

# Review – Sleeping Beauty Melrose Spa at Radisson Blu Edinburgh

## ☒ Sleeping Beauty Melrose Spa at Radisson Blu Edinburgh

Situated on the Royal Mile in the heart of the City Centre, the Sleeping Beauty Melrose Spa has found its new home in the trendy Radisson Blu hotel.

There are several salons in Scotland, including Lerwick, Inverness and Edinburgh. The spa at the Radisson Blu has three relaxing treatment rooms, as well as a double room, alongside a dedicated nail bar. Clients will also find a leisure pool, steam room, sauna and gym, to relax after a busy day (or wake up after a restful night). The products used in the Sleeping Beauty Spa include well-known Elemis, Edinburgh born brand; JustBe and Sleeping Beauty's own retail products.

Owner, Lilac Miller said, "I am delighted to have opened this new salon in Radisson Blu Hotel. Anyone who enters the spa look to us to help them look and perhaps more importantly, feel better. Our therapists are not only fantastic at giving the very highest quality beauty treatments, but they are naturally empathetic, warm and interested in each and every client's emotional well-being too."

☒ Following the launch, I was invited to try out a JustBe massage which uses oils from the JustBe product range developed in Edinburgh by Gail Bryden. These products "are for the mind and soul" – when Gail introduced the range to me on launch night she asked me how I wanted to feel.

My answer took me on a journey of exploration through her two suggested fragrances – 'Just be Happy', and 'Just Be Energised'. I was strongly drawn to both but 'Energised' had

the edge.

I drew cards from a pack I shuffled and read the statement on each card one by one. They were very apt for how I was wanting to feel. To test this, I went for another fragrance and did the same thing – the statements didn't make much sense to me for what I was looking for and the fragrance was lovely but not compelling.



On my return to the spa for my massage I was feeling different again and 'JustBe Detox' was the one that jumped out.

My massage therapist, Stephanie, instantly put me at ease and listened to what I wanted from my massage. I was a bit stressed out and was needing attention on my upper back, neck and shoulders so she honed in on these areas.

The room was cosy, warm and inviting and I was a tad overexcited at having a wardrobe with hangers for my clothes (usually they are slumped over a chair). I was asked to take three deep breaths, each time with the oil just under my nose.

It helped me to focus my mind on the fragrance and the feel of the massage (difficult when you have a busy mind.) Stephanie used effleurage movements – long, sweeping motions using the forearms which was deeply relaxing and considerate of my low pain threshold.

As always with 30 minute massages, I was just relaxing fully into it when time was up! This was just a taster treatment however, you can expect a full 80 minutes when you book in – it's called the JustBe aromatherapy indulgence and also includes a mini aroma facial, coming in at £90.

An excellent choice for the discerning traveler in Edinburgh.

The team of therapists are on hand 7 days a week with late night appointments available Monday-Friday. Specialising in

Elemis Face & Body treatments they shall also be offering nail services, massage, waxing, eye treatments & holistic therapies.

Finalist in Scottish Hair & Beauty Awards 2013 for Spa of the Year

[www.sleepingbeautysalon.com](http://www.sleepingbeautysalon.com)

