



Treatments



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A HAVEN OF RELAXATION IN THE HEART OF EDINBURGH.

Located within Edinburgh's iconic Victorian railway hotel, Waldorf Astoria Edinburgh - The Caledonian. The Waldorf Astoria Spa offers a haven of relaxation and rejuvenation in the heart of the city, with treatments in partnership with 111SKIN and Ground Wellbeing.

Continue your journey at the Waldorf Astoria Edinburgh Spa. Choose from a selection of amenities, including a steam room, sauna, whirl pool, two-floor gym and an indoor swimming pool overlooking the Edinburgh Castle.





111 SKIN

Clinically Inspired. Science Led. Performance Driven.

For 10 years the dynamic partnership of Dr. Yannis and Eva Alexandridis have been challenging the frontiers of science, bringing pioneering formulas which radically transform skin health and inspire total confidence.

111SKIN was created to meet demand from over 30 years of clinical practice in London's Harley Street, the destination for some of the world's top medical consultants.

In a quest to improve patient recovery experience, Dr. Yannis worked in alliance with an exclusive team of leading astronomical scientists and medics, exploring extreme environmental healing, culminating in the creation of the proprietary and unrivalled complex NAC Y2™. The foundation of 111SKIN formulations.

111SKIN Facial Treatments

SIGNATURE HARLEY STREET FACIAL

60mins

Resorting • Calming • Strengthening

90mins

A high-performance facial formulated with powerful antioxidants to neutralize free radical damage, and to repair irritated skin. This double clinical cleanse treatment, with deep tissue muscle massage, harnesses the 111SKIN signature NAC Y2 complex – our original Dramatic Healing Serum formula - to strengthen and restore the skin's lipid barrier and prevent further inflammation. Using a combination of restorative ingredients from our Reparative Collection, the facial also targets skin issues such as dehydration, sensitivity and rosacea for skin that feels and looks calmer and deeply hydrated. Option to add LED red light therapy to increase circulation, reduce inflammation, stimulate collagen and calm the skin. This will accelerate the skin's healing process. Perfect for all skin types.

DE-PUFFING CRYO FACIAL

60mins

Oxygenating • Defining • Detoxifying

90mins

Created to work without access to the Cryo machine, this treatment is composed of massages that care for the skin three-dimensionally, using a special tool on the finest of lines and contouring the face impeccably for a refreshed glow. Unique 111SKIN Cryo globes act to ensure skin appears firmer and more luminescent.

111SKIN Facial Treatments

CLARITY REBALANCING FACIAL

90mins

Refining • Clearing • Sculpting

This targeted treatment for problematic skin features a highly intelligent mask system which utilises the exclusive 111SKIN Facial Architecture method, balancing the skin microbiome and minimising oil production. A selection of our Clarity Collection combined with active ingredients like colloidal sulphur and salicylic acid dissolve dead skin cells and reduce inflammation. You are left with a clear complexion and refined, polished skin. May be combined with or without High Frequency facial machine

ROSE GOLD RADIANCE FACIAL

90mins

Smoothing • Firming • Sculpting

This treatment combines powerful properties of restoration with the most innovative formulas to lift, firm and sculpt. Using a three-level approach to facial massage, including our signature 111SKIN technique, incorporating smoothing wand and rose quartz crystals massage, the treatment is designed to relax and soothe the mind while alleviating irritation and inflamed skin. With the added absorption of the Radiance Oil containing gold and rose extracts and the illuminating effect of 24k gold sheets, the result is a rested and restored looking radiance, as if lit from within. A must-have for all skin types and perfect before a big event.

CELESTIAL BLACK DIAMOND

90mins

NON-SURGICAL LIFT FACIAL

Lifting • Firming • Tightening

Our most comprehensive anti-wrinkle facial, this luxurious experience harnesses 111SKIN's most potent collection – the Intensive Collection – to encourage a youthful, sculpted and visibly firmer appearance. A series of thoroughly active steps, including the brands accelerated peel and antioxidant-rich formulas are aided through diamond absorption. The multimasking treatment reduces pigmentation for brighter and more balanced-looking skin. A combination of the smoothing wand and signature massage ensure the skin is taut and deep lines are minimised, sculpting along the natural contours of the face for a lifted, youthful appearance.

111SKIN Body Treatments

CELESTIAL BLACK DIAMOND SCULPTING TREATMENT

60mins

Lifting • Tightening • Nourishing

A powerful anti-ageing treatment that is designed to smooth, sculpt and tone the face and body, drawing on 111SKIN's Intensive collection. Utilising a thermal polish and luxurious Celestial Black Diamond Lift and Firm Face Mask, as well as the Celestial Black Diamond body cream (formulated with fine particles for better absorption), skin is left visibly firmed.

ROSE RADIANCE BODY TREATMENT

60mins

Soothing • Sculpting • Illuminating

An indulgent full-body ritual utilising 111SKIN's Radiance collection. Comprising a complete body exfoliation and application of a luxurious, soothing rose gold oil. A rose quartz brightening mask is gently applied to the face, followed by a reviving back and chest massage with a rose quartz crystal, resulting in skin that glows from the inside out.

MOLECULAR HYDRATION FACE, BODY & SCALP TREATMENT

90mins

Hydrating • Volumizing • Moisturizing

A luxuriously intense and hydrating treatment utilising products from 111SKIN's Treatment collection, specially designed to deeply moisturise the body, face and scalp. A full-body application using a rich hyaluronic acid serum increases circulation in conjunction with a bio-cellulose face mask that is designed to hydrate the skin. An indulgently warm oil scalp massage completes the experience.





GROUND WELLBEING

Wellness curator Peigin Crowley was renewed by the times we are living in, and inspired to build a simpler life that can be sustained and shared with intention with others. Having spent over 20 years in the world of spa, Peigin creates award-winning spaces that align distinctive guest experiences with wellbeing at the core. She has mastered an innovative and engaging style of treatment and product development that creates a fluid path to transformative experiences and intuitive self-care.

In 2020, GROUND Wellbeing was born at the kitchen table in a quest to make wellness and self-care accessible to all, crafting rituals that are anchored in gentle breathwork, hands on rhythmical pressures and techniques and the compelling powers of aromatherapy oils. All of these elements combine to create a mindful surrender, a moment to be truly present yet deeply relaxed, with the sincere intention to return to source.



Ground Wellbeing Massage Rituals

Ground Wellbeing rituals will include gentle breathwork, hands on rhythmical pressures and techniques with the compelling powers of aromatherapy oils. All these elements combine to create a mindful moment in time customised for you. A moment to be truly present in your body as you lean in to relaxation and peacefulness.

THE CLEANSING RITUAL

60mins

To encourage gut harmony.

The gut is our second brain, much of our wellbeing depends on it. With the intention to move our system into the state of rest and digest, this treatment helps encourage our gut to connect deeply into our body.

The aim is to gently stimulate the circulation of lymph, nerve and fresh blood flow to the digestive organs. The fresh circulation helps bring the body's core back to homeostasis and balance. This warming treatment focuses on relaxing and soothing the abdomen physically, while stimulating the area to aid detoxification. Acupressure points on the feet are worked on to prompt digestion and metabolism.

Breathwork and mindfulness help tune into this powerhouse within the body to manage anxiety and stress, helping to tune in to our deeper consciousness and intuition.

Ground Wellbeing Massage Rituals

THE RESTORATIVE RITUAL

60mins

Release all tension and stress in the face, neck & scalp.

Combining nurturing facial massage with soothing Gua Sha techniques this slow, flowing massage treatment works to reconnect mind and body. The focus within the treatment is on the face, neck, décolleté and scalp and as such will have a potent effect on tightness and tension, eyestrain, migraines, headaches, TMJ issues, sinuses and puffiness.

This is also the perfect treatment for anyone needing respite from the effects of stress and anxiety on their body. A calming but powerful treatment with one sole purpose; to leave you feeling peaceful and renewed.

THE GROUNDING RITUAL

60mins

Surrender in full and return to source

90mins

Sacred time for you to allow healing in. This treatment will provide you with the space and time to reconnect to source, to tap into your body's ability to self-repair and re-align and will leave you feeling replenished and grounded in your body. Focused on the back of the body and specifically centred on the areas that are prone to tightness and tension. Feel your body and soul come together again.

The 90 minute option offers an added 30 minutes focused on the neck, shoulders, face and scalp and includes the use of the soothing GROUND Gua Sha stones.

THE SLEEP RITUAL

90mins

To encourage deep rest into the mind and body.

A restorative massage treatment to soothe and comfort the full body using slow and rhythmical techniques, this treatment helps to alleviate muscular tension while having a meditative, deeply relaxing effect. Induced deep breathing helps you surrender as enveloped in the potent aromas of organic geranium and jasmine absolute to leave you feeling rested and restored.

Ground Wellbeing Massage Rituals

THE COMFORTING RITUAL

60mins

Pregnancy Care: Second & Third Trimester

90mins

A deeply comforting treatment for Mum to Be as she cradles her baby within. This treatment centres on a gentle rhythmical massage to hold and relax expecting Mum. It is a grounding treatment to soothe and release tired muscles specifically in the shoulders, back and lower legs as the body grows and glows with each trimester.

The 90 minute option offers an added 30 minutes focused on the neck, shoulders, face and scalp and includes the use of the soothing GROUND Gua Sha stones.

THE BALANCING RITUAL

60mins

Empowering & supporting through change:

90mins

Perimenopause & Menopause

Designed with women in mind, this hands-on approach to wellbeing is truly holistic, using Breathwork, Cold Stone Massage Therapy, Gua Sha, Reflexology and Lymphatic Drainage - this unique and purposeful ritual will bring alignment and balance when going through this change and experiencing the symptoms of menopause at any stage.

A combination of cooling marble body stones and facial Gua Sha work to redistribute heat throughout the body while also alleviating aches & pains. Merging mind and body in deeper connection through breathwork and therapeutic touch will assist in soothing the nervous system, leaving you feeling calmer and more connected with self.

Choose the 90 minute option for an all-encompassing treatment on the back of the body, face and feet. Alternatively, the 60 minute option allows you to choose your preferred two areas of focus from the following: Back of body, face, feet.



WALDORF ASTORIA EDINBURGH SPA

Located in the heart of Edinburgh, the Waldorf Astoria Spa is home to a sanctuary of relaxation and rejuvenation. Offering a sophisticated range of signature treatments and luxurious Margaret Dabbs hand and foot therapies, compliment your experience by using our leisure facilities to relax amongst the stunning views of Edinburgh Castle.

Choose from a selection of amenities, including a steam room, sauna, whirl pool, indoor swimming pool and two-floor gym with a dedicated strength space.

Embodying a peaceful sanctuary and the utmost tranquility, revive your mind, body and soul in the elegant surroundings of the Waldorf Astoria Spa.

Signature Treatments

TAR LIOM

120mins

Signature Celtic Ritual

Come with us as we immerse you in the ancient wisdom of the Scottish Celts, helping you reconnect and feel at one with nature. A sensorial exploration of our natural landscape, let us take you on an invigorating journey, celebrating our botanical offering while soothing your body and soul.

Taking inspiration from the mountains, moorlands, and mist-shrouded lochs of the Scottish Highlands to the renowned and revered heritage of Edinburgh, this is a grounding experience unlike any other.

Receive the benefits of walking barefoot in the rolling moorlands of Scotland as your feet are enveloped in a peat moor mask. Immerse yourself in the nourishing botanicals of heather, thistle and Scottish dulce seaweed. Embrace the elements of fire and ice encouraging your body to surrender to all that this treatment has to offer.

Developed by our team of expert therapists at the Waldorf Astoria Spa, this heartfelt ritual is designed to take your body into the wilderness only to bring you back to yourself with a renewed sense of belonging.

CALEDONIAN CHIC MASSAGE

60mins

90mins

The advanced massage techniques in this exclusive massage provide a complete relaxing and nurturing experience. A combination of enveloping movements quiet the mind, while deeper strokes will melt away tension and relieve tired aching muscles, leaving you feeling at your very best.

DEEP MUSCULAR MASSAGE

60mins

90mins

Reshape and tone the body through deep relaxation. A powerful and sensorial ritual where the most solicited muscles are stimulated using techniques borrowed from the world's five most powerful ancestral methods. Tensions are unravelled and muscles are reinforced for the long term.

Margaret Dabbs Hand & Foot Therapies

MARGARET DABBS LONDON™ EXPRESS MANICURE 45mins

A thorough Manicure, to the point and hugely effective including cuticle work, nail shape and nail polish application.

MARGARET DABBS LONDON™ EXPRESS PEDICURE 45mins

A thorough pedicure, to the point and hugely effective including cuticle work, hard skin removal with foot filing and nail polish application.

MARGARET DABBS LONDON™ MALE MANICURE 30mins

MARGARET DABBS LONDON™ MALE PEDICURE 45mins

MARGARET DABBS LONDON™ LUXURIOUS FOOT & LOWER LEG MASSAGE 20-30mins

A luxurious, toning leg and foot pampering massage which utilises the Margaret Dabbs London Firming Leg Serum and Intensive Hydrating Foot Lotion for instant treatment results. The serum's instant cooling effect will leave your legs feeling lighter, refined and streamlined, and the delightful massage will relieve and refresh over-tired, overworked feet.

GEL APPLICATION/OPTIONAL FRENCH

(Supplement)

15mins

GEL REMOVAL

(Supplement)

30mins



Margaret Dabbs Hand & Foot Therapies

MARGARET DABBS LONDON™ SUPREME MANICURE

60mins

Our unique anti-ageing expert manicure treatment gives exceptional results, with a focus on treating nails and cuticles using our award-winning Margaret Dabbs London Fabulous Hand product range. The highly effective anti-ageing ingredients Hempseed Oil, Kelp Extract and White Water Lily help to target age spots, fine lines and wrinkles, whilst plumping the skin and promoting skin elasticity. All products contain the divine scent of Geranium and Mandarin, leaving hands smelling heavenly long after the treatment is complete. The manicure is finished with a delightful lower arm and hand massage and is offered with your choice of nail polish. Simply the best manicure you can find.

MARGARET DABBS LONDON™ SUPREME PEDICURE

60mins

Our outstanding luxury pedicure treatment focusses on foot health and returns the foot and toe nails back to a more youthful appearance. Extra attention is given to the skin with foot filing and hard skin removal and provides long lasting treatment results. The full range of Margaret Dabbs London Fabulous Feet products are used in the treatment which includes Pumice and Tea Tree exfoliation, a soothing Lemon Myrtle scented foot bath, revitalising foot massage and walking on air Hydrating Foot Lotion. Finish with a nail polish if you wish to add some colour.

Waxing & Tinting

UPPER LIP, EYEBROWS, UNDER ARM OR BIKINI

HALF LEG, EYEBROW LINE CREATION OR LOWER ARM

COMPLETE ARMS OR LEGS

HIGH BIKINI

EYELASH TINT OR EYEBROW TINT

A patch test is required 24 hours in advance.



WALDORF ASTORIA®
EDINBURGH • THE CALEDONIAN