



THE BALMORAL SPA
EDINBURGH

A ROCCO FORTE SPA

TREATMENTS

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 – £115

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.

30 Minutes – £50

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 – £170

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 – £135

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.
- 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 – £115

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 – £115

MASSAGE

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 – £100/£125

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 – £100/£125

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 – £115

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.

60/90 Minutes – £120/£135

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

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 – £115

NAILS

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 – £50

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 – £55

Pedicure

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

50 Minutes – £50

GEleration Luxury Pedicure

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

55 Minutes – £55

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 – £30

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 – £45

GEleration Soak Off

The removal of Jessica GEleration polish only.

25 Minutes – £20

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



Opening Hours

The Balmoral Spa is open
Monday to Sunday, 08.00 – 20.00

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

Reservations

To make an appointment, please call 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

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.

Late arrivals: If you are running late, we will always try to accommodate your treatment. Late arrivals may result in a reduction in your treatment time, however, the full value of your treatment will be charged.

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
- Eczema/Psoriasis
- Any other medical conditions

Please note this list is not exhaustive.

ROCCO FORTE SPAS

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

VERDURA

ROME

PUGLIA

PALERMO