

Take a bath at the Sheraton Grand

The Sheraton Grand Hotel & Spa has begun its multi-sensory bath experience, offering you a moment or two to relax even if you are a busy business traveller.



While the hotel has its own spa, some people just don't have time. It is only £20 extra to upgrade to include the Soak Your Senses bath experience in your room.

What this offers is an indulgent soak in the bath in your own room or suite. This comes complete with ESPA bath oils, a pot of herbal tea (for drinking!) and an exfoliating wash glove.

There is mood lighting in the bathroom and there are music suggestions to play through the bathroom's speaker system. These range from relaxed to revived. If you want to feel inspired then you are recommended to try out the orange light setting with a detoxifying bath oil paired with appropriate music and Emerald Dragon Oolong tea all delivered to your room.



Soak Your Senses has been tried and tested by kilted yoga YouTube star and former Mr Scotland, Tristan Cameron Harper. The Scottish Instagrammer, who can often be found scaling a Munro or taking part in an exciting photoshoot, is an advocate of mindfulness.

Tristan said: "We put our bodies and minds through a lot of stress on a daily basis and can easily forget the importance of taking time for ourselves. Often, I find a moment of peace

by immersing myself in nature, so I was pretty excited to try unwinding in a more luxurious setting for a change!

“The combination of different elements is really effective and impacts all your senses in an incredibly positive way. I’m also a big fan of tea, so the freshly brewed pot brought up to my room was a nice touch. Afterwards, I felt totally calm and centred and at peace.”



Tristan Nesbitt, General Manager at the Sheraton Grand Hotel & Spa, Edinburgh said: “Today’s traveller tends to be very time-poor. They may only have a day or two in which they want to explore the city, visit landmarks and take in the captivating scenery surrounding Edinburgh, which doesn’t leave much room to relax.

“We are offering the perfect quick-fix for those wanting to regain that precious life balance on the go. A good soak in the bath can prove transformative so we wanted to offer an

enhanced version for our guests who may not have the time to recharge at our spa after a long, busy day.”

‘Soak Your Senses’ is now available to order and is priced at £20 including a 15ml bath oil that will last for 1-2 baths; freshly brewed loose leaf tea and an exfoliating wash glove. Guests can order the experience through the hotel’s ‘Let’s Chat’ service using WhatsApp, iMessage or SMS or via the Concierge desk.

More information can be found here: <http://www.sheratonedinburgh.co.uk/bath-menu>