



# REFRESH SPA

AT EMIRATES ARENA

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TREATMENT MENU

PRICES

SPA ETIQUETTE



Welcome to a refreshing escape within Glasgow's most exciting sporting venue. Let the combination of spa therapies and beauty treatments relax your mind and body. Immerse yourself in the sensory journey offered by our thermal and hydro experience – refresh yourself.

Our mission is to provide quality services providing all who enter the Spa a place of sanctuary and relaxation.

### Spa Opening Times

Last entry to the spa is 30 minutes before spa closure

Monday, Tuesday, Wednesday & Friday	6.30am – 9pm
Thursday	10am – 9pm
Saturday	9am – 5pm
Sunday	9am – 7pm

### Treatment Booking Times

Tuesday	9am – 4.30pm
Wednesday & Thursday	1pm – 8.30pm
Friday	9am – 4.30pm
Saturday & Sunday	9am – 4.30pm

### Spa Bookings

For bookings please call 0141 287 7001

We recommend that bookings are made well in advance to avoid disappointment.

### Further information

For further information about Refresh Spa please call 0141 287 7001 or email: [refreshspa@emiratesarena.co.uk](mailto:refreshspa@emiratesarena.co.uk)

(Please note we do not accept bookings by email.)

 /RefreshSpaGlasgow

## SPA EXPERIENCE

### SPA SESSION

2 hours | £16 or add-on for £10 with any treatment

includes a bath towel, robes can be rented at £5 and any additional towels at £2

Anyone using the spa and having a treatment will be provided with a bathrobe and towel on arrival

Offering a truly refreshing experience, our selection of thermal and hydro experiences provide 'hands-off' therapies to cleanse, rejuvenate and refresh the mind and body. Step inside, relax, let the heat and water soothe you and leave the daily stresses far behind.

### Thermal Experiences

#### Caldarium

Stone floors, walls and curved stone seating is heated to create a calming and purifying effect, allowing the body to heat up gently in a warm, dry environment.

#### Large Sauna

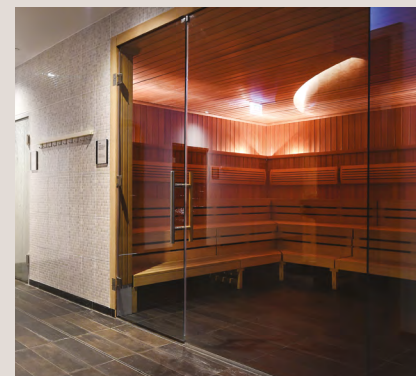
Heated to a temperature between 80-90°C with minimal humidity, this room creates a dry and intense heat to give a purifying effect on the body. This will cleanse and detoxify the skin, relieve tired aching muscles and joints and increase circulation.

#### Small Sauna

This Finnish Sauna is heated to a medium temperature of between 70-80 degrees which creates a dry and intense heat. Effective as a warm down after a workout, aiding in the recovery of muscles and the removal of toxins.

#### Steam Room

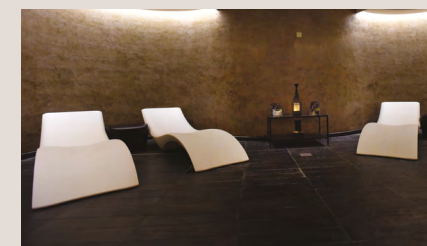
Feel the tension slip away as a dense visible humidity stimulates extra blood circulation in your body.



### Hydro Experiences

#### Vitality Pool

The water temperature is set to a soothing 35-37°C and the pool offers a selection of unique features including air tubs, swan neck fountains, air loungers and water jets. The vitality pool provides many benefits including cleansing and detoxification of the skin, relieving tired and aching muscles, increasing circulation and relaxing the mind and body.





# ELEMIS

## ELEMIS FACIAL TREATMENTS

Defy the hands of time with clinically proven anti-wrinkle, radiance and resurfacing facials for instant results. All facials available as 60 mins or as 30 mins express treatments.

### Elemis Pro-Collagen Age-Defy

60 mins | £70

30 mins | £35

Tackle fine lines and wrinkles with the clinically proven age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

### Elemis Dynamic Resurfacing Peel

60 mins | £70

30 mins | £35

Clinically proven\* to target the signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin.

### Elemis Superfood Facial

60 mins | £70

30 mins | £35

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven to leave skin plumper, radiant and lit up with good health.

# Murad

## MURAD FACIAL TREATMENTS

Murad Method™ facials are a new and entirely personalised concept in high-performance professional skincare. Developed with Dr. Murad's philosophy that no two skins are the same, unlike traditional facials that are developed to address a single skin concern, Murad Method™ facials are designed to make skin as healthy as it can be.

### Murad Method Facial

60 mins | £70

Your one-of-a-kind skin deserves a one-of-a-kind facial.

The Murad Method Facial system is based on inclusive health. Rather than simply focusing on topical skincare, Murad's whole person approach allows you to look better, through high performance skin care and live better, through nutrition and exercise.

Together we will devise your completely personalised treatment plan to help you achieve healthier, more beautiful skin.

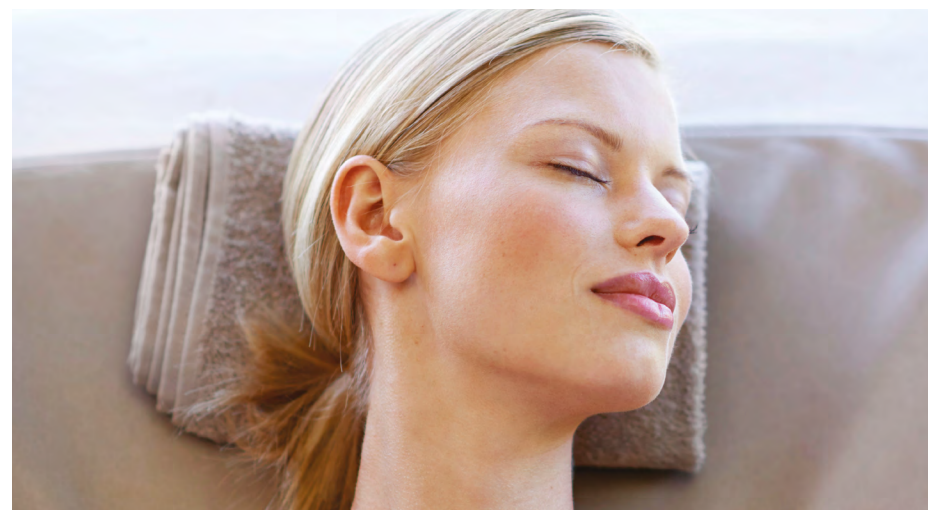
Murad Method Facials target your multiple skin concerns while delivering ultimate relaxation with touch-point massage. Devise your facial journey in partnership with your therapist and together you will create a completely personalised treatment plan.

### Express treatment

### Murad Pom Power Facial

30 mins | £35

The perfect pick-me-up facial for all skin types. Power anti-oxidant effects from pomegranate fruit, energise and renew your complexion. Your skin will look brighter and smoother with powerful visible results.



## ELEMIS BODY TREATMENTS

### Elemis Frangipani Nourishing Body Wrap

60 mins | £60

Cocooned and warm, your body is cradled on heated water cushions, while frangipani nourishing body oil is applied to super hydrate and quench your thirsty skin. A luxury scalp and facial massage while you are cocooned will ensure utter relaxation. A truly exotic experience. Please be aware that due to the nature of this treatment, there is a maximum weight allowance of 15 stones.

### Garden of England Rose or Mineral Body Boost

60 mins | £60

Experience this lavishly hydrating, relaxation massage body treatment. Skin is exquisitely moisturised and intensely supple.

Choose from Garden of England Rose and relax with de-stress massage oil or Mineral Body Boost and alleviate muscular pain with musclease body oil.

### Elemis Intensely Cleansing Salt Scrub – Frangipani or Lime & Ginger

45 mins | £45\*

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

\* **Add on** heated float to your scrub experience. Additional £10



## SPA MASSAGE

### Swedish Full Body Massage

55 mins | £50

Our exclusive signature massage will help to reduce stress and create a sense of rejuvenation. We've combined the best massage techniques with customized pressure to create an unforgettable experience.

**Express treatment** 25 mins | £30

Also available as a back, neck and shoulder or leg massage.

### Lava Shell Full Body Massage

55 mins | £60

For the ultimate calming massage the Lava Shell Relax treatment is the soothing solution. As the marine polished sea shells are glided smoothly over the body, you will instantly drift into a blanket of warmth, falling into a state of utter relaxation and calm. An exotic mango oil is drizzled over the entire body releasing a sense of balance to the body and mind.

**Express treatment** 25 mins | £35

Also available as a back, neck and shoulder or leg massage.

### Lava Shell Rescue Massage

45 mins | £45

90 mins | £90

Discover this ingenious combination of deep massage with warm Lava Shells to relax muscles and cool Glacial Shells to reduce inflammation. Tense muscles, knots and stress points are released to provide immediate relief from refereed pain.

The treatment is a combination of heat and ice therapy and manual massage used to target specific problem areas, each client's individual needs are met therefore creating a bespoke treatment. During a 90mins treatment your therapist will tailor the massage to your needs. Although full treatment timing will be given, additional time may be spent on particular high tension areas therefore, meaning less time will be spend on other areas of the body.

### Elemis Deep Tissue Full Body Massage

55 mins | £60

Alleviate stress, ease aching muscles and revive the senses with this powerful, customised massage. Dynamic blends of Elemis essential oils are prescribed to target individual needs and reduce specific stress and muscle tension.

**Express treatment** 25 mins | £35

Also available as a back, neck and shoulder or leg massage.

### Hydrotherm Massage

55 mins | £60

Experience a completely unique massage; lying on two warm water cushions, kept at a pleasurable 37°, you remain face up throughout the entire treatment. Your whole body is supported in perfect spinal alignment making the massage ideal if you feel discomfort and is excellent to help soothe painful muscle tension.

The relaxing warmth of the Hydrotherm System promotes an immediate sensation of wellbeing, enhancing the therapeutic effect of the massage. Please be aware that due to the nature of this treatment, there is a maximum weight allowance of 15 stones.

### Bamboo Massage

55 mins | £65

This specialised massage technique uses silky smooth bamboo canes throughout to deeply stretch and massage the body. This unique massage releases muscle tension and tightness, improves the circulation and lymphatic flow to aid in detoxification. Long fluid strokes in different styles like swedish, deep tissue and lymphatic drainage are used to stretch and compress the muscles and tissue.

The massage can be adapted in pressure however is ideal for those requiring a deeper pressure in their massage.



## LIGHT TOUCH MASSAGE



A specialist adapted light touch oncology massage tailored specifically for people living with cancer. The massage will be tailored specifically to your needs and can be provided at varying stages of cancer including pre and post-surgery, those recovering or in remission.

A safe form of massage provided by our highly trained and skilled therapists. The massage is deeply relaxing, nurturing and will restore a sense of wellbeing and reduce anxiety. A detailed health history will be completed at your first treatment. Pressure will be modified to a very light, relaxing pressure, treatment time can be amended if required depending on your requirements on the day. Positioning will be modified to accommodate surgical sites, radiation sites and your comfort.

### Cost

An initial free consultation is required with one of our Light Touch Massage trained therapists in advance of your treatment booking. This consultation may take around 30 minutes to complete and should be booked at least 24 hours in advance of receiving your treatment.

35 mins | £35

60 mins | £60

## SIGNATURE TREATMENTS



### Reflexology

50 mins | £45

An ancient practice originating from Asia, reflexology applies gentle massage techniques to the toes, feet and ankles, targeting specific areas. Massaging and applying pressure to parts of the feet, the goal of encouraging a beneficial effect on other parts of the body and to improve general health & well being. An overall wonderfully relaxing treatment.

### Indian Head Massage

40 mins | £40

Indian Head Massage is perfect for both body and mind, stimulating blood and oxygen to the scalp to improve circulation and encourage hair growth, promotes a good sleeping pattern, flushes out toxins from the body and reduces tension. Seated in a chair, the therapist works on the head, neck and shoulder area, including the arms and facial points, using different pressures and techniques to relax and invigorate.



## MUM-TO-BE TREATMENTS

### Hydrotherm Pregnancy Massage

60 mins | £60

Designed by a midwife, the Hydrotherm Massage during pregnancy is the most relaxing treatment for mothers-to-be. Benefit from the warm water cushion support, relaxing movements and gentle rocking in this massage experience.

Suitable during all stages of pregnancy, supportive cushions relieve pressure from all your joints, whilst your specialist therapist eases and soothes the common aches and pains of pregnancy. Please be aware that due to the nature of this treatment, there is a maximum weight allowance of 20 stone.

### Elemis Nurturing Pregnancy Massage

60 mins | £60

This dream-like package combines the most soothing and relaxing treatment a mum-to-be could dream of. Ease into this 3-dimensional Hydrotherm Massage with a relaxing foot bath. The combined effects of massage, heat and water will bring you to a relaxed state of both body and mind.

While your body is cradled with heat, a nourishing facial and scalp massage follows your massage to take you to an ultimate state of relaxation. Excellent in all stages of pregnancy to soothe, relax and aid muscular aches and pains.

## ESSENTIALS

### Fake Bake Tanning

15 mins | £18



Fake Bake gives an instant sun-kissed colour and develops into a long lasting sunless fake tan. Developed using botanical ingredients to remove parabens and artificial preservatives. It offers added benefits like anti ageing, anti cellulite and antioxidants.

Award winning, Fake Bake has become the choice of beauty experts and celebrities alike.

### Waxing

Professional, hygienic and disposable tea tree wax ensures a safe and comfortable method of hair removal.

Lip & chin wax	£10
Bikini wax	£15
Underarm wax	£10
Half leg wax	£15
Full leg wax	£20
Three quarter leg wax	£18
Arm wax	£13
Back wax	£20

### Eye Treatments

We recommend a skin test 24 hours prior to any tinting treatment.

Eyebrow tint	£7
Eyebrow wax	£10
Eyebrow tint & wax	£14
Eyelash tint	£10
Eyelash, eyebrow tint & wax	£20

## NAILS

### Deluxe Manicure

60 mins | £32\*

This deluxe treatment begins with in-depth cuticle work, followed by an exfoliating scrub and massage to leave your hands and arms feeling youthful and fresh. Our rich moisturising cream is then gently massaged into your hands before the nails are painted in your choice of colour from our luxurious range of CND VINYLUX polishes.

**\*Add on**

Shellac £5 | French £5

### Deluxe Pedicure

60 mins | £38\*

This luxury pedicure begins with in-depth cuticle work and hard skin removal, followed by a full foot exfoliation and a relaxing massage to relieve tired feet. Your skin will be left feeling smooth and hydrated. The pedicure is finished with the nails being painted in your choice of colour from our luxurious range of CND VINYLUX polishes.

**\*Add on**

Shellac £5 | French £5

### File and Shellac

45 mins | £22\*

File and shellac fingers or toes. Includes light cuticle work, shellac application and ends with a nourishing cuticle oil.

**\*Add on**

French £5 | Shellac removal £12

### File & Polish / French Polish

15 mins | £15 / £20

Nail shaped with a varnish application of your choice.

## SPA INFORMATION

### Your Health

When you make your booking, please let us know if any of the following apply to you:

- Allergies
- Cancer
- Diabetes
- Epilepsy
- Heart Condition
- High Blood Pressure
- Low Blood Pressure
- Pregnancy
- Recent Operations
- Scar Tissue
- Skin Conditions
- Varicose Veins

### Arrival Time

We recommend that you arrive at the Spa Reception at least 15 minutes before your scheduled appointment. Please note that treatment timings will also include consultation prior to your treatment.

Please understand that a late arrival may mean that the scheduled treatment time is reduced or cannot be honoured.

### Cancellation Policy

Cancellations within 24 hours will incur a 50% charge; cancellations or no shows within 12 hours will incur a 100% charge. Please be aware that to secure your booking a £10 deposit will be taking at time of booking.

### Spa Etiquette

Please familiarise yourself with the spa etiquette when arriving at the spa for your first visit.

### Spa Attire

Swimwear is obligatory within the Spa Experience. Upon arrival you will be provided with a luxury robe and towel to use during your visit. We recommend you bring a pair of flip flops for your comfort.

### Mobile Phones

To preserve the tranquillity of the spa we ask that all guests keep noise to a minimum and request that all clients switch off their mobile phones and leave them in their locker.

### Notes:

The Spa reserves the right to alter prices and change or discontinue services without prior notice.





# LOVE THE SPA?

## **Add Refresh Spa membership to your Glasgow Club membership**

£17 for individual members, £10 for platinum members (per month)

## **Refresh Spa membership only (without Glasgow Club membership)**

£35 for individual members (per month)

Spa membership entitles you to unlimited spa access throughout the month,  
10% off retail, 25% off treatment Tuesday - Thursday, 15% off Friday - Sunday.  
Speak to a membership adviser for details.

Refresh Spa at Emirates Arena  
1000 London Road  
Glasgow G40 3HY  
0141 287 7001  
[www.emiratesarena.co.uk](http://www.emiratesarena.co.uk)

