



I M P E R I A
— S P A —





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Imperia Spa is an award-winning idyllic sanctuary for the mind and body to relax and rejuvenate.

Located within Gleddoch, the highly acclaimed Spa is conveniently positioned to benefit both hotel residents and visiting guests alike. With unrivalled views over the Clyde Estuary and Ben Lomond, it's uniquely placed to offer a memorable and luxurious experience.

With a great selection of spa days and breaks, as well as individual treatments, Imperia Spa offers the perfect destination if you are seeking a romantic getaway, day out with friends, or some time out with your nearest and dearest.





ELEMIS was born in 1989 out of the vision to bring together the power of nature, science and aromatics. To harness the dynamism of the highest grade actives and create a skincare line that would transform the frontline of the beauty industry.

Your skin, your body and your wellness lie at the heart of ELEMIS. Their products embody the power of nature and science to create ground-breaking formulations that genuinely transform your skin.

From skin conditioning treatments to specially formulated cleansers, ELEMIS treatments provide the ultimate spa experience.

ishga

Scottish Seaweed Skincare

ishga is derived from the Gaelic word for water. ishga 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 Hebridean Isle of Lewis.

Seaweed contains a high content of vitamins, minerals and powerful natural anti-oxidants that are considered essential for maintaining glowing skin.

The mineral rich seaweed extract is carefully blended with cucumber extract, macadamia, jojoba, aloe vera and lemon peel so that your ishga treatment will detoxify, nourish, firm and hydrate your skin whilst also preserving its natural collagen.







FACILITIES

Indoor Swimming Pool

Take a revitalising swim in the 17m UV-treated swimming pool, illuminated with colour changing LED lights. Work up an appetite before lunch or simply relax poolside with a good book.

Indoor & Outdoor Hot Tubs

Relax in the warm water to feel the gentle massaging bubble jets relax your muscles, ease tension, increase circulation and improve joint mobility.

Sauna

The traditionally hot sauna (90°C) will cleanse, revitalise and detoxify the skin and improve micro circulation.

Steam Room

This mosaic-tiled chamber, heated to 40-45°C, gently opens pores to cleanse the skin and remove toxins from the body.

Experience Shower

Enjoy the warm tropical rainfall to awaken the senses.

Relaxation Room

Lie back on comfortable day beds, enjoy complete peace and quiet whilst you're transported to a world of pure tranquillity.

Spa Conservatory

The underfloor-heated spa conservatory is a calming place to read a book, newspaper or simply relax on heated loungers whilst enjoying the views over the River Clyde.

Six Treatment Rooms

Lie back, relax and be pampered with the finest treatments in one of our luxuriously tranquil treatment rooms. This includes one double room for friends and couples.

Nail & Hair Treatment Room

This dedicated room features state-of-the-art pedispa chairs, as well as a nail bar and hair dressing station.

Gymnasium

Offering the latest fitness equipment for energising workouts with a team of friendly, well-trained fitness instructors to help you reach your wellness goals.

Spa Boutique

Take the Imperia Spa experience home with you with a collection of ELEMIS and ishga products available on sale as well as gifts, accessories and leisurewear.

MASSAGE

Imperia Spa Ritual (120 mins)

Combine an Imperia Exotic Moisture or Herbal Lavender Facial with the powerful effects of the ELEMIS Full Body Massage. Two hours of pure relaxation.

ELEMIS Freestyle Deep Tissue Back Massage (30 mins)*

Specifically targeting the back, shoulders and neck areas to relieve stress and muscle tension. The key techniques of the Swedish muscle massage are applied.

ELEMIS Freestyle Deep Tissue Full Body Massage (60 mins)

Alleviate stress, ease aching muscles and revive the senses with this powerful, customised massage. Dynamic blends of essential oils are prescribed to target individual needs and reduce specific stress and muscle tension.

ELEMIS Deeper Than Deep Hot Stones Back Massage (30 mins)

Get deep into the muscle with stones selected to address exactly what you need. Skin is intensely moisturised with ELEMIS body oil. Stones are worked over the body, deep into the muscles, getting into areas of tension at a profound level, persuading the muscles to release their trapped energy.

ELEMIS Deeper Than Deep Hot Stones Back & Leg Massage (45 mins)

Get deep into the muscle with stones selected to address exactly what you need. Skin is intensely moisturised with ELEMIS body oil.

ELEMIS Peaceful Pregnancy Massage (60 mins)

A gently nurturing, specially formulated massage that deeply relaxes. Mothers-to-be are lulled and restored to optimum wellness. An intuitive, sensitive and relaxing massage that hydrates and moisturises skin.

ishga Express Massage (25 mins)

A massage focusing on the back, neck and shoulders to target areas of tension and release everyday stress. Our seaweed body oil regenerates, firms and nourishes the skin.

ishga Invigorating Full Body Massage (55 mins)

This invigorating treatment works by combining marma massage, lymphatic drainage and traditional Swedish massage techniques. It is designed to detox and balance the body whilst removing any areas of tension and stress. The seaweed-based body oil nourishes and protects the skin.

ishga Hot Stone Massage (55 mins)

A full body massage incorporating heated basalt stones which instantly relaxes the muscles. Hot stones are useful for easing out tension and reducing aches and pains. A seaweed-based oil with lemongrass, lavender and juniper will detoxify and regenerate the skin.

ishga Hot Poultrice Massage (55 mins)

A combination of traditional massage and new innovative techniques, using heated sea salt and seaweed granule-filled poultices. At the end of your treatment, you will be given a poultice to take away and use as a detoxifying seaweed bath experience at home.

FACIAL

Imperia Booster Facial (30 mins)*

Thirty minutes to a smooth glowing complexion. Perfect for a lunch-time or early evening 'quick fix', these facials are uniquely designed for maximum results in minimum time.

Imperia Exotic Moisture Facial (55 mins)

Treat your skin to a moisture boost. Following a specialist facial massage, the skin is fed with thirst-quenching actives that will bring back that healthy, dewy look to skin.

Imperia Herbal Lavender Facial (55 mins)

For perfect restoration of skin balance. Deep cleansing to draw out skin impurities, this facial will help reduce unwanted shine, refine pores and treat skin breakouts.

ELEMIS Superfood Pro-Radiance (60 mins)

Energise and detoxify stressed, dull skin with a nutritional superfood boost. Leaves skin, plumper, radiant and lit up with good health. Magnesium, Potassium, Zinc, Vitamin A and E form a mineral army to jump-start tired and exhausted skin.

ELEMIS White Brightening Pigment Perfector (60 mins)

Illuminates and brightens for a naturally more even complexion. Restores even skin tone, targeting unwanted areas of pigmentation. Encapsulated Vitamin C acts as a potent brightener, inhibiting future pigmentation.

ELEMIS Pro-Collagen Age Defy (60 mins)

Experience the age-defying benefits of marine-charged Padina Pavonica whilst targeted massage encourages optimum cellular function. Tackle fine lines and wrinkles with the clinically proven* age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin. (*Independent Clinical Trials)

ELEMIS Pro-Definition Lift & Contour (60 mins)

Restore the architecture of your face with potent plant actives. The Arjuna and Lupin-infused jowl and chin mask works on elasticity, whilst potent nutrients and stem cells found in Edelweiss and Tiger Grass help support the extra-cellular matrix. The skin appears plumper and revitalised, creating a profoundly sculpted, youthful effect.

ELEMIS Dynamic Resurfacing Precision Peel (60 mins)

This highly potent couture resurfacing treatment targets the signs of ageing and dull, tired, uneven skin tone. This pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin.

ELEMIS Couture Touch (60 mins)*

Booster Facial with a personalised ELEMIS Freestyle Deep Tissue Massage or ELEMIS Deeper Than Deep Hot Stones Massage.

ishga Express Facial (25 mins)

An express facial using our organic product range cleanses, tones and moisturises for essential skin maintenance. Includes an exfoliating mask and scalp massage to complete the experience.

ishga Anti-Ageing Rejuvenator Facial (55 mins)

A rejuvenating facial designed to revitalise 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 considered essential for maintaining healthy, youthful skin. Suitable for all skin types. Particularly useful for toning, firming, nourishing, as well as repairing and protecting the skin from environmental damage.

SCRUBS & WRAPS

Imperia Cellutox Aroma Spa Ocean Wrap (75 mins)

Let your thoughts drift away, whilst cocooned in a comforting wrap of rich marine algae and detoxifying Juniper and Lemon. Enjoy a facial massage and de-stress scalp treatment or soothing foot massage. Helps refine the appearance of cellulite and relieve the discomfort of fluid retention.

Imperia Musclease Aroma Spa Ocean Wrap (75 mins)

A deeply detoxifying blend to decongest and stimulate the system. Helps ease the pain of arthritis, fatigue and aching muscles.

ELEMIS Hot Mineral Body Boost Wrap (75 mins)

A unique treatment that stimulates every cell in the body, helping alleviate muscular pain and remove toxins. A revolutionary, minerally-charged experience of skin conditioning, metabolic balancing and energising wellness.

ishga Detoxifying Seaweed Body Wrap (55 mins)

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.

ELEMIS Intensely Cleansing Salt Scrub – Lime & Ginger or Frangipani (30 mins)

A deeply cleansing salt scrub that encourages cell regeneration for the softest, smoothest, most nourished skin. The extraordinary cleansing power of salt goes to work releasing toxins in this body polishing treatment. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

ishga Salt & Oil Scrub (25 mins)

An invigorating express treatment to stimulate circulation, eliminate toxins and leave the skin nourished and glowing.

EYE CARE

Eyebrow Tint
Eyelash Tint
Eyebrow & Eyelash Tint
Party Lashes
Henna Eyebrows

WAXING

Chin (15 mins)
Lip (15 mins)
Lip & Chin (30 mins)
Eyebrows (15 mins)
Underarm (15 mins)
Forearm (30 mins)
Full Arm (45 mins)
Half Leg (30 mins)
Full Leg (60 mins)
Bikini (30 mins)
Brazilian (45 mins)
Intimate/Hollywood (60 mins)

TANNING & MAKEUP

Spray Tan
Makeup Application

HAIR

Whether you're looking to completely re-vamp your style or just need a quick trim, our experienced Hairdresser is on-hand to help achieve your desired look.

HANDS & FEET

ELEMIS Garden of England Rose Restore Hand Treatment (30 mins)

This anti-ageing treatment will soothe dry and chapped hands and nails thanks to its deep conditioning and strengthening properties. Hands will be left feeling beautifully smooth and young looking.

ELEMIS Best Foot Forward (30 mins)

Take a load off with this foot-focused tension releaser. Lower legs and feet are thoroughly massaged, leaving them feeling nourished, soft and smooth.

ishga Luxurious Seaweed Foot Experience (55 mins)

Transform and re-energise tired, achy feet. Begin with a soothing foot bath filled with nutrient rich salts and pure essential oils. As you sit back and relax, the skin on your feet and lower legs will be softened with our indigenous Scottish seaweed foot scrub, followed by a relaxing foot massage to hydrate and nourish the skin and then a detoxifying seaweed gel mask will be applied. Nails shaped, cuticles conditioned and finished with your choice of nail polish or shiny buff.

Mini Pedicure (30 mins)

Freshen up your toenails with a file and polish.

Classic Pedicure (60 mins)

Following a professional consultation, this treatment includes a foot massage, nail shape and file and your chosen polish.

French Pedicure (60 mins)

Give your feet a break and spoil them with a pedicure treatment, followed by a file and French polish.

Luxury Pedicure (75 mins)

A Classic Pedicure with the addition of a foot mask and heated booties.

Mini Manicure (30 mins)

Freshen up your nails with a file and polish.

Classic Manicure (60 mins)

Following a professional consultation, this treatment includes a hand massage, nail shape and file and your chosen polish.

French Manicure (60 mins)

Following a professional consultation, this treatment includes a hand massage, nail shape and file and is finished with French polish.

Luxury Manicure (75 mins)

A Classic Manicure with the addition of a hand mask and heated mittens.

Shellac (45 mins)

Acrylic Nails (90 mins)

FOR MEN

Imperia Energising Booster Facial (30 mins)

Designed for men's skin, this power-charged treatment helps to cleanse, firm and hydrate the skin, reducing the appearance of wrinkles. Intelligent Adaptogenic Technology helps channel moisture to where it is needed most.

Imperia High Performance Skin Energiser Facial (60 mins)

The hardworking facial for ageing, dehydrated skin and tired eyes. It maximises cell regeneration as steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massages deeply relax.

Full Back Wax (includes shoulders) (30 mins)

Chest Wax (30 mins)

ishga Bespoke Facial (55 mins)

Your therapist will select the most suitable products from the ishga range to create a personalised facial. The ishga products stimulate collagen production and combat signs of ageing. This treatment will cleanse, tone and moisturise the skin leaving it revitalised and hydrated.

ishga Stress Reliever Massage (55 mins)

An individually tailored full body treatment combined with scalp massage. It is designed to detox and balance the body whilst removing any particular areas of tension and stress. The seaweed-based oil nourishes and protects the skin.

All other treatments in this brochure can be tailored to your needs. Speak to a member of the team for more details.

** These treatments are available as a couples treatment and are available in the couples package.*





JENNIFER YOUNG NATURAL THERAPIES

We are delighted to introduce a range of Jennifer Young Natural Therapies for those living with and beyond cancer. All the therapies are adapted to meet your specific requirements, resulting in a session that is bespoke to you. The organic products are 100% natural and have been designed to help address some of the skin and nail related side effects which regularly occur when undergoing treatment for cancer.

All treatments are 30 minutes (express) or 60 minutes, with the exception of the Jennifer Young Top to Toe (75 minutes).

TREATMENTS

Jennifer Young Glowing Facial

This relaxing facial is blissfully adapted to bring the glow of health and harmony to even the most sensitive skin and scalps. Soothing massage techniques help you to drift to a place of rest and relaxation, leaving your skin with a glowing radiance.

Jennifer Young Lifting & Rejuvenating Facial

A luxurious facial created with rejuvenation in mind. Specialist techniques are used to restore, lift and improve the flow of energy and nutrients to the face and scalp. Soothing massage, gentle acupressure, energetic crystals and therapeutic natural and organic products combine to make this a powerful anti-ageing experience.

Jennifer Young Specialist Pedicure

Our soothing and nourishing foot balm is massaged into your feet whilst our 100% natural and organic nail oil works its magic into your nails. Finish off with a colour of your choice and enjoy recognising your feet!

Jennifer Young Specialist Manicure

Luxurious peach kernel oil and macadamia oil combine with the specialist knowledge of your therapist to give a healing and relaxing manicure. This treatment is designed for damaged nails and sensitive skin. Your specialist therapist will bring your nails back to a new level. This nourishing and moisturising manicure is finished with an application of your favourite colour. You will be given expert advice on how to improve the condition of your nails.

Jennifer Young Indulgent Massage

Using 100% natural and organic oils, this bespoke massage treatment is ideal for the most sensitive skins. Let the power of touch bring harmony and well-being, leaving you feeling deeply relaxed.

Jennifer Young Top to Toe

This top to toe experience includes a gentle full body massage followed by a deeply relaxing facial, which will benefit even the most sensitive skin. Your specialist therapist uses 100% natural and organic products, and will extend the experience to include the scalp, giving you a true top to toe experience!

Jennifer Young Balanced Body & Mind

This is a bespoke massage carefully adapted to suit your individual needs. The experience starts with identifying the chakra to be balanced during this indulgent and soothing full body treatment. Using 100% natural and organic oils blended for their affinity with the chakra energy centres, this treatment is ideal for even the most sensitive skins. Let the power of specialist touch, the energy of the crystals and the therapeutic benefits of essential oils bring balance, harmony and well-being. You will be left feeling deeply relaxed. The experience is extended to include the scalp ensuring that your massage brings total release.





CELEBRATE AT IMPERIA SPA

No matter the occasion, be it a relaxing hen weekend, birthday or anniversary celebration, or the perfect excuse to pamper yourself, Imperia Spa has everything you need to make it a memorable experience.

If you're getting married at Gleddoch, our spa facilities are the ideal place to carry out any final beauty preparations before the big day. After the wedding, why not spend your first day as newlyweds relaxing with a couples treatment to wind down after what is sure to be a busy few days?

GIFT VOUCHERS

Our Spa gift vouchers are the perfect gift to help our loved ones relax, rejuvenate and revitalise. Choose from monetary values, spa day packages or make it extra special with one of our residential packages. Ask at the Spa Reception for more details.







Once the home of the shipping baron, Sir William Lithgow, Gleddoch sits in over 360 acres of countryside, with spectacular views of the River Clyde, Ben Lomond and the rolling hills of Renfrewshire.

Gleddoch features 75 en-suite bedrooms and suites, an 18-hole, 6,450-yard championship golf course, Imperia Spa, full leisure facilities and drinking and dining spaces which include The Nineteenth, Dram Bar, VISTA Restaurant and Camellia Lounge.

Hotel guests at Gleddoch have complimentary use of all the leisure facilities from check-in until check-out.





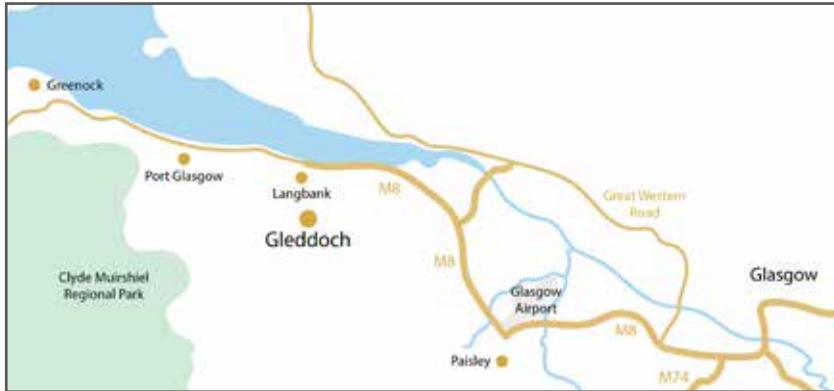


Designed in 1974 by J. Hamilton Stutt, Gleddoch Golf Club is widely regarded as one of the most scenic in the West of Scotland with stunning views across the Clyde Estuary.

The 6,450 yard championship course features a challenging mix of parkland and heathland, along with gently undulating fairways, large greens and a variety of holes which will require you to use every club in your bag.

18 hole professional golf course
On-site PGA Gold Professional
Buggy and club hire
Pro shop
Golf society and social events
The Nineteenth clubhouse lounge

New for 2019 - State of the art 16-bay driving range and putting studio.



HOW TO FIND US

Gleddoch is conveniently located within 20 minutes of Glasgow city centre and 12 minutes from Glasgow International Airport by car.

The nearest train station is Langbank which is less an a mile away.







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