



The Spa at Gleneagles by ESPA Tariff



The Gleneagles Hotel

Auchterarder, Perthshire, Scotland PH3 1NF
Freephone: 0800 704 705 (UK); 1866 463 8734 (USA)
Telephone: +44 (0)1764 662231 Fax: +44 (0)1764 662134
Internet: www.gleneagles.com E-mail: resort.sales@gleneagles.com
©The GLENEAGLES word and the EAGLE device are trade marks.

A member of

The Leading Hotels of the World®

Treatment

ESPA TIME

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

THE SOURCE

An Exclusive Signature Experience from Gleneagles (2hrs)	£180
---	------

ESPA ADVANCED SIGNATURE TREATMENTS

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

ESPA AYURVEDIC INSPIRED TREATMENTS

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

ESPA SUPER ACTIVE FACIALS

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

ESPA FACIALS

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

ESPA BODY MASSAGE

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

ESPA ULTIMATE BODY WRAPS

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

ESPA MINI RITUALS (1hr 50mins)

An Ultimate Body Wrap followed by an Aromatherapy massage	£150
--	------

ESPA BODY SPECIFIC TREATMENTS

Pre and Post Natal (1hr 20mins)	£115
Pre and Post Natal Experience (1hr 50mins)	£150
Stimulating Hip and Thigh Treatment (55mins)	£85
Essential Back Treatment (55mins)	£85
Full Body Salt and Oil Scrub (25mins)	£35

(This treatment can only be booked in conjunction with a 55 minute Body Specific Treatment).

ESPA TREATMENTS FOR MEN

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

THE ORIENTAL INFLUENCE

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

ESPA FINISHING TOUCHES

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

Contact Us

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

Telephone: +44 (0)1764 694332

E-mail: gleneagles.spa@gleneagles.com

Website: www.gleneagles.com/spa