically chosen for their deeply rehydrating benefits. This facial leaves the skin smooth, soft, supple and nourished.

Regenerating and Firming Eye Treatment (25 minutes)

Perfect for those who are concerned with the first signs of ageing which appear around the eye area. The Eye Lift is also a welcome treat for those suffering from eye-strain, computer headaches and contact lens wearers. A blissful firming and hydrating treatment using specific products rich in Seaweed Extract, Green Tea and Vitamin C, which help to reduce the appearance of fine lines and protect against the environment. (This treatment can only be booked in conjunction with a 55 minute treatment).



ESPA Body Massage

Choose from our luxurious selection of holistic massages. A personal consultation will ensure that you receive a treatment tailored to your individual needs.

ESPA Aromatherapy Massage (1 hour 20 minutes or 55 minutes)

ESPA aromatherapy massage is essential, professional and specific, using a blend of essential oils chosen to suit the needs of the individual. Choose from Detoxifying, Soothing, Jet Lag Reviver, Energising, Muscle Relaxing or Immune Boosting. An intensive massage to relieve physical tension and calm or uplift the spirit.

Gleneagles Classic Massage (1 hour 20 minutes or 55 minutes)

A truly traditional full bodied massage with a focus on releasing muscular tension using a nourishing body oil to bring about a deeper sense of softness and relaxation.

Complete Stressbuster (1 hour 20 minutes)

Hours spent on the golf course, numerous emails composed at a computer and thousands of miles spent on a plane all lead to stress or tension seated in the lower back, shoulders, neck, hands, calves and eyes. Relieve tension with this purposely designed treatment incorporating a stimulating massage of the back, neck and shoulders followed by a soothing foot and calf massage to alleviate tired feet. A hand and arm massage is then followed by relaxation of the pressure points around the eyes and a therapeutic scalp massage to completely soothe and release headaches, leaving you totally stress-free.

Balinese Massage Incorporating Hot Stones (1 hour 20 minutes)

Warm aromatherapy oils are poured on to the centre of the body and massaged into the skin using long, stretching, sweeping movements for deep relaxation. A sophisticated, soothing and indulgent massage incorporating Hot Volcanic Stones to ease away aches and pains.

Deep Tissue Massage with Hot Stones (1 hour 20 minutes)

A sophisticated massage using advanced movements to achieve a truly effective style of deep tissue massage. This massage incorporates the application of Fitness Oil and is ideal for experienced massage clients who suffer from deep seated tension.

ESPA Ultimate Body Wraps

Not just a body wrap, but a total body treatment including lymphatic skin brushing and body exfoliation before a complete body envelopment. Following a thorough consultation, your personal therapist will identify the appropriate essential oil blend to meet your individual needs and select either Marine Algae, Marine Mud or Oshadi Clay as the basis for your envelopment:

- Marine Algae is known for its hydrating and detoxifying properties and is particularly beneficial when needing to speed up the elimination of toxins, prior to the absorption of essential oils and plant extracts.
- Marine Mud is known for its skin conditioning properties and is ideal for dry, dehydrated skin requiring nourishment and rebalancing.
- Oshadi Clay, blended with Ginger, Liquorice and Mustard Seed warms and hydrates the skin and is particularly beneficial for those suffering from emotional and physical tension.

Choose from the following: (55 minutes)

The Detoxifier

Using Detoxifying Body Oil blended with warmed Marine Algae to help improve circulation and speed up the elimination of toxins.

The Muscle Relaxer

Using Fitness Body Oil and Oshadi Clay, this warming wrap helps to soothe tired muscles and alleviate tension.

The Immune Booster

Resistance Body Oil made from a blend of three types of Eucalyptus is combined with both Marine Algae and Oshadi Clay in this stimulating wrap which is ideal when resistance is low.

The Stress Reliever

Stress comes in many forms, but this comforting, warming, tension relieving wrap will restore balance and bring deep relaxation to body, mind and spirit.

The Jet Lag Eliminator

Travelling through time zones can disturb your body's natural rhythm. This wrap uses powerful aromatherapy oils to help reset your body clock; soothing and relaxing to induce sleep or revitalising and energising to leave you feeling fresh and alert.

The Skin Hydrator

Using Restorative Body Oil and Marine Mud, this deeply nourishing wrap brings true rehydration to dry skin.

ESPA Mini Rituals (1 hour 50 minutes)

ESPA Mini Rituals combine two highly effective treatment therapies, an Ultimate Body Wrap followed by an Aromatherapy massage for a total body experience achieving maximum benefits to the skin, body and mind.

ESPA Body Specific Treatments

Pre and Post Natal (1 hour 20 minutes)

A nurturing body treatment carefully designed for pregnant and nursing mothers to relax the body and tone the skin during this very special time. This treatment begins with gentle body exfoliation and uses a natural Calendula infused oil and advanced massage techniques to areas prone to tension and stress during pregnancy. Following is a warm application of Deeply Nourishing Body Mask to the whole body including the bust and stomach; then gently covered in warm linens, a relaxing scalp massage takes place. This indulgent treatment leaves you glowing, your spirit calm and the skin toned.

Pre And Post Natal Experience (1 hour 50 minutes)

This indulgent experience combines the Pre and Post Natal treatment with a tailor-made ESPA Facial leaving you glowing, your spirit calmed and the skin toned.

Stimulating Hip and Thigh Treatment (55 minutes)

A specialised ESPA treatment to stimulate the circulatory and lymphatic systems, concentrating on the areas of the body prone to cellulite, fluid retention and uneven skin tone. After exfoliation with a special blend of seaweed, salt and oil, there follows a deep, detoxifying massage and lymphatic drainage using stimulating essential oils. Including activation of the reflex zones and pressure points on the feet, this advanced treatment helps to purify and cleanse the body. A course of treatments is recommended to maximise the effects.

Essential Back Treatment (55 minutes)

A stress-relieving back treatment with deep cleansing, body brushing and exfoliation to help stimulate circulation and cell renewal, followed by a luxurious aromatherapy massage and body mask using individually chosen essential oils combined with warmed Marine Mud. Ideal for all skin types, including those with congested skin, this relaxing treatment will leave you refreshed and renewed.

Full Body Salt and Oil Scrub (25 minutes)

An experience that will leave your body refreshed and cleansed with your skin smooth and revitalised. Carefully blended sea salts and essential oils have been combined to help remove dead skin cells and improve tonicity. As well as exfoliating, the oils will be slowly absorbed to help restore lost vitality and protect against dryness. An ideal treatment prior to any Essential Body Massage.

(This treatment can only be booked in conjunction with a 55 minute treatment)





ESPA Treatments For Men

Golfer's Tonic (1 hour 20 minutes)

After a hard day on the greens allow yourself some time to recover and soothe aching muscles with this treatment targeting swing tension held in the back and neck and golf weary legs and feet. Begin with a specific massage with hot stones including realignment work combined with a warming mask of paraffin wax to restore energy to fatigued feet and legs. This treatment is completed with a deeply relaxing back massage with hot stones to release tension and muscle stress.

Purifying Men's Facial (55 minutes)

City pollution, environmental stress, travel, business pressures or lack of sleep are reflected in dull, lifeless skin. This relaxing facial works at a deep molecular level to purify, balance and hydrate the skin leaving you feeling de-stressed and renewed. The triple cleanse procedure which includes steaming hot towels to soothe and soften bristles, promotes drainage and aids in preventing blocked pores. Following a relaxing acupressure face massage and purifying mask, a deep shoulder and scalp massage is performed using conditioning hair and scalp mud combined with ESPA Body Oil to release tight muscles and tension.

Gentleman's Hand & Nail Treatment (55 minutes)

A holistic hand and nail treatment including a skin refiner, therapeutic massage and paraffin wax, leaving your hands luxuriously smooth, followed by cuticle work and buffing to leave your nails looking exceptionally presentable.

Gentleman's Foot & Nail Treatment (55 minutes)

A holistic foot and nail treatment including a skin refiner, therapeutic massage and paraffin wax, leaving your hands luxuriously smooth, followed by cuticle work and buffing to leave your nails looking exceptionally presentable.



The Oriental Influence

Thai Therapy and Massage (1 hour 20 minutes)

This specialised treatment incorporates all the movements in Thai Therapy and also introduces specific Thai massage movements using oil to aid lymphatic flow through the body and thereby increase the immune system and the body's energy. A truly wonderful, energising experience. Available on Sundays only.

Thai Therapy (55 minutes)

Gentle acupressure is applied to specific areas of the body over loose clothing, to work on the energy lines of the body. This pressure is combined with gentle stretching and applied yoga through the use of the hands, feet and elbows, thereby releasing the body's natural healing energy and vastly increasing flexibility. Available on Sundays only.

Reflexology (55 minutes)

A relaxing and therapeutic foot massage used to stimulate energy zones and pressure points in the feet that correspond to pressure points in the body. This gentle therapy encourages the body to naturally restore and maintain its own healthy balance.

Reiki (55 minutes)

Meaning 'universal life force energy', this holistic treatment activates and balances the body, working on your physical, emotional and spiritual levels. Japanese Reiki massage gently stimulates the natural healing mechanism to work from the inside out. The therapist's hands emit ki that is directed to the areas of the body where imbalance is detected leaving the body in a deep state of relaxation.

ESPA Finishing Touches

Holistic Hand and Arm Treatment with Hot Stones (55 minutes)

An holistic arm, hand and nail treatment including a gentle skin refiner and a therapeutic massage incorporating Hot Stone Therapy with the appropriate aromatherapy massage oils. Hands and nails are then either treated to a warm envelopment of paraffin wax to intensively nourish, soften and condition, or, alternatively, nails are painted to achieve that polished finish.

Holistic Foot and Leg Treatment with Hot Stones (55 minutes)

Holistic foot, leg and nail treatment including gentle exfoliation, and a relaxing acupressure point massage with the appropriate aromatherapy massage oil, incorporating Hot Stone Therapy. The feet are then either enveloped in warm paraffin wax to soften, deeply nourish and condition the skin, or, alternatively, toenails are painted to achieve that polished finish.

Spa Etiquette

Spa Arrival

It is advisable to arrive at the spa reception at least 60 minutes prior to your treatment reservation to enable you to enjoy the full use of the exclusive facilities at the spa, which include male and female changing rooms, male and female heat experiences, steam rooms, saunas, ice rubs, lifestyle showers and a vitality pool. Male and female relaxation areas and the beautiful and tranquil courtyard offer peaceful areas to read, sleep or relax.

Please be aware that late arrivals will not receive an extension to their treatment.

Spa Reservations

To make an appointment for the perfect treatment, please contact the spa where we will be delighted to assist you.

Due to the unique nature of your spa experience, we wish to advise you that there is a minimum of a one-hour booking policy for all visitors and residents of the resort. For day visitors there is a minimum booking policy of either Full Day Spa Rituals or a TIME Ritual (3 hours or more) which allows the use of the spa/leisure facilities plus lunch within **Deseo at the Spa**.

Please note, reservations cannot be confirmed or secured without credit or debit card details.

Age Requirements

The minimum age requirement for access into the spa and to experience treatments is 16.

Health Conditions

Kindly advise us of any health conditions, allergies or injuries, which could affect your choice of treatment when making your spa reservation.

Pregnancy

We have specially designed treatments for expectant and nursing mothers. Please allow the spa team to guide you in selecting which treatments are most suitable for you during this special time.

What to Bring

For your comfort we will provide you with a luxurious robe, towels and slippers to use throughout your visit. Hotel guests may wish to arrive in their bedroom robe to help with their continued relaxation. We would like to advise you, however, to bring a bathing suit if you wish to use the unisex Vitality Pool. Within the changing rooms a wide range of amenities will be provided.

Spa Etiquette

The spa environment is one of tranquility and relaxation. Please respect other guests' rights to privacy and serenity and do not use mobile phones or pagers within the spa. Smoking is prohibited throughout the spa.

Cancellation Policy

A 100% cancellation charge will be incurred for any Treatment or Day Spa Ritual not cancelled at least 24 hours prior to appointment.

Homecare

To continue your spa experience at home, all ESPA products used within your treatments are available at spa reception, where one of our team would be delighted to advise you on the most suitable products for your needs.

Gift Vouchers

Gift vouchers are available for Day Spa Rituals and are an ideal present for someone special. Gift vouchers are non-refundable and must be presented at time of treatment or purchase.

Contact Us

To make an appointment for the perfect treatment, please contact the Spa where we will be delighted to assist you.

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Hotel Destination Spa of the Year 2008 & 2009
British Beauty and Spa Awards

Favourite Scottish Hotel Spa
Condé Nast Traveller Readers' Spa Awards 2009

Favourite UK Hotel Spa
Condé Nast Traveller Readers' Travel Awards 2008

Voted top Scottish Spa in Best of British
Tatler Spa Guide 2008

To discover more about the ESPA philosophy, treatments and products please visit www.espaonline.com.



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