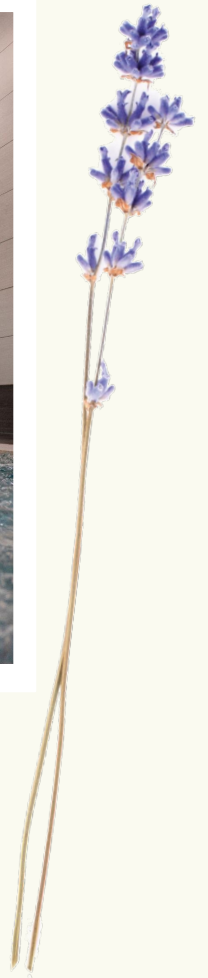


Spa Brochure



NORTON HOUSE

HOTEL & SPA
EDINBURGH



The tranquil surroundings of The **Spa at Norton House Hotel** create an environment in which to completely revive the mind and body. Inside, contemporary design and a choice of luxurious treatments will leave you in a state of pure relaxation. Unwind with us.

Facilities at a glance:

Indoor swimming pool

Hydrotherapy spa pool

8 treatment rooms

Sauna

Steam rooms

Amber lounge and relaxation room

Gym

Exercise studio

Functional training zone





Residential Spa Breaks

Whether it is with close friends and family or you would simply enjoy some time to yourself, get away from it all with a dedicated spa break – a true indulgence.

Sumptuous Spa Break

For a really special experience enjoy a one night stay with dinner and breakfast included, plus a 55 minute treatment and either afternoon tea or a two course spa lunch.

Choose from:

- Luxury Facial
- Full Body Massage
- Face and Body Combo (express facial + back, neck and shoulder massage)
- Classic Pedicure
- Luxury Manicure
- Body and Massage Combo (back, neck and shoulder massage + full body salt scrub)
- Pregnancy Facial
- Pregnancy Massage

Plus, either afternoon tea or a two course spa lunch

Monday to Sunday from £252 per person*

Treatment Duration: 55 minutes**

Available Monday - Sunday subject to availability

*Price based on two people sharing a Classic double or twin bedroom.

Single occupancy supplements apply

**Treatment time includes a medical /skin consultation and set up

Captivating Spa Break

Switch off and relax with a one night stay including breakfast and an indulgent 55 minute treatment.

Choose from:

- Luxury Facial
- Full Body Massage
- Face and Body Combo (express facial + back, neck and shoulder massage)
- Classic Pedicure
- Luxury Manicure
- Body and Massage Combo (back, neck and shoulder massage + full body salt scrub)
- Pregnancy Facial
- Pregnancy Massage

Monday to Sunday from £186 per person*

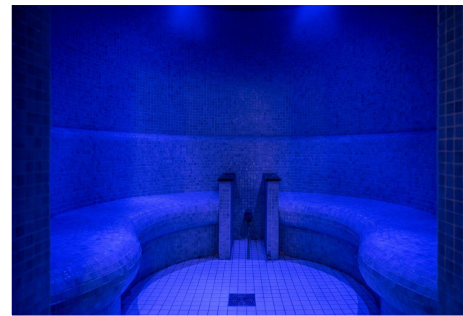
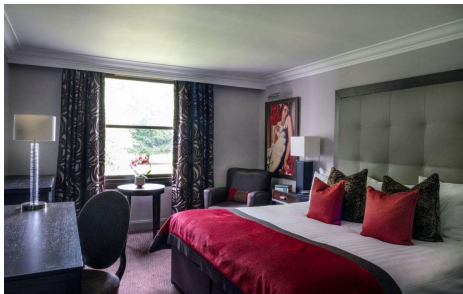
Treatment Duration: 55 minutes**

Available Monday - Sunday subject to availability

*Price based on two people sharing a Classic double or twin bedroom.

Single occupancy supplements apply

**Treatment time includes a medical /skin consultation and set up



Residential Spa Breaks

Whether it is with close friends and family or you would simply enjoy some time to yourself, get away from it all with a dedicated spa break – a true indulgence.

Two-Night Revitalising Spa Break

Breathe in for two ... out for two..... And stay with us for two relaxing nights, more time to completely unwind, rest and reset.

During your two night Revitalising Spa Break enjoy a peaceful 55 minute treatment, afternoon tea or a two course spa lunch, plus a selection of seasonal food and drink and full use of the hotel facilities

Choose from:

- Luxury Facial
- Full Body Massage
- Face and Body Combo (express facial + back, neck and shoulder massage)
- Classic Pedicure
- Luxury Manicure
- Body and Massage Combo (back, neck and shoulder massage + full body salt scrub)
- Pregnancy Facial
- Pregnancy Massage

Plus, either afternoon tea or a two course spa lunch and £39 allocation towards dinner per person

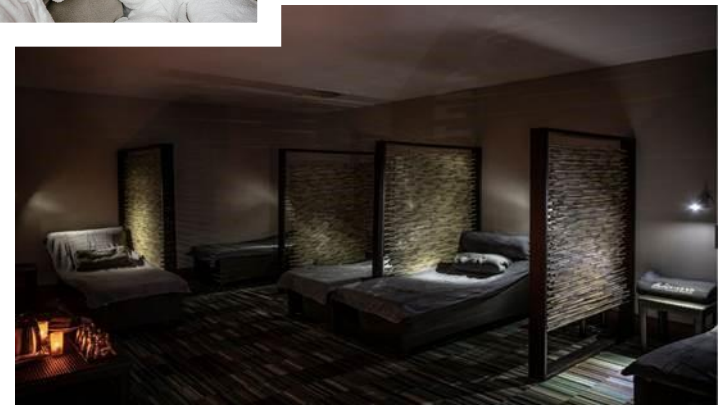
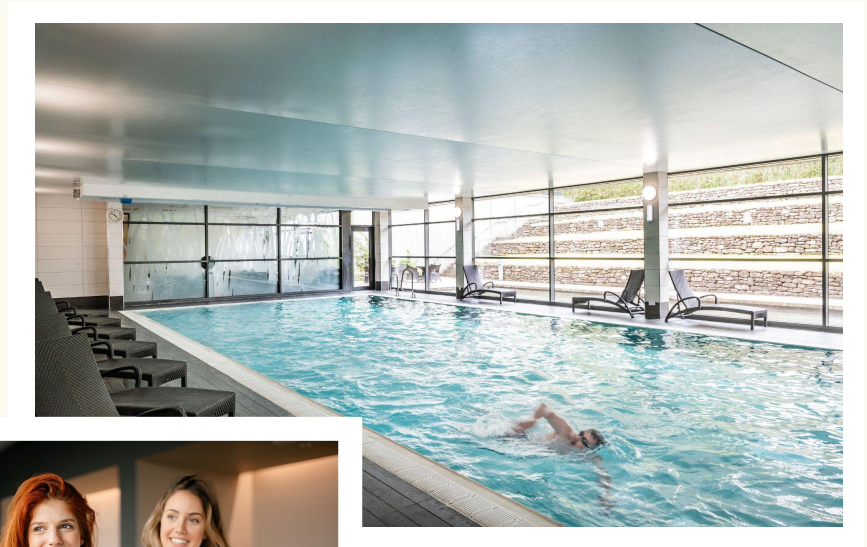
Monday to Sunday from £358 per person*

Treatment Duration: 55 minutes**

Available Monday - Sunday subject to availability

*Price based on two people sharing a Classic double or twin bedroom.
Single occupancy supplements apply

**Treatment time includes a medical /skin consultation and set up





Spa Days

Each of our specially curated spa days has been put together with you in mind. If you're seeking to relax, refresh or revive, we have the perfect experience. If any of these sound like the perfect way to treat someone special, why not purchase as a gift voucher?

Hand Picked 'Just For You' Spa Day

Our ultimate spa day experience, tailor made exactly to your preference. Two sumptuous hours of treatments from our spa brochure plus a breakfast basket, afternoon tea or spa lunch, a chilled glass of Champagne, full use of our spa facilities and a spa gift!

Arrive at the spa and enjoy your breakfast basket and refreshments. Let your very own 'Personal Spa Therapist' guide you through two hours of sumptuous treatments bespoke to your every need. Whether you're looking to feel relaxed and de-stressed or wanting to return refreshed and rejuvenated this is the perfect treat.

Your day will also include a traditional afternoon tea or our spa lunch - the choice is yours. And to top it all off, a glass of chilled Champagne and a spa gift (value £25) especially for you, so you can even continue your spa experience at home.

Monday to Thursday from £210

Friday & Sunday from £240

Saturday from £265

Available Monday - Sunday

Treatment Duration: 115 minutes**

*Customers will receive a personal call from the spa to plan and tailor-make their two hour treatment experience.

**Treatment time includes spa consultation, & treatment

Perfect Treat Champagne Spa Day

This spa day really is the perfect way to treat yourself or someone special. Enjoy your choice from one of our 'guests' favourite' treatments plus afternoon tea or spa lunch, full use of our country house hotel spa facilities and a chilled glass of Champagne.

Choose from:

Luxury Facial

Full Body Massage

Face and Body Combo (express facial + back, neck and shoulder massage)

Classic Pedicure

Luxury Manicure

Body and Massage Combo (full body salt scrub + back, neck and shoulder massage)

And, one 25 minute treatment from the following options:

Back, Neck and Shoulder Massage

Express Facial

Full Body Salt Scrub

File and Polish for fingers

File and Polish for toes

Complete your day with a chilled glass of Champagne and either afternoon tea or our spa lunch.

Monday to Thursday from £165

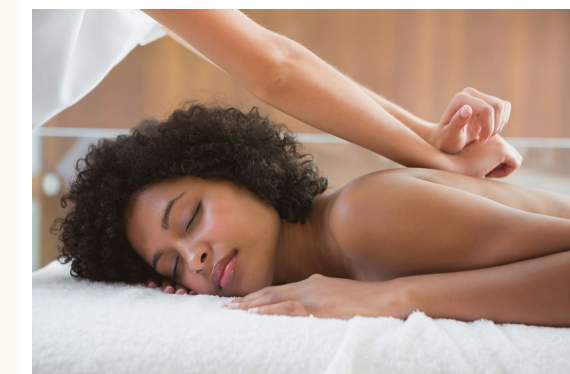
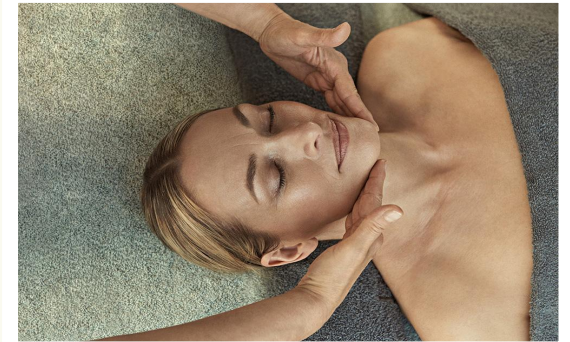
Friday & Sunday from £190

Saturday from £210

Available Monday - Sunday

Treatment Duration: 85 minutes**

**Treatment time includes spa consultation, & treatment



Spa Days

Each of our specially curated spa days has been put together with you in mind. If you're seeking to relax, refresh or revive, we have the perfect experience. If any of these sound like the perfect way to treat someone special, why not purchase as a gift voucher?

Pure Indulgence Afternoon Tea Spa Day

Choose a luxurious 55 minute treatment from a selection of six, as well as enjoying full use of our country house hotel spa facilities and a traditional afternoon tea or our spa lunch/bento box. The perfect day out!

Choose from:

Luxury Facial

Full Body Massage

Face and Body Combo (express facial + back, neck and shoulder massage)

Classic Pedicure

Luxury Manicure

Body and Massage Combo (full body salt scrub + back, neck and shoulder massage)

Completed by either afternoon tea or our spa lunch

Monday to Thursday from £145

Friday & Sunday from £155

Saturday from £170

Available Monday - Sunday

Treatment Duration: 55 minutes**

**Treatment time includes spa consultation, & treatment



Twilight Spa Experience

Relax and wind down in the latter part of the day with a 55 minute treatment of your choice, plus full use of our country house hotel spa facilities. This experience also includes a £20 food and drinks voucher to use at the end of your day in either the hotel bar or lounge

Choose from:

Luxury Facial

Full Body Massage

Face and Body Combo (express facial + back, neck and shoulder massage)

Classic Pedicure

Luxury Manicure

Body and Massage Combo (a full body salt scrub + a back, neck and shoulder massage)

Pregnancy Facial

Pregnancy Treatment/Massage

Fingers and Toes Combo

PLUS a £20 food and beverage voucher to use on the same day in the hotel bar and lounge.

Monday to Thursday from £135

Treatments available Monday - Thursday between 3pm - 7pm

Treatment Duration: 55 minutes**

+Treatment times available may vary from day to day - subject to availability at time of booking.

**Treatment time includes spa consultation, & treatment

Spa Days

Each of our specially curated spa days has been put together with you in mind. If you're seeking to relax, refresh or revive, we have the perfect experience. If any of these sound like the perfect way to treat someone special, why not purchase as a gift voucher?

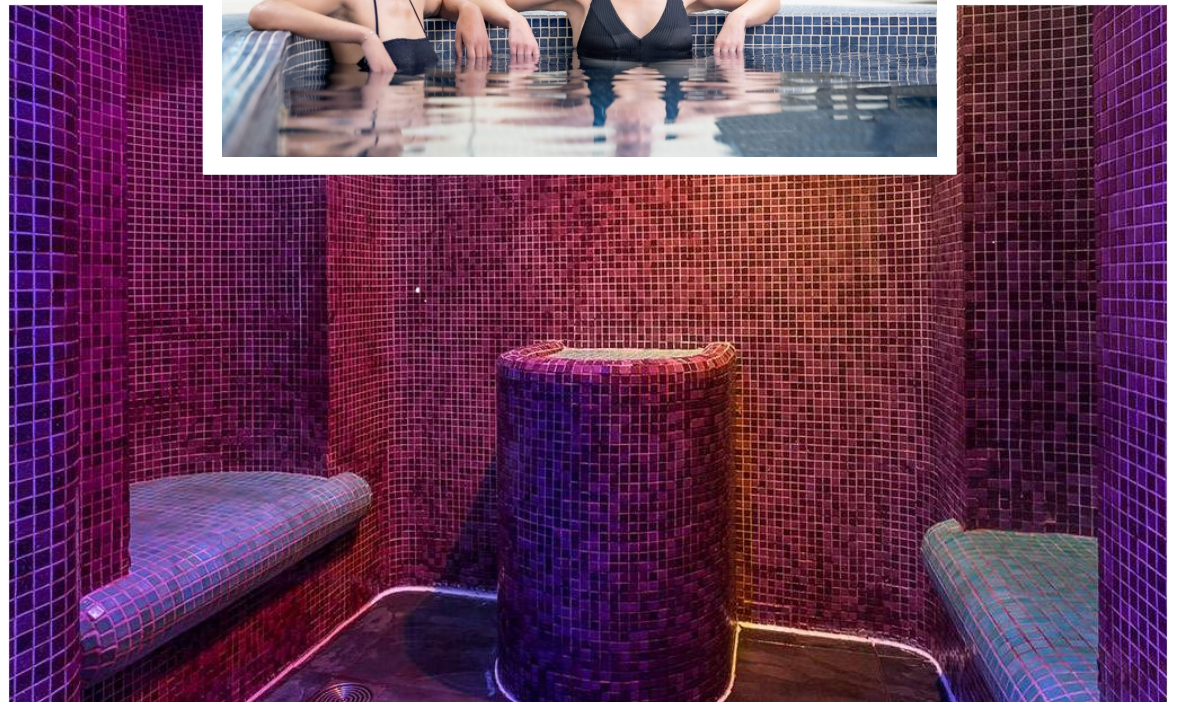
Mud Rasul Spa Day for Two

Wash away your stresses and enjoy a spa experience to share with a partner or a friend. Escape in our exotic rasul chamber and take part in an ancient traditional cleansing ritual. This ritual uses mud, steam and heat to cleanse and relax the body and mind and aids toxin removal via the skin. Your spa day includes either an afternoon tea or spa lunch and full use of all spa facilities.

Please note that all products are self-applied in the rasul chamber.

Monday to Thursday from £110 per person

Mud Rasul chamber Duration: 55 minutes



Facials

Whether you are looking for glowing skin for a special occasion or you need a complete skin overhaul, below are a selection of the most pioneering facial techniques and relaxing treatments offering the most impressive results.

Touch Facials

ELEMIS and Ishga treatments use touch as a powerful diagnostic tool. The products are applied using a combination of ancient and modern massage techniques from around the world.

Anti-Ageing Facials

Ishga Facial

A rejuvenating facial designed to revalitise and repair. The organic range of products used combine mineral rich seaweed as the main ingredient, others include natural healing spring water, aloe vera, macadamia nut oil and cucumber extract. Seaweed is high in vitamins, minerals, trace elements and natural anti-oxidants that are considered essential for maintaining healthy, youthful skin. Suitable for all skin types.

55 minutes - £95

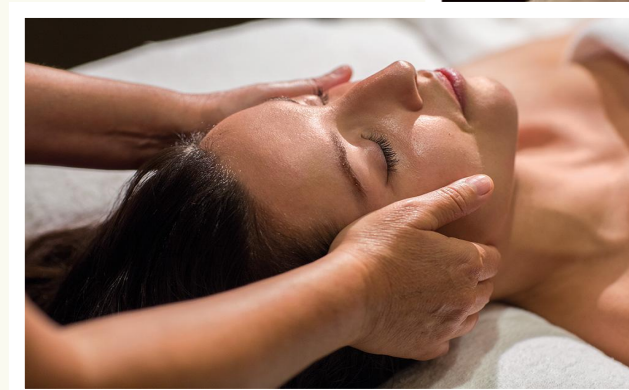
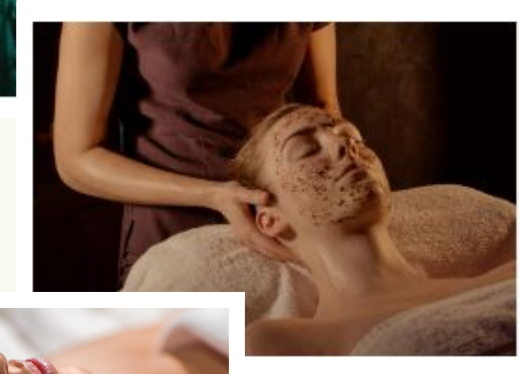
25 minutes - £60

ELEMIS EXPERT™ Touch Renew Facial

Hydrate, Lift & Firm

Improve skin firmness, whilst reducing the look of fine lines and wrinkles with our clinically proven formulas and skin-lifting massage techniques. After just one treatment the complexion looks supremely hydrated, lifted and firm.

55 minutes - £95



Facials

Whether you are looking for glowing skin for a special occasion or you need a complete skin overhaul, below are a selection of the most pioneering facial techniques and relaxing treatments offering the most impressive results.

Skin Specific/Prescriptive Facials

ELEMIS EXPERT™ Touch Nourish Facial

Cleanse, Rebalance & Revive

Boost skin radiance with our triple-cleanse facial with a blend of superfood-infused facial oils to leave your skin feeling nourished, rebalanced and revived.

55 minutes - £95

ELEMIS EXPERT™ Touch Reveal Facial

Resurface, Smooth & Glow

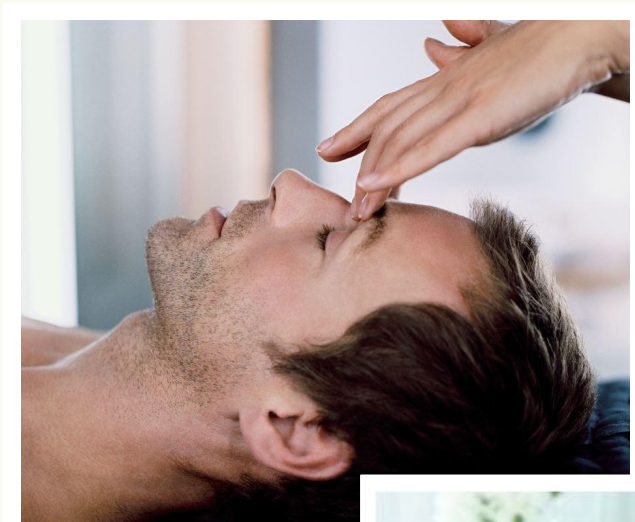
Purify and brighten as skin's texture is transformed. With a spotlight on enlarged pores, blemishes, and blackheads, this unique facial powered by patented Tri-Enzyme technology minimises the look of uneven tone, texture, fine lines, and pigmentation. Dull, uneven, tired-looking skin will appear instantly brighter, smoother and renewed.

55 minutes - £95

ELEMIS EXPERT™ Touch Express Facial

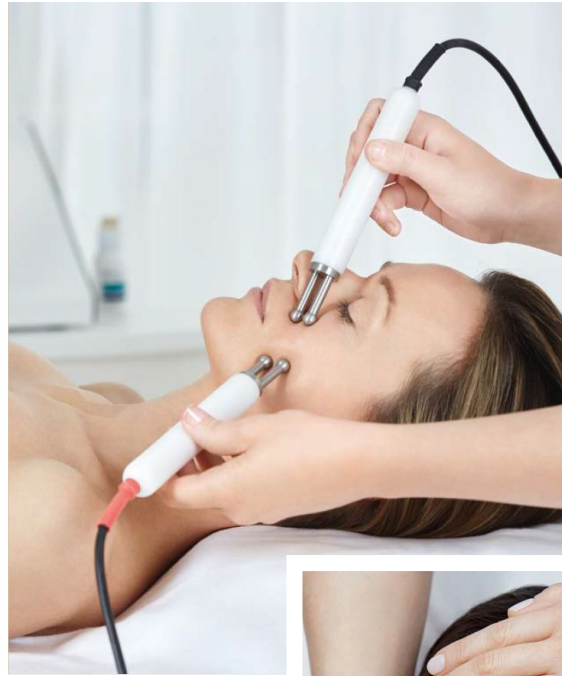
For a powerful skin recharge, this facial will bring back the glow to tired, dull and lifeless complexions. For skin in need of a super saturating moisture boost, this thirst-quenching facial is perfect.

25 minutes - £60



Technology Facials

ELEMIS BIOTEC facials use the pioneering innovation of the BIOTEC machine to switch the skin back on, increasing its natural cellular energy. Your therapist will advise you of the most suitable Biotec facial for your skin type.



Anti-Ageing Technology

ELEMIS Biotec Pro Glow Smooth Facial+

THE ULTIMATE HIIT WORKOUT FOR YOUR SKIN

Ultrasonic peeling exfoliates dead skin cells to smooth and prepare the skin for line-fighting microcurrent technology, targeting lines and wrinkles for more radiant, youthful looking skin.

Skin will appear more vibrant, with improved feeling of firmness and elasticity.

55 minutes - £95

Skin Specific/Prescriptive Technology

ELEMIS Biotec Pro Glow Brilliance Facial+

YOUR RECIPE FOR RADIANCE

Turn up the brightness with our double cleanse to melt away make-up, daily pollutants, and grime. Gentle resurfacing dissolves away dead skin cells to reveal healthy and clearer looking skin. A fusion of Superfoods and antioxidant-rich facial oils plump the skin with moisture, whilst helping to nourish and protect. Immediately revealing an outdoor-fresh glow, skin is left feeling fresh, radiant and healthy.

55 minutes - £95



ELEMIS Biotec Pro Glow Resurface Facial+

RESURFACING FOR STUNNINGLY SMOOTH SKIN

Purify and brighten as skin's texture is transformed. With a spotlight on enlarged pores, blemishes, and blackheads, this unique facial powered by patented Tri-Enzyme technology minimises the look of uneven tone, texture, fine lines, and pigmentation.

Dull, uneven, tired-looking skin will appear instantly brighter, smoother, and renewed

55 minutes - £95

Massage

Our massage treatments are perfect for deep relaxation or for targeting tense areas. Our expert therapists utilise the latest products from leading brands to enhance your experience.

ELEMIS EXPERT™ Deep Tissue Tension-Ease Massage

Renewed, Focused & Grounded

Perfect for combating a busy lifestyle, this full body massage offers more than just muscle relaxation: it is tailored to ease tension and target deep-seated muscle knots, leaving you feeling renewed, grounded and focused.

70 minutes - £119

55 minutes - £95

25 minutes - £60

Ishga Invigorating Massage

A medium pressure massage combining a powerfully detoxing seaweed body oil with lemongrass, juniper and rose geranium. The treatment is designed to be invigorating but equally relaxing with a focus on removing tension to re-energise the body. The seaweed body oil used regenerates, firms and tones the skin and is particularly useful for eliminating toxins.

55 minutes - £95

Traditional Full Body Massage

A traditional massage designed to ease tension, relieve stress and promote a general state of well being

55 minutes - £95

Traditional Back, Neck & Shoulder Massage

A deeply therapeutic massage focusing on the aches and pains of the back, and eliminating tension knots in the shoulders.

25 minutes - £60

Add Stones to any massage 15 minutes - £10

Heat Treatments

ELEMIS EXPERT™ Transformative Hot Stone Massage

Soothe, Relax & Revive

This deeply transformative treatment incorporates heated volcanic stones that are worked into the body, persuading the muscles to relax with warm Frangipani Monoi Body Oil to soothe a tired mind and relieve aching muscles.

55 minutes - £105

40 minutes - £88

Add Stones to any massage 15 minutes - £10



Body Treatments

Rituals, Scrubs & Wraps

[COMFORT ZONE] Himalayan Salt Ritual

An extraordinary ritual, beginning with body massage using warmed Himalayan salt blocks, which bestow relaxation, alleviating tension, stress and anxiety. An exhilarating salt scrub follows; a combination of the precious pink Himalayan salt crystals and aromatic oils to detoxify the body, ease aches and pains, stimulate the metabolism and restore vitality and balance.

55 minutes - £95

Ishga Marine Experience

The ultimate back facial designed to rejuvenate and exfoliate, while treating any congestion to reveal a brighter and smoother skin. Beginning with a cleanse, tone and exfoliation, a powerful heated seaweed clay mask is applied to clarify and soften the skin while providing a deep moisturizing treatment. Ideal for skin concerns such as acne on the back, dryness or skin conditions and for muscular aches and pains. A massage of the back and back of legs is also included to leave you feeling deeply relaxed.

55 minutes - £95

Ishga Seaweed Body Wrap

This combines the detoxifying and nourishing effect of the purest seaweed gel with the stimulating and hydrating properties of the scrub. The treatment is designed to eliminate toxins, reduce cellulite, boost energy and improve skin tone.

55 minutes - £95

Ishga Salt and Oil Scrub

A Hebridean sea salt and oil scrub gently exfoliates, sweeping away dull, dry skin. An invigorating express treatment to stimulate circulation, eliminate toxins and leave the skin nourished and glowing

25 minutes - £60

Elemis Frangipani Body Nectar Nourishing Wrap

The velvety texture of the monoi oil offers super-hydration, quenching thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

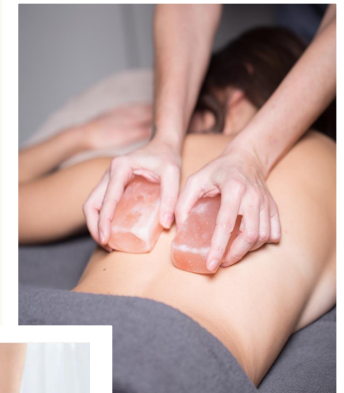
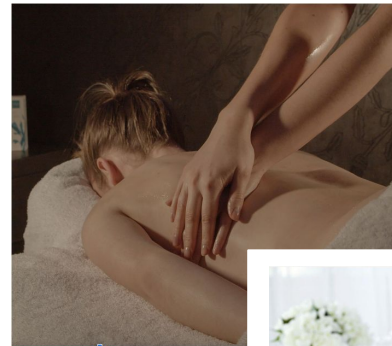
55 minutes - £95

Elemis Intensely Cleansing Salt Scrub

Fragranced salt gently sloughs away dead skin cells, encouraging the regeneration of new cells. This luxurious treatment reveals a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

Choose between lime and ginger or frangipani.

25 minutes - £60



Combination Treatments

Full Body Massage & Luxury Facial Combo Treatment

This treatment includes a deeply relaxing and stress melting full body massage followed by a luxury facial individually tailored to your own skin needs leaving your skin hydrated, visibility bright and smooth. Our luxury facial includes- cleanse, tone, facial massage, exfoliation and mask.

115 minutes - £173

Luxury Facial & Back, Neck, Shoulder Massage Combo Treatment

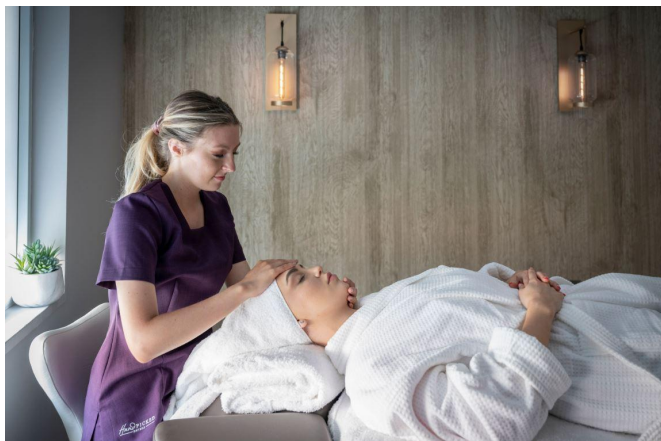
This treatment includes a deeply relaxing and stress melting neck, back and shoulder massage followed by a luxury facial individually tailored to your own skin needs leaving your skin hydrated, visibility bright and smooth. Our luxury facial includes- cleanse, tone, facial massage, exfoliation and mask

85 minutes - £144

Full Body Massage & Express Facial Combo Treatment

This treatment includes a relaxing full body massage which will be focused on the areas where you are suffering from aches, pains and tensions followed by an invigorating prescriptive facial to include a cleanse, tone, exfoliation and mask leaving your skin glowing and hydrated

85 minutes - £144



Face & Body Combo Treatment

The perfect pick me up facial which includes a cleanse, tone, exfoliation and mask combined with a classic back, neck and shoulder massage. This massage includes traditional massage techniques to help relieve muscular tension in areas which are known to be the most common areas to retain the effects of stress.

55 minutes - £95

Body Scrub & Massage Combo Treatment

A mixture of essential oils will exfoliate and moisturise the whole body, leaving the skin feeling refreshed and toned. This is followed by a classic back, neck and shoulder massage which incorporates traditional massage techniques to help relieve muscular tension in areas which are known to be the most common areas to retain the effects of stress.

55 minutes - £95

Massage and Shape & Polish Combo Treatment

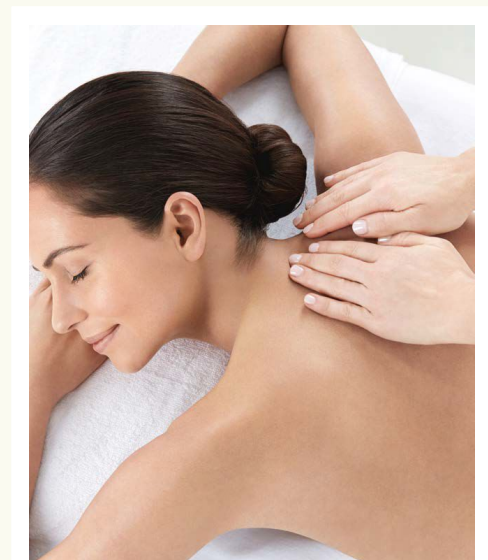
A classic back, neck and shoulder massage which incorporates traditional massage techniques to help relieve muscular tension as well as re-shaping of the nails and varnish. (fingers or toe nails)

55 minutes - £95

Fingers and Toes Combo Treatment

For those who are short of time, a quick pick-me-up to leave your fingers and toes perfectly groomed. This includes re-shaping of both the finger and toenails plus varnish for well-maintained nails. Please bring open toe shoes.

55 minutes - £68



Pregnancy Treatments

ELEMIS EXPERT™ Peaceful Pregnancy Massage

Nature, Restore, Calm

This tranquil and restorative mother-to-be massage deeply hydrates skin that is expanding to accommodate your growing baby. Aromatics formulated to be used safely during pregnancy are selected for optimum wellbeing, leaving you feeling nurtured, restored and calm. Suitable for all 'mothers to be' from 13 weeks of pregnancy.

70 minutes - £95

Treatment time includes 10 minutes for relaxation and recuperation.

Ishga Mother to be Treatment

This treatment has been specifically designed to pamper and relax pregnant clients and is suitable after the first trimester of pregnancy. This is one of the most specialised treatments to have the privilege to carry out on a client. This treatment focuses on the changes in your body during pregnancy, helping to ease aches and pains, and can improve your sense of wellbeing, comfort levels and aid relaxation. Suitable for all 'mothers to be' from 13 weeks of pregnancy.

70 minutes - £95

Treatment time includes 10 minutes for relaxation and recuperation.

Elemis Pregnancy Facial

These thoroughly researched and carefully formulated treatments have been designed to nurture and support a woman through the rich experience of each trimester. Gently. A personally prescribed ELEMIS Touch Facial can be performed as advised by your therapist. Suitable for all 'mothers to be' from 13 weeks of pregnancy.

55 minutes - £95





Speciality Treatments

Ishga Touch Therapy (includes 15 mins consultation)

Norton House Spa, offer a range of treatments in conjunction with ishga suitable for anyone currently undergoing cancer treatment or in recovery from the after effects. These relaxing and nurturing treatments work by combining the health benefits of seaweed based natural and organic products, with a range of simple but effective gentle massage or facial.

70 minutes - £95

Bamboo Massage

This powerful massage delivers stress relief, muscle strengthening, lymphatic drainage and reactivates the circulation. Overall flexibility, balance and inner wellbeing is improved and specific reflexology points are activated. Bamboo massage will benefit anyone who leads an active lifestyle and requires deep work to soften and break down muscular tension

55 minutes - £95

Reflexology

An ancient treatment that works on the key pressure points of the feet. Reflexology can help energise, relax and restore the body's balance.

55 minutes - £95

Indian Head Massage

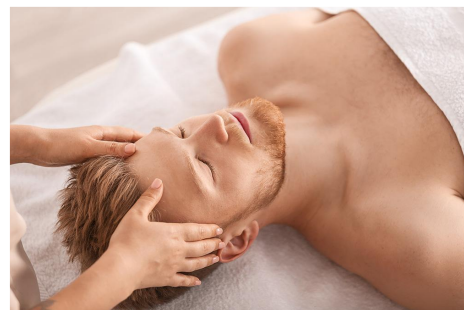
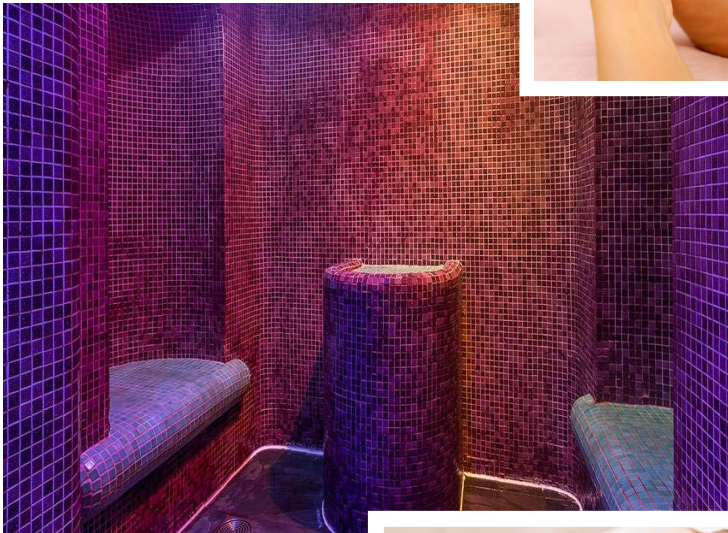
Stimulate the body and mind and help reduce the symptoms of tension by relaxing the muscles and alleviating emotional strain.

40 minutes - £78

Rasul Mud Chamber

Enter our rasul mud chamber and take part in a truly traditional cleansing ritual. Apply different mud's to specific areas of the body whilst gently inhaling the steam. The Rasul helps to cleanse the respiratory system, smooth the skin and detoxify the body, whilst revitalizing your energy. To complete the ritual the muds are gently washed away within our tropical rain shower

40 minutes - £45



Hands & Feet

Luxury Pedicure

A deluxe pedicure with thermal booties for deeper penetration of oils and creams. Helping to soften cuticles, improve circulation and soothe stiff joints. This treatment includes a shape and polish of the toenails, with a beautiful colour of your choice. Please bring open toe shoes to wear after your pedicure.

70 minutes - £55

Luxury Manicure

A deluxe manicure with thermal mittens for deeper penetration of oils and creams. Helping to soften cuticles, improve circulation and soothe stiff joints. This treatment includes a shape and polish of the fingernails, with a beautiful colour of your choice.

55 minutes - £50

Classic Pedicure

A pedicure including hard skin removal, skin softening exfoliation and relaxing foot and leg massage make this pedicure the perfect pick me up for your feet.

This treatment includes a shape and polish of the toenails, with a beautiful colour of your choice. Please bring open toe shoes to wear after your pedicure.

55 minutes - £50

Classic Manicure

A manicure includes shaping of the nail, cuticle maintenance, hand exfoliation and a relaxing hand and arm massage then to finish a polish is applied. This treatment includes a shape and polish of the fingernails, with a beautiful colour of your choice.

40 minutes - £45

Shape & Polish For Fingers

Nails are shaped and buffed and polish applied. The perfect nail maintenance treatment.

25 minutes - £35

Shape & Polish For Toes

Nails are shaped, buffed and polish applied. The perfect nail maintenance treatment. Please bring open toe shoes to wear after your pedicure.

25 minutes - £35

Ishga Luxurious Seaweed Foot Ritual

A detoxifying Seaweed treatment to rejuvenate tired feet and leave skin silky smooth. A luxury pedicure incorporating nail work and file and polish. Begins with a soothing foot bath and foot scrub with nutrient rich salts and oils, and a relaxing lower leg and foot massage. A detoxifying seaweed gel mask will be applied followed by nails shaped, cuticles conditioned and finished with a shiny buff.

55 minutes - £95

Ishga Luxurious Seaweed Hand Ritual

A detoxifying Seaweed treatment to rejuvenate the hands and nails and leave skin silky smooth. This treatment begins with a soothing hand soak, filled with a blend of seaweed and pure Essential Oils, followed by a scrub with nutrient rich salts and oils, and a relaxing hand and arm massage. A detoxifying seaweed gel mask will be applied followed by nails shaped, cuticles conditioned and finished with a shiny buff.

55 minutes - £95

Gel Nails

A gel formula that is painted onto the nails giving strength, protection and long-lasting colour. Nails dry instantly.

GEL Removal and Pedicure **70 minutes - £65**

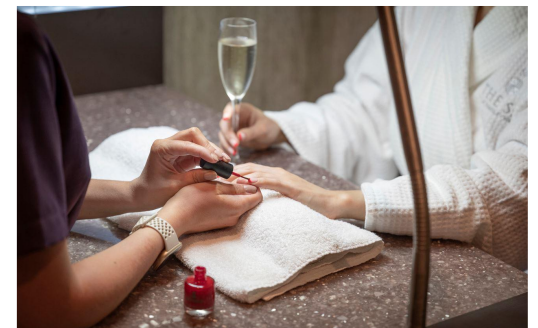
GEL Removal and Manicure **70 minutes - £60**

GEL Pedicure **55 minutes - £55**

GEL Manicure **40 minutes - £50**

GEL Removal **25 minutes - £20**

**Removal of soft gels only i.e brush on gels/soak off gels. We are not able to remove hard gels or acrylics requiring specialist equipment. If unsure we therefore strongly recommend you call the spa direct prior to making a booking*



Gift Vouchers

We offer a wide range of spa gift vouchers perfect for her, for him or for them. Visit the spa reception to create and purchase tailored and personalised vouchers for your loved ones, as well as beautiful gift sets.

You can also discover gift experiences online at handpickedhotels.co.uk/giftvouchers

Spa monetary gift vouchers from £25

Spa treatment gift vouchers from £60

Spa day gift vouchers from £125

Spa break gift vouchers from £230 per person

[Take a virtual tour](#)

[Watch our spa FAQ video](#)

[Watch our spa day video](#)

Norton House Hotel & Spa, Ingliston, Edinburgh, EH28 8LX

0131 333 6479 or 01642 706606

enquiries@handpicked.co.uk

handpickedhotels.co.uk/nortonhouse

*Hand*PICKED
— HEALTH CLUBS & SPAS —

