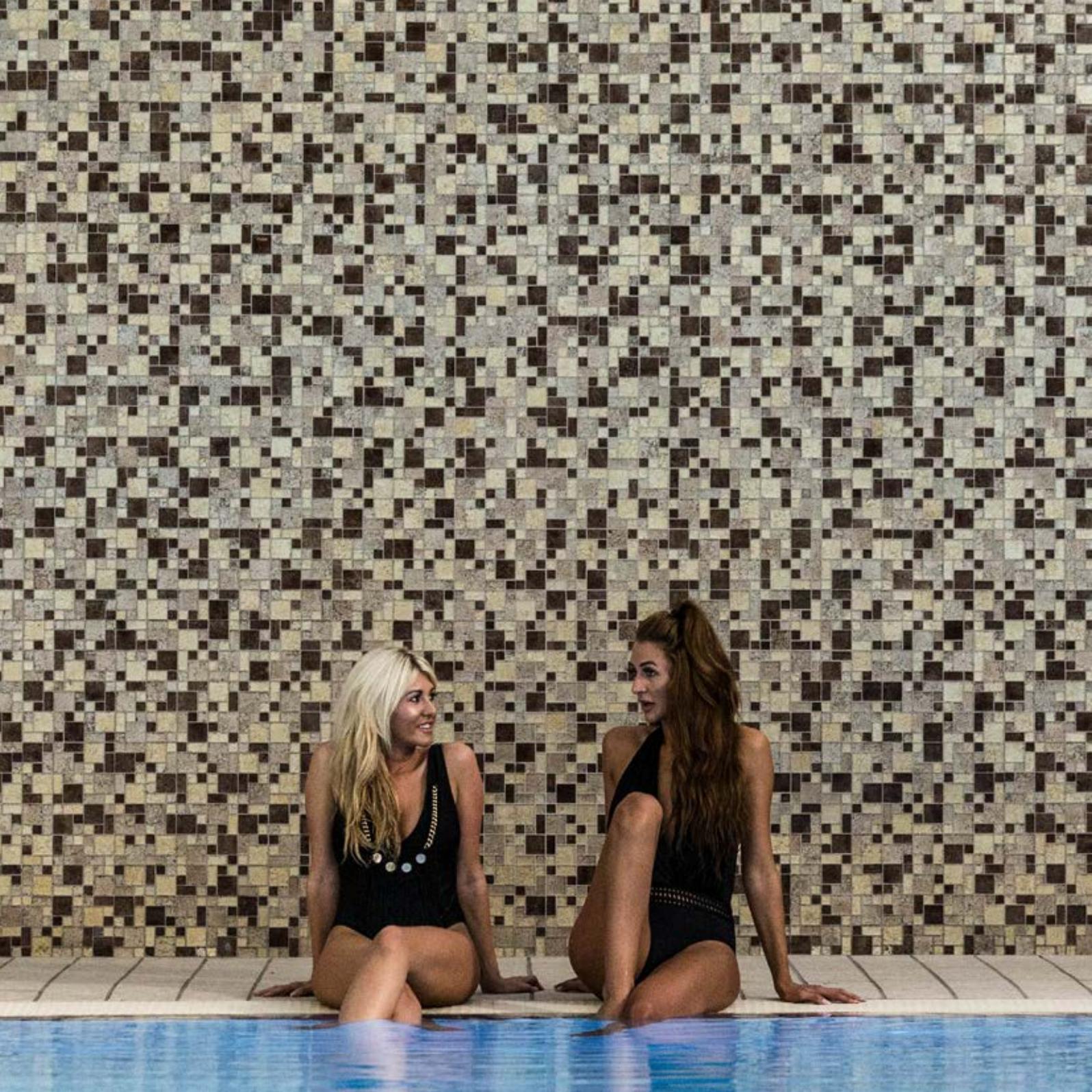




I M P E R I A
— S P A —





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— S P A —

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

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

Imperia Spa is highly acclaimed and recognised as one of the premier spa's in West Scotland. Having been completed in Autumn 2016, the spa benefits from the latest in design and technology.





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.

Hands-on, ELEMIS harnesses the power of nature and science to create ground-breaking formulations that genuinely transform your skin. Personally prescribed. Sublimely sensory. The experience is exceptional, the results are real.

From the specially formulated cleansers to targeted skin conditioning treatments, 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 the skin whilst also preserving your skins natural collagen.

It is suitable for all skin types.







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 (90C) will cleanse, revitalise, detoxify the skin and improve micro circulation.

Steam Room

This mosaic-tiled chamber, heated to 40-45C, 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 and be 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.

Rhassoul Mud Room

This luxurious private steam chamber allows unique rhassoul mud to absorb toxins and deliver nourishing minerals to the skin.

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 Café

The Spa Café is a private, dedicated space for spa guests to enjoy lunch, afternoon tea or a spot of Champagne in the comfort of their bathrobes.

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.

SPA TREATMENTS

The Imperia spa is operated by professional therapists, who use a range of wonderful ELEMIS and ishga products to give you the ultimate pampering experience.



MASSAGE

Elemis 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 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 Hot Stone 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 Hot Stone 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 Mother To Be Massage (60 mins)

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

Elemis Absolute Spa Ritual (120 mins)

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

ishga Express Massage (25 mins)

A massage focusing on the back, neck and shoulders to target areas of tension, 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 relax the muscles. Hot stones are useful for easing out tension and reducing aches & pains. A seaweed-based oil with lemon grass, 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

Elemis 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.

Elemis 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.

Elemis 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. Clinically proven to target the signs of ageing and 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)*

Elemis Booster Facial with a personalised Deep Tissue Massage or Elemis Hot Stone Back 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

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. The fragranced salt of your choice will gently slough away dead skin cells, encouraging the regeneration of new cells and perfectly prepping the skin. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil. Delivers velvety soft, invigorated skin.

Elemis Cellutox Aroma Spa Ocean Wrap (75 mins)

Detoxify and kick-start your body. 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.

Elemis 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.

ishga Salt & Oil Scrub (25 mins)

A Hebridean sea salt and oil scrub gently exfoliates, sweeping away dull, dry skin. An invigorating express treatment to stimulate circulation, eliminate toxins and leave the skin nourished and glowing.

ishga Detoxifying Seaweed Body Wrap (55 mins)

A powerful Hebridean sea salt and oil scrub with body wrap. 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.

RHASSOUL EXPERIENCE

Rhassoul Experience (40 mins) *

A rhassoul is a traditional Arabian body treatment involving steam and mineral-rich mud, taking place in a private mosaic-tiled chamber. Begin by gently exfoliating your skin, then apply mud over your entire body. Sit back and relax in the steam chamber for 25 minutes before using the shower heads to gently wash away the mud leaving your skin soft and smooth.

HANDS & FEET

Elemis Exotic Hand & Arm Re-Energiser (30 mins)

Stretch out your palms, from the tips of your fingers to your upper arm with this beautiful Thai massage sequence. Combining the hedonistic Exotic Frangipani Monoi Moisture Melt with hot stones helps to increase circulation, deeply hydrate and nourish the skin.

Elemis Sole Delight Grooming For Feet (30 mins)

Warmed aroma-therapeutic oils nourish and super-condition neglected feet and nails. The extra-rich hydration replenishes and softens hard working heels, lavishing a rich and soothing action on your skin.

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 Manicure (30 mins)

Choose from one of our nurturing manicure treatments. File and Polish

Classic Manicure (60 mins)

We will give you a professional consultation. Find the perfect shape for your nails. A hand massage and pep up your nails with your favourite colour - or do it the French way.

Luxury Manicure (75 mins)

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

Acrylic Nails (90 mins)

Shellac (45 mins)

Mini Pedicure (30 mins)

Give your feet a break - spoil them with a pedicure treatment. File and polish.

Classic Pedicure (60 mins)

We will give you a professional consultation. Make sure we bring your nails to a healthy beautiful shape. A foot massage and pep up your nails with your favourite colour - or do it the French way.

Luxury Pedicure (75 mins)

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





EYE CARE

Eyebrow Tint
Eyelash Tint
Eyebrow & Eyelash Tint
Party Lashes

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

FOR MEN

Elemis 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.

Elemis High Performance Skin Energiser Facial (60 mins)

The hard-working facial for ageing, dehydrated skin combined with scalp and foot massages. 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.

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.

Full Back Wax inc Shoulders (30 mins)

Chest Wax (30 mins)

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



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, The Nineteenth bar and VISTA restaurant.

Hotel guests at Gleddoch have complimentary use of all the leisure facilities.

Located just 20 minutes from Glasgow city centre and under 10 minutes from Glasgow International Airport, the Imperia Spa is the ideal location for visitors from Glasgow, Renfrewshire or Loch Lomond.

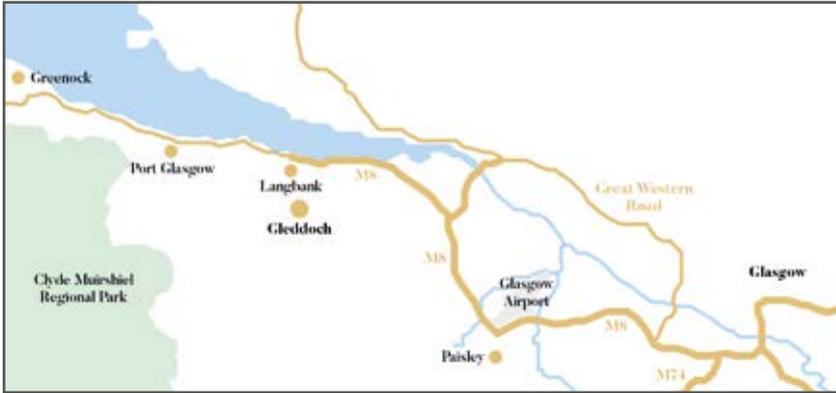






Designed in 1974 by J. Hamilton Stutt, Gleddoch Golf Club is widely regarded as one of the most scenic in the West of Scotland with stunning views across the Clyde Estuary. The 6,450 yard Championship course is a challenging mix of parkland and heathland featuring gently undulating fairways, large greens and a variety of holes which will require you to use every club in your bag.

18 hole professional golf course
Buggy and club hire
Pro shop
Golf society and social events
Clubhouse with bar and restaurant



HOW TO FIND US

Gleddoch is conveniently located within 20 minutes of Glasgow city and under 15 minutes from Glasgow International Airport.

It is also less than 30 minutes away from the world-famous Loch Lomond National Park. The nearest train station to Gleddoch is less than a mile away in Langbank.







Gleddoch, Old Greenock Road, Langbank, Renfrewshire PA14 6YE

01475 540711

spa@gleddoch.com / reservations@gleddoch.com

www.imperia-spa.com