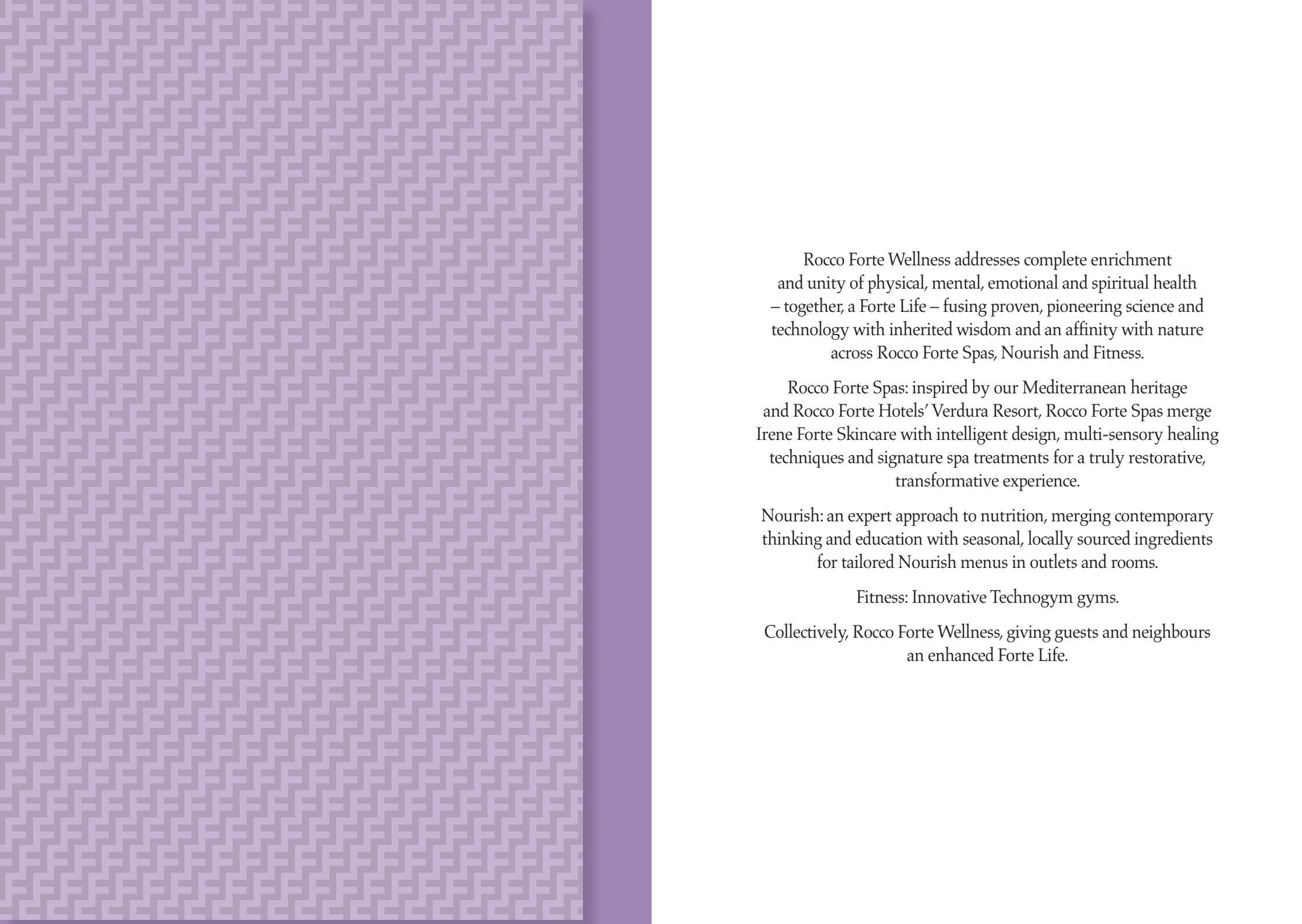




THE BALMORAL SPA  
EDINBURGH

A ROCCO FORTE SPA



Rocco Forte Wellness addresses complete enrichment and unity of physical, mental, emotional and spiritual health – together, a Forte Life – fusing proven, pioneering science and technology with inherited wisdom and an affinity with nature across Rocco Forte Spas, Nourish and Fitness.

Rocco Forte Spas: inspired by our Mediterranean heritage and Rocco Forte Hotels' Verdura Resort, Rocco Forte Spas merge Irene Forte Skincare with intelligent design, multi-sensory healing techniques and signature spa treatments for a truly restorative, transformative experience.

Nourish: an expert approach to nutrition, merging contemporary thinking and education with seasonal, locally sourced ingredients for tailored Nourish menus in outlets and rooms.

Fitness: Innovative Technogym gyms.

Collectively, Rocco Forte Wellness, giving guests and neighbours an enhanced Forte Life.

## THE BALMORAL SPA

The Balmoral Spa is a retreat in the heart of Edinburgh and the perfect place to escape the pace of city life. Our team of expert Therapists provide effective and luxurious face and body treatments.

- treatment rooms
- Finnish sauna
- Turkish steam room
- 15m swimming pool
- poolside refreshment area
- Technogym-equipped gym
- wooden sprung group exercise studio

### Opening Hours\*

Monday – Friday: 06:30 – 22:00  
Saturday – Sunday: 07:00 – 22:00

\*The Balmoral Spa reserves the right to change these times.

### Fitness classes

Please speak to the spa reception team for more details.

### Personal training

Please speak to the spa reception team for more details.

## THE BALMORAL SPA PRODUCTS

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### *Irene Forte Skincare*

Our proprietary Irene Forte Skincare range achieves outstanding results with natural ingredients in formulations shaped by 35 years of skincare research and development. Based on the research of our Scientific Director Dr. Francesca Ferri- a pioneer in the medical use of plant extracts to treat skin conditions. Irene has introduced novel ingredients in products which have shown extraordinary results in independent clinical and user trials. Irene Forte Skincare products are suitable for all skin types and have even been clinically approved for sensitive skin. The core ingredients are harvested at Verdura's Organic Farm in Sicily, and alongside these we have integrated zerowaste upcycled ingredients, made from nutrient-rich plant-based leftovers. Irene's insistence on plant-based sources means all our ingredients are certified vegan. Irene Forte's approach is distinguished by her high ethical standards. In recognition of those standards, Irene Forte Skincare has already achieved B Corp status and has been awarded the Butterfly Mark by Positive Luxury for sustainable excellence.

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### *ishga*

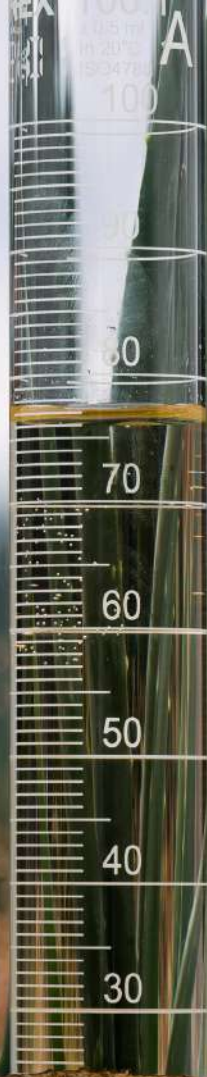
The name ishga comes from the Gaelic word for water. The pure, clean waters of the Hebridean Islands off the north west coast of Scotland are home to ishga. Seaweed has been used for centuries for its natural healing and therapeutic properties. It contains natural antioxidants with properties which transform and protect skin. ishga has developed a bespoke process to extract its natural goodness, harnessing an abundance of vitamins and minerals to create a remarkable range of products for all skin types. Other ingredients, such as light base oils such as sweet almond or jojoba, essential oils like rose geranium or lemongrass, and nourishing moisturisers including cocoa and shea butters, glide blissfully on and balance, nourish, smooth and repair.

IRENE  
FORTE

NATURA E SCIENZA

FORTE IDRATANTE  
ALOE FACE CREAM  
With Multi-Oil Omegas Complex

Oil Proof  
Improve Skin Hydration



## RITUALS

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### *Forte Body Ritual*

Start with a relaxing foot soak followed by a full body scrub to leave your skin feeling silky smooth. A massage using oils from the sundrenched flora of Sicily will restore the body's physical and emotional balance. A rich herbal body mask is then applied to feed the body with nutrients to promote healthy skin.

90 Minutes

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### *Forte Face & Body Ritual*

Following a relaxing foot soak, enjoy a full body scrub to smooth your skin. An invigorating full body massage follows using our Sicilian oils, as well as the application of our rich herbal body mask. Finish with a facial to leave your skin radiant and luminous. This luxurious ritual nourishes the skin from head to toe and ensures profound relaxation.

120 Minutes

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### *Time in the Med*

Allow us to transport your senses to the sunshine of the Mediterranean with 'Time in the Med'. Step in to a welcoming foot soak and enjoy a conversation with your Irene Forte Skincare Therapist to tailor your two hour treatment to suit your needs. Your therapist will be your personal treatment guide to complete relaxation, using sustainable, natural skincare that nourishes the skin from the outside in.

120 Minutes

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### *ishga Marine Experience*

A top to toe package to awaken the senses and leave the skin feeling soft and fresh on the face and body. Begin with all over body exfoliation with our pure sea salt and oil scrub infused with seaweed and lemongrass to remove dead skin, followed by a full body invigorating massage to soothe aching, tired muscles and hydrate the skin. Finish the ultimate relaxation with an express facial to brighten, firm and tone the face and relaxing scalp massage to complete the experience.

105 Minutes

## FACIALS

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### IRENE FORTE SKINCARE

#### *Etna Age-Defying Facial*

A powerful, highly effective and luxurious facial using hot and cold volcanic stones from Mount Etna designed to rebalance, revitalise and relax. A double mask application promotes firm, hydrated and radiant skin. Our Forte signature triple facial massage technique stimulates oxygen and nutrient flow to the skin, enhancing natural collagen production. This active facial will reveal a fresher, firmer and more radiant complexion.

90 Minutes

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#### *Forte Facial*

Following an in-depth skin analysis by one of our expert Therapists, we'll tailor your Forte Facial to suit your skin's needs. Your personalised facial may take the form of one of the specialised facials below or take elements from a combination of them:

- Forte Purifier: Designed for combination skin to deeply cleanse and refine the skin's texture. Includes extraction.
- Forte Brightener: Perfect for dull and tired skin, helps skin regain its radiance and luminosity.
- Forte Hydrator: For dry and dehydrated skin, helps nourish the skin and leave it silky smooth and hydrated.

60 Minutes

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### ISHGA

#### *ishga Anti-Ageing Rejuvenator Facial*

A rejuvenating facial designed to revitalise and repair. It is particularly useful for toning, firming and nourishing but also repairing the skin from environmental damage. This treatment will cleanse, tone and moisturise the skin leaving it revitalised and hydrated.

60 Minutes



## BODY TREATMENTS

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### IRENE FORTE SKINCARE

#### *Sicilian Earth & Sea Toning Treatment*

A luxurious and toning full body treatment. Start with full body exfoliation to stimulate the detoxification process and leave skin silky smooth. Follow with our nutrient-rich algae and clay mud wrap to extract impurities and start the toning process. During the wrap, enjoy a scalp massage using cold volcanic stones from Mount Etna. Finish with a toning massage using our nourishing Sicilian oils.

90 Minutes

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#### *Regenerating Hip-to-Toe Treatment*

A luxurious and deeply revitalising full leg and foot treatment. Start with a sea salt leg scrub to remove impurities, followed by a draining massage to stimulate circulation, tighten and tone the legs. Enjoy the application of a vasoactive compress cream to enhance the detoxification process and improve the skin's texture. Finish with a relaxing reflex point foot massage to boost circulation, restore balance and leave you with the ultimate feeling of lightness from hip to toe.

60 Minutes

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#### *Mediterranean Nourishing Treatment*

A deeply nourishing full body treatment. Start with a double scrub to remove impurities and leave your skin twice as smooth. Enjoy a full body application of our nourishing Sicilian oils, followed by the application of a body cream, leaving you relaxed and moisturised to perfection.

60 Minutes

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#### *Sicilian Scrub*

Refreshes skin and removes unwanted skin cells, leaving skin silky smooth. It is the perfect add-on to another treatment.

30 Minutes

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### ISHGA

#### *Detoxifying Seaweed Body Wrap\**

A Hebridean sea salt, oil scrub and body wrap. This treatment is designed to eliminate toxins, reduce cellulite, boost energy and improve skin tone.

60 Minutes

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#### *ishga Face & Body Sensation\**

The treatment starts with a massage focusing on the back, neck and shoulders to target areas of tension, release everyday stress and relax the nervous system. To conclude, the focus moves to the face with a cleanse, tone and exfoliating mask, followed by a relaxing scalp massage and ishga finishing products to hydrate, balance and firm the skin.

60 Minutes

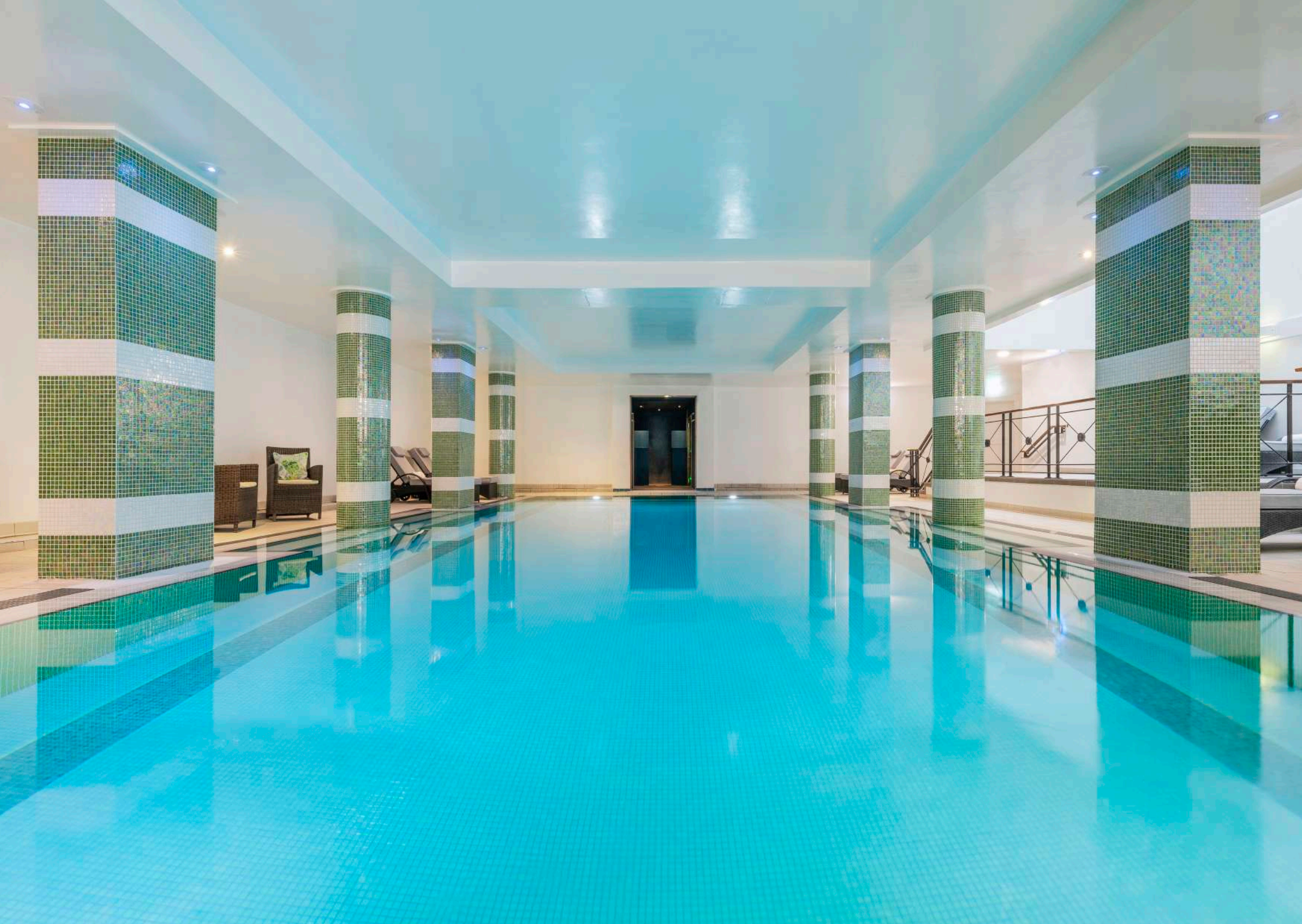
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#### *Salt & Oil Scrub\**

An exclusive body and skin enhancing treatment which can be used in isolation to remove dead or dry skin or as a preparation for any massage. This complete exfoliation will cleanse and invigorate the body.

25 Minutes

*\*ishga seaweed products rely on ingredients such as kelp – one of the best natural sources of iodine, an essential component in thyroid hormone production.*





## TOUCH THERAPY

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### IRENE FORTE SKINCARE

These treatments are designed for those living and recovering from cancer. They have been created in partnership with The Amethyst Trust, a Standards Authority for Touch in Cancer Care (SATCC) approved provider. Starting with guided breathwork, your SATCC accredited Therapist will personalise the experience to suit your individual needs, relaxing both mind and body, while promoting a deep sense of peace.

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#### *Restorative Facial*

A replenishing facial, perfect for sensitive or fragile skin. Start with a gentle cleansing, followed by our signature facial massage, and the application of a mask, serum and moisturiser. A soothing scalp, hand or foot massage releases tension and slowly unwinds a busy mind.

60 Minutes

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#### *Nurturing Massage*

A soothing massage designed to nurture and rebalance. Gently warmed Sicilian oils nourish and comfort the body, enabling inner calm and encouraging total relaxation.

60/90 Minutes

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### ISHGA

Let your therapist guide you to a bespoke treatment by combining what is best for your current symptoms and needs.

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#### *ishga Touch Therapy*

60 Minutes

## MASSAGES

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#### *Swedish Massage*

This massage is tailored to work on your specific areas of concern. It promotes health and wellbeing, increases circulation and reduces tension.

60/90 Minutes

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#### *Essential Body Massage*

Using your chosen Irene Forte Skincare body oil, a personal consultation will ensure you receive a unique treatment to suit your specific needs.

60/90 Minutes

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#### *ishga Hot Stone Massage\**

A full body massage incorporating heated Basalt stones which instantly relax the muscles, allowing the treatment to work at a deeper level. Hot stones are useful for releasing tension, reducing aches and pains and are placed along the body's chakras to open up energy pathways. Seaweed base oil with lemongrass, lavender and juniper will detoxify and regenerate the skin.

60 Minutes

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#### *ishga Deep Tissue Massage\**

A massage therapy that focuses on realigning the inner deeper layers of muscles by applying long, slow and firmer strokes focusing on one or two target areas. Especially beneficial for chronic tension, aches and pains, sports injury and stiff contracted areas. Using a specially formulated Muscle Recovery Oil by ishga containing a powerful blend of anti-inflammatory seaweed extract, eucalyptus, rosemary and peppermint to boost circulation and break down lactic acid.

(Please note that ishga Deep tissue massage may only be available upon request and is not included in spa packages)

60/90 Minutes

*\*ishga seaweed products rely on ingredients such as kelp – one of the best natural sources of iodine, an essential component in thyroid hormone production.*

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#### *ishga New Beginnings Pregnancy Massage*

A nurturing full body massage helps to soothe aches, pains and general muscle fatigue. Designed to help relax and calm, easier leg cramps, reduce water retention and puffiness. Hydrates the skin and helps to improve elasticity, reducing stretch marks. The legs, feet, arms and most importantly, the bump are gently but therapeutically massaged to release a sense of wellbeing for both mum and baby.

60 Minutes



## SPA PACKAGES

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### *Forte Face & Body Rituals Spa Day*

This package includes:

- 120 minutes Forte Face & Body Ritual
- 2-course lunch
- use of spa facilities
- Irene Forte Skincare Face Mask (50ml) to take home

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### *Forte Body Ritual Spa Day*

This package includes:

- 90 minutes Forte Body Ritual
- 2-course lunch
- use of spa facilities
- Irene Forte Skincare Body Oil (100ml) to take home

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### *ishga Marine Experience Spa Day*

This package includes:

- 105 minutes ishga Marine Experience
- 2-course lunch
- use of spa facilities
- your choice of ishga face or body product to take home

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### *Spa & Lunch Package*

This package includes:

- a spa treatment – lasting up to 60 minutes – of your choice
- 2-course lunch
- use of spa facilities

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### *Champagne Afternoon Tea Spa Day*

This package includes:

- a spa treatment – lasting up to 60 minutes – of your choice
- Champagne Afternoon Tea
- use of spa facilities

*Please note weekend spa packages incur a supplement.*

## NAILS

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### *Manicure*

This full Jessica manicure includes a nail analysis for a tailored treatment, as well as cuticle care and the application of nourishing creams to leave you with a polished finish.

50 Minutes

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### *Pedicure*

This foot and nail treatment uses luxurious Jessica pedicure products to leave your feet feeling in top condition.

50 Minutes

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### *File & Polish for Hands or Feet*

If you are rushed for time, this is a perfect file and polish for your hands and feet.

25 Minutes

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### *LeRemedi Hand Treatment*

A complete exfoliating and conditioning hand treatment, leaving hands noticeably silkier, smoother and firmer than before.

20 Minutes

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### *GELeration Luxury Manicure*

Introducing GELeration, Jessica's nail preserving soft gel system. This easy to soak off nail application will leave you with perfect polish.

55 Minutes

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### *GELeration Luxury Pedicure*

The same luxurious foot and nail treatment you love using GELeration soft gel system.

55 Minutes

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### *GELeration File & Polish for Hands or Feet\**

Achieve a long lasting, flawless GEL finish in the space of 35 minutes.

*\*Please note that for the GELeration File & Polish you must ensure your cuticles are trimmed or pushed back prior to having the treatment.*

35 Minutes

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### *GELeration Soak Off*

The removal of Jessica GELeration polish only.

25 Minutes

*Please ensure you have natural nails for your appointment. We can only guarantee to remove Jessica GELeration nail polish.*



ishga

Organic Seaweed

Natural Skincare

Anti-oxidant Marine Cream

MEMBERSHIP  
& GIFT CERTIFICATES

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*Membership*

Membership at The Balmoral Spa guarantees a refreshing way to ease the stress of a busy lifestyle. Membership benefits include a wide range of discounts.

We have several membership options available. For more information on membership, to arrange a show round or membership trial, please contact The Balmoral Spa. Corporate and group rates also available.

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*Tranquil Time*

For those not ready or able to commit to spa membership, we offer Tranquil Time:

Full use of all our spa facilities, including our sauna, steam, swimming pool, gym and studio.

180 Minutes

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*Gift Certificates*

An ideal present, gift certificates are available for The Balmoral Spa.

For further information on gift certificates please visit [roccofortehotels.com](http://roccofortehotels.com).

SPA ETIQUETTE

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*Spa Etiquette*

We advise that you arrive at least 15 minutes prior to your treatment. All treatments start and end on time to avoid any inconvenience for subsequent guests.

This will allow you time to change and unwind. Slippers, a robe and towels will be provided during your visit. Please dress appropriately when visiting the spa. Trainers are compulsory in the gym. Please bring your own swimming attire, which is compulsory in all public areas. We recommend refraining from consuming alcohol prior to a spa treatment.

In order for all our guests to enjoy the relaxation of the spa we operate a no mobile phone policy within the spa.

Please be aware that our swimming pool is not continuously manned. Children under 16 years must be supervised by an accompanying adult at all times. We ask all guests to respect our noise levels to ensure that The Balmoral Spa remains a tranquil environment for all guests. We kindly ask guests to refrain from jumping and diving in the swimming pool.

Some of our treatments may not be suitable or may require some adjusting should you have a medical condition or ailment.

Please inform us accordingly at the time of booking if any of the following contraindications apply:

Skin conditions  
Cancer  
Pregnancy/nursing  
Heart conditions  
Epilepsy  
Diabetes  
High blood pressure  
Low blood pressure  
Shellfish allergy  
Varicose veins  
Recent operations  
Scar tissue  
Thyroid medication  
Lymph node removal  
Any other medical conditions

\*Please note this list is not exhaustive

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*Pregnancy treatments*

We do not advise any treatments during the first trimester.

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*Treatments for children*

Anyone under the age 16 must be accompanied by an adult in the treatment room at all times. Treatments suitable for children are Manicure, Pedicure and Facial.



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### The Balmoral Hotel

1 Princes Street, Edinburgh EH2 2EQ  
T +44 131 556 2414  
reservations.balmoral@roccofortehotels.com

The Balmoral Spa  
+44 131 622 8880  
thespa.balmoral@roccofortehotels.com

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### Opening Hours\*

The Balmoral Spa is open  
**Monday – Friday: 06:30 – 22:00**  
**Saturday – Sunday: 07:00 – 22:00**

\*The Balmoral Spa reserves the right to change these times.

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### Reservations

**To make an appointment, please call  
The Balmoral Spa on +44 131 622 8880.  
Hotel guests can simply dial extension 880  
from their room.**

If we are unable to accommodate your appointment we will place you on our priority waiting list and contact you should any treatment times become available. Please note that all treatment times include a five minute consultation with your therapist and aftercare.

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### Cancellation policy

Please allow 24-hours' notice of cancellations to avoid a 100 % charge.

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### Late arrivals

Whilst we will always try to accommodate your treatment, late arrivals may result in a reduction in your treatment time due to other bookings, although, the full value of your treatment will be charged.



ROCCO FORTE SPAS

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DE ROME SPA

BERLIN

THE BALMORAL SPA

EDINBURGH

THE SPA AT BROWN'S

LONDON

THE CHARLES SPA

MUNICH

DE RUSSIE SPA

ROME

IRENE FORTE SPAS

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VERDURA

ROME

PUGLIA

PALERMO