

Glasgowlife



REFRESH SPA



TREATMENT MENU





REFRESH SPA

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
Sunday	10am – 4.30pm

Treatment Booking Times

Wednesday & Thursday	10:30am – 7:30pm
Friday	9:15am – 5:15pm
Saturday	9:15am – 4:15pm
Sunday	10am – 3pm

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@glasgowlife.org.uk

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



/RefreshSpaGlasgow

Refresh Spa

1000 London Road, Glasgow G40 3HY

OUR BRANDS

We invite you to make time for yourself with our wide range of holistic and beauty therapies. We are extremely proud to partnership with our fantastic skincare brand Temple Spa. The Refresh Spa team will be delighted to offer you advice and guidance on the best treatments to meet your individual needs.

TEMPLESPA

Science-led Skincare. Bathed in Mediterranean sunshine.

Marrying clinically proven formulas with naturally rich botanicals, TEMPLESPA is beauty redefined. Merging the finest derma-science with the warmth and vitality of the Mediterranean, our 100% British brand has a truly global appeal.



TEMPLESPA

TEMPLESPA & AMETHYST TRUST

We have worked with the renowned Amethyst Trust to create an adapted menu of our wonderful TEMPLESPA treatments that are suitable for clients who are medically frail, recovering from illness or are immunocompromised such as those with or recovering from cancer. These bespoke and customisable treatments allow the therapist to adapt to suit the client's needs.



SPA EXPERIENCE



Spa Session

**90 mins | £30 Complete Package | £25 Essential Package (Add-on to any treatment for £10)
Additional Towel Hire | £2**

Complete Package | Includes a robe, towel, and bottled water – “the full spa experience”
Essential Package | Includes a fresh towel for your comfort

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 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.



FACIAL TREATMENTS

TEMPLESPA MY KINDA SKIN | Prescription Facial

60 mins | £75

Let us analyse your skin and prepare a tailored treatment just for you. Your facial includes our signature massage plus a relaxing scalp massage. You will feel amazing and your skin transformed.



TEMPLESPA ALL ABOUT THE GLOW | Glow & Radiance Facial

75 mins | £90

This advanced, skin transforming facial turns up your glow with instant and visible results for firmer feeling & brighter, healthy-looking skin. Your complexion is transformed thanks to intelligent active ingredients boosted by vitamin c and our glycolic acid complexes. Add our unique skin-lifting massage techniques and the results are even better skin.

TEMPLESPA CHAMPAGNE & TRUFFLES DELUXE TREATMENT | FIRM & LIFT FACIAL

90 mins | £100

A luxury facial that combines our award winning truffle skincare with our specialist lifting massage techniques that together iron out deep lines and wrinkles, help to strengthen muscle tone and reduce puffiness. Includes an exquisite cooling alginate mask and rose quartz massage therapy.



MASSAGE

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.

TEMPLESPA DRIFT AWAY Relaxing Aromatherapy Massage

60 mins | £85

This deeply relaxing massage, formulated with a dreamy blend of Mediterranean essential oils including Frankincense, Lavender and Patchouli, is guaranteed to have you drifting away. This is the perfect treatment to soothe and calm frazzled nerves and wind down an active mind; tension and stress simply melts away.

Amethyst
Trust 



MASSAGE

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

70 mins | £95

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.



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.

TEMPLESPA NEW BEGINNINGS | Pregnancy Massage

60 mins | £85

Pregnancy is a most wonderful time that requires treatments specially designed for you. You will enjoy a full body massage, without the need to lie on your tummy. Our specially trained therapists know exactly how to work those sore, tired and aching muscles while you feel completely comfortable and relaxed.

The treatment is topped off with a relaxing face and scalp massage leaving your skin feeling baby soft all over.



TEMPLESIPA BODY TREATMENTS

TEMPLESIPA THE OUTER GLOW | Glow & Radiance Body Treatment

45 mins | £55

An invigorating and refreshing all over exfoliation treatment that leaves skin soft, revitalised and hydrated. The perfect way to prep your skin for a massage and an absolute must before your holiday or a special event. Off you glow!

TEMPLESIPA SOUL RETREAT | Top to Toe

60 mins | £85

A relaxing therapy to leave you feeling comforted and peaceful. Experience the Drift Away aromatherapy back massage, combined with the My Kinda Skin express facial. A perfect retreat for the soul.

TEMPLESIPA THE TOTAL GLOW UP | Glow & Radiance Face & Body Experience

90 mins | £110

This unique face and body experience leaves your skin, face and body positively glowing from top-to-toe! To begin, you will be treated to a body brush, scrub and application of moisturiser, followed by a face & body treatment which works on relieving tension and improving tone. Lastly, our advanced skin transforming facial turns up your glow with instant and visible results. A total face and body glow up!

TEMPLESIPA YOUR BEST YOU | HYDRATE & SOOTHE MENO-PAUSE BODY TREATMENT

90 mins | £110

This unique top-to-toe treatment is bespoke to you. The gentle, caring massage uses a combination of expert therapist hands and Himalayan Salt stones with TEMPLESPA hydrating and soothing skincare to support stress relief, increase energy, and positively boost your mood. Rhythmic stretches, and gentle joint rotation rescue achy limbs and a gentle lymph drainage facial reduces puffiness to leave skin fresh and feeling beautiful.



SIGNATURE BODY RITUALS

Reflexology

60 mins | £85

Reflexology is a deeply relaxing treatment that uses gentle, focused pressure on specific reflex points of the feet. These points correspond to different areas of the body, helping to encourage balance, relaxation, and a sense of overall wellbeing.

This calming therapy is ideal for easing tension and restoring harmony from head to toe – leaving you feeling grounded, refreshed, and rebalanced.

LYMPHATIC DRAINAGE

75 mins | £85

A specialist therapy designed to encourage your body's natural detoxification, reduce fluid retention and support overall wellbeing. Lymphatic drainage uses light, rhythmic massage techniques to stimulate the lymphatic system – the body's network responsible for removing waste, excess fluid and toxins from tissues.

This gentle massage is suitable for a wide range of goals – from supporting post-surgical recovery and reducing swelling after injury, to helping relieve bloating, improved circulation and a feeling of internal balance and lightness.

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.



EXPRESS TREATMENTS

Our express treatments are an ideal pick-me-up for those short on time but still wanting a results-driven treatment. Choose an express treatment that can stand alone or added on to your treatments.

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

TEMPLESPA MY KINDA SKIN EXPRESS | Prescription Facial

30 mins | £55

Let us analyse your skin and prepare a tailored treatment just for you. Your facial includes our signature massage plus a relaxing scalp massage. You will feel amazing and your skin transformed.

**Amethyst
Trust** 



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)

TEMPLESPA/All About the Glow 75 minute Facials

£300 (save £100)



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.



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