

Beauty Prices

Nails

Gel Manicure	£30
Luxury Manicure	£40
Gel Pedicure	£30
Mani/ Pedi	£60

Waxing

Underarms	£15
Eyebrows	£10
1/2 Leg	£20
Full Leg	£40
Back	£40
Arms	£35

Eyes

Eyelash Tint	£15
Eyebrow	£15
Eyelash Tint/ Brow Tint + Wax	£32
Brow Tint + Wax	£15

All appointments are subject to availability.
Minimum deposit of £15. Non Refundable.



THE GLYNHILL
HOTEL & SPA

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Spa Treatment List

To book a treatment call us
on 0141 886 5555 (option 4).

Reflexology

A type of massage that involves applying different amounts of pressure to the feet. It's based on a theory that these body parts are connected to certain organs and body systems.

Benefits:

- Eases stress, anxiety and depression
- Improves sleep
- Boosts feelings of relaxation
- Relieves discomfort from pregnancy and menstruation

30 minutes: £35

60 minutes: £65

Swedish Massage

(Back, Neck & Shoulders)

A relatively gentle massage form focused on the body's superficial layers.

Benefits:

- Loosening tight muscles and stretching connective tissues
- Relieving cramps and muscle spasms/decreasing muscle fatigue
- Improving range of motion
- Improves circulation

30 minutes: £40

60 minutes: £70

Body Scrub

A body exfoliation removing dead skin cells from the skin surface, leaving skin feeling smooth and rejuvenated.

Benefits:

- Improved circulation
- Soft supple skin
- Allows skin to absorb moisture better
- Unclogs pores and prevents in-grown hairs

30 minutes: £35

60 minutes: £55

Aromatherapy Massage

A holistic healing treatment using aromatic essential oils to enhance physical and emotional health.

Benefits:

- Helps manage pain
- Eases digestion
- Boosts relaxation
- Relieves stress or tension

30 minutes: £40

50 minutes: £70

Hot Stone Massage

Used to help relax and ease tense muscles and damaged soft tissues throughout the body. During a hot stone massage, smooth, flat, heated stones are placed on specific parts of the body. The stones are usually made of basalt; a type of volcanic rock that retains heat.

Benefits:

- Helps relieve muscle tension and pain
- Reduces stress and anxiety
- Promotes sleep
- Boosts immunity

30 minutes: £50

60 minutes: £90

Deep Tissue Massage

(Back, Neck & Shoulders)

A deep tissue massage is the systematic manipulation of soft tissue with the hands.

Benefits:

- Promotes healing/rehabilitation of muscles
- Reduces stress
- Enhances muscle relaxation
- Improves local circulation

30 minutes: £50

60 minutes: £90

Indian Head Massage

A relaxing holistic treatment that uses acupressure and other massage techniques on the head, face, neck and shoulders.

Benefits:

- Relieves migraines
- Promotes hair growth
- Helps insomnia and fatigue
- Relieves anxiety and depression

30 minutes: £30

50 minutes: £55

Facial

A skin treatment that cleanses pores, exfoliates dead skin cells, massages, hydrates and moisturises the skin, and treats common skin concerns with a custom regime.

Benefits:

- Rejuvenation of the skin and face
- Reduces pigmentation
- Tones the skin
- Removes excess dirt

30 minutes: £40

60 minutes: £70