



Opening Hours

Monday	10am - 3pm
Tuesday	10am - 8pm
Wednesday	10am - 8pm
Thursday	10am - 8pm
Friday	10am - 8pm
Saturday	10am - 6pm
Sunday	10am - 5pm

Floatarium Day Spa

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www.edinburghfloatarium.co.uk



FLOATARIUM

DAY SPA



Welcome to our award winning Spa.

Famous for our floatation rooms we offer beauty and spa treatments for all.

Choose your relaxation from one of our many treatments. Ranging from manicure, pedicure, specialised skin care, detoxing sauna or an amazing floatation experience.

We also offer a range of spa packages for a unique treat.

Book Treatments or Spa Vouchers online at: www.edinburghfloatarium.co.uk



All things nails



Spa facials



Mens treatments, sauna & tanning



Spa packages



Floatation / FAQ's



Massage



Waxing & Eye treatments



Spa Etiquette



All things nails

Floatarium Spa Manicure

1 Hour £27 with Pedicure £62

Feel pampered & look special with a full spa manicure.

Warm soak with acai berry & pomegranate, soothing massage with orange blossom and neroli oil to hydrate, makes this a lovely treat. Your cuticles are tidied, pushed back and nails filed and shaped as required. Just relax and enjoy. Lemon & orange oil for your cuticles complete your time out! Choose from Vinylux or Opi Regular polish

Gel Polish Full Spa Manicure

1 Hour 10 mins £36 with Pedicure £75

Our Gel polish uses the latest technology for lasting nail colour and dries instantly using UV light. Experience high gloss nail colour that is applied like regular polish and may last up to two weeks or longer. We have an unrivalled choice of over 270 colours including Shellac and effects to make you smile. Soak, relaxing massage for hands & forearms with oils and creams infused with essential oils leave you looking groomed and smelling great.

Express Mini Manicure or Pedicure with Vinylux

30 mins each Manicure £15 Pedicure £20

Using a weekly regular polish from CND called Vinylux you can expect great longer lasting colour with a glossy shell top coat that you can remove at home yourself. Full colour range to choose from with trimmed nails & shaping. Super fast drying time makes this an express treat.

Express Mini Manicure or Pedicure with Opi Regular Polish

30 mins each Manicure £13 Pedicure £17

Refresh & colour your digits in record time, 30 minutes will shape, shorten and either buff to a high shine or enhance with colour. We finish with cuticle oil and pop you under the nail dryer to set.

Express Mini Gel Manicure or Pedicure

40 mins each Manicure £26 Pedicure £28

For a quick glossy colour and a groomed look, this is perfect for healthy nail maintenance between manicures to keep your nails looking their best. Using a UV lamp to set you will be dry and good to go in no time. Great colour and style, add french, nail art or special effects for a small extra charge.

Floatarium Spa Pedicure

1 Hour £ 36 with Manicure £62

Lay back and relax with our hydrating pedicure include stimulating peppermint soak, exfoliating scrub, soothing massage, cuticle work, nail shortening, shaping and fresh peppermint leg & foot moisturiser. Choose from an array of our beautiful OPI nail colours, vinylux, or a natural nail buffing.

Gel Polish Spa Pedicure

1 Hour 10 mins £46 with Manicure £75

Relaxing soak, rasp, exfoliation, lower leg & foot massage with cuticle tidy and nail trim.

Add the perfect colour from our extensive range of Gel Polishes including Shellac.

We use peppermint infused hygiene spray, leg & foot lotion and exfoliating scrub products from Skin Truth.

Gel Polish Removal

approx 20 mins £9

A professional approach to help maintain the health of your natural nail as gel polish cannot be removed as simply and quickly as regular polish. We will also shorten nails as required and re-hydrate with cuticle oil.

Sports Pedicure with Callus Peel

From 45 mins priced from £35 to £69

Choose from basic nail tidy and paint/buff right up to Full Spa Pedicure

This specialized treatment revitalizes while improving the condition of athletic feet.

Runners, hikers, and other athletes who are hard on their feet need extra care to keep them healthy. Designed to give special attention to nails while providing relief for cracked heels and under foot callus in the form of a chemical peel.

Your feet continue to soften several days after treatment.

Extra Nail Services

French polish £5 extra charge Nail Art & Nail repairs start @ £5

Gel polish removal £6 with any other service

Please remember to book your gel polish removal, french polish, nail art or repairs at the time you make your appointment to avoid disappointment and allow enough time to dry your nails after regular polish or Vinylux nail polish application.

□ Open toe shoes are essential for pedicures.

Spa facials

Our Finest Selection of Floatarium Facials

All treatments are based on a careful analysis of your skin along with addressing personal needs and concerns. Your beauty therapist will recommend a highly effective and simple to use home care program to maintain the long lasting benefits of your facial. Finish your treatment with a glowing refreshed complexion.

Our Classic Dermalogica Facial

30 Mins £37 □ 45 Mins £47 □ 75 mins £55 □ 90 Mins £75

Our best selling facial is ideal for anyone who desires luminous, hydrated, firmer skin. Using pharmaceutical grade skin products, it is designed to significantly improve the appearance of your skin for a healthier, more radiant look.

Acne Clarifying Facial

This treatment is designed to improve skin clarity while combating acne and unbalanced skin. A combination of salicylic acid and acne fighting peptides improve skin smoothness and balance oil production. Unclog pores and speed up skin cell turnover while enhancing an overall glow and revealing healthy skin. Dermalogica Medi-bac range is used throughout.

Calming Recovery Facial

Sensitive skin will be left glowing after this calming, soothing treatment using Dermalogica's Ultra Calming range of cosmeceuticals. A gentle exfoliation refreshes skin without irritation. Combating sensitivity with peptides and botanical mixers that help to promote an even skin tone by reducing visible signs of redness.

Dermalogica Age Smart facial

Using pharmaceutical-grade skin care serums, exfoliants, moisturisers and cleansers this facial is designed to significantly improve the appearance of your skin for a healthier more radiant look. Premium Age Smart Dermalogica Vitamin C, powerful antioxidants and nutrients are used throughout this treatment.

Dermalogica Clear Start Teen Facial

Specifically created to address the changing skin conditions and skin care needs of teens. We provide skin care advice in a step by step customized regimen including how the skin works and why each step is essential in their daily routine. Learn how to effectively cleanse, exfoliate, moisturize, address acne and the importance of sun care. Specific skin concerns are addressed during the facial.

Spa facials *continued*

Signature Facial

30 Mins £32 □ 45 Mins £45

This quick, effective facial includes a exfoliating cleanse, tone, and moisturiser. Excludes extractions. The Express Facial is perfect for basic skin care maintenance of healthy skin using Skin Truth Products.

Beautytek Microcurrent Facial

1 hour £ 55 (buy 4 get 1 free)

Targeting fine lines, wrinkles and uplifting skin using microamp technology. This is Anti-aging, relaxing and ticks all the boxes to improve hydration, lift & tone without any down-time or redness. Using Dermalogica cosmeceuticals to cleanse and moisturise. A course will be recommended but you will see results from even a single treatment.

Microdermabrasion Rejuvenation Treatment

40 Mins £45 (buy 4 get 1 free) with Oxygen £62

This exfoliating treatment provides skin renewal and anti-aging solutions. Perfect for all skin types, the microdermabrasion machine uses Anti-bacterial crystals and organic polishing grains to reduce pore size, eliminate bacteria and promote collagen production. You may add Oxygen therapy to this treatment. Results are not only instant leaving you refreshed but continue to improve in the following days.

The Ultrasonic Microdermabrasion Special

1 Hour 15 Mins £75

We will transform your skin with this specialist anti-aging facial. Using our Microdermabrasion machine, Aluminium Oxide Crystals, Walnut shell organic grains and powerful Dermalogica products are used to cleanse, exfoliate and stimulate your skin at a lower layer to promote your own natural oils & collagen to the surface producing a fresher, luminous effect. Light therapy targeting your main concerns and ultrasonic waves allow collagen to penetrate the skin to complete your professional performance facial.

□ Milia Removal can be added to any facial @ £10 for 15 minutes

Mens treatments, sauna and tanning

Men's Executive Treatments

Eyebrow Wax and Shape	£13
Back Wax	£22
Chest Wax	£22
Shoulder Wax	£12
Express Custom Facial (30 Mins)	£32
IQ Facial using Dermalogica Products from	£37
Non-Surgical Facial Lift	£55
Express Tension release Massage(from 30 mins)	£37
Full Soak Pedicure with Massage, exfoliation and nail trim (45 mins)	£30
Sports Pedicure with Callus Peel and nail trim & tidy(from 45 mins)	£35
Express Mini Nail treatment (20 Mins)	£13
Full Manicure including soak, cuticle tidy, nail trim & massage (45 Mins)	£24
Hot Stone Sensation Package includes facial treatment (2 hours)	£85

Full Body Exfoliation with Tan Lotion application (1 hour approx)

Experience a full body polish with barrier guard for extra dry areas before your

Tan truth lotion application only	£25
Tan Truth lotion application with exfoliation	£45
Pre-Tan exfoliation only	£25

Perfect for that special occasion or pre-holiday preparation.

Infra Red Sauna

Infrared Sauna 45 mins includes showering time	£20
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Detox and warm strained muscles with skin conditioning light therapy in a relaxing atmosphere. Chill with some music or put your feet up with a magazine.

Over 600 calorie loss in 30 minutes Great for pre-massage.

Spa Packages

Our treatment packages are designed to promote balance, health and beauty as well as give you plenty of time for pure, luxurious relaxation. All times are approximate. No substitutions please. All package appointments must be received on the same day.

Luxury Spa Day 3.5 hours £130

A symphony for your senses awaits with our four most popular treatments: A 60 minute Floatation experience, relaxing 30 minute Aromaspa massage, a full customised facial for 45 minutes and finishing with a full regular polish manicure. Pure indulgence.

Get Skin Fit 2.5 hours £115

Improve your skin and relax for a while. This is our popular Infra Red Sauna, with lovely dry heat and added benefits. Burn 600 – 800 calories in 30 minutes, improve circulation, detox your body and soothe your senses with music. Follow that with our Purifying Back Treatment, enjoy an Aromaspa Massage using essential oils, be deep cleansed & exfoliated all over your back to remove dead skin cells and clear pores. To finish, a back masque to remove impurities, rich hydrating cream to moisturise and leaving you feeling refreshed.

Flip you over and continue the pampering with a customised facial to do all the usual stuff, cleanse, tone and moisturise, with added treatment masque to complete your full detox and get your Skin Super Fit.

Top to Toe Wrap. 2.25 hours £90

An intense wrap treatment to exfoliate your whole body with a lime, ginger, mandarin and lemongrass salt scrub with added vitamin E. Stimulate circulation with Thai Oriental body mask and promote healthy skin. Finish with customised Dermalogica Facial.

Hot Stone Sensation 2 hours £85

Enjoy a soothing warmed basalt stone massage to deeply revive your muscles for full body relaxation combined with a hydrating facial with treatment masque. Choose an extra spa mini treat for foot, scalp or arm massage. This is the favorite package for gift givers to surprise someone who would love a relaxing spa day.

Spa Packages *continued*

Great Expectations Pregnancy Package 2 hours £85

The perfect combination of nurturing and care for mother and baby. Relax with our Great Expectations Body Treatment for a gentle exfoliation with prenatal massage for a full hour followed by a Hydrating Pedicure with or without regular polish. Must be over 13 weeks pregnant

Dermalogica Special 1.5 hours £75

Plenty of time to relax, de-stress and treat yourself to everything your facial skin needs for optimal health. Allow us to analyse and treat your skincare concerns in this 90 minute soothing facial with pressure point & massage elements. Improves circulation, clears problem skin and relaxes all in one. Ask your therapist for expert skin advice and samples to take home.

Ultimate back treatment 1 hour £52

Ultimate back treatment & Customised Facial 1.5 hours £69

Aromaspa massage to relax tired and strained muscles, Thai Oriental salt scrub, Thai mask and body lotion treats your skin to botanical extracts of Aloe Vera, Manderin, Green Tea with Spearmint and Lime.

Option for customised facial.

20/20/20 Package 1 hour £58

Create your own customized spa journey and choose the treatments that make you the most relaxed, revitalized and renewed. Customise your 1 hour treatment and choose 3 x 20 minute sessions to get exactly what you want. A relaxing back massage : Soothing scalp massage : Hand & arm smoothie : Customised facial : Neck & Shoulder de-stress : Mini regular polish manicure : Mini regular polish pedicure or massage for feet and legs.

What is floating?

During a float you are suspended effortlessly in a super saturated solution of epsom salt and water within a light and sound controlled environment that reduces sensory stimulation and effectively suspends the effects of gravity on the central nervous system. The water is at skin temperature and after a few minutes you lose the awareness of where the body ends and the water begins. Resting in this unique environment creates profound changes within the mind/body system and actually improves the overall function of the brain and central nervous system. After your first float you may think it seems amazing but it's actually backed by over thirty years of mainstream scientific research in human performance. We have two floatation pods so you can bring a friend !

It sounds pretty interesting – and now you're ready to float your way to the best you possible. The next step is easy, just look below at our prices and packages and book a Float or Float Package. After your first float you'll have a pretty good idea what floating is all about (and you'll love it!), after your second float you will realize you barely scratched the surface with your first float and you start to see the amazing potential in front of you, after your 3rd float you'll know what floating can really do for you.

Floatation Experience & Packages

Floatation Experience 1 hour	90 mins total	£45
Floatation Experience with Gift purchase	90 mins total	£57
Floatation Session 90 Minutes	120 mins total	£55
Floatation Session 2 hours	150 mins total	£65
Floatation Experience with 30 minutes Aromaspa Massage	2 hours	£72
Floatation Experience with Infra Red Sauna	2.25 hours	£60
Floatation with 1 hour Aromaspa Massage	2.5 hours	£85
Floatissimo Package, 1 hour Floatation Experience, 45 Minutes Aromaspa Massage and 45 Minutes Custom Facial	3 Hours	£120
Floatation with Infrared Sauna and 1 hour Aromaspa Massage	3.25 hours	£105
Luxury Spa Day. Floatation, 40 mins Aromaspa Massage, Full Custom Facial & Full Regular Polish Manicure	3.5 hours	£130

☒ Please bring swimwear for Floatation & Infra Red Sauna Sessions

Frequently asked questions

Do i need to bring anything ?

Just yourself. Towels, showers, soap and shampoo, ear-plugs, including hair dryer etc. for your float will be provided at check-in. If you have long hair, you may want to bring a hair tie and comb for after your float.

Is the epsom salt good for my skin ?

epsom salt has actually been used for treating skin ailments and will leave your skin feeling smooth and silky. we also sell our epsom salt for use at home between floats.

What if i'm claustrophobic ?

people with claustrophobia consistently report no problems with floating. you're always in control of your environment, and can choose to float with the pod open.

Can i drown if i fall asleep ?

no. the 10.5 inches of water are so bouyant you can't help but float at the top. some people do choose to sleep in the pods.

How is the water kept clean ?

the organic highly sterile salt water is fully filtered three times between each float and is sanitized with bromine.

Can i bring a friend ?

absolutely! you can't float together in the same pod, but you can book floats at the same time.

Is it safe to float if i am pregnant ?

not only is it safe but it's encouraged! some say floating is "a pregnancy must!" floating allows you to escape the added stress and weight of pregnancy by being in a weightless environment, taking the strain off of your body. we have also heard testimonies that it is an awesome way to bond with your baby.

Floating is about everything that you won't be doing.

You won't be fighting gravity while you lay effortlessly on your back. The water and air in the float pods are kept at skin temperature – 36.5 to 37degrees. This means you lose track of where you body ends and the water and air begins. Your ears sit just below the water line and means noise from the outside is reduced. After you settle in to the float pod and hit the light switch, you float in total darkness. For the next hour the outside world is gone, and amazing things happen. It turns out that when you're not fighting gravity or constantly taking in information your body has a lot of extra resources at its disposal.

Your mind is free to mull things over without distraction, your brain pumps out dopamine and endorphins, and your body gets to rest, de-stress, and heal.



Massage

Our Aromaspa massage

30 Mins £37 □ 45 Mins £45 □ 1 Hour £52 □ 90 Mins £75

Easily our most popular massage for relaxation using customised blended essential oils.

A great way to relax, relieve tension, calm the mind and enhance your senses.

Swedish Massage

30 Mins £37 □ 45 Mins £45 □ 1 Hour £52

This classic massage using hacking techniques promotes relaxation, reduces tension and stress, improves circulation and soothes aching muscles. Our Therapists will adapt to your needs using light to medium pressure

Deep Tissue Massage

30 Mins £40 □ 45 Mins £52 □ 1 Hour £60

Designed to release tight, fatigued muscles and joints, this specialized massage focuses on detailed therapeutic muscle work by using stronger pressure on specific areas and working the deeper layers of muscle tissue. Deep Tissue is a concentration on targeted muscles to improve range of motion, postural alignment, alleviate stress and provide pain relief.

Hot Stone Massage

30 Mins £42 □ 45 Mins £52 □ 1 Hour £60 □ 90 Mins £80

Experience true relaxation as heated, smoothed basalt stones used to balance body and mind.

The warmth penetrates deeply which help to soothe and relax while relieving stress, releasing toxins, alleviating pain and improving circulation.

Reflexology

30 Mins £37 □ 45 Mins £45 □ 1 Hour £52

Pressure point massage techniques that correspond to various areas of the body are applied to feet in this popular alternative therapy. Each pressure point relates to another area of the body to encourage healing in this 5,000 year old therapeutic practice. Benefits include reduced stress, tension and pain.

Indian Head Massage

30 Mins £37 □ 45 Mins £45 □ 1 Hour £52

This head, neck & shoulder massage works to release anxiety and pent up tension, restoring balance to mind & body. Suitable during pregnancy after first trimester.

Hopi Ear Candles

45 Mins £40

Enjoy this soothing ear candling treatment with facial massage and a warmed cosy treatment couch. When lit, the candle acts like a chimney, causing the warm air inside it to rise and creating a vacuum at the bottom. This vacuum gently stimulates the ear making you feel lighter and refreshed.

Pregnancy Massage

30 Mins £42 □ 45 Mins £52 □ 1 Hour £60

Focusing on areas of stress – lower back, neck, hips, legs and feet, much needed relaxation and physical relief is given to nurture both mother and baby. Our specialised body cushion support the mother and cradles the belly, alleviating discomfort. Only available after the first trimester.

Waxing

Top Lip or Chin or Nose	£9
Lip & Chin	£13
Eyebrow wax and shape	£13
Basic bikini or underarm (hot wax £3 extra)	£12
Half Leg & basic bikini	£24
Full Leg wax	£26
Full Leg & basic bikini	£30
Half leg wax	£18
Back or chest	£22
Forearm or shoulder	£12
G String wax hot wax	£21
Brazilian hot wax	£34
Hollywood hot wax	£36
Holiday package (half leg, underarm, basic bikini & eyebrow)	£42
G String Holiday Package	£49
Brazilian Holiday Package	£65
Hollywood Holiday Package	£69

Non surgical Solutions for Face & Body

Beautytek using microcurrent technology	
Full Facelift tightening & toning of facial muscles	£55
Lower face and neck tightening OR Forehead/ Eye Area smooth & lift	£45
Stomach & hip lift	£55
Legs and buttock lift	£55

Eye Treatments

Eyelash tint	£11
Eyebrow tint	£9
Combined Eyelash & Brow tint	£18
Eyebrow wax & shaping	£13
Party lashes	£24
Semi permanent lash extensions	£55
Express Lashes	£28
HD Brows Treatment	£34
Lash Lift enhancer	£45

Spa Gift Vouchers and E Vouchers

These flexible gift certificates can be redeemed for payment of any of the Spa treatments we provide or skincare products we sell.

Not sure what to choose? We are happy to help and advise for all occasions.

Our Spa Vouchers come with the Spa Brochure, contact details to book and an area for adding a personal message to make it extra special. (posted vouchers only)

Want to purchase online?

Visit www.edinburghfloatarium.co.uk and buy with confidence.

Spa vouchers are dispatched the same day before 4pm, first class post or email.

Don't forget your personal message!

Spa Vouchers are valid for a full 12 months

Spa Etiquette

Please arrive on time for your appointment, we may not be able to perform your treatment if you are late. It is useful to allow an extra 10 minutes for registration and medical history if you have not visited us before.

We charge for appointments where we are not given 24 hours notice of cancellation or reschedule as this prevents other clients from booking and the therapist's time is put aside especially for you.

If you are unsure of any aspect of your treatment or if you need special help due to disability please let us know.

you can call us on 0131 225 3350 or visit www.edinburghfloatarium.co.uk

Personal hygiene rules!

Please bathe and or freshen up before any waxing for bikini or body treatment.

Skip the lotions and potions! Do not apply self tanners, body sprays, deodorants and other topical creams before your appointment.

Let it grow out! If you have been shaving, allow a minimum of 2 weeks or ¼ inch of hair growth. Exfoliate! Make sure to do an exfoliation of some sort to the area being waxed to make sure all the hair is ready for waxing

If you find waxing very uncomfortable take an Ibuprofen a 1/2 hour before your appt.

This will help make your waxing more tolerable. Do come for waxing at regular intervals, if you leave the hair too long it will hurt more to remove. Ask your therapist for advice. We use Australian Bodycare warm tube wax system for most waxing and Peron Rigot Sensitive wax for all intimate areas.

Post-Waxing Care:

Avoid heat. No tanning, sun bathing, hot tubs, swimming or saunas for 24 hours after your treatment.

Since a layer of dead skin cells have been removed, sun and or heat exposure can burn the skin.

No hot baths or exercising for 2 hours following your treatment.

Exfoliate daily 48 hours after your treatment with products or exfoliating gloves to maintain your wax and eliminate ingrown hairs.

At our spa, all instruments are sanitized and we enforce a strict "no double dipping" policy, meaning that we never dip the same applicator in the can of wax once it has been used. We take pride in the quality of your waxing experience, so no matter if you are a first time waxer or a waxing pro we can definitely provide the cleanest, fastest, and best quality waxing experience available!

Information

We care about your health and safety and want all aspects of your spa experience to be positive and relaxing. Some medications and products, such as Accutane, Retin A/ tretinoin products, peels, other strong exfoliants, and antibiotics can cause skin thinning or sensitivity.

Please inform us if you have used any preparation designed to peel/ exfoliate the skin or treat acne within the last six months. Waxing is best performed 3-5 days before a special occasion or holiday.

Please ask for a patch test if you have sensitive skin.

- Standard bikini wax is a basic wax just inside the pantline
- G string wax is taken further in from the pant line, higher and outer area underneath, ideal for swimwear
- Brazillian removes everything underneath with a neat hair strip at the front
- Hollywood wax removes all hair from the bikini area