

Glasgowlife
Sport



REFRESH SPA

AT EMIRATES ARENA



TREATMENT MENU





REFRESH SPA

AT EMIRATES ARENA

Welcome to a refreshing escape within Glasgow's most exciting sporting venue. Let the combination of spa therapies and beauty treatments relax your mind and body. Immerse yourself in the sensory journey offered by our thermal and hydro experience – refresh yourself.

Our mission is to provide quality services, providing all who enter the Spa a place of sanctuary and relaxation.

Spa Opening Times

Spa sessions are strictly 90 minutes per session. See website for exact session times.

Wednesday & Thursday	10:00am – 8:30pm
Friday	9:00am – 7:30pm
Saturday	9:00am – 4:30pm

Treatment Booking Times

Wednesday & Thursday	10:30am – 7:30pm
Friday	9:15am – 5:15pm
Saturday	9:15am – 4:15pm

Bookings

For bookings please call 0141 287 7001

We recommend that bookings are made well in advance to avoid disappointment.

Further information

For further information about Refresh Spa please call 0141 287 7001

or email: refreshspa@emiratesarena.co.uk

(Please note we do not accept bookings by email.)



/RefreshSpaGlasgow

Refresh Spa at Emirates Arena
1000 London Road, Glasgow G40 3HY
www.emiratesarena.co.uk

SPA EXPERIENCE



Spa Session

90 mins | £20 or add-on for £10 to any treatment
(includes a bath towel, robes will be provided to those having treatment only)
Robe Hire | £5 Additional Towel Hire | £2

Offering a truly refreshing experience, our selection of thermal and hydro experiences provide 'hands-off' therapies to cleanse, rejuvenate and refresh the mind and body. Step inside, relax, let the heat and water soothe you and leave the daily stresses far behind.

Thermal Experiences

Caldarium

Stone floors, walls and curved stone seating is heated to create a calming and purifying effect, allowing the body to heat up gently in a warm, dry environment.

Large Sauna

Heated to a temperature between 80-90°C with minimal humidity, this room creates a dry and intense heat to give a purifying effect on the body. This will cleanse and detoxify the skin, relieve tired aching muscles and joints and increase circulation.

Small Sauna

This Finnish Sauna is heated to a medium temperature of between 70-80 degrees which creates a dry and intense heat. Effective as a warm down after a workout, aiding in the recovery of muscles and the removal of toxins.

Steam Room

Feel the tension slip away as a dense visible humidity stimulates extra blood circulation in your body.



Hydro Experiences

Vitality Pool

The water temperature is set to a soothing 35-37°C and the pool offers a selection of unique features including air tubs, swan neck fountains, air loungers and water jets. The vitality pool provides many benefits including cleansing and detoxification of the skin, relieving tired and aching muscles, increasing circulation and relaxing the mind and body.



Murad.

MURAD FACIAL TREATMENTS

Murad Method™ facials are a new and entirely personalised concept in high-performance professional skincare. Developed with Dr. Murad's philosophy that no two skins are the same, unlike traditional facials that are developed to address a single skin concern, Murad Method™ facials are designed to make skin as healthy as it can be.

Murad Method Facial

60 mins | £85

The ground-breaking combinations and techniques include touchpoint massage techniques which have been designed to help relieve stress and promote happiness. Revitalise your skin, relax your mind and see instantly noticeable results whilst targeting your multiple skin concerns.

Murad's clinically proven facials are tailor made to suit your individual needs combining the most advanced ingredients with the latest skincare technology for instantly youthful, radiant, flawless skin.

The system brings Murad's renowned "Inclusive Health" philosophy to life to achieve healthy skin from the inside out.

Express treatment

Murad Express Peel

40 mins | £60

Maximum results, minimum downtime.

The Express Peel from Murad gives you immediate visible results in 2 phases.

Phase one boosts cellular turnover to minimise lines and wrinkles.

Phase two includes an AHA peel to exfoliate and resurface the skin equalling more radiant and youthful skin.

After a prescriptive consultation, you will receive an intense cleanse, AHA and BHA remove excess oils and dirt while the bespoke glycolic peel is applied to reveal a fresher look.



SPA MASSAGES

Full Body Massages

Swedish Massage

60 mins | £85

Our exclusive signature massage will help to reduce stress and create a sense of rejuvenation. We've combined the best massage techniques with customized pressure to create an unforgettable experience.

Deep Tissue Massage

60 mins | £85

Alleviate stress, ease aching muscles, and revive the senses with this powerful, customised massage. We will target the deeper layers of your muscle tissue and help to release the chronic patterns of tension in your body, working on your individual needs and reduce specific stress and muscle tension. Deep tissue massage may cause you some tenderness during or after the treatment, however, will feel better within a day or so post treatment.

Express treatment

Back, Neck & Shoulder Massage

30 mins | £55

A 30 mins alternative to our full body massages can be selected from the following:

Swedish Massage

Deep Tissue Massage



SIGNATURE MASSAGES

Lava Shell Massage

70 mins | £95

Warm, smooth shells are glided over the body with varying pressures, techniques and precision. Hydrating oils moisturise the skin, as the shells help to revitalise and rebalance the body and mind. The indulgent and truly pampering Lava Shells Relax Body Massage offers an idyllic treatment combining the warmth of the shells with deeply relaxing massage techniques to create a sense of balance to the entire body and mind. A wonderfully tranquil massage to ease away all tension, knots and stress.

Hydrotherm Massage

75 mins | £100

Experience a completely unique and luxurious 3 dimensional massage; lying on warm water cushions, your whole body is supported in perfect spinal alignment making the massage ideal if you feel discomfort and is excellent to help soothe painful muscle tension or strain. A hydrotherm massage can be beneficial if you suffer from neck pain, lower-back aches or stiff muscles. The relaxing warmth of the Hydrotherm System promotes an immediate sensation of wellbeing, enhancing the therapeutic effect of the massage.

Please be aware that due to the nature of this treatment, there is a maximum weight allowance of 15 stones.

Indian Head Massage

40 mins | £60

Indian Head Massage is perfect for both body and mind, stimulating blood and oxygen to the scalp to improve circulation and encourage hair growth, promotes a good sleeping pattern, flushes out toxins from the body and reduces tension. Seated in a chair, the therapist works on the head, neck and shoulder area, including the arms and facial points, using different pressures and techniques to relax and invigorate.

Bamboo Massage

70 mins | £95

Silky smooth bamboo canes deeply stretch and massage the body. This unique massage releases muscle tension and tightness and improves the circulation and lymphatic flow to aid in detoxification. Long fluid strokes in different styles like swedish, deep tissue and lymphatic drainage are used to stretch and compress the muscles and tissue. The massage can be adapted in pressure however is ideal for those requiring a deeper pressure in their massage.



MUM-TO-BE TREATMENT

Hydrotherm Pregnancy Massage

75 mins | £100

Designed by a midwife, the Hydrotherm Massage during pregnancy is the most relaxing treatment for mothers-to-be. Benefit from the warm water cushion support, relaxing movements and gentle rocking in this massage experience.

Suitable during all stages of pregnancy, supportive cushions relieve pressure from all your joints, whilst your specialist therapist eases and soothes the common aches and pains of pregnancy. Please be aware that due to the nature of this treatment, there is a maximum weight allowance of 15 stones.



ESSENTIALS

Eye Treatments

A skin test 24 hours prior to treatment is required.

Eyebrow wax	£15
Eyebrow tint	£15
Eyebrow tint & wax	£25
Eyelash tint	£15
Eyelash, eyebrow tint & wax	£30

Nails

File & Polish/French Polish

£20/£30

Nail shaped with a varnish application of your choice.

Gel Nails / French Gel

£30/£50

File and polish fingers or toes. Includes light cuticle work, polish application and ends with a nourishing cuticle oil.

Deluxe Manicure

75 mins | £65

This deluxe treatment begins with in-depth cuticle work, followed by an exfoliating scrub and massage to leave your hands and arms feeling youthful and fresh. Our rich moisturising cream is then gently massaged into your hands before the nails are painted in your choice of colour from our luxurious range of polishes.

Deluxe Pedicure

75 mins | £65

This luxury pedicure begins with in-depth cuticle work and hard skin removal, followed by a full foot exfoliation and a relaxing massage to relieve tired feet. Your skin will be left feeling smooth and hydrated. The pedicure is finished with the nails being painted in your choice of colour from our luxurious range of polishes.

Complimentary removal of gel polish prior to your nail treatment, that has been applied at Refresh Spa only.



TREATMENT COURSES

PRE-PAY A COURSE OF FOUR TREATMENTS

Feel the ultimate benefits and results from a Refresh Spa course of four treatments.

Each course purchased must be paid for in advance of treatment, can only be used for single use from one user and must be used within 6 months of purchase or treatments will be lost.

Each course purchased includes the use of Refresh Spa prior to all of your treatments.

Swedish/Deep Tissue Back, Neck and Shoulders Massage Course

£190 (save £70)

Swedish/Deep Tissue Full Body Massage Course

£280 (save £100)

Murad Method Advance Facial Course

£280 (save £100)

Murad Express Peel Facial Course

£200 (save £80)



YOUR HEALTH

When you make your booking, please let us know if any of the following apply to you:

- Allergies
- Cancer
- Diabetes
- Epilepsy
- Heart Condition
- High Blood Pressure
- Low Blood Pressure
- Pregnancy
- Recent Operations
- Scar Tissue
- Skin Conditions
- Varicose Veins

BOOKINGS POLICY

All bookings are subject to availability; therefore, we would recommend that bookings are made well in advance.

Please note that Refresh Spa reserves the right to alter prices and change or discontinue services without prior notice.

Please arrive at least 15 minutes prior to your scheduled appointment time, to ensure sufficient time to complete your consultation card. Late arrivals may mean that the scheduled treatment time is reduced or is unable to be honoured.

Payment must be made in full at time of booking to secure your treatments. Any unpaid treatments will be removed from the appointment diary.

Cancellations with less than 24 hours notice will incur a full charge. No shows will incur the full charge, no refund will be offered.

GIFT VOUCHERS

Gift vouchers can be purchased for Refresh Spa for a specific monetary value or treatment package. Please call the Spa directly for further information or book via the App.





GET THE APP

Scan the QR code to access the Glasgow Club app
where you can add Refresh Spa to your clubs/venues to book treatments.



Refresh Spa at Emirates Arena
1000 London Road
Glasgow G40 3HY
0141 287 7001
www.emiratesarena.co.uk

