



One Spa

Sheraton Grand Hotel & Spa, Edinburgh

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Website:	www.onespa.com
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Managed by:	Sheraton Grand Hotel & Spa
Owned by:	Hotel Corporation of Edinburgh
Opening date:	October 2001
Cost of building:	£15 million (Including Santini restaurant + two storey car park)
Total area:	One Spa is a six storey building with three split-levels of spa encompassing 34,000 square feet. One Spa is connected to the Sheraton Grand Hotel via an elevated glass walkway.
Exterior design:	Sir Terry Farrell
Interior design:	Syntax
Description:	Regarded as Europe's most advanced city spa, One Spa is a natural balance of energy, water and heat in a beautiful, light-filled space. Shimmering pools and a rejuvenating Thermal Suite go hand-in-hand with a soothing, sensual spa treatment programme while the advanced gym and fitness studios tone and balance the body's core. One Spa is a holistic experience that rewards mind and body again and again.
Opening Times:	Monday to Friday: 06:30 – 22:00 Saturday & Sunday: 07:00 – 21:00

One Spa Facilities

SOOTHE

In tranquil surroundings guests can experience a series of spa treatments that blend the techniques and philosophies of the ancient and modern worlds. Each treatment is individually tailored to a guest's particular needs; we use natural ESPA products to soothe, calm or energise mind and body.

From intensive facials and muscle relaxing wraps to deep tissue massage and full body scrubs, our treatments are rebalancing, rejuvenating, rewarding.

Treatment Rooms: **17 multi-purpose spa treatment rooms:** warm blankets, soft ambient lighting and relaxing music set the tone in these beautiful, calming spaces.

Wet plinth room: specially designed for salt & oil treatment scrubs, this wet room incorporates a heated stone treatment bed which helps to relax the muscles. Warm water can be applied to the body in preparation for the treatment and afterwards to rinse off sea salts and essential oils.

Serial mud chamber: therapeutic mud is used in an herbal steam chamber to exfoliate and remove toxins.

Manicure/Pedicure/Makeup Studio: providing a range of holistic foot & nail treatments and makeup.

IMMERSE

Flowing waters relax and rejuvenate. A beautiful 19 metre infinity edge swimming pool surrounded by light and space is located on level 5. Taking things to the next level is a sparkling rooftop Hydropool and unique Thermal Suite with an exceptional collection of heat and steam treatments.

With water, heat, light and harmony, guests can immerse themselves in the shimmering experience that is One Spa.

Swimming Pool: Situated on the top floor, the 19m swimming pool with infinity edge is surrounded by loungers and floor-to-ceiling glass offering light and relaxation on even the dullest of days. Two aromatic Cleopatra baths offer the chance to lie back and contemplate the world.

Hydropool: Up on the rooftop is the stainless steel Hydropool, an indoor-outdoor warm water experience with a variety of body jets providing mineral-rich water to rebalance the body's essential core.

Thermal Suite: Step inside and leave the world far behind. Here in the cocoon-like Thermal Suite lies a series of heat treatments inspired by the ancient Celts and Romans. Sit down, lie down and let the heat and steam cleanse the body and soothe aching muscles.

Thermal Suite includes:

- **Hammam:** providing a scented steam environment to clear the senses.
- **Aroma Grotto:** steam infused with aromatherapy and herbal extracts to enhance the complexion and hair.
- **Rock Sauna:** a classic sauna that has a purifying effect on the body.
- **Bio Sauna:** a combination of heat and humidity infused with an orange essence to create a more gentle experience and enhanced with coloured fibreoptic lights.
- **Laconium:** gentle, dry heat distributed through the floor and benches.
- **Tepidarium:** individual thermal couches release the body's toxins and relax the muscles.
- **Lifestyle Showers:** provides cold mist or scented tropical rain to refresh the mind and cool the body.

ENERGISE

Awash with natural daylight, the gym and studios at One Spa inspires guests and members to new physical heights with a range of smart equipment and ongoing expert advice. Resistance training, muscle development and cardiovascular health are all part of a holistic programme created personally to meet the members' goals.

State-of-the-art Gym: Health and vitality flow through the gym at One Spa. A dynamic, inspirational space, the gym is infused with daylight and features natural materials and mood-enhancing lighting to spur guests on as they train.

An extensive range of the latest Technogym cardio and resistance equipment forms the core of the One Spa offering. This includes integral entertainment and individually-keyed technology to automatically set the equipment according to a personal training programme. Trained fitness instructors are on hand to offer individual assessment and ongoing support.

Fitness Studio: Tone, balance and strength are the keys to a healthy body. All fitness classes – from yoga and Pilates to high intensity circuit training – are run by a team of highly trained, experienced instructors. The fitness studio features ambient lighting that changes the atmosphere according to the activity, from calm relaxation to up tempo energy.

Kinesis Studio: The dynamic kinesis studio introduces an exciting new way of exercising that encourages your body to move freely and naturally while working on the key elements of flexibility, strength and balance.

MEMBERSHIP

Energising, soothing, relaxing, One Spa is a holistic experience that rewards mind and body again and again. One visit is bliss, membership is simply divine. There are three membership options: Fitness; Aqua; and At One, three opportunities to find the perfect balance of energy and relaxation.

Fitness at One: Includes use of the Gym, Swimming Pool and Cleopatra Baths.

Aqua at One: Incorporates the Swimming Pool, Cleopatra Baths, rooftop Hydropool and Thermal Suite.

At One: Includes all of the facilities.

Members receive their own swatch watch which is individually programmed according to their membership category. Members also receive complimentary towel usage on every visit; up to three hours complimentary car parking; a comprehensive induction with health and lifestyle review; individual training programmes and a range of exclusive member benefits.

In addition, Scotland's top fitness and lifestyle consultant, Iain Bell provides nutrition and stress management workshops and tailor-made training programmes to spa members and hotel guests.

SPA CAFÉ

What you eat and what you drink are as essential to mind and body as exercise and relaxation. Which is why the menu at The Spa Café has been designed to complement daily rituals. Nutritious and delicious, our menu is served in the tranquil surroundings of One Spa Café. Here, guests can meet friends, flick through the latest magazines or simply relax between treatments and workouts.

AWARDS

- **Destination Hotel Spa of the Year, Hall of Fame 2006**
British Beauty Awards
- **Destination/Hotel Spa of the Year, 2003, 2004 & 2005**
British Beauty Awards
- **Urban Day Spa, 2004**
Conde Nast Traveller Readers' Spa Awards
- **Favourite UK Hotel Spa, 2003**
Conde Nast Traveller Readers' Awards
- **Scottish Hotel Spa of the Year, 2004 & 2005**
The Scottish Hotels of the Year Awards

For further information contact:

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