ROCCO FORTE
SPAS

THE BALMORAL
EDINBURGH

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ROCCO FORTE SPAS

We all search for wellbeing. Rocco Forte Spas is born from this desire.

All of our spas have Rocco Forte Rituals, Rocco Forte Fitness and Rocco Forte Nourish. Verdura Resort also has Rocco Forte Health, and each spa has strong local accents.

Rocco Forte Rituals inspire the senses: aromas abound whilst our expert therapists pamper you from head to toe. These signature treatments are carried out with our very own product line. Inspired by products grown at our resort in Sicily, our bio-cosmetics are rich in vitamins and backed by scientific research.

Rocco Forte Fitness is inspired by the Forte family's commitment to sport. We have an innovative approach to fitness, with the most cutting-edge equipment and professional trainers to support you all the way.

Rocco Forte Nourish ensures that you can eat healthily throughout our hotels. We have special, healthy dishes on our dining menus, created by nutritional experts and using local and seasonal produce. We also have a bespoke nourishing In Room Bar option.

With Rocco Forte Spas, we want you to take home great new habits and leave us looking, feeling and being better.

THE BALMORAL SPA
EDINBURGH

The Balmoral Spa is a retreat in the heart of Edinburgh. A sanctuary of personal comfort and total escapism. The Balmoral Spa's expert therapists will take you on a journey, awakening your senses as you revive, relax and rejuvenate. It's the perfect place to escape the pace of city life.

- 5 treatment rooms
- Candle-lit relaxation suite
- Finnish sauna
- Turkish steam room
- 15m swimming pool
- Poolside refreshment area
- Fully equipped changing rooms
- State-of-the-art quad layout gym
- Wooden sprung group exercise studio

OPENING TIMES:

The Balmoral Spa is open Monday to Friday, 6.30am to 10pm, and Saturday to Sunday, 7am to 10pm.

THE BALMORAL SPA PRODUCTS

FORTE ORGANICS

Forte Organics is our new organic line, made in Italy and created exclusively for Rocco Forte Spas. Our products are rich in organic, natural, as well as active, Sicilian ingredients. Many have been hand-picked from our sister property Verdura Resort. The base of the products is Verdura's organic olive oil and water from the Sicilian Madonie Regional Natural Park. Every ingredient has been purposefully-selected for its efficacy and specific benefit to the skin. Forte Organics is free of parabens, colourants, paraffins, allergens, abrasive fragrances and SLES.

ESPA

ESPA offers natural products that are rich in heritage, texture and aroma. Using only the very purest extracts, ESPA biochemists distil active, ethically sourced ingredients which are natural, sustainable and supported by the best science.

SPIEZIA

Spiezia Organics grew from a need for skincare that nourishes your body both inside and out. Originally developed by Dr. Spiezia, who came from an orthodox medical background, the products combine dermatological science with the strength and purity of botanicals. Every single product has been made by hand in Cornwall using herbs, flowers and oils.

JESSICA

Jessica has created nail products aimed at achieving and maintaining naturally beautiful nails. For every nail type and every problem, there is a solution for the best care and most beautiful outcome. With the help of nurturing botanicals, antioxidant vitamins, and proteins, Jessica products work to improve nails at the source —the foundation.

ROCCO FORTE RITUALS

Our Rocco Forte Rituals use our very own Forte Organics beauty line and are exclusive to Rocco Forte Spas. All of our rituals begin with a relaxing foot soak, and they all end with a special Forte Organics smoothie to sip on in our relaxation area.

FACIAL RITUAL

During your foot soak you'll receive a hand massage. Following this, enjoy a relaxing back massage with one of our special oils to melt away any tension. We'll then pass on to your facial, before enjoying a foot massage to finish.

70 Minutes - £90

BACK RITUAL

During your foot soak, you'll receive a hand massage. Following this, expect an apricot back scrub to smooth the back. We'll then apply one of our rich herbal compress creams to nourish the skin, and finish with a back massage to melt away any lasting aches and pains.

55 Minutes - £80

BODY RITUAL

Following the foot soak, enjoy a full-body apricot scrub to leave you feeling silky smooth from head-to-toe. We'll then apply one of our rich herbal compress creams all over the body, feeding it with the nutrients that it deserves. The ritual ends with a full-body massage, leaving you feeling completely rejuvenated.

85 Minutes - £100

MASSAGES

ESPA ESSENTIAL BODY MASSAGE

ESPA aromatherapy uses a blend of individually chosen oils. A personal consultation and sensory test will ensure you receive a unique treatment with a blend of essential oils to suit your specific needs.

55 Minutes - £80
70 Minutes - £90
85 Minutes - £100

ESPA FULL BODY MASSAGE WITH HOT STONES

Hot volcanic stones are incorporated into this full body massage to allow a deeper, more specific pressure.

70 Minutes - £95
85 Minutes - £105

SWEDISH MASSAGE

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

55 Minutes - £80
85 Minutes - £100

SPIEZIA DEEP AND MEANINGFUL

Using firm and deep techniques, the circulation is stimulated to help alleviate muscular tension, stretching and lengthening the muscles and soothing tendons and ligaments.

55 Minutes - £80

DEEP TISSUE MASSAGE*

This deep tissue massage is designed to relieve severe tension in the muscles and connective tissue. This type of massage focuses on the muscles below surface muscles.

55 Minutes - £95
85 Minutes - £115

SPORTS MASSAGE*

This therapeutic massage is ideal for pre and post exercise. Incorporating deep tissue massage and stretching techniques it will assist the body in removing lactic acid from the muscles relieving stiffness and improving mobility.

55 Minutes - £95
85 Minutes - £115

*Please note that deep tissue and sports massages are only available with male therapists

HEAD, NECK AND SHOULDER MASSAGE

This healing and therapeutic head, neck and shoulder massage incorporates stress-relieving pressure points and ancient Indian massage techniques, which help to soothe the mind and awaken the senses.

25 Minutes - £40

FACIALS

ESPA OPTIMAL SKIN PROFACIAL

Rebalance, hydrate and revitalise with this targeted facial that unites the pioneering formulas of ESPA's Optimal Skin collection with expertly tailored facial techniques. Tri-Phase cleansing technology is enhanced with Clarisonic brushing for a deep cleanse, while new Optimal Skin ProMoisturiser targets the delivery of nutrient-rich, hydrating actives to where your skin requires them the most. Instantly reviving and brightening the complexion, this facial ultimately helps to protect against environmental damage and delay the early stages of skin ageing.

55 Minutes - £80

ESPA INTENSIVE FACIALS

ESPA Intensive Facials are focused on improving the condition of the skin to provide outstanding, instant and long-term results. Every facial begins with a detailed skin analysis and includes specific double cleansing techniques, gentle exfoliation, acupressure facial massage and a deep and intensive facial mask. Whilst the mask is taking effect, experience a relaxing and therapeutic soothing scalp massage with Pink Hair & Scalp Mud, then enjoy a specific moisturising and skin protection to suit your individual needs. During your consultation you and your therapist will decide which type of facial will best suit your needs.

55 Minutes - £80

ESPA ADVANCED SKIN RADIANCE FACIAL

Restore skin's vitality and reveal a bright, smooth and radiantly youthful-looking complexion with ESPA's advanced new facial treatment. Suitable for all skin types and ages, this treatment combines a unique Optimal Skin ProCleanser, which gently exfoliates as it melts into the skin, with a deep brush cleanse and brightening mask to remove dead skin cells.
An age-defying and sublimely relaxing massage using rose quartz crystals follows, finishing with a Lifting and Smoothing Mask and a revolutionary new Skin Radiance Intensive Serum – to powerfully brighten, firm and even skin tone, leaving your complexion smooth, supple and looking radiantly healthy. For the ultimate flawless finishing touch, new Naturally Radiant Tinted Moisturiser is applied as an alternative, or in addition to a tailored facial moisturiser.

85 Minutes - £100

ESPA AGE DEFYER FACIAL

This luxurious treatment concentrates on reviving the skin's natural moisture, paying particular attention to the delicate eye area and includes a deep scalp massage to leave you feeling totally relaxed.

80 Minutes - £95

ESPA LIFESTAGE FACIAL

A targeted and rejuvenating facial for maturing skin to address the most visible signs of ageing, specifically focusing on eyes, neck, lips and jaw line. Incorporating special age-defying massage techniques and the technologically advanced LIFESTAGE product range, this luxurious facial will minimise wrinkles, immediately improve hydration levels whilst helping to reduce the appearance of pigmentation, large pores and redness. A mask will also be applied to firm and stimulate elasticity leaving the skin revitalised and radiant.

55 Minutes - £85

ESPA FACE AND BACK FACIAL

A truly holistic experience combining a deep cleansing back exfoliation with a powerful back massage using essential oils to soothe, relax and balance the skin. This is followed by a full ESPA Intensive Facial and finishes with a therapeutic head massage to help clear the mind, calm the spirit and ease away tension.

80 Minutes - £100

ESPA EXPRESS CLEANSE

This is an express treatment and ideal for those requiring a quick and effective boost to their skin condition, involving cleanse, exfoliation and scalp massage.

25 Minutes - £40

ESPA LIFT AND FIRM EYE TREATMENT

Perfect for those who are concerned with the first signs of ageing which appear around the eye area. A blissful firming and hydrating treatment using specific products rich in Seaweed Extract, Green Tea and Vitamin C, which help to reduce the appearance of fine lines and protect against the environment.

25 Minutes - £35

*LIFESTAGE products can be added to any ESPA facial for a supplement of £10

SPIEZIA RELAX AND REJUVENATE FACIAL

This amazing treatment is like an Acupuncture face lift using a special combination of massage techniques from India (Ayurvedic) and Japan (Anma). The intent of this natural uplifting facial is to prevent and reduce tension, facial wrinkles and age spots, improve the complexion by stimulating the circulation and release toxins from the facial area.

70 Minutes - £90

BODY TREATMENTS

ESPA SALT 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 - £40

ESPA BACK TREATMENT

A stress-relieving back treatment with deep cleansing, body brushing and exfoliation to help stimulate circulation and cell renewal, followed by a luxurious aromatherapy back massage and purifying body mask using essential oils combined with warm marine mud. Ideal for all skin types.

55 Minutes - £80

ESPA ADVANCED BACK, FACE AND SCALP TREATMENT WITH HOT STONES

A powerful stress relieving treatment using hot stones to work on deep seated tension and restore balance to vital energy points. The initial back cleanse is followed by a stimulating exfoliation to prepare the skin for the smooth warm stones used in the relaxing back, neck and shoulder massage followed by a therapeutic facial and a soothing scalp massage to ease tension.

110 Minutes - £130

ESPA BODY WRAP

This wrap includes a full body exfoliation and an Oriental head massage to help ease tension and leave the skin purified and smooth.

55 Minutes - £80

ESPA TOTAL HOLISTIC BODY CARE WITH HOT STONES

This treatment begins with a full body exfoliation followed by an express facial and relaxing scalp massage before the body is deeply massaged with blended aromatherapy oils using hot volcanic stones.

110 Minutes - £130

ESPA TOTAL INDULGENCE PRE/POST NATAL TREATMENT*

Carefully created for expecting and nursing mothers, this total body treatment uses a Calendula infused oil, Pink Clay and Scalp Mud and many nourishing creams. With advanced massage techniques to safe areas, this treatment improves the tonicity and comfort of the skin and creates a sense of total relaxation.

80 Minutes - £100

*Please note that this treatment is not recommended during the first 12 weeks of pregnancy.

SPIEZIA HEAD IN HEAVEN

Drift away into a hypnotic state of relaxation with this combination of deep breathing exercises and slow Tui Na Chinese massage techniques to rebalance and calm the upper body. The treatment includes facial pressure point massage to ease tension and clear the mind. The slow rhythmic massage techniques used on the shoulders, back and head provide complete tranquillity and relaxation, promoting a sense of well-being.

85 Minutes - £110

SPIEZIA DETOX BODY TREATMENT

This detoxifying treatment begins with stimulating body brushing, followed by a skin smoothing body exfoliation and invigorating body massage.

55 Minutes - £80

SPIEZIA RELAX INTO RADIANCE

Feel completely invigorated yet relaxed, with this all encompassing treatment. Smooth and soothing strokes are carried out to detox and prepare the body for an enlivening head to toe exfoliation. Tensions melt from away over-worked muscles and joints, leaving the body feeling relaxed, skin pristine and polished. The treatment concludes with a mini facial to cleanse and hydrate, while a head massage clears and calms the mind.

85 Minutes - £110

SPIEZIA SOUL SENSATION

Refresh those tired, aching feet (and soles) with a rosebud foot soak and exfoliation, completed with a soothing leg and foot massage with cooling peppermint, healing rosemary and Spiezia 100% organic oils.

30 Minutes - £45

SPIEZIA TENDER TOUCH

Hand reflexes are soothed and nurtured with a caring touch using enriching and moisturising hand balms.

30 Minutes - £45

SPIEZIA ROSE INDULGENCE WRAP

This luxurious wrap tones and softens the body with gentle skin brushing, massaging in a body moisture spray and rich body oils to hydrate and nourish the skin. The treatment is completed with a soothing foot rub, facial cleanse and calming head massage.

85 Minutes - £110

SPA DAY PACKAGES

All of the following Spa Day packages include full use of our spa facilities accompanied by a nourishing 2-course lunch. Lunch is served in the comfort of our poolside refreshment area or in Hadrian's Brasserie.

Lunch is served in Hadrian's between noon and 2.30pm on Monday to Friday and 12.30pm and 2.30pm on Saturday and Sunday.

HOLISTIC RITUAL

This powerful and luxurious ritual works at an advanced level to achieve total relaxation of the body and the mind. It includes:

- ESPA Total Holistic Body Care with Hot Stones
- ESPA Age Defyer Facial

190 Minutes - £225

MATERNAL BLISS*

This beautiful package has been created especially for expectant or nursing mothers to aid relaxation at this special time. It includes:

- ESPA Total Indulgence Pre and Post Natal Body Treatment
- ESPA Intensive Facial
- ZenSpa Pedicure

190 Minutes - £220

*Please note that this package is not recommended during the first 12 weeks of pregnancy.

TOTAL BODY EXPERIENCE

This experience will leave your whole body, face, hands and feet feeling totally renewed and revived. The treatments are:

- ESPA Face and Back Facial
- Jessica Prescriptive Manicure
- ZenSpa Pedicure

190 Minutes - £180

PURE INDULGENCE

For pure indulgence at any time this is the perfect lift that we all need now and again. The treatments are:

- ESPA Essential Body Massage
- ESPA Intensive Facial

110 Minutes - £160

SPA AND LUNCH

Select any 55 minute spa treatment of your choice followed by our nourishing 2-course spa lunch.

55 Minutes - £95

CHAMPAGNE AFTERNOON TEA SPA DAY

Start your day in the comfort of our spa and enjoy a 55 minute spa treatment 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.

55 Minutes - £120

JESSICA NAIL TREATMENTS

PRESCRIPTIVE MANICURE

This full manicure analyses your nails to tailor a suitable treatment, including cuticle care and the application of nourishing creams leaving you with a perfect polished finish.

55 Minutes - £40

ZEN SPA PEDICURE

This foot and nail treatment using the luxurious ZenSpa pedicure products leave your feet feeling in top condition.

55 Minutes - £40

DELUXE MANICURE WITH THERMAL BOOTIES

This full manicure includes the Le Remidi Hand Treatment and the use of Thermal Mittens. This luxury treatment improves your circulation, soothes aches and pains and leaves your hands softer, smoother, firmer and more attractive.

70 Minutes - £50

DELUXE PEDICURE WITH THERMAL BOOTIES

This full pedicure treatment includes the use of Jessica ZenSpa pedicure products and Thermal Booties. It improves circulation and relaxes tired feet leaving you feeling like you are walking on air.

70 Minutes - £50

FILE AND POLISH FOR HANDS OR FEET

If you are rushed for time, a simple file and polish for your hands or feet will ensure that you're looking at your sparkling best.

25 Minutes - £30

EXECUTIVE HAND AND NAIL TREATMENT

This treatment uses the Le Remidi Hand Treatment Programme to condition and soothe hands and leave the nails and cuticles perfectly manicured. Please note that if your treatment includes the application of polish we recommend that you allow at least one hour's drying time after your treatment.

25 Minutes - £30

GELERATION LUXURY MANICURE

Introducing GELeration, Jessica's new 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 - £45

GELERATION LUXURY PEDICURE

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

55 Minutes - £45

GELERATION DELUXE MANICURE

Including the Le Remidi Jessica Hand Treatment this luxury treatment soothes aches and pains and leaves your hands feeling softer, smoother, firmer and more attractive with a GEL finish which lasts up to three weeks.

70 Minutes - £55

GELERATION DELUXE PEDICURE

This luxurious foot and leg treatment using Jessica ZenSpa pedicure products soothes and relaxes tired feet combined with a long-lasting GEL colour finish this really is the ultimate in foot and nail care.

70 Minutes - £55

GELERATION FILE AND 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 - £35

GELERATION SOAK- OFF

Recommended with a Prescriptive Manicure or Executive Hand & Nail treatment.

15 to 30 Minutes - £10
With another treatment - £5

FINISHING TOUCHES

TINTING

Eyelash Tint	*25 Minutes - £15*
Eyebrow Tint	*10 Minutes - £15*
Eyelash and Eyebrow Tint	*25 Minutes - £25*

*Please note that all tinting treatments require a 24-hour tinting test.

VITA LIBERATA SPRAY TAN

Full Body Spray Tan	*30 Minutes - £30*

WAXING

Half Leg Wax	*25 Minutes - £25*
Full Leg Wax	*50 Minutes - £35*
Bikini Wax	*15 Minutes - £20*
Underarm Wax	*10 Minutes - £15*
Lip and Chin Wax	*10 Minutes - £15*
Eyebrow Shape and Wax	*10 Minutes - £15*
Chest Wax	*25 Minutes - £25*
Back Wax	*25 Minutes - £35*

ROCCO FORTE FITNESS

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 the latest gym gadgets, free weights and Technogym weight machines. We have a full range of resistence equipment and Technogym cardiovascular equipment.

PERSONAL TRAINING

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

PRIVATE PILATES SESSION

Let our private Pilates instructor tone and stretch your muscles, as well as help your posture.

WET FACILITIES

SWIMMING POOL

Our 15 metre indoor pool is perfect for swimming laps.

TURKISH STEAM ROOM

Our steam room deeply relaxes and cleanses the skin. It helps relieve muscle soreness and joint 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.

GENERAL INFORMATION

TREATMENT RESERVATIONS

To make an appointment, please call The Balmoral Spa on 0131 622 8880.

Hotel guests can simply dial extension 880 from their room.

WAITING LIST

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.

CONSULTATION

Please note that all treatment times include a five minute consultation with your therapist.

CANCELLATIONS

Please allow 24 hours notice of cancellations to avoid a 50 per cent charge. Cancellations within a 12 hour period will incur a 100 per cent cancellation charge.

ARRIVAL AT THE BALMORAL SPA

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.

PREGNANCY AND NURSING MOTHERS

Some of our treatments may not be suitable or may require some adjusting, should you be pregnant or breastfeeding. Please inform The Balmoral Spa of this at the time of booking.

GIFT CERTIFICATES

An ideal present, gift vouchers are available for The Balmoral Spa. For further information on gift certificates please visit roccofortehotels.com

CHILDREN

Please be aware that our swimming pool is not continuously manned. Children aged 16 years and under must be supervised by an accompanying adult at all times. We ask all guests to respect our quiet time between the hours of 10am and 5pm to ensure that The Balmoral Spa remains a tranquil environment for guests.

MEDICAL INFORMATION

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
Heart Conditions
Epilepsy
Diabetes
High Blood Pressure
Low Blood Pressure
Varicose Veins
Recent Operations
Scar Tissue
Medication
Any other medical conditions

*Please note this list is not exhaustive

MEMBERSHIP

Membership at The Balmoral Spa guarantees a refreshing approach to ease the stress of a busy lifestyle. Facilities include a fully-equipped gym, air-conditioned fitness and dance studio, Finnish sauna, Turkish steam room and 15-metre swimming pool, with personal trainers to set you on the fast-track to fitness.

Membership benefits include a wide range of member discounts.

Full peak monthly membership: £85

Off-peak membership: £65

Annual peak membership: £850

Annual off-peak membership: £650

Off-peak hours: Monday to Friday 9am to 5pm

For more information on membership, to arrange a show round or membership trial please contact The Balmoral Spa directly on 0131 622 8880 or e-mail: thespa.balmoral@roccofortehotels.com

Corporate and group rates also available.

ROCCO FORTE FITNESS

ROCCO FORTE HEALTH

ROCCO FORTE NOURISH

ROCCO FORTE RITUALS

ROCCO FORTE
HOTELS