



## The Spa at Gleneagles by ESPA Tariff



### The Gleneagles Hotel

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## Treatment

### ESPA TIME

<b>The Ultimate Treatment Choice - minimum booking 2hrs</b>	<b>£85 per hr</b>
<small>(Please note that the TIME Ritual does not include the Purva Karma Four Handed Massage.)</small>	

### THE SOURCE

<b>An Exclusive Signature Experience from Gleneagles (2hrs)</b>	<b>£180</b>
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### ESPA ADVANCED SIGNATURE TREATMENTS

<b>Purva Karma Four Handed Massage (2hrs)</b>	<b>£250</b>
<b>Holistic Total Body Ritual with Hot Stones (2hrs)</b>	<b>£160</b>
<b>Ama Releasing Abhanga (2hrs)</b>	<b>£160</b>
<b>Advanced Back, Face and Scalp Massage with Hot Stones (2hrs)</b>	<b>£160</b>

### ESPA AYURVEDIC INSPIRED TREATMENTS

<b>Ayurvedic Ritual with Hot Stones</b>	
<b>Pitta Pacifier (2hrs)</b>	<b>£160</b>
<b>Kapha Stimulator (2hrs)</b>	<b>£160</b>
<b>Vata Comforter (2hrs)</b>	<b>£160</b>

### ESPA SUPER ACTIVE FACIALS

<b>Super Active Toning, Lifting and Firming Facial (1hr 40mins)</b>	<b>£145</b>
<b>Super Active Calming and Soothing Facial (1hr 40mins)</b>	<b>£145</b>
<b>Super Active Repairing and Restoring Facial (1hr 40mins)</b>	<b>£145</b>

### ESPA FACIALS

<b>Infinite Brightening Age Defier (1hr 20mins)</b>	<b>£115</b>
<b>ESPA Holistic Back, Face and Scalp Treatment (1hr 20mins)</b>	<b>£120</b>
<b>The Skin Brightener (55mins)</b>	<b>£85</b>
<b>The Oil Controller (55mins)</b>	<b>£85</b>
<b>The De-Sensitiser (55mins)</b>	<b>£85</b>
<b>The Rehydrator (55mins)</b>	<b>£85</b>
<b>Regenerating &amp; Firming Eye Treatment (25mins)</b>	<b>£35</b>
<small>(This treatment can only be booked in conjunction with a 55 minute ESPA Facial.)</small>	

### ESPA BODY MASSAGE

<b>Aromatherapy Massage (55mins)</b>	<b>£85</b>
<b>Aromatherapy Massage (1hr 20mins)</b>	<b>£115</b>
<b>Gleneagles Classic Massage (55mins)</b>	<b>£85</b>
<b>Gleneagles Classic Massage (1hr 20mins)</b>	<b>£115</b>
<b>Complete Stressbuster (1hr 20mins)</b>	<b>£120</b>
<b>Balinese Massage with Hot Stones (1hr 20mins)</b>	<b>£130</b>
<b>Deep Tissue Massage with Hot Stones (1hr 20mins)</b>	<b>£130</b>

### ESPA ULTIMATE BODY WRAPS

<b>The Detoxifier (55mins)</b>	<b>£85</b>
<b>The Muscle Relaxer (55mins)</b>	<b>£85</b>
<b>The Immune Booster (55mins)</b>	<b>£85</b>
<b>The Stress Reliever (55mins)</b>	<b>£85</b>
<b>The Jet Lag Eliminator (55mins)</b>	<b>£85</b>
<b>The Skin Hydrator (55mins)</b>	<b>£85</b>

### ESPA MINI RITUALS (1hr 50mins)

<b>An Ultimate Body Wrap followed by an Aromatherapy massage</b>	<b>£150</b>
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### ESPA BODY SPECIFIC TREATMENTS

<b>Pre and Post Natal (1hr 20mins)</b>	<b>£115</b>
<b>Pre and Post Natal Experience (1hr 50mins)</b>	<b>£150</b>
<b>Stimulating Hip and Thigh Treatment (55mins)</b>	<b>£85</b>
<b>Essential Back Treatment (55mins)</b>	<b>£85</b>
<b>Full Body Salt and Oil Scrub (25mins)</b>	<b>£35</b>
<small>(This treatment can only be booked in conjunction with a 55 minute Body Specific Treatment).</small>	

### ESPA TREATMENTS FOR MEN

<b>Golfer's Tonic (1hr 20mins)</b>	<b>£115</b>
<b>Purifying Men's Facial (55mins)</b>	<b>£85</b>
<b>Gentleman's Hand and Nail Treatment (55mins)</b>	<b>£65</b>
<b>Gentleman's Foot and Nail Treatment (55mins)</b>	<b>£65</b>

### THE ORIENTAL INFLUENCE

<b>Thai Therapy and Massage (1hr 20mins)</b>	<b>£130</b>
<b>Thai Therapy (55mins)</b>	<b>£90</b>
<b>Reflexology (55mins)</b>	<b>£80</b>
<b>Reiki (55mins)</b>	<b>£80</b>

### ESPA FINISHING TOUCHES

<b>Holistic Hand and Arm Treatment with Hot Stones (55mins)</b>	<b>£65</b>
<b>Holistic Foot and Leg Treatment with Hot Stones (55mins)</b>	<b>£65</b>

## 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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