



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: combining innovative Technogym gyms with one-to-one training and group city or nature fitness tours that offer a true sense of place.

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
- Fully equipped changing rooms
- State-of-the-art quad layout Technogym-equipped gym
- Wooden sprung group exercise studio

Opening Hours*

The Balmoral Spa is open
Monday to Friday: 06.30 – 22.00
Saturday to Sunday: 07.00 – 22.00

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

THE BALMORAL SPA PRODUCTS

Irene Forte Skincare

Inspired by Sicily and made by hand in Italy, Irene Forte Skincare is the Mediterranean diet for your skin. Each product has been carefully formulated with a matrix of natural active ingredients that are 100% recognised by the body and create a decisive chain of benefits on the skin. The brand is sustainable from production to packaging, clean and highly effective.

Made For Life Organics

All of Made for Life Organics skin and body care products are handmade in Cornwall using only 100% Organic ingredients, accredited by the Soil Association. Made for Life has carefully thought about the right ingredients and their specific properties, which not only beautify but also improve the health and wellbeing of your skin. The treatments connect mind with body. All products are naturally balancing for the skin.

Ishga

The name Isgha comes from the gaelic word for water. The products have been developed in the Outer Hebrides using the highest quality and purest Scottish seaweed combined with water from a natural spring situated on the beautiful Isle of Lewis. Seaweed has been used for centuries for its natural healing and therapeutic properties. It contains a high content of vitamins, minerals and powerful natural antioxidants that are considered essential for maintaining glowing skin.

IRENE FORTE RITUALS

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

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. Finish with an invigorating scalp massage for complete relaxation and rejuvenation.

90 Minutes



FACIALS

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

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

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

IRENE FORTE SKINCARE

Sicilian Earth & Sea Toning Treatment

A luxurious and toning full body treatment. Start with our Trapani Sea Salt Body Scrub 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

Mediterranean Nourishing Treatment

A deeply nourishing full body treatment. Start with a double scrub with our creamy Apricot Body Scrub and Trapani Sea Salt Body Scrub to remove impurities and leave your skin twice as smooth. Enjoy a full body massage using our nourishing Sicilian oils, followed by the application of our White Wine Body Cream, leaving you relaxed and moisturised to perfection.

60 Minutes

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

Sicilian Scrub

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

30 Minutes



BODY TREATMENTS

ISHGA

*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

*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

*Ishga 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.

MADE FOR LIFE

Made For Life Maternity Massage

A soothing and relaxing full body massage, designed for mothers-to-be after the first trimester. Slow, smooth and calming massage techniques are used to alleviate aches and pains whilst the oils help to prevent stretch marks.

60 Minutes



CANCER TOUCH

*Hand on Heart Treatment**

This deeply relaxing and nurturing spa ritual is suitable for all and created to help you reach a sense of deep peace and calm. Smooth, slow and rhythmic Tui Na and gentle touch is applied to the scalp, face, back and shoulders. The slow Tui Na Chinese movements rebalance and calm the upper body. The facial eases any tension held within the face and also replenishes, nourishes and revives the skin.

55/80 Minutes

*Catch the Breath Back & Head Treatment**

This nurturing gentle treatment for the head, back and shoulders has been created to help you drift into a meditative state of relaxation. Slow Tui Na Chinese massage techniques rebalance and calm the upper body. The ritual uses slow, soothing and rhythmic techniques providing complete tranquility.

30 Minutes

*Soothe & Nurture Organic Facial**

A beautiful way to restore natural luminosity, leaving skin looking and feeling radiant. Balms and oils will nourish and cleanse, eliminating congestion and returning natural balance to the skin. A deeply relaxing face and scalp massage calms the mind and soothes the soul.

30 Minutes

** The above treatments are performed by our Cancer Touch Therapy (CTT) trained therapists*



MASSAGES

Swedish Massage

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

50/80 Minutes

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.

50/80 Minutes

*Deep Tissue Massage**

This deep tissue massage is designed to relieve severe tension in the muscles and connective tissue. It is popular with people who do a lot of sport.

50/80 Minutes

*Please note that deep tissue massage may only be available upon request and is not included in our spa packages.



DAY SPA PACKAGES

All of the following Day Spa packages include full use of our spa facilities accompanied by a nourishing two-course lunch. Lunch is served in the comfort of the hotel's restaurant, Brasserie Prince, or in the poolside refreshment area.

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.

In addition, this package includes an Irene Forte Skincare Face Mask (50ml).

120 Minutes

Forte Body Ritual

Start with a relaxing foot soak followed by a full body scrub to leave your skin feeling silky smooth. A massage follows using oils from the sun drenched flora of Sicily to restore the body's physical and emotional balance. A rich herbal body mask is then applied to feed the body with the nutrients it deserves and to promote healthy skin. Finish with an invigorating scalp massage, leaving you completely relaxed and rejuvenated.

In addition, this package includes an Irene Forte Skincare Body Oil (100ml).

90 Minutes

Ishga Facial Plus Package

A rejuvenating facial designed to revitalise and restore. It is particularly useful for toning, firming and nourishing and also repairing the skin from environmental damage. This treatment will cleanse, tone and moisturise the skin leaving it revitalised and hydrated. The high content of seaweed extract in the products helps to preserve the skin's natural collagen with powerful anti-ageing properties.

In addition, this package includes an Ishga Anti Oxidant Marine Cream (75ml).

60 Minutes

Spa & Lunch

A spa treatment – lasting up to 60 minutes – of your choice followed by a nourishing two-course spa lunch.

60 Minutes

Champagne Afternoon Tea Spa Day

Start your day in the comfort of our spa and enjoy a spa treatment – lasting up to 60 minutes – of your choice.

In the afternoon, indulge with Champagne Afternoon Tea in the opulent surroundings of Palm Court.

Advance booking is recommended for this package.

60 Minutes

Tranquil Time Package

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

180 Minutes

BEAUTY SERVICES

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

Pedicure

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

50 Minutes

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

Executive Hand & Nail Treatment

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

25 Minutes

GELeration Luxury Manicure

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

55 Minutes

GELeration Luxury Pedicure

The same luxurious foot and nail treatment you love with a finish which lasts up to three weeks.

55 Minutes

*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

GELeration Soak Off

The removal of Jessica GELeration polish only.

25 Minutes





FINISHING TOUCHES

Eyelash Tint

25 Minutes

Eyebrow Tint

10 Minutes

Eyelash & Eyebrow Tint

25 Minutes

Please note that all tinting treatments require a 24hr patch test.

Waxing

Half Leg Wax

Full Leg Wax

Bikini Wax

Underarm Wax

Lip and Chin Wax

Eyebrow Wax

Chest Wax

Back Wax

Please note that we do not recommend use of any of our heat facilities in the spa pre and post waxing treatments.

FITNESS

WET FACILITIES

MEMBERSHIP

Wooden Sprung Fitness Studio

Our wooden sprung fitness studio offers the perfect space for group exercise. We host a selection of pilates, dance and yoga classes for members and guests.

Gym

Our gym is equipped with free weights and Technogym weight machines. We have a full range of resistance equipment and Technogym cardiovascular equipment.

Personal Training

A dedicated personal training team is available for individual sessions in our fully equipped gym and weights room. They will build an effective and bespoke training plan to help you reach your personal goals.

Swimming Pool

Our 15 metre indoor pool is perfect for swimming laps and relaxing.

Turkish Steam Room

Our steam deeply relaxes and cleanses the skin, it helps relieve muscle soreness and joints stiffness as well as enhance your immune system through lymph detoxification and blood circulation. The high concentration of steam makes it more difficult to breathe, which helps exercise the lungs.

Finnish Sauna

Our sauna positively influences the mind and body. Saunas improve the immune system and blood circulation as well as cleanse and rejuvenate the skin.

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 the following membership options:

Annual peak membership

Monthly membership

Day Membership

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

Gift Certificates

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

For further information on gift certificates please visit roccofortehotels.com.



The Balmoral Hotel

1 Princes Street, Edinburgh EH2 2EQ
T +44 (0)131 556 2414
reservations.balmoral@roccofortehotels.com

The Balmoral Spa
+44 (0) 131 622 8880
thespa.balmoral@roccofortehotels.com

Opening Hours*

The Balmoral Spa is open
Monday to Friday, 6.30 – 22.00
Saturday to Sunday, 7.00 – 22.00

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

Reservations

To make an appointment, please call The Balmoral Spa on 0131 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.

Please allow 24 hours notice of cancellations to avoid a 100 per cent charge.

Spa Etiquette

We advise that you arrive at least 15 minutes prior to your treatment. This will allow you time to change and unwind. Slippers, a robe and towels will be provided during your visit. Please bring your own swimming attire, which must be worn in the heat facilities and pool. In order for all our guests to enjoy the relaxation of the spa we operate a no mobile phone policy within the relaxation areas.

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.

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
Varicose veins
Recent operations
Scar tissue
Thyroid
Medication
Any other medical conditions

*Please note this list is not exhaustive

THE BALMORAL SPA

RITUALS

Irene Forte Rituals			
Forte Face & Body Ritual	120 min	£160	
Forte Body Ritual	90 min	£120	

FACIALS

Irene Forte Skincare			
Etna Age-Defying Facial	90 min	£120	
Forte Facial	60 min	£90	
Ishga			
Ishga Anti-Ageing Rejuvenator Facial	60 min	£90	

BODY TREATMENTS

Irene Forte Skincare			
Sicilian Earth & Sea Toning Treatment	90 min	£120	
Mediterranean Nourishing Treatment	60 min	£90	
Regenerating Hip-to-Toe Treatment	60 min	£90	
Sicilian Scrub	30 min	£45	

Ishga			
Ishga Hot Stone Massage	60 min	£90	
Ishga Detoxifying Seaweed Body Wrap	60 min	£90	
Ishga Salt & Oil Scrub	25min	£45	

Made For Life			
Made for Life Maternity Massage	60 min	£90	

CANCER TOUCH

Hand on Heart Treatment	55 min	£85	
	80 min	£110	
Catch the Breath Back & Head Treatment	30 min	£45	
Soothe & Nurture Organic Facial	30 min	£45	

MASSAGES

Swedish Massage	50 min	£85	
	80 min	£100	
Essential Body Massage	50 min	£85	
	80 min	£100	
Deep Tissue Massage	50min	£95	
	80min	£115	
DAY SPA PACKAGES			
Forte Face & Body Ritual	120 min	£250	
Forte Body Ritual	90 min	£220	
Ishga Facial Plus Package	60 min	£165	
Spa & Lunch	up to 60 min	£105	
Champagne Afternoon Tea	up to 60 min	£135	
Spa Day	without champagne	£120	
Tranquil Time Package	Up to 3 hours Monday to Friday	£35	

BEAUTY SERVICES

Manicure	50 min	£50	
Pedicure	50 min	£50	
File & Polish for Hands or Feet	25 min	£30	
Executive Hand & Nail Treatment	25 min	£30	
GEleration Luxury Manicure	55 min	£55	
GEleration Luxury Pedicure	55 min	£55	
GEleration File & Polish for Hands or Feet	35 min	£45	
GEleration Soak-Off	25 min	£20	

FINISHING TOUCHES

Eyelash Tint	25 min	£25	
Eyebrow Tint	10 min	£15	
Eyelash & Eyebrow Tint	25 min	£35	

WAXING

Half Leg Wax	25 min	£30	
Full Leg Wax	50 min	£50	
Bikini Wax	10 min	£20	
Underarm Wax	10 min	£20	
Lip and Chin Wax	10 min	£20	
Eyebrow Wax	10 min	£20	
Chest Wax	50 min	£50	
Back Wax	50 min	£50	

ROCCO FORTE SPAS

DE ROME SPA

BERLIN

THE BALMORAL SPA

EDINBURGH

VILLA SPA

FRANKFURT

ASSILA SPA

JEDDAH

THE SPA AT BROWN'S

LONDON

THE CHARLES SPA

MUNICH

DE RUSSIE SPA

ROME

VERDURA SPA

SICILY

DE LA VILLE SPA

ROME

TORRE MAIZZA SPA

PUGLIA

FUTURE OPENING:

THE WESTBUND SPA

SHANGHAI