

SPA BROCHURE

NORTON HOUSE
HOTEL & SPA
EDINBURGH



THE SPA AT NORTON HOUSE

The tranquil surroundings of the Spa at Norton House 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 (full body salt scrub + back, neck and shoulder massage)
- Pregnancy Facial
- Pregnancy Massage

Plus, either afternoon tea or a two-course spa lunch

October – April/May to September

Monday to Sunday from £237/£260 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 (full body salt scrub + back, neck and shoulder massage)
- Pregnancy Facial
- Pregnancy Massage

October – April/May to September

Monday to Sunday from £170/£192 per person*

Treatment Duration: 55 minutes**

Available Monday - Sunday subject to availability

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 (full body salt scrub + back, neck and shoulder massage)
- Pregnancy Facial
- Pregnancy Massage

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

October – April/May to September

Monday to Sunday from £321/£366 per person*

Treatment Duration: 55 minutes**

Available Monday - Sunday subject to availability



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 ideal way to treat someone special, why not purchase one as a gift voucher?

Hand Picked 'Just For You' Spa Day

Our ultimate spa day experience, tailor made exactly to your preference. 115 sumptuous minutes 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 £225

Friday & Sunday from £260

Saturday from £270

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

SPA DAYS

Perfect Treat Champagne Spa Day

This spa day really is the perfect way to treat yourself or someone special. Enjoy your choice of two 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 £180

Friday & Sunday from £210

Saturday from £225

Available Monday - Sunday

Treatment Duration: 85 minutes**

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. 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 £150

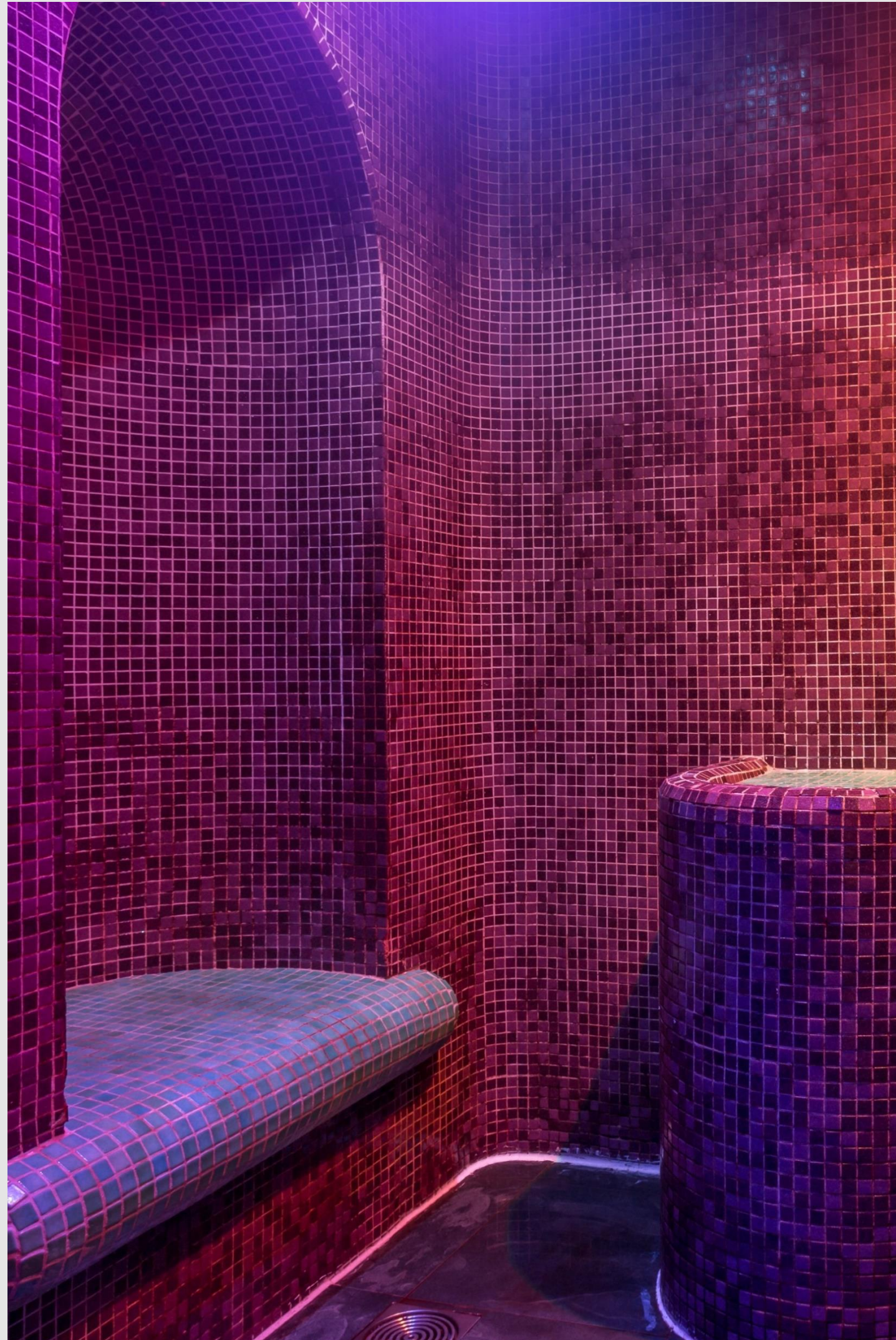
Friday & Sunday from £170

Saturday from £180

Available Monday - Sunday

Treatment Duration: 55 minutes**

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



SPA DAYS

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 (full body salt scrub + 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 £145

Treatments available Mon - Thurs between 3pm - 7pm

Treatment Duration: 55 minutes**

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 £120 per person

Mud Rasul chamber Duration: 55 minutes**

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

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 - £100

25 minutes - £65

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 - £100

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 - £100

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 - £100

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 - £65

MASSAGES

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 - £125

55 minutes - £100

25 minutes - £65

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 - £100

Traditional Full Body Massage

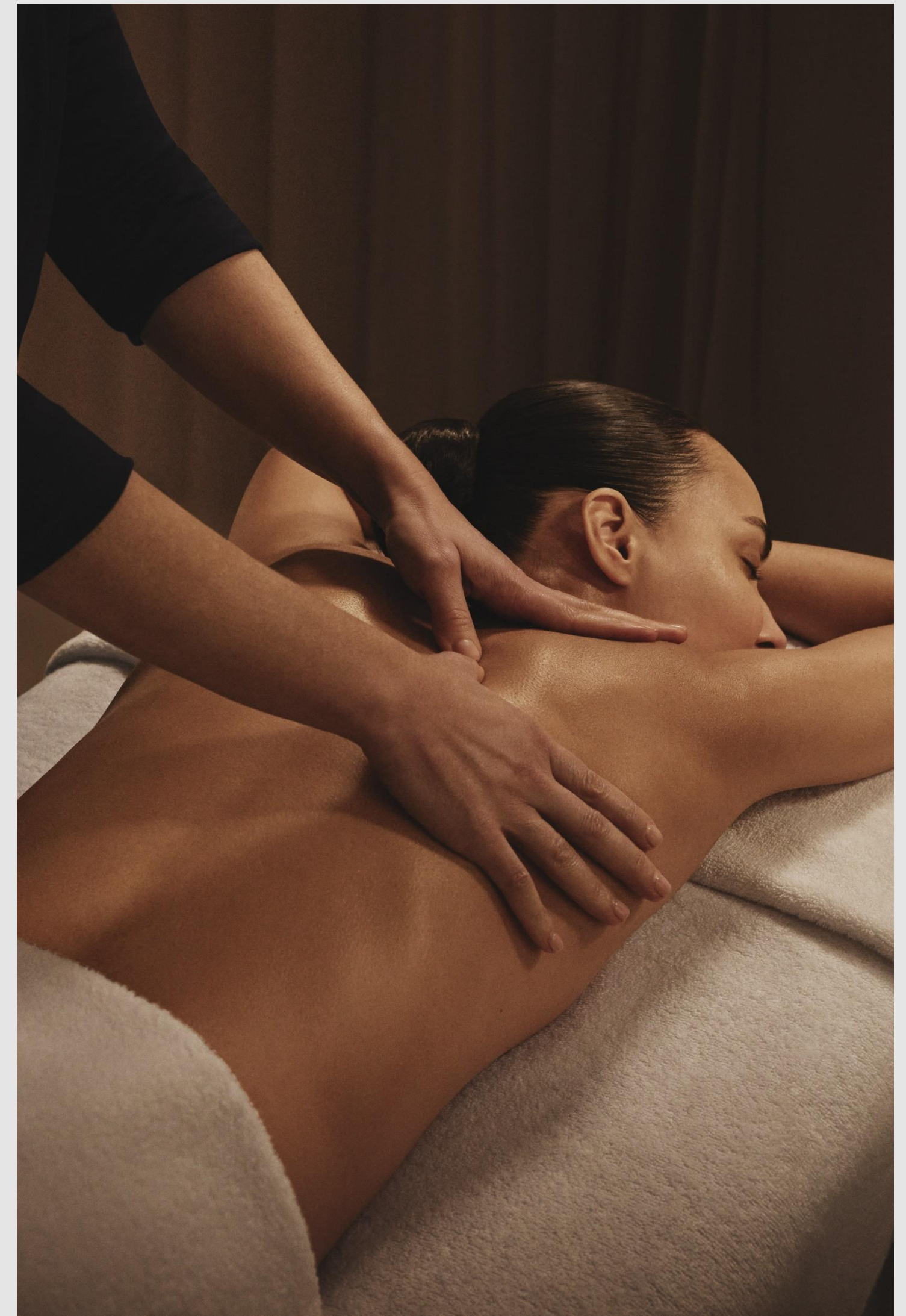
A traditional massage designed to ease tension, relieve stress and promote a general state of well being

55 minutes - £100

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 - £65





HEAT TREATMENTS

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™ 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 - £115

40 minutes - £100

Add Stones to any massage **15 minutes - £15**

Ishga Hot Poultice Massage

A rebalancing, light massage using heated sea salt & seaweed granule filled poultices, which are applied to the body to relax the muscles, release tension and nourish the skin. Combined with manual massage movements, the relaxing warm poultices are rhythmically stroked, and kneaded over the body. Benefits include reducing inflammation in muscles and joints, increasing circulation, and deep relaxation. When the compress is heated it provides a detoxifying effect to draw toxins from the body and add a host of Vitamins and Minerals deep within.

55 minutes - £115

Treatment time includes a medical /skin consultation and set up

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 - £180

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 - £155

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 - £155

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 - £100

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 to retain the effects of stress.

55 minutes - £100

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 toenails)

55 minutes - £100

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 - £70

BODY TREATMENTS

Whether you're seeking a revitalizing boost or a relaxing escape, our body treatments offer the perfect blend of rejuvenation and indulgence, ensuring you leave feeling truly pampered.

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 - £100

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 - £100

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 - £100

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

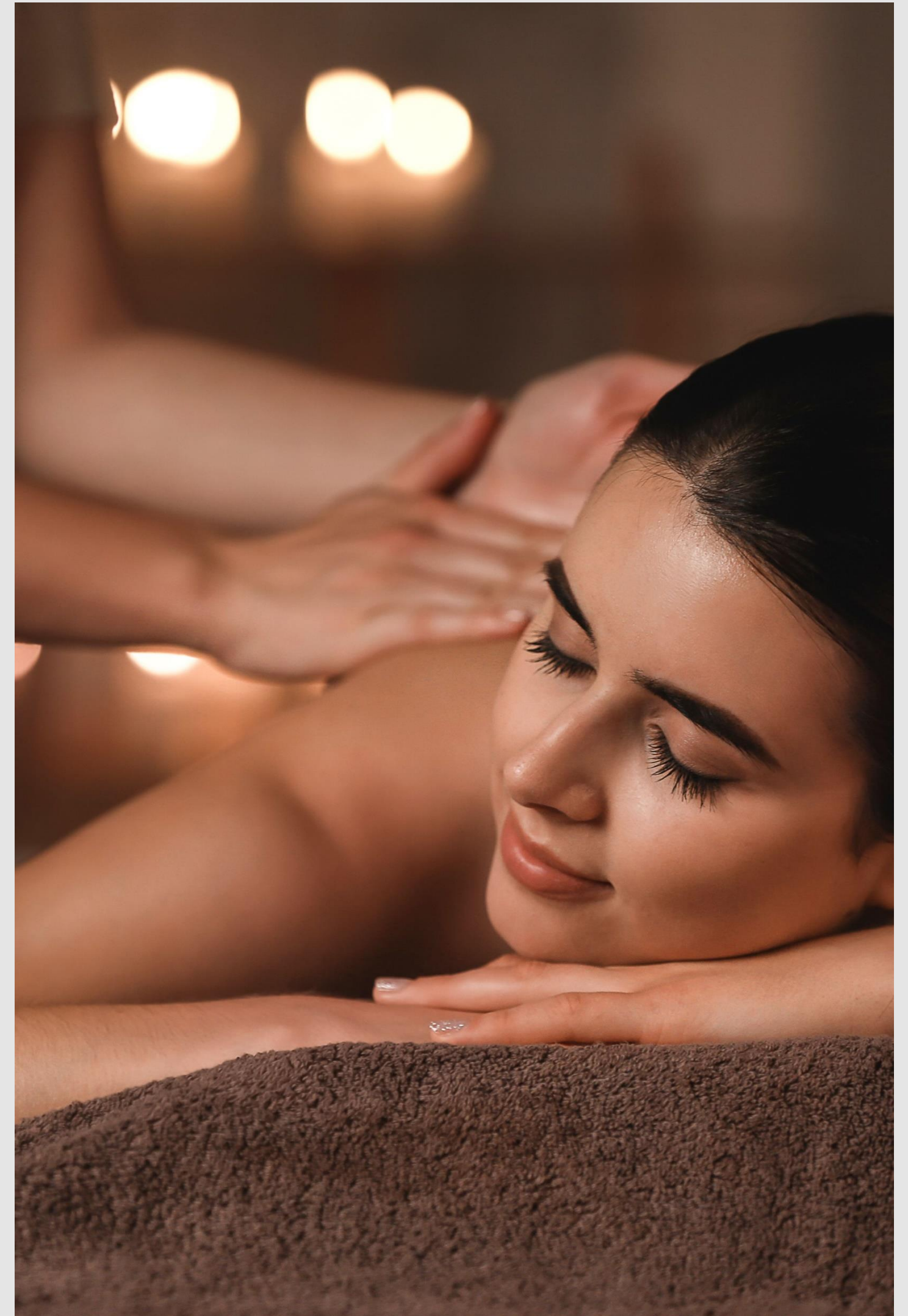
25 minutes - £65

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 - £65

Treatment time includes a medical /skin consultation and set up





PREGNANCY TREATMENTS

Indulge in our nurturing prenatal treatments, designed to soothe and relax expectant mothers with revitalising massages and pampering experiences at the hands of our expert spa therapists.

ELEMIS EXPERT™ Peaceful Pregnancy Massage Nurture, Restore, Calm

These thoroughly researched and carefully formulated treatments have been designed to nurture and support a woman through the rich experience of each trimester. Gently. An intuitive and relaxing massage hydrates skin that is expanding to accommodate a growing baby. Suitable for all 'mothers to be' from 13 weeks of pregnancy. Treatment time includes 10 minutes for relaxation and recuperation.

70 minutes - £100

Ishga Mother to Be Pregnancy Massage 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. Treatment time includes 10 minutes for relaxation and recuperation.

70 minutes - £100

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 - £100

Treatment time includes a medical /skin consultation and set up

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 aftereffects. 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 - £100

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 - £100

Indian Head Massage

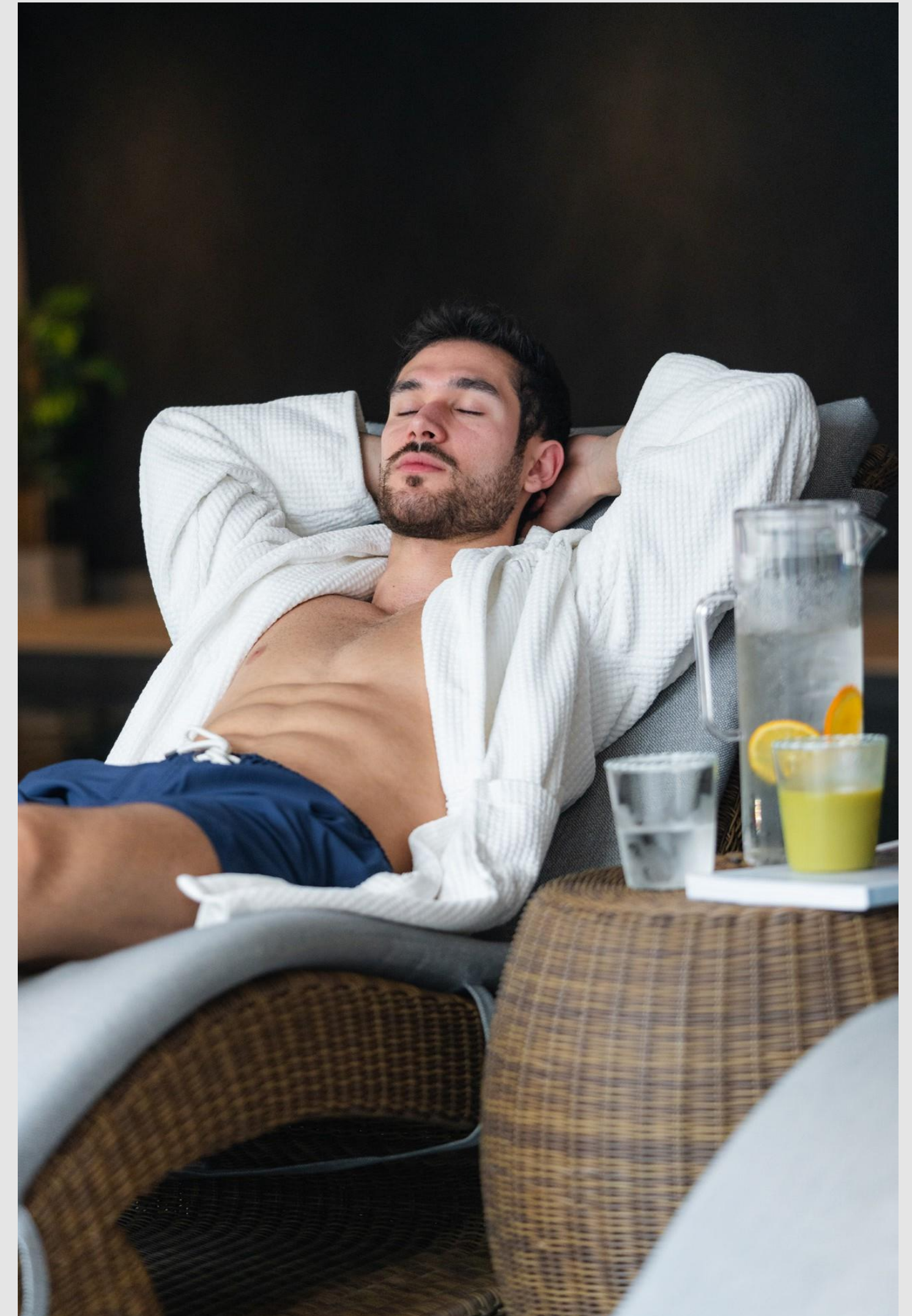
Stimulate the body and mind and help reduce the symptoms of tension by relaxing the muscles and alleviating emotional strain.

40 minutes - £85

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 - £50 (one person)
£90 (two people)**



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 - £60

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 - £55

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 - £55

Classic Manicure

This 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 - £50

Shape & Polish For Fingers

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

25 minutes - £40

Shape & Polish For Toes

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

25 minutes - £40

Ishga Luxurious Seaweed Hand Experience

A detoxifying Seaweed treatment to rejuvenate the hands and nails and leave skin silky smooth. A luxury manicure incorporating nail work and file and polish. 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 - £100

Ishga Luxurious Seaweed Foot Experience

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 your choice of shiny buff.

55 minutes - £100

Gel Nails

The next generation in manicure and pedicure. 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 - £70

GEL Removal and Manicure 70 minutes - £65

GEL Pedicure 55 minutes - £60

GEL Manicure 55 minutes - £55

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 £65

Spa day gift vouchers from £120

Spa break gift vouchers from £186 per
person

[Watch our spa FAQ video](#)

[Watch our spa day video](#)

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HOTELS