

INDULGE  
YOUR SENSES

G&V

ROYAL MILE HOTEL  
EDINBURGH



# WELCOME TO THE ABSOLUTE URBAN ESCAPE

A hidden haven in a bustling city in the heart of Edinburgh's Royal Mile. An oasis of relaxation and rejuvenation set high above Edinburgh to refresh and invigorate both body and mind.

Enjoy Eve Lom and Aromatherapy Associates – exclusive treatments including massages and body scrubs available for him or her. Our team of intuitive therapists will take you on a sensory journey. Ultimate indulgence at G&V Spa - the absolute urban escape.

## G&V SPA OPENING TIMES

Monday to Saturday 9am – 7pm | Sunday 11am – 7pm

## HOW TO BOOK YOUR APPOINTMENT

To book an appointment or FOR further information, call 0 on the switchboard or call 0131 220 6666.



## EVE LOM

Eve Lom's philosophy is based on the fact that every living organism pulsates with energy, sending out information about the physical, biological and emotional state of the body. Through regular cleansing, decongesting and exfoliation this energy can be regulated to help maintain healthy skin.

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THE EVE LOM SIGNATURE FACIAL 90 MIN - £95

The Eve Lom signature facial comprises an evaluation of the present skin condition, application of the appropriate individual treatment using Eve Lom's highly acclaimed skincare products, lymphatic massage and acupressure to encourage decongestion, extractions and finally re-education to promote healthy skin function. Highly recommended for all skin types.

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THE EVE LOM ULTIMATE CLEANSE 60 MIN - £70

When time is a factor, we offer a one hour deep cleansing treatment including extractions. This is based on Eve Lom's renowned signature facial to achieve clean, decongested, radiant skin.

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THE EVE LOM RADIANCE FACIAL 45 MIN - £50

The Radiance Facial is the perfect introduction to Eve Lom's Simple, Beautiful and Effective skincare range. The product-based facial will provide deep cleansing and a brightening finish, with a targeted approach designed for your specific skin need. All of this in just 40 minutes.

“I HIGHLY RECOMMEND EVE’S RESCUE MASK. I USE IT AT HOME AS A TREAT FOR MY SKIN BEFORE A NIGHT OUT FOR A HEALTHY GLOW.”

Victoria Fieldsend, G&V Assistant Spa Manager

## AROMATHERAPY ASSOCIATES

Aromatherapy Associates has been at the forefront of aromatherapy for over 30 years. All treatments use the healing power of natural plant extracts to bring a range of highly effective therapies that are as effective as they are luxurious.

### ULTIMATE AROMATHERAPY ASSOCIATES FACIAL 90 MIN - £85

A bespoke facial, designed to suit your individual skin needs. A combination of the finest pure essential oils and plant extracts are applied with specifically designed massage techniques, to restore and recondition the skin, leaving the complexion smooth and luminous. This treatment includes a 15 minute back massage.

### HYDRATING FACIAL 60/90 MIN - £60/£85

Luxurious rose oils are used to help condition the skin and deeply nourish. The result is smooth, radiant and replenished skin and a relaxed state of mind. \*The 90 minute session includes a back massage.

### SKIN SOLUTION 60/90 MIN - £60/£85

This facial treatment regulates problematic skin, leaving the complexion instantly bright and radiant. Key ingredients of Lavender, Tea Tree and Ylang Ylang deeply cleanse and balance the skin, helping those with acne or combination skin. \*The 90 minute session includes a back massage.

### AROMA RADIANCE LIFT TREATMENTS

Aroma Radiance Lift is the latest skincare innovation from Aromatherapy Associates. Combining electrical technology with the most active and effective products to bring you three targeted and results-driven facials, for results you can really see and feel. A current is run across the face to stimulate circulation, followed by an intensive treatment using a micro current to lift and tone. Skin booster, hydration gels and instant skin firming serum are also applied throughout the facial to give you a radiant complexion. For maximum results we recommend a course of 6 treatment



ULTIMATE AROMA RADIANCE LIFT FACIAL 90 MIN - £110

The ultimate treatment, combining Aroma Lift and Aroma Clear. For those concerned with skin that is dull, tired and lacking tone and elasticity. For results that are immediate and visible. Your skin will be deeply cleansed, lifted and toned while fine lines are plumped out giving you natural glowing, healthy and radiant skin.

AROMA CLEAR FACIAL 60 MIN - £75

For those in need of a deep and effective cleanse that cannot be achieved with products alone. This facial is recommended to maintain super clear skin and pores and is also perfect for problematic skin.

AROMA LIFT FACIAL 60 MIN - £75

For those concerned with the first signs of aging, a lack of elasticity, the appearance of fine lines and wrinkles and a diminishing radiance and luminosity. This treatment is ideal when you need visible and instant results.

INSTANT EYE REPAIR 30 MIN - £30

*The Instant Eye Repair is a express treatment for clients concerned with ageing around the eyes. It is a express treatment that can be used alone or added in to a full facial treatment.*

Specialised massage techniques improve micro-circulation and drainage, helping to reduce puffiness, whilst the natural plant extracts and oils work to leave the eyes fresh, bright and youthful.

“AROMATHERAPY MESSAGES  
ARE TAILOR-MADE FOR  
THE INDIVIDUAL - A TRULY  
AMAZING EXPERIENCE.”

Regan Creamer, G&V Spa Therapist



## MASSAGE SELECTION

### INTENSE MUSCLE RELEASE 60/90 MIN - £90 / £120

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An intensive and restorative massage that works deep into stiff, tight, aching muscles. Swedish and cross muscle fibre massage techniques are combined with our internationally acclaimed De-Stress Muscle Gel and Oil to instantly release pain and tension. Want us to focus on a particular area? We will be more than happy to.

### ULTIMATE ROSE PREGNANCY MASSAGE 75 MIN - £90

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*Suitable from the second trimester*

Give yourself a moment to appreciate the joy of pregnancy and leave the stresses of everyday life behind you. Choose from a selection of three oils, each safely formulated to be used during pregnancy to nourish and care for expanding skin in order to reduce the risk of stretch marks. This massage will relieve stress and tension, ease the heavy feeling that can come with pregnancy, and help alleviate an aching back. Finally, end your treatment with a relaxing and rejuvenating scalp and facial massage that will complement this top to toe treatment.

### THE ULTIMATE AROMATHERAPY EXPERIENCE BODY MASSAGE 60/90 MIN - £90/£120

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*For who: anyone suffering from the symptoms of stress.*

This hero treatment releases tension held in every part of the body, leaving you feeling deeply relaxed and recharged. Carefully applied pressures stimulate the nervous system, Swedish and neuromuscular techniques relieve muscular tension, and lymphatic drainage helps encourage a healthy circulation. With expert advice from your therapist, you will choose a signature oil blend best adapted to your emotional and physical needs. We have 12 award-winning essential oil blends, each formulated with natural plant and flower oils, with powerful therapeutic benefits for body and mind. This intense massage ritual will dissolve your strains and stresses away.

### INDIAN HEAD MASSAGE 30 MIN - £35

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Combining gentle yet stimulating techniques on the upper back, neck, shoulders and scalp. This treatment calms the mood and helps soothe headaches and migraines.

## SCRUBS & WRAPS

### INTENSE NOURISHMENT BODY TREATMENT 90 MIN - £120

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A deep treatment for very dry, out-of-condition skin, which leaves your whole body intensely nourished and smooth. Our Enrich products, known for their exotic fragrances and deeply nourishing plant oils, are used in an intensive body exfoliation, followed by the application of rich vitamin E oil and a freshwater mud mask to truly soften and condition the skin. Your body is then layered in hydrating marine algae and massaged with a blend of four highly nourishing plant oils and a velvety moisturising body butter. A scalp massage will dissolve tension and stress so you will leave feeling relaxed and your skin will never have felt so amazing.

### GUEST'S CHOICE OF DETOX & REVIVE OR ROSE HYDRATOR BOTH ARE 60 MIN - £65

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*DETOX & REVIVE*

*For who: anyone who has recently over-indulged.*

Perfect for times of over-indulgence or when you're feeling a little sluggish or lethargic. Let us refresh your spirits with an invigorating exfoliation, followed by a layering of gels and oils, which will be left to absorb deep into the skin, while a stimulating foot massage encourages the release and elimination of toxins. Our stimulating Revive blend of essential oils, renowned for their freshening and detoxifying properties, will leave you feeling fresh, alive and full of energy.

*ROSE HYDRATOR*

*For who: a pampering treatment for those suffering from dry skin.*

If you are looking for an indulgent and uplifting treatment to bring back radiance, restore and renew your skin, then this is the treatment for you. This intensely hydrating body ritual includes a gentle exfoliation followed by a layering of hydrating and regenerating creams and oils rich in Damask rose, renowned for its renewing and moisturising properties. The products are left to penetrate under a wrap while an Ayurvedic scalp massage works to lift and brighten your spirits.



“RELAX AFTER YOUR  
TREATMENT WITH A  
COMPLIMENTARY  
SELECTION OF FRESH  
FRUIT AND JUICES.”

Victoria Fieldsend, G&V Assistant Spa Manager

## MEN'S BESPOKE TREATMENTS

MATTIFYING FACIAL 60/90 MIN - £60/£85

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This treatment regulates problem skin, leaving the complexion instantly bright and radiant. \*The 90 minute session includes a back massage.

INTENSIVE MUSCLE RELEASE 60/90 MIN - £80/£110

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An intensive massage that works deep into stiff, tight, aching muscles, to instantly release pain and tension.

BACK THERAPY 60 MIN - £60

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Rebalance energy levels with an uplifting blend of bamboo and tea tree oil. The treatment starts with a deep cleansing back scrub to remove impurities, followed by a firm energising massage or a relaxing massage with essential oils. This is a great treatment for relieving jet lag.

GENTLEMEN'S MANICURE 30 MIN - £25

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Massage, cuticle care, shaping and buffing.

### WAXING

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We use Lycon wax, a specialised imported hot wax system which is more effective and comfortable than strip wax.

CHEST WAX	25 MIN - £22
BACK WAX	25 MIN - £22
EYEBROW SHAPE/WAX	15 MIN - £12

“I HIGHLY RECOMMEND THE  
BACK THERAPY TREATMENT.  
THE MASSAGE AND MUD  
MASK WERE BOTH AWESOME.”

David Fieldsend, G&V Front of House





## G&V SPA EXCLUSIVES

### G&V PAMPER PACKAGE

90 MIN - £80

Relax and unwind at Spa G&V. Make your visit special with our indulgent, limited edition Pamper Package, designed to revive body and mind. The ultimate relaxation package includes:

- A full-body massage using a rose body oil
- Detoxing facemask
- Paraffin wax application to the hands

### G&V BACK THERAPY

60 MIN - £60

Rebalance energy levels with an uplifting blend of ylang-ylang and tea tree oil. The treatment starts with a deep cleansing back wash, followed by a back scrub to remove impurities; then your choice of a firm or relaxing massage using essential oils. This is completed with the application of a detoxifying mud mask and a pressure point foot massage. Bliss!

### G&V TASTER FACIAL

45 MIN - £35

A tailor made facial for men and women using Aromatherapy Associates products. This introductory facial includes a deep cleanse exfoliation, mask and moisturise. The therapist will recommend the necessary aftercare to continue at home. A great skin-care starting point for someone who has never had a facial!

### AROMATIC SCALP TREATMENT

30 MIN - £35

Indulge in the ultimate nourishing, heavenly hair and scalp ritual which includes a trio of deeply relaxing massage techniques. Acupressure, tingle tangle and hands on massage will stimulate millions of nerve endings, producing stress relieving endorphins. Intensive hair oil and warm towels cocoon the head and scalp, leaving you feeling blissfully relaxed. This is not suitable for anyone pregnant.

### JET LAG CURE

90 MIN - £80

For who: anyone who has recently travelled and needs re-adjusting. A treatment for weary travellers to get you back on track when you're feeling fuzzy-headed, tired and sluggish. Specialised massage techniques, used alongside our award-winning oils, will work to re-set your body clock so that you quickly adjust to the correct time zone. For optimum benefits we recommend you visit us as soon as possible after landing.





## MANICURES & PEDICURES

Experience professional OPI pampering at its best from our team of experts. OPI is an award winning brand that is renowned for its indulgent, luxury treatments and lacquers around the world today.

### HANDS

MINI-CURE BY OPI	30 MIN - £25
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A quick fix nail shaping and choice of fabulous lacquers to finish.  
*This service does not include cuticle care.*

REJUVENATING MANICURE BY OPI	60 MIN - £40
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Age-defying, nourishing luxury manicure enriched with therapeutic ingredients which envelops skin for visibly younger looking hands.

### FEET

FEET TREATS (EXPRESS)	45 MIN- £40
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Filled with pampering ingredients, inspired by a spa setting in the tropics and developed to turn feet silken, with different aromas.  
*This service does not include cuticle care.*

LUXURY OPI PEDICURE WITH PARAFFIN WAX BOOTIES	75 MIN - £60
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Indulge your feet with this must have luxurious pedicure. Packed with botanical ingredients to nourish and soothe tired feet (the paraffin wax foot treatment) will improve circulation whilst you relax with a calming head massage.  
*Please allow for appropriate drying time after all manicures and pedicures.  
To avoid smudging, please bring open-toe shoes to wear after your pedicure.*

### FOR BOTH

Infinite shine gel effects lacquer system by OPI for hands and feet. A nail lacquer system that produces rich colour, intense shine, and the long-lasting wear of gels - without the need for LED light curing or removal by soaking.

HANDS OR FEET	30 MIN - £30
HANDS AND FEET	60 MIN - £50



## FINISHING TOUCHES

For those essential finishing touches. We use Lycon wax, a specialised imported hot wax system which is much more effective and comfortable than strip wax.

### WAXING

FULL/HALF LEG	£30/£18
BIKINI WAX	£20
EXTENDED BIKINI	£25
UNDERARM WAX	£15
LIP OR CHIN WAX	£10
EYEBROW SHAPE/WAX	£12

### TINTING

EYELASH TINT	£12
EYEBROW TINT	£12
EYELASH & EYEBROW TINT	£20
EYEBROW WAX AND TINT	£22

*NB:*

*A patch test will be required 24 hours before any tinting treatment*

“I HAVE SENSITIVE SKIN  
AND AS A REGULAR FOR  
WAXING I CAN HONESTLY  
SAY LYCON WAX IS THE BEST.”

Suzie Greaves, G&V Spa Therapist

## SPA INFORMATION

### ARRIVAL

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We ask you to arrive 10-15 minutes prior to your appointment in order to register. Please be aware that if you arrive late, the time of the appointment will be shortened in consideration to the next person. We have allowed a short time for consultation at the beginning and relaxation at the end of each treatment.

Please advise a member of our team at reception on ground level when you arrive and we will start your journey there.

### CHANGE YOUR MIND?

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You can cancel or change your appointment up to 24 hours prior to your appointment. Unfortunately, notice shorter than 24 hours will be charged at full cost of the treatment.

### MEDICAL QUESTION

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Please advise us of any health conditions, allergies, medication or injuries that may affect your choice of spa treatment. Our team will be happy to discuss any special requirements you may have and advise on which spa treatment will be most suitable to you.

### CHILL ZONE

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After your treatment you can relax in our G&V Chill Zone, where we offer complimentary freshly squeezed juices, herbal tea and some healthy snacks.

### CHILDREN

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Please note that the minimum age for treatments is 18 years unless accompanied by an adult.

### STAYING WITH US?

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If you are staying at G&V, you can enjoy some of the treatments in your room.

### GIFT VOUCHERS

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Gift vouchers are available for a treatment or a monetary value. Please speak to a member of a team for more information.

### HOME SPA

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Products used in your treatment are available for purchase at the Spa reception.

### PACKAGES

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We specially design packages to suit your needs, please talk to one of our therapists and they will be happy to help.

### SPECIAL OFFERS

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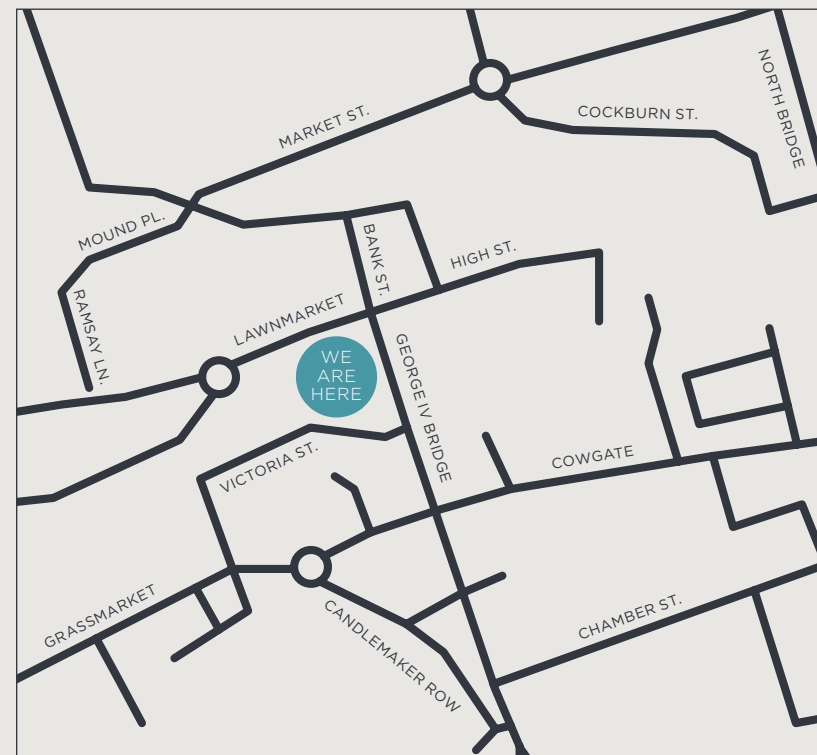
Please ask a member of our team for any special offers.

## HOW TO FIND US

### OUR ADDRESS

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1 George IV Bridge, Edinburgh EH1 1AD



### G&V SPA OPENING TIMES

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