

Spa and Beauty

If it's pampering you're after then Edinburgh can offer the most tempting of city spas

In the centre of town in Conference Square is **One Spa** at the Sheraton Grand Hotel. Catering for individuals and groups, the One Spa is ideal as an incentive option. The Spa uses ESPA treatments and products as well as nail care products by Jessica and make up products by Vincent Longo. The Spa Café and Santini Restaurant offer dining options while a state-of-the-art gym can provide individual fitness choices too. Day Spa packages and vouchers are available.

0131 221 7777

www.one-spa.net

3 Sixty City Spa is located in the city's New Town. Skincare, body care and spa treatments are available – ideal for cosmopolitan professionals seeking a bit of pampering and relaxation. Day spa packages are available.

0131 220 2045

www.3sixtycityspa.com

To take the weight off your feet, literally, head for the **Edinburgh Floatarium** also in the city's New Town, and try out its floatation tanks. This therapy centre also offers aromatherapy massage; reflexology, shiatsu massage, reiki and skin care therapies along with other holistic treatments.

0131 225 3350

www.edinburghfloatarium.co.uk

Pure Spa at Ocean Terminal, Leith, offers individually tailored therapies and beauty treatments also designed to fit in with a busy schedule.

Some treatments can be as short as 15 minutes – perfect for fitting in between meetings or shopping trips. Appointments aren't always necessary and therapies include body wraps, facials, massage – and even special treatments for expectant mums. Pampering Parties are available. There is also a location on Lothian Road.

0131 561 1320 (Ocean Terminal)

0131 221 9133 (Lothian Road)

www.purespauk.com

Thirteenth century **Dalhousie Castle**, just seven miles south of Edinburgh city centre at Bonnyrigg, offers Scotland's very first hydro spa – Aqueous. Spa visitors can experience the Hydro Pool with its multi-massage jet pool; the Laconium – a Roman style sauna; the Ottoman – a Turkish style steam room; and the Tropical Rain & Cold Fog Shower to refresh and invigorate! Part of **von Essen hotels**, Dalhousie Castle is set in parklands and forest overlooking the South Esk River – perfect for relaxing and unwinding – but also ideal for a corporate event too.

01875 820 153

www.dalhousiecastle.co.uk