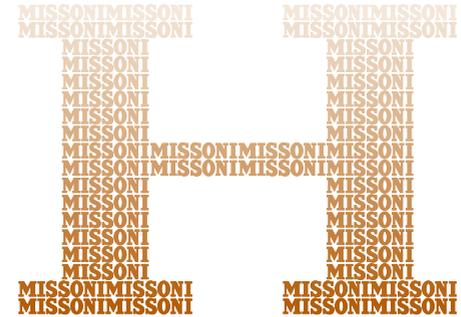


HOTEL **MISSONI**
EDINBURGH



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EDINBURGH

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SPA

TREATMENT MENU



EVE LOM

Eve Lom's philosophy is based on the fact that every living organism pulsates with energy, sending out information about the physical, biological and emotional state of the body. Through regular cleansing, decongesting and exfoliation this energy can be regulated to help maintain healthy skin.

EVE LOM FACIAL

THE EVE LOM SIGNATURE FACIAL 90 min - £95

The Eve Lom signature facial comprises an evaluation of the present skin condition, application of the appropriate individual treatment using Eve Lom's highly acclaimed skincare products, lymphatic massage and accupressure to encourage decongestion, extractions and finally re-education to promote healthy skin function. Highly recommended for all skin types.

THE EVE LOM ULTIMATE CLEANSE 60 min - £70

When time is a factor, we offer a one hour deep cleansing treatment including extractions. This is based on Eve Lom's renowned signature facial to achieve clean, decongested, radiant skin.

THE EVE LOM RADIANCE FACIAL 40 min - £50

The Radiance Facial is the perfect introduction to Eve Lom's Simple, Beautiful and Effective skincare range. The product-based facial will provide deep cleansing and a brightening finish, with a targeted approach designed for your specific skin need. All of this in just 40 minutes.

NATURA BISSÉ

Leading luxury skincare brand, which creates products using the finest natural ingredients, combined with the latest innovations in science and technology, they achieve impressive skincare results.

NATURA BISSÉ FACIALS

DIAMOND LIFTING FACIAL 90 min - £160

A highly effective regenerative anti-ageing treatment using botanical and marine extracts with prescriptive application techniques to encourage cell renewal and elasticity, hydration and radiance to the eyes, face, neck and décolleté.

Innovative deep tissue face and lymphatic drainage massage uplifts and revives skin tone, leaving skin looking visibly firmer, brighter and revitalized. Recommended for more mature skin types.

AROMA CURE FACIAL 75 min - £95

This facial has been designed to give your skin a complete cleanse, to detoxify, purify and hydrate. Using the latest enzymatic and botanical ingredients to penetrate deeply. Extractions are expertly performed through a nearly imperceptible extraction technique. Your skin is left completely refreshed, nourished and hydrated and looks luminous with health and radiance. Perfect for all skin types and for those who wish to deeply detoxify their skin.

CITRUS-A-PEEL 60 min - £80

Give your skin a boost of energy with 100% pure vitamin C. This Natura Bissé anti oxidant treatment relieves sun-damaged skin and helps fight the signs of premature aging. Due to the high concentration of Vitamin C, this facial will improve appearance and renew the skin's firmness. Citrus-A-Peel provides an extraordinary experience for your skin by drenching it with essential vitamins and nutrients. Skin will emerge nourished and revitalized.

O2 AWAKENING 60 min - £65

Natura Bissé O2 Awakening is a facial for all skin types with added benefits for those with skin suffering from exposure to toxins and pollutants. Big city goers, frequent flyers and smokers can benefit greatly from this treatment. This light as air formula penetrates the skin and releases pure oxygen molecules into the epidermal layer. From within the skin these oxygen molecules eliminate toxins residing within the pores. A deep oxygenation and breathing massage further decongests body and mind while transporting you to a state of calm relaxation.

RAPID RECOVERY FACIAL 60 min - £80

This powerful treatment combines repairing ingredients that work to visibly improve dilated capillaries, skin congestion and redness with the hyper effective phyto-therapeutic extracts that soften and relieve the skin while reinforcing it to combat hyper-sensitivity and inflammation. It prevents the breakdown of the skin, restores the levels of young collagen and protects it from external aggressors. A complete luxury treatment to restore the health and beauty for all skin types.

MISSONI EXPRESS FACIAL 30 min - £45

A quick pick-me-up to refresh and revitalise the skin in a snap. Suitable for all skin types and every skin care concern this facial combines the best of Natura Bissé's results if your time is short. Designed for busy people or as a pampering escape.

NATURA BISSÉ BODY TREATMENTS

CLASSIC SWEDISH SIGNATURE OR NEURO-AROMA MASSAGE 30/60/90 min - £45/£70/£100

Let stress be a thing of the past with this spectacular massage that stimulates the senses. A collection of four aromatic nectars are drizzled along the spinal column as a prelude to the sumptuous massage performed with amaranth oil.

- **Spectacularly Stimulating** A perfect blend of stimulating oils are applied at the centre of the body, where this massage begins with specific manoeuvres that clear the mind, stimulate blood circulation and comfort the body.
- **Luxuriously Comforting** (for dehydrated skin). When anxiety and hyperactivity reign supreme our body loses its vital balance and the skin becomes dull and dry. This is the perfect time to provide our body with the warmth, hydration and the healing power of essential oils to balance the mind, relax our stressed body and soothe the skin.
- **Reassuringly Soothing**. If your skin is prone to hypersensitivity and you lead a stressful life, this extraordinary massage is an excellent choice. Essential oils of damask rose, vetiver and sandalwood transport us to the lands in the Pacific while soothing the mind, reducing muscle tension and refreshing the skin.

DEEP TISSUE MASSAGE 30/60/90 min - £50/£80/£110

A deep and vigorous massage, aimed to relieve stress and tension from the muscles. Deep tissue techniques focus on the deeper layers of the muscle tissue and aim to release the chronic patterns of tension within the body.

PRE/POST NATAL MASSAGE 60 min - £70

A complete body massage, using specific pre-natal techniques to help relax, increase circulation, alleviate tired muscles and reduce excess water retention.

C+C VITAMIN SCRUB 30 min - £45

Pure smoothness for your skin. Indulge your body with the highest concentration of vitamin C, green tea and rose hip oil. This potent antioxidant treatment is ideal for skin suffering from the loss of elasticity and dehydration due to sun and environmental damage at any age. The protective treatment polishes the surface of the skin due to its highly effective botanical and natural exfoliating agents that illuminate dead cells and provide the skin with a soft, radiant and glowing appearance.

BAMBOO SCRUB 30 min - £40

Allow your beautiful skin to surface. This effective, yet delicate scrub uses micro-particles from bamboo to massage and exfoliate your skin, and essential oils to awaken and stimulate your senses. The Bamboo Scrub is quickly absorbed leaving your skin purified, and clear of any residue. Treatment is finalised with a mist of Oligo Relax to nourish the skin and provide a final calming touch.

CITRUS DRENCH 60 min - £80

Drench your skin with energising nutrients. Citrus Drench is an ideal body treatment for skin that has been damaged by the sun or the free radicals in our environment. This body wrap brings back elasticity to the skin along with an intense, deep hydration. Natural ingredients, such as Crystallised Honey, Shea Butter, Ascorbic Acid, and Orange Juice protect the body's skin against dryness and premature ageing. Packed with antioxidants, rejuvenated and firmed skin will be seen from the first session.

INDIAN HEAD MASSAGE 25 min - £35

Combining gentle yet stimulating techniques on the upper back, neck, shoulders and scalp. This treatment calms the mood and helps soothe headaches and migraines.

NATURA BISSÉ BODY RITUALS

Ground-breaking rituals based on the fusion of the traditional science of essential oils, aromatherapy, and the cutting-edge technology of Neuro-peptides. Through a beautiful fusion of old and new, Natura Bissé has developed Sensorphine, a dipeptide capable of elevating Beta-endorphin levels, which heightens the sense of wellbeing. Take your spirit through a magnificent sensory journey while your body indulges in a luscious body scrub, and the exotic massage of your choice:

FLORAL MASSAGE RITUAL.....90 min - £130

A ceremonial beauty ritual that harmonizes body and mind. Floral Massage Ritual was inspired by traditional Chinese medicine and Ayurveda from India. Natura Bissé has applied this Asian wisdom by recreating a ceremonial ritual that embraces your entire body through an inch-by-inch massage, resulting in a profound state of well-being. The techniques used combine the massage manoeuvres of an expert therapist, including rocking, kneading and pumping; with the use of warm floral sachets composed of natural dehydrated flowers and sarracin wheat. The treatment reduces accumulated muscular tension, relieves physical and mental symptoms of stress, alleviates aches and pains, improves micro-circulation and accelerates the elimination of toxins. The result: a totally restored, balanced, relaxed yet energized body, as well as a rewarding and unparalleled experience.

MINERAL MASSAGE RITUAL90 min - £110

A perfect fusion of tradition and innovation. Natura Bissé's Mineral Massage Ritual incorporates therapeutic minerals, including the obsidian, which was highly appreciated by pre-historic Mexican civilisations, and currently by traditional medicine. This (Ritual) treatment combines the therapeutic properties of minerals (obsidian and marble) with those of temperature (warm and cold). The hand made obsidian and marble minerals, which act as extensions to the therapist's hands, intensify the results as well as the effectiveness of massage manoeuvres used. This ritual essentially blends draining massage manoeuvres with the well-known beneficial effects of reflexology and the recognised therapeutic properties of minerals.

NEURO-AROMA LOMI-JUMA MASSAGE90 min - £95

Unblock the channels through which vital energy flows. Lomi-Juma Ritual is a fusion of therapy manoeuvres indigenous to the Pacific and the Mediterranean. It seeks to release the flow of energy, soothe tension, improve micro-circulation, and restore the balance and harmony between the mind and body. It is a massage especially recommended for joint blockage and muscular tension which hinder the energy flow as well as blood and lymphatic circulation. It relieves stress and restores physical and mental well-being. Aside from the properties that the Neuro-Aroma provides the key to this ritual's effectiveness is the Lomi-Juma technique based on three manoeuvres meticulously designed by Natura Bissé.

TREATMENTS FOR MEN

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INDIAN HEAD MASSAGE 25 min - £35

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MISSONI BACK THERAPY 50 min - £60

Rebalance energy levels with an uplifting blend of bamboo and tea tree oil. The treatment starts with a deep cleansing back scrub to remove impurities, followed by a firm energising massage or a relaxing massage with essential oils. This is a great treatment for relieving jet lag.

GENTLEMEN'S MANICURE 30 min - £25

Massage, cuticle care, shaping and buffing

WAXING

CHEST WAX 25 min - £22

BACK WAX 25 min - £22

EYEBROW SHAPE/WAX 15 min - £18

AROMATHERAPY ASSOCIATES

Aromatherapy Associates has been at the forefront of aromatherapy for over 30 years. All treatments use the healing power of natural plant extracts to bring a range of highly effective therapies that are as effective as they are luxurious.

AROMATHERAPY ASSOCIATES FACIALS

AROMATHERAPY ASSOCIATES FACIAL 90 min - £85

A bespoke facial, designed to suit your individual skin needs. A combination of the finest pure essential oils and plant extracts are applied with specifically designed massage techniques, to restore and recondition the skin, leaving the complexion smooth and luminous.

ESSENTIAL ROSE FACIAL 60 min - £55

Luxurious rose oils are used to help condition the skin and deeply nourish. The result is smooth, radiant and replenished skin and a relaxed state of mind. This facial suits those needing a pick me up before a special occasion to add warmth to the complexion. Great for those with delicate skin prone to redness or flushing, or dry, dehydrated skin.

SKIN SOLUTIONS FACIAL 60 min - £55

This facial treatment regulates problematic skin, leaving the complexion instantly bright and radiant. Key ingredients of Lavender, Tea Tree and Ylang Ylang deeply cleanse and balance the skin, helping those with acne or combination skin.

AROMA RADIANCE LIFT TREATMENTS

Aroma Radiance Lift is the latest skincare innovation from Aromatherapy Associates. Combining electrical technology with the most active and effective products to bring you three targeted and results-driven facials, for results you can really see and feel. A current is run across the face to stimulate circulation, followed by an intensive treatment using a micro current to lift and tone. Skin booster, hydration gels and instant skin firming serum are also applied throughout the facial to give you a radiant complexion.

These treatments can also be booked in a block of 6 available from £375.

ULTIMATE AROMA RADIANCE LIFT FACIAL 90 min - £110

The ultimate treatment, combining Aroma Lift and Aroma Clear. For those concerned with skin that is dull, tired and lacking tone and elasticity. For results that are immediate and visible. Your skin will be deeply cleansed, lifted and toned while fine lines are plumped out giving you natural glowing, healthy and radiant skin.

AROMA CLEAR FACIAL 60 min - £75

For those in need of a deep and effective cleanse that cannot be achieved with products alone. This facial is recommended to maintain super clear skin and pores and is also perfect for problematic skin.

AROMA LIFT FACIAL 60 min - £75

For those concerned with the first signs of aging, a lack of elasticity, the appearance of fine lines and wrinkles and a diminishing radiance and luminosity. This treatment is ideal when you need visible and instant results.

AROMATHERAPY ASSOCIATES BODY TREATMENTS

THE ULTIMATE AROMATHERAPY EXPERIENCE 60 min - £60
BODY MASSAGE 80 min - £80

This hero treatment releases tension held in every part of the body, leaving you feeling deeply relaxed and re-charged. Carefully applied pressures stimulate the nervous system, Swedish & neuromuscular techniques relieve muscular tension and lymphatic drainage helps encourage a healthy circulation. Stresses and strains are dissolved away. With expert advice from your therapist, you will choose a signature oil blend best adapted to your emotional and physical needs whether you want to relax, de-stress, revive, support, enrich or renew.

SCRUBS & WRAPS

DETOX & REVIVE 50 min - £85

Perfect for times of over-indulgence or when you're just feeling a little sluggish, this treatment combines zesty citrus oils to leave you feeling invigorated and full of energy.

ROSE HYDRATOR 50 min - £85

This intensely hydrating treatment includes the layering of rich rose serum, oil and cream, leaving your body radiant, soft and smooth and your spirits bright and uplifted.

..... 90 min - £90

INTENSE NOURISHMENT

A deep treatment for dry, tired skin, to leave the whole body intensely nourished and smooth. Includes a full body scrub, followed by the layering of hydrating marine algae and a velvety moisturising body butter to finish and soothe the skin.

AROMATHERAPY ASSOCIATES ADD ON TREATMENTS

INSTANT EYE REPAIR 30 min - £30

Specialised massage techniques improve micro-circulation and drainage, helping to reduce puffiness, whilst the natural plant extracts and oils work to leave the eyes fresh, bright and youthful.

INTENSELY NOURISHING HAIR TREATMENT 30 min - £30

Richly scented essential oils are massaged into the hair, releasing tension, conditioning the scalp and leaving hair super-shiny, glossy and nourished.

MANICURES & PEDICURES

More than a treatment ... a pampering process.

OPI is an award winning professional brand that is renowned for its indulgent, luxury treatments and lacquers in over 103 countries around the world today. Experience professional OPI pampering at its best from our team of experts.

HANDS

MINI-CURE BY OPI 30 min - £25

A quick fix nail shaping and choice of fabulous lacquers to finish. This service does not include cuticle care.

REJUVENATING MANICURE BY OPI 60 min - £40

Age-defying, nourishing luxury manicure enriched with therapeutic ingredients which envelops skin for visibly younger looking hands.

FEET

FEET TREATS! 45 min - £35

Filled with pampering ingredients, inspired by a spa setting in the tropics and developed to turn feet silken, with different aromas. This service does not include cuticle care.

LUXURY SPA PEDICURE BY OPI WITH THERMAL BOOTIES 80 min - £55

Indulge your feet with this must have luxurious pedicure. Packed with botanical ingredients to nourish and soothe tired feet, thermal booties will improve circulation whilst you relax with a calming head massage.

Please allow for appropriate drying time after all manicures and pedicures. It is advisable to wear open toe shoes directly after pedicures. *French polish will add an additional 15 minutes to your treatment and will cost an additional £10

TO FINISH

For those essential finishing touches.

We use Lycon wax, a specialised imported hot wax system which is much more effective and comfortable than strip wax.

WAXING

FULL/HALF LEG	£32/£20
BIKINI WAX	£20
EXTENDED BIKINI	£28
UNDERARM WAX	£18
LIP OR CHIN WAX	£12
EYEBROW SHAPE/WAX	£18

TINTING

EYELASH TINT	£15
EYEBROW TINT	£18
EYELASH & EYEBROW TINT	£26
EYEBROW WAX AND TINT	£26

SPA DAYS

For spa days and packages please contact our team so we can specially design these around your requirements. Please also ask for any special offers.

TO BOOK

Call us on: 0131 220 6666

1 George IV Bridge, Edinburgh EH1 1AD

email: spa@hotelmissoni.com web: www.hotelmissoni.com

ARRIVAL

We ask you to arrive 10-15 minutes prior to your appointment in order to register. Please be aware that if you arrive late, the time of the appointment will be shortened in consideration to the next person. We have allowed a short time for consultation at the beginning and relaxation at the end of each treatment.

Please advise a member of our team at reception on ground level when you arrive and we will start your journey there.

CHANGE YOUR MIND?

You can cancel or change your appointment up to 24 hours prior to your appointment. Unfortunately, notice shorter than 24 hours will be charged at full cost of the treatment.

MEDICAL QUESTION

Please advise us of any health conditions, allergies, medication or injuries that may affect your choice of spa treatment. Our team will be happy to discuss any special requirements you may have and advise on which spa treatment will be most suitable to you.

CHILL ZONE

After your treatment you can relax in our Hotel Missoni Chill Zone, where we offer complimentary freshly squeezed juices, herbal tea and some healthy snacks.

CHILDREN

Please note that the minimum age for treatments is 18 years unless accompanied by an adult.

STAYING WITH US?

If you are staying at Hotel Missoni, you can enjoy some of the treatments in your room.

GIFT VOUCHERS

Gift vouchers are available for a treatment or a monetary value. Please speak to a member of a team for more information.

HOME SPA

Products used in your treatment are available for purchase at the Spa reception.

PACKAGES

We specially design packages to suit your needs, please talk to one of our therapists and they will be happy to help.

SPECIAL OFFERS

Please ask a member of our team for any special offers.

OPENING TIMES

Monday - Friday
Saturday - Sunday

9am to 9pm
10am to 7pm

