

The Principal Edinburgh Charlotte Square opens new spa

Principal Edinburgh Charlotte Square is offering a new level of relaxation and rejuvenation with the launch of the city centre's latest spa and health club in Charlotte Square.

With a menu of carefully curated activities and therapies, with second to none equipment and products, The Spa at The Principal brings an elevated experience of health and fitness to guests and locals.

The new gym offers the latest Intenza Fitness cardio equipment and impulse strength stations along with free weights, a fitness studio and a designated stretch and core space. A 'Cardio Zone' includes the latest treadmills, bikes, elliptical trainers; escalate stair climber, and rowing machines.

On trend with the rise of functional training, the new gym also includes a custom-built fitness studio, offering all the latest in functional equipment including a rig, TRX stations, sprint track, kettle bells and sand bags.

The fitness studio offers a range of classes from dynamic pilates to HITT, spin, muay thai, and yoga from morning to night.



Memberships are available from £65 and include access to the gym, fitness classes, indoor pool, steam room and sauna. Members can also enjoy exclusive discounts on a selection of pre and post workout snacks and refreshments served in The Garden.

Designed to give guests and locals the chance to escape and unwind, The Spa at The Principal welcomes visitors with the same warmth as the rest of the hotel offering spa days, treatment bookings, spa breaks, and indulgent gift packages.

The Spa at The Principal is the first spa in Scotland to offer treatments using OSKIA, an award-winning range of British organic beauty products. The spa offers a range of luxurious body and beauty treatments, including The Signature Oskia Glow Facial. This signature facial uses a combination of anti-ageing and glow inducing techniques to illuminate the skin and leave face, body and mind feeling rejuvenated and skin brighter, hydrated and toned.

Complementing OSKIA, the ishga products and treatments available at The Spa at The Principal use Scottish ingredients from the sea. ishga has been developed on the Isle of Lewis by a team of people with a passion for creating the highest quality cosmetics harnessing the natural anti-oxidant, healing

and anti-ageing properties provided by the purest Scottish seaweed. Both firm favourites of beauty editors and the A-List, these specialist brands are used across a range of face and body treatments, many of which have been unavailable in Edinburgh until now.

Johan Scheepers, General Manager at The Principal Edinburgh Charlotte Square said: "The new Spa at The Principal is the final piece of the jigsaw and marks the completion of our beautiful new hotel. We're excited to see everything come together and believe the Spa has something different to offer, both for hotel guests and for Edinburgh locals.

"We offer bespoke, flexible packages, and our opening hours mean the spa and health club is accessible all week, mornings, afternoons and evenings so perfect for corporate memberships."

The Spa at The Principal is open from 6.30am to 10pm seven days a week; for membership enquires or to book an appointment visit:

<https://www.phcompany.com/principal/edinburgh-charlotte-square/spa-gym/>.

The new Spa includes Intenza Fitness cardio equipment, a programme of classes, indoor heated pool, steam and sauna, and treatment rooms

- Memberships available from £65*