



"Spa of the Year: Scotland"
yuspa.co.uk



Visiting Yu Spa



Day Pass

Day use of Yu Spa facilities including Technogym® studio, Ozone pool, sauna, herbal infused steam room & sunken hottubs, use of towel included. Must be booked in advance.

Treatment Client Day Pass

Any client booking individual treatments can upgrade to use the spa facilities for 2 hours before your treatments. Available everyday with any treatments booked. Only valid on day of treatment. Includes use of towel, robe and slippers.

Robe & Slipper Hire

Please note robes and slippers are not included with all packages or individual treatments but can be hired for use during your visit. Subject to availability.

Appointments

Yu Spa welcomes members, non-members and hotel residents. Booking in advance is strongly advised. Please arrive at least 15 minutes prior to your appointment. All appointment times include time to change, consultation and recommendations. If you are late for your appointment, we may not be able to perform the full treatment. Late arrivals will be charged in full. All appointments require a 50% pre-payment at the time of booking

Cancellation

Individuals rescheduling or cancelling within 24 hours of the booking date will be charged a 50% cancellation fee. Groups of 4 or more rescheduling or cancelling within 72 hours of the booking date will be charged a 50% cancellation fee. All packages cancelling within one week of the booking date will be charged a 50% cancellation fee.

Mon-Fri only £15

£10

£5

Children

Minimum age for treatments is 16 years. Under 16s are not permitted to use the spa. Children of hotel guests have access to the swimming pool at restricted times, please ask staff for details.

Contra-Indications

Some treatments are not recommended with certain medical conditions/history or pregnancy. Treatments suitable during pregnancy are indicated with (P) symbol. If you are suffering from a medical condition or have any concerns, please contact us prior to your arrival. We may require a referral letter from your GP if you have had any past or current conditions or illnesses.

Day Packages

It is advised to use the spa facilities before your treatments. Treatments cannot be substituted. Any changes or cancellations within one week are chargeable at 50%.

Etiquette

All clients are asked to respect the calm and quiet atmosphere of the spa and think of others. Use of mobile phones, cameras and recording equipment is not permitted in the spa area. Please arrive early for your appointment time.

Opening Hours

Mon-Fri, 6.30am-10pm (last entry 9.30pm)

Sat-Sun, 8am-9pm (last entry 8.30pm)

Treatments available 7 days from 10am til late

(P) Suitable during pregnancy | (♿) Double treatment room available
(M) All treatments are suitable for males, however these are particularly recommended



Taster Packages

For thousands of years, the Japanese have enjoyed the healing power of hot water. They call this Yu. This tradition was the inspiration for our holistic spa; a place to relax, rejuvenate and repose.

Escape to Yu *

Mon-Fri only £30

Get away from the stresses and strains of a hectic lifestyle and recharge your batteries with this mini spa package.

- Time To Spa
- Enjoy a Bento Box for Yu lunch (Served 12.00pm - 2.15pm) or relax with an afternoon tea (Served 2.00pm - 5.00pm)

Discover Yu * (P)

Mon-Thurs only £60

Discover a new you with this taster package designed to help you unwind, relax and refuel.

- Time To Spa
- Elemis taster facial OR deep tissue back, neck & shoulders massage
- Enjoy a Bento Box for Yu lunch (Served 12.00pm - 2.15pm) or relax with an afternoon tea (Served 2.00pm - 5.00pm)
- Use of robe & slippers

*Massage not recommended within first trimester. Available Mon-Thurs only. Allow 25 minutes for your treatment.

Zen Hen Package

Mon-Thurs £100 | Fri-Sun £110

From bridezilla to zen hen, this package is enough to destress even the most high maintenance bride to be! A perfect package for the girls to enjoy together before the big day. A relaxing alternative to spoil yourselves entirely.

- Time To Spa
- Elemis Deep Tissue Back Massage
- Elemis Taster Facial
- File and Polish
- Decadent afternoon tea
- Glass of bubbly
- Use of robe, towel and slippers

*Massage not recommended within first trimester. Allow 90 minutes for your treatments.

For all packages Spa time is limited to 2 hours and will be scheduled in for allocated time slot. Spa facilities include Technogym studio, swimming pool, Japanese inspired hot tubs, herbal infused steam room. Fresh towels are provided for your use. Under 16's are not permitted. Must be booked in advance. Subject to availability.

Packages

Choose from one of our spa packages where you'll enjoy a range of treatments and full use of our spa facilities. Included in your day is use of a robe, slippers and towel. Time To Spa is limited to two hours which should be scheduled before your treatments. Package treatments cannot be changed or substituted.

Bespoke to Yu

Mon-Thurs £89 | Fri-Sun £99

Choose any 3 treatments to create a truly bespoke spa experience.

HEAD TO TOE

Taster Facial

Bright Eyes

Foot Massage

DEEP RELAXATION

Deep Heat Back Treatment

Deep Heat Foot Treatment

Indian Head Massage

INTENSIVE BACK

Back, Neck & Shoulders Massage

Body Polish

Purifying Back Cleanse

Please allow 90 minutes for your treatments.

Complete Yu

Mon-Thurs £170 | Fri-Sun £180

Enjoy a journey of complete relaxation, designed to help you achieve inner and outer wellbeing; a day of pampering to complete the soul.

- Elemis Touch Facial
- Deep Tissue Full Body Massage
- Elemis Body Nectar Nourishing Wrap
- Enjoy a Bento Box for Yu lunch (Served 12.00pm - 2.15pm) or relax with an afternoon tea (Served 2.00pm - 5.00pm)

Please allow 3 hours for your treatments.

New Yu Detox

Mon-Thurs £99 | Fri-Sun £109

- Body Exfoliation
- Express facial
- Invigorating Full Body massage

A focussed detoxifying treatment to cleanse the body from the inside out. An exfoliation will polish the skin to perfection, leaving it silky soft before an invigorating body massage will help to stimulate the body's systems, cleansing from within, improving circulation and eliminating toxins. Helps to promote physical and mental wellbeing and leaves the skin smooth and supple. A great way to boost or kickstart a healthy regime or perfect before a holiday or special occasion.

Please allow 90 minutes for your treatments.

Time for Two

Enjoy treatments side by side with a partner, friend or relative in our luxurious double treatment room. Relax in the calm, oriental themed room and share the experience of your treatment together. Double treatment experiences include use of the spa facilities prior to your treatment. Selected individual treatments from the brochure may be performed as indicated in the double room, however a surcharge of £40 is applied.

Issho (Together) (††)

Mon-Thurs £180 | Fri-Sun £190

Find your inner peace with this intensive treatment which combines the power of heat with massage and active, boosting ingredients to replenish and hydrate your skin, whilst allowing you to drift into the depth of complete relaxation.

- Aromastone back, neck & shoulders massage
- Elemis taster facial
- Heated foot treatment

Allow 90 minutes for treatment.

Fuatsu (Two) (††)

Mon-Thurs £110 | Fri-Sun £120

Indulge yourself with this intensive back treatment to remove toxins, reveal silky soft, smooth skin, relieve tension and soothe aching muscles.

- Back cleanse and exfoliation
- Hot compress
- Back, neck and shoulders massage

Allow 45 minutes for treatment.

Mamma Zen

During pregnancy, your body is working hard to nurture you and your bump. It's common you'll be feeling tired and achy - the perfect excuse to book a relaxing pamper session. Shed your concerns, lighten the load and indulge yourself with a specialised pre-natal treatment, designed to help you reach a state of Zen.

Peaceful Pregnancy Massage (P)

Mon-Thurs £75 | Fri-Sun £80

The nine-month journey of nurturing is a special time. Connecting with the mother through the power of touch and working with two heartbeats as one. Specialised positioning on our unique beanbag is used to ensure the ultimate in comfort and relaxation.

Tried and tested safe massage techniques are combined and adapted to each stage of pregnancy. Helps to relieve tension in the lower and upper back, as well as alleviate swelling of the hands and feet, while easing the mind and uplifting the spirit.

Allow 60 minutes for treatment.

Other treatments recommended during pregnancy:

- Elemis TOUCH facial
- Elemis TECHNOLOGY BIOTEC Sensitive Skin Soother facial
- Indian Head Massage
- Garden of England Rose Restore Hand Treatment
- Best Foot Forward

Yu Spa Signature Treatments

Yu Spa Signature Facial (P)

Mon-Thurs £50 | Fri-Sun £55

A relaxing and reviving signature facial designed to your specific skin type. Gentle cleanse, exfoliation, mask and massage will leave your skin refreshed and glowing.

Allow 50 minutes for treatment.

Yu Spa Deep Cleansing Facial (M)

Mon-Thurs £55 | Fri-Sun £60

Particularly good for problematic or congested skin and as a start to detox. Comprises deep massage for toxin release, hot compress, steam treatment, deep exfoliation, extraction (if required) with toning and healing mask.

Allow 60 minutes for treatment.

Please be aware that treatment time includes consultation, changing and homecare recommendation time. We may also have to book out slightly more time that is stated to allow us to set up for the next client, this does not effect your treatment time.

Yu Spa Face & Body Sensation (M)

Mon-Thurs £65 | Fri-Sun £70

Experience the luxurious hot and cold sensations of this massage targeting specific areas of the back and legs to alleviate stress and ease aching muscles. You will then be treated to an express Elemis Advanced Anti-Ageing Facial. Allow 60 minutes.

Yu Spa Signature Massage

Mon-Thurs £50 | Fri-Sun £55

A relaxing yet reviving massage focussing on the main areas of tension - back of the legs, back, neck, shoulders and décolleté. A body brush of the back will first kickstart the circulation and promote toxin release whilst softening the skin in preparation for a targeted massage which will help to alleviate tension and ease aching muscles. Allow 50 minutes.

Elemis TOUCH

TOUCH | ANTI-AGEING

Mon-Thurs £60 | Fri-Sun £65

Pro Definition Lift & Contour (P)

Time to shape up and sharpen up. Conditioning massage and tightening jowl and chin masks help restore youthful contour to the cheeks and jawline. Skin is left elasticised and supported – it's still you, but in high definition.

Pro Collagen Age Defy (P)

There's a fine line between you and younger looking skin – make the leap with this powerful anti-ageing fast-track treatment. Wrinkles – shut the door on your way out!

Dynamic Resurfacing Precision Peel (P)

This resurfacing champion is designed to deliver powerful exfoliation and renewal, working in partnership with your skin's unique structure. Plus a healthy dose of potent enzyme action. New beginnings.

White Brightening Pigment Perfector (P)

This highly effective skin brightening facial visibly illuminates the complexion to leave it naturally more even and translucently clear. Light, precision movements delicately layer proven brightening actives onto the skin to systematically encourage the washing out of melanin, whilst reducing the visible dullness that develops over time. Leaves the complexion illuminated and even, visibly more youthful and refined.

Allow 60 minutes for treatment.

TOUCH | SKIN SOLUTIONS

Superfood Pro-Radiance (P)

The last word in skin nourishment. This superfood and mineral-packed wonder-child of ELEMIS' innovative nature meets- science philosophy, feeds every layer of the skin. Expect good health and glow.

Anti Blemish Mattify and Calm (P)

This is the time-efficient trouble shooter to tame oily and blemished complexions. High alpine Lavender goes to work detoxifying, decongesting and cleansing while massage gives skin a breath of fresh air. A clean sweep.

Sensitive Skin Soother (P)

Feeling fragile? You need some attention. Subtle, strengthening, empowering attention. Gentle Rose, soothing Chamomile and moisturising Neroli are combined with vibrational massage to nurture even the most sensitive of skin.

High Performance Skin Energiser for Men (M)

Be a man for all seasons with this hydrating, energising treatment for stressed, fatigued skin. The tailored massage sequence boosts circulation while moisture and nutrients are restored. Vibrant and vital, you will reign supreme.

Allow 60 minutes for treatment.

Elemis Technology

TECHNOLOGY | ANTI AGEING

BIOTEC Firm-a-Lift

Super-lifting facial to help firm and tighten cheeks, neck and jawline.

BIOTEC Line Eraser

The ultimate wrinkle-smoothing facial to rejuvenate ageing skin.

BIOTEC Anti-Pigment Brightener

The ultimate performance facial for total skin perfection. Brighten and illuminate. Restore and refine.

BIOTEC Skin Resurfacer

Revolutionary resurfacing facial to even skin tone, reduce blemish marks and smooth fine lines

Allow 60 minutes for treatment.

An extra touch of pampering can be added on to any biotec facial

15 minutes for £15

Choose from:

- Biotec eye treatment
- Biotec contouring jawline treatment
- Hands on facial massage

Must be booked at same time as facial

Biotec offers a new generation of facials with uncompromising results and client experience using the latest innovation in bio-electric technology.

TECHNOLOGY | SKIN SOLUTIONS

BIOTEC Radiance Renew

Radiance-boosting, brightening facial to energise tired, dull and stressed skin.

BIOTEC Blemish Control

Deep cleansing, detoxifying facial to visibly clear and re-balance oily, blemish prone skin.

BIOTEC Sensitive Skin Soother (P)

De-sensitising anti-redness facial, to soothe and calm a delicate skin.

BIOTEC Super-Charger Facial for Men

High performance facial for men to de-grease, de-age and calm a stressed, dehydrated skin

Allow 60 minutes for treatment.

All Biotec treatments

Mon-thurs £65, fri-sun £70

Purchase a full course of 6 Biotec Facials for just £325, saving £65

Course of 6-10 recommended for maximum results. Facials should be taken no more than every 21 days apart. To be paid in advance and the course of treatments must be booked and taken within 4 months of booking otherwise the free facial cannot be redeemed. Course only valid mon-thurs. Treatments are non transferrable, no refunds available. Contra-indications apply to certain treatments, please check before booking your treatment if you have any concerns. Courses are perfect for pre-wedding preparations to get your skin looking as radiant as possible.

Massage

Swedish Deep Tissue (M)

This deep rhythmic pressure massage gives the whole body a vigorous workout. Combined with specially blended oils, this treatment is tailored to the individual's needs, focussing on relieving muscle aches and tension.

Deep Tissue Full Body (H) (60 mins) **Mon-Thurs £55 | Fri-Sun £60**

Deep Tissue Back, Neck & Shoulders (P*) (30 mins)
Mon-Thurs £35 | Fri-Sun £38

*not recommended within first trimester.

Aromatherapy

Essential oils are the life force of plants. Extracted in their purest form and blended for each client, aromatherapy is a truly individual and relaxing treatment.

Aromatherapy Full Body (H) (70 mins) **Mon-Thurs £60 | Fri-Sun £65**

Aromatherapy Back, Neck & Shoulders (40 mins)
Mon-Thurs £40 | Fri-Sun £45

Yu Spa Signature Stone Massage (M)

Small stones are placed on key energy points of the body, evoking an aura of warmth. The deep penetrating heat from the stones is used to massage the body to ease muscles and deeply relax the mind and body.

Aroma Stone Back, Neck & Shoulders (30 mins)
Mon-Thurs £40 | Fri-Sun £45

Aroma Stone Full Body (75 mins) **Mon-Thurs £70 | Fri-Sun £75**

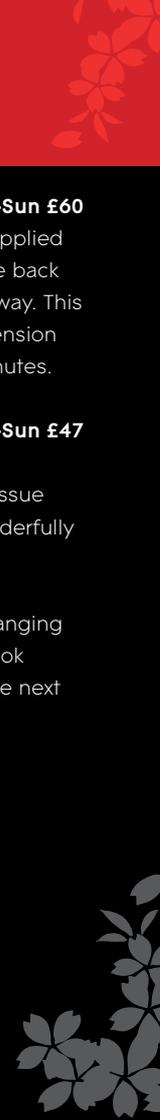
Yu Spa Deep Heat Stone Treatment **Mon-Thurs £55 | Fri-Sun £60**

An indulgent treat for the back - a warm paraffin wax mask is applied after a deep cleanse and is followed by an indulgent hot stone back massage to help you relax and allow you to melt your stress away. This intense back treatment will help relieve painful muscles and tension and leave your skin feeling silky soft and smooth. Allow 60 minutes.

Devils Delight Back Treatment (M) **Mon-Thurs £42 | Fri-Sun £47**

Exfoliation removes dead skin cells and stimulates circulation, followed by steam extraction to decongest the skin. A Deep Tissue Massage then helps to relieve tense muscles leaving you wonderfully relaxed. Allow 45 minutes.

Please be aware that treatment time includes consultation, changing and homecare recommendation time. We may also have to book out slightly more time that is stated to allow us to set up for the next client, this does not effect your treatment time.





Elemis Body Wraps

Body Nectar Nourishing Wrap (P)

Mon-Thurs £50 | Fri-Sun £55

This lusciously fragrant, intensely moisturising body wrap will transport you to the Far East. The velvety texture of the Monoi Oil offers super hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood balancing aromatics and skin conditioning oils do their work. An emotionally grounding experience for skin that has never felt silkier.

Choose from Frangipani or Sweet Orchid. Allow 60 minutes.

Intensely Cleansing Salt Scrub

Mon-Thurs £30 | Fri-Sun £35

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.

Choose from Frangipani or Lime & Ginger. Allow 30 minutes.

Elemis Aroma Spa Ocean Wrap

Mon-Thurs £55 | Fri-Sun £59

A warm seaweed body mask combined with a blend of essential oils is applied to the body, before a full body foil wrap. Choose from:

- Musclese Aroma Spa Ocean Wrap
Helps to ease the pains of rheumatism, arthritis, muscle spasm and fatigue.
- Cellutox Aroma Spa Ocean Wrap
Excellent for improving the dimpled appearance of cellulite and reducing fluid retention.

Course of eight recommended. Two per week.

Allow 75 minutes.

Thousand Flower Detox Wrap

Mon-Thurs £55 | Fri-Sun £60

This nutrient-rich detox wrap uses the deeply nourishing Green Tea Balm to encourage super skin health and powerful detoxification. It helps stimulate the elimination process and restore equilibrium to leave you feeling completely reinvigorated.

Allow 60 minutes.



Holistic Therapy

Reiki (P) (60 mins)

Mon-Thurs £40 | Fri-Sun £45

This natural healing art originated in Japan and restores the natural balance in the body using the energy which is all around us. Hands are placed in a sequence of positions around the body to channel energy forces and promote a sense of wellbeing and calm.

Reflexology (P*) (60 mins)

Mon-Thurs £45 | Fri-Sun £50

Reflexology encourages the body to work naturally to restore its own healthy balance. Treatment involves applying pressure to the precise reflex points on your feet.

*Not recommended within first trimester

Hopi Ear Candling (45mins)

Mon-Thurs £35 | Fri-Sun £40

This ancient therapy provides a soothing treatment helping to balance pressure in ears, forehead and sinuses. Helps with stress, nerves, headaches and ear noise. Treatment is further enhanced with a lymphatic drainage massage of the face to stimulate the system and encourage elimination of toxins.

Indian Head Massage (P) (60 mins) Mon-Thurs £50 | Fri-Sun £55

A deeply relaxing massage using firm yet gentle rhythms to unblock tension in the upper back, neck, shoulders, arms, face and scalp. The treatment is individually designed to energise mind, body and spirit.

Finishing Touches

Garden of England Rose Restore Hand Treatment (P) (30 mins)

Mon-Thurs £30 | Fri-Sun £35

Hand massages are alarmingly relaxing. And this is the last word in conditioning, restorative, anti-ageing hand treatments. Targeting age spots and dryness, you'll waft out with the softest little paws and a blissed-out smile on your face.

Best Foot Forward (P) (30 mins)

Mon-Thurs £30 | Fri-Sun £35

Take a load off with this foot-focused tension releaser. Lower legs and feet are thoroughly exfoliated, bathed and massaged. Softens and smoothes to leave feet as supple and fragrant as a Rose.

*Does not include polish. Option to upgrade with a file & polish for only £10, saving £10

Nailcare (P)

Leaves your nails looking and feeling great.

Manicure £30 | **French manicure** £35

Pedicure** £35 | **French pedicure** £40

File & Polish £20

**Please bring open shoes with you.

Waxing and tinting available Monday to Thursday only, please ask for details.

Gift Cards:

Yu Spa Gift Cards make an ideal gift for any special occasion. Buy Gift Cards online yuspa.co.uk or at Yu Spa.

SPA OF THE YEAR: SCOTLAND



Membership

Join Yu Spa and become a Member today
Multiple membership options available
Annual Subscription discount available
Ask Yu Spa Staff for Membership information

Yu Spa

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