

BODY

SLEEPING BEAUTY SIGNATURE SALT GLOW (40 min) 57.50
Using our natural Aromatherapy Salt Scrub with Himalayan salts and skin conditioning oils, skin will be buffed smooth, followed by a liberal application of our body soufflé's to leave skin feeling moisturised, smooth and soft.

SIGNATURE HAND TREATMENT (20 min) 20.00
Our lovely pampering hydrating hand treatment has been upgraded! Includes a salt scrub exfoliation, hand & lower arm massage using our Rose & Jasmine Massage candle and thermal mittens. A lovely intensive treatment for dry hands & nails!

FOOT SOAK, SCRUB & RUB (20 min) 20.00
A treat for tired feet. Includes a detoxifying foot soak, skin polishing salt scrub and extended foot & lower leg massage.

MALE GROOMING

HIGH PERFORMANCE ENERGISER FACIAL (60 min) 78.00
The hard-working 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.

DEEP TISSUE BACK MASSAGE (30 min) 49.00
An invigorating and deep pressure treatment that works on releasing muscular tension and knots. Using our sports massage blend with Clove, Black Pepper & Rosemary to warm, increase circulation and reduce pain in joints and muscles.

TOTAL TIME OUT FOR MEN (90 min) 109.00
The ultimate skin and body therapy for men. The High Performance Energiser Facial combined with the dynamic and immediate tension-relief of a Back, Neck & Shoulder Deep Tissue Massage. Achieve the ultimate goal of Total Time Out!

USEFUL INFO

Please see full Terms & Conditions on our website

Latecomers & Cancellation Policy - We regret that it may be necessary to treat appointments as cancelled for clients arriving more than 15 minutes late but we will, whenever possible, adapt the treatment to the time available although the full cost will be incurred. Please give at least 4 hours' notice to cancel or change an appointment or you will be charged for the time reserved.

Deposits - For treatments 60 minutes or longer a deposit or credit/debit card details will be required when booking. Non-attendance or late cancellation will result in this deposit being retained or a 50% charge being made on the card.

LOCATIONS



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**SLEEPING
BEAUTY**
SALON LIMITED

TREATMENT MENU 2023

**RADISSON BLU
HOTEL SPA
EDINBURGH**

sleepingbeautysalon.com

MASSAGE

RELAXING AROMATHERAPY MASSAGE

A soothing and deeply relaxing massage using our own aromatherapy oil blends. Available with your choice of either relaxing, revitalising or a detoxifying blend and in either light, medium or firm pressure to your own request.

BACK, NECK & SHOULDER (30 min)	45.00
FULL BODY (60 min)	65.00

DEEP TISSUE MASSAGE

Alleviate high stress levels, ease aching muscles and revive the senses with this powerful deep tissue massage. Using our own aromatherapy oil with Clove, Black Pepper & Rosemary to warm, increase circulation and reduce pain in joints and muscles. Helps relax, recharge and re-energise, whilst tension melts away.

BACK, NECK & SHOULDER (30 min)	49.00
FULL BODY (60 min)	69.00

HOT STONES MASSAGE

Our hot stones massage starts with a gentle body brushing followed by a soothing massage that quenches the skin, combined with smooth basalt stones that gently ease deep muscular tension and accumulated stresses from the body whilst soothing the mind and soul.

BACK, NECK & SHOULDER (30 min)	49.00
HOT STONES FULL BODY (60 min)	69.00

SIGNATURE ROSE & JASMINE MASSAGE

This blissful relaxation treatment incorporates our own Rose & Jasmine Massage Candles. It starts with a Welcome Foot Ritual before light body brushing after which the warm oils and natural butters from the massage candle are drizzled over the skin for your massage treatment, to melt away tension and delicately nourish the skin.

BACK, NECK & SHOULDER (50 min)	60.00
FULL BODY (80 min)	90.00

SIGNATURE GRAPEFRUIT & LIME MASSAGE

This brand new treatment incorporates a welcome foot ritual and light body brushing followed by a massage using our zesty Bergamot, Grapefruit & Lime massage candle. The massage candle is drizzled over the skin to melt away tension and nourish the skin while the aromatherapy oils help clear your mind and boost energy levels.

BACK, NECK & SHOULDER (50 min)	60.00
FULL BODY (80 min)	90.00

INDIAN HEAD MASSAGE (45 min)

55.00
A treatment based on old Ayurvedic techniques involving work on the upper back, neck, shoulders, face and scalp. A variety of massage movements are used to relieve accumulated tension and stimulate circulation as well as to reduce stress and fatigue and improve mental clarity.

ADD-ONS

PARAFFIN WAX BACK PACK	17.50
HEATED EYE MASK	3.50
PRESSURE POINT SCALP MASSAGE	11.50
DEEP TISSUE PRESSURE	4.00

ELEMIS FACIALS

ELEMIS TASTER FACIAL (30 min)	44.00
The perfect way to experience the Elemis range. This treatment will give a quick pick-me-up for dull, lifeless skin.	

ELEMIS PRO-GLOW RENEWAL (50 min)	75.00
For gorgeous glowing skin	
ELEMIS' signature deep cleansing skin wellness facial, showcasing Prebiotics and antioxidant-rich goodness to deliver a healthy-looking skin, lit from-within glow.	

ELEMIS PRO-GLOW SMOOTH (50 min)	75.00
The HIIT workout for your skin	
Powerful resurfacing technology lifts away dead skin cells to smooth, renew and refine, whilst improving the appearance of skin tone and luminosity. Skin is prepped for an infusion of hydration that will double its moisture content, leaving it feeling plump and hydrated, whilst delivering an immediate and visibly tightened effect.	

ELEMIS PRO-GLOW BRILLIANCE (50 min)	75.00
Your recipe for radiance	
Turn up the brightness with our triple cleanse, melting away make-up, daily pollutants and grime. Gentle resurfacing dissolves away dead skin cells to reveal healthy and clearer looking skin. A fusion of superfoods and antioxidant-rich facial oils plump the skin with moisture, whilst helping to nourish and protect.	

ELEMIS PRO-GLOW RESURFACE (50 min)	75.00
Resurfacing for stunningly smooth skin	
Purify and brighten as the skins 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.	

ELEMIS PRO-GLOW GENIUS (75 min)	110.00
Your line-fighting superhero facial	
Clinically proven intelligent skincare and our triple level approach to skin hydration results in transformative results for younger-looking skin. Powered by our ULTRA-SMART technology, with a spotlight on deep-set wrinkles for maximum, multi-faceted facial rejuvenation and skin hydration, skin will be visibly smoother, resilient and firmer-looking.	

REFLEXOLOGY

REFLEXOLOGY (45 min)	55.00
A gentle therapeutic foot treatment incorporating pressure points that mirror the body's key systems. This is an ancient healing art bringing soothing relief in modern times.	

LUXURY REFLEXOLOGY (60 min)	65.00
A luxurious spa treatment with a calming hot stone foot soak to refresh tired feet before a foot and lower leg exfoliation. After your reflexology session, feet will be massaged with hot stones to leave you walking on air!	

MADE FOR LIFE™ ORGANICS

HAND ON HEART™ BACK, FACE & SCALP TREATMENT

This nurturing and calming treatment for the head, face, back and shoulders was created to allow you to drift away into a meditative state of relaxation. Slow Tui Na Chinese techniques rebalance and calm the upper body while the facial will replenish, nourish and revive the skin with 100% organic Made for Life products. (Suitable for all including people diagnosed and recovering from cancer).

(60 min)	69.00
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CATCH THE BREATH® BACK AND HEAD TREATMENT

This nurturing gentle treatment for the head, back and shoulders was created to allow you to drift away into a meditative state of relaxation. Slow Tui Na Chinese techniques rebalance and calm the upper body. The ritual uses slow, soothing and rhythmic techniques providing complete tranquillity and relaxation, and 100% certified organic Made for Life products. (Suitable for all including people diagnosed and recovering from cancer).

(30 min)	46.00
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SOOTHE & NURTURE™ ORGANIC FACIAL

A beautiful way to restore natural luminosity to the skin, leaving you looking and feeling radiant. 100% organic balms and oils will nourish and cleanse, eliminating congestion and returning natural balance to the skin, whilst deeply relaxing face and scalp massage calms the mind and soothes the soul. (Suitable for all including people diagnosed and recovering from cancer).

(60 min)	69.00
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SOFT TOUCH THERAPY

An exceptionally relaxing sequence of touch tailored to your needs. Soothing touch to full body or part body will induce a deep sense of relaxation enabling you to switch off and enjoy the present moment. (Suitable for all including people diagnosed and recovering from cancer).

(60 min)	69.00
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PREGNANCY

MADE FOR LIFE™ PREGNANCY PAMPERING

BACK, NECK & SHOULDER (30 min)	46.00
A soothing, relaxing back, neck & shoulder massage designed especially for mums-to-be using specialised positioning taking the strain off your lower back. Slow smooth massage techniques are used in this treatment to calm and alleviate any aches and pains, 100% organic oils help to prevent stretch marks. Recommended from 14 weeks.	
FULL BODY (60 min)	69.00
FACE & BODY (90 min)	92.00

MINI MUM-TO-BE FACIAL (30 min)	44.00
Certain products with highly concentrated essential oils or acids are not recommended during pregnancy so this facial uses specially selected Elemis products that have been certified as safe during this special time. Includes double cleansing, exfoliation, treatment mask, face, neck & shoulder massage and moisturisation.	