



Y U S P A

23-27 Waterloo Place Edinburgh EH1 3BG



Welcome to Yu Spa. We have everything you need for a day of rest and relaxation in Edinburgh. Escape the hustle and bustle of the city centre and feel calm as you unwind in our luxurious leisure facilities. Enjoy soaking in our swimming pool and de-stressing in our sauna and steam room before your treatments. If you're looking to burn off some energy, find some time to fit in a workout in our gym. Here at Yu Spa, we are committed to ensuring that our visitors receive the best service possible, which is why we partner with Britain's No 1 Anti Ageing skincare brand, ELEMIS. Their award winning skincare products combine cutting-edge patented technology, revolutionary formulas and nature's finest active ingredients to deliver results that you can feel and see, inside and out. If you have a question about our facilities, treatments, or packages, please do not hesitate to ask a member of our team who are always on hand to help. We hope to see Yu soon.



Our body treatments are designed with Yu and your needs in mind. Using the highest quality products, our holistic treatments guarantee a luxury experience that will exceed your physical and emotional needs, as you gain therapeutic benefits and start to feel and see results.



YU SIGNATURE TREATMENT

Renowned as our 'hero' treatment and loved by all, this Elemis experience delivers triple results by targeting three key areas; the back, the face and the scalp. This treatment will leave Yu feeling well & truly relaxed. The experience includes a relaxing aromatherapy back massage, a personalised Elemis facial targeting your specific needs and a reviving scalp massage with or without frangipani hot oil.

Upgrade with hot stones available.

55 minutes. Monday – Thursday £70. Friday - Sunday £75 (P)

YU MASSAGE

An invigorating full body massage to relax, renew and revive tired muscles. Feel uplifted as tension is eased and aches and pains are soothed while the mind & body floats into a blissful state of rest.

55 minutes. Monday – Thursday £75.
Friday - Sunday £80 (P)

YU BACK, NECK & SHOULDER

This massage therapy targets key areas of tension, with slow-moving strokes to break down stress points in the back, neck & shoulders. This focused approach increases mobility, eases tired back muscles, and relaxes the mind.

25 minutes. Monday – Thursday £50. Friday - Sunday £55 (P)

YU HOT STONE MASSAGE

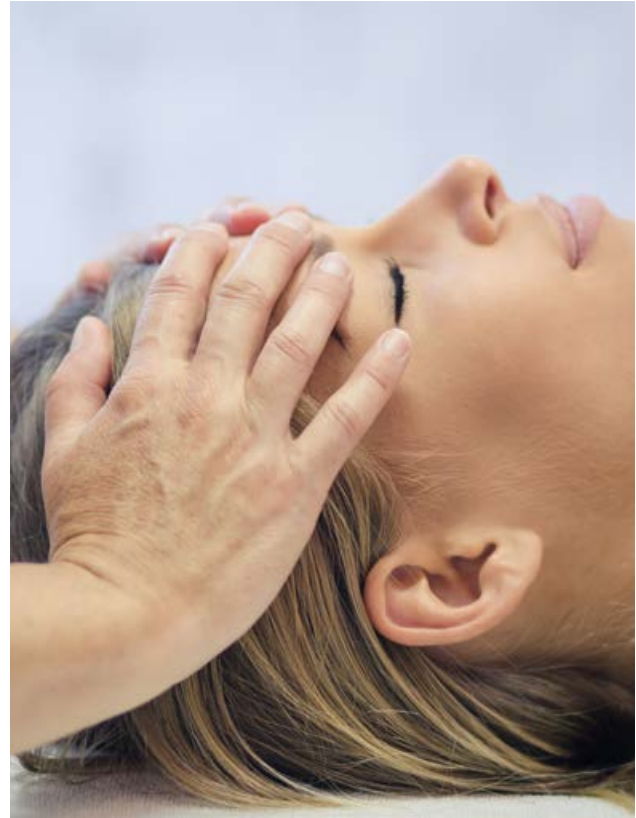
A therapeutic full body massage using an Elemis body oil matched to your specific needs combined with hot volcanic stones. Allow the heat of the stones to soften and warm target muscles to the deepest level, relieving all aches and pains as well as helping to ease any deep muscle tension. The powerful oils, heat, and the soothing rhythm of stones on your skin will help you to feel totally relaxed, ideal if you suffer from stress or have trouble sleeping.

55 minutes. Monday – Thursday £75.
Friday - Sunday £80 (P)





Wellbeing; the state of being comfortable, healthy, or happy. And we think at Yu Spa you will feel all three with our tailor-made wellbeing treatments to boost the immune systems, relax the mind or simply bring you back to your own body.



SPA-FLEXOLOGY

Traditional reflexology with a Yu Spa twist. A therapy which naturally balances and revives the whole body to achieve a general feeling of well-being. The feet are exfoliated and massaged before specific reflexology points are activated to bring a state of balance & harmony back to mind, body & spirit. Treating the individual as a whole, this treatment is ideal for helping people with migraines, hormone imbalances, digestive problems or stress.

55 minutes. Monday – Thursday £70. Friday - Sunday £75 (P)

AYURVEDIC SCALP MASSAGE

Walk away from this intensely nourishing treatment using Elemis oils to promote a healthy scalp & relaxed mind. Feel soothed and revitalised with an accompanying neck and shoulder massage.

25 minutes. Monday – Thursday £45. Friday - Sunday £50 (P)

INTENSELY CLEANSING SALT SCRUB

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

25 minutes. Monday – Thursday £45.
Friday - Sunday £50



The hands of a highly trained ELEMIS therapist are profoundly effective tools. Using a combination of massage techniques from around the world, this is where intuition meets expertise with clinically proven results.

TASTER FACIAL

This results-driven treatment is designed to restore the skin when it needs that quick boost. Skin will be cleansed and exfoliated before being hydrated to perfection with Elemis personalised products.

25 minutes. Monday – Thursday £45.
Friday - Sunday £50 (P)

YU SPA FACIAL

Experience a personalised facial created by Elemis & our experienced senior therapists that exfoliates and delivers intense hydration based on your skins needs. A detoxifying and hydrating facial, incorporating gentle massage to improve circulation, restore healthy tone all while treating your specific needs.

55 minutes. Monday – Thursday £70. Friday - Sunday £75 (P)



Mii prescriptive treatments, with various shades in Colour Confidence Nail Polish and Statement Gel Polish, are designed to deliver healthy natural nails by offering a formula and colour for every individual, and every occasion.

MANICURES

Using expertly blended products with a multitude of active ingredients including; antioxidant and brightening Blueberry, Rosemary and Vitamin C plus nourishing Shea Butter, Argan Oil and Aloe Vera, with a calming signature fragrance of Bergamot, Earl Grey and Cucumber for added sensorial bliss.

INDULGE MII

Treat your hands and let them soak in all the benefits of the Treat Mii Manicure below, with the additional indulgence of a rich hand mask and heavenly hand and forearm massage.

55 minutes. Monday – Thursday £45. Friday - Sunday £50 (P)

TREAT MII

A hand reviving exfoliation, moisturising massage, and a cuticle tidy-up. Nails are analysed, shaped, then treated with a prescriptive base coat before the final touch is added. Chose the perfect Colour Confidence Polish with high shine topcoat, or Statement Gel Polish for Yu.

40 minutes. Monday – Thursday £35. Friday - Sunday £40 (P)

FLY BY MII

Achieve extra protection extra fast. Hands are cleansed and conditioned, and cuticles moisturised. Achieve beautifully shaped nails treated with a prescriptive base coat and chose your favourite Colour Confidence Polish for the final flourish.

Colour Confidence Nail Polish only available in this treatment.

25 minutes. Monday – Thursday, £25. Friday - Sunday £30 (P)



Our 25-minute ELEMIS express experiences will help you feel your most fantastic self. These express treatments can also be 'added on' to complement your existing spa experience when you need a little more Yu time.

RESTORE HAND TREATMENT

This is the last word in conditioning, restorative, anti-ageing hand treatments. Targets dryness, poor circulation or for when your hands just need some extra TLC.

25 minutes. Monday – Thursday £45.

Friday - Sunday £50 (P)





BEST FOOT FORWARD

Take a load off with this foot-focused tension releaser. Feel relief as your lower legs and feet are thoroughly exfoliated, bathed and massaged, leaving your skin feeling nourished, soft and smooth.

25 minutes. Monday – Thursday £45.
Friday - Sunday £50 (P)

HOT STONE BACK MASSAGE

Combining the grounding effects of hot stones with the power of essential oils, this treatment calms the mind as it relaxes those tight back, neck & shoulder muscles.

25 minutes. Monday – Thursday £50.
Friday - Sunday £55 (P)



Massage therapy during and after pregnancy can reduce anxiety and relieve muscle and joint pains, while facials are an ideal way to soothe and address the changing needs of your skin. All treatments marked with a (P) are pregnancy friendly after 12 weeks. If you are looking for something truly special, our Elemis Peaceful Pregnancy Massage might just be for Yu.

PEACEFUL PREGNANCY MASSAGE

A blissful experience where mothers-to-be are restored to optimum wellness. Performed using pillows & cushions that mould to every bump, this intuitive and calming massage hydrates skin that is expanding to accommodate a growing baby.

55 minutes. Monday – Thursday £75.
Friday - Sunday £80 (P)





Did you know that we have a couples suite? Enjoy a treatment with a loved, one, best friend, mum, son, dad or daughter. Whatever the combination, all we ask is that you both have the same treatment. Contact us to find out more about what treatments are available.





Stay overnight to get a true feel for ultimate relaxation. Explore our luxury overnight spa package, designed to bring you back to a state of total bliss.

[VIEW PACKAGE](#)

Looking to visit for the day? All of our spa day packages include full use of our thermal facilities & gym for 2 whole hours and fluffy robes, slippers and towels for you to indulge in. Your special spa day will also include a spa gift set to take home.

ESSENTIAL FOR YOU

Renowned as our 'hero' treatment and loved by all, this Elemis experience delivers triple results by targeting three key areas; the back, the face and the scalp. This treatment will leave Yu feeling well & truly relaxed. This experience includes a relaxing aromatherapy back massage, a personalised Elemis facial and a scalp massage with or without frangipani hot oil.

Monday - Thursday £95, Friday - Sunday £110

TRANQUIL TOUCH

A full body salt and oil scrub with a back, neck and shoulder massage with hot stones. This exceptional skin softening body exfoliation combines sea salts with essential oils and a therapeutic massage, using an ELEMIS body oil matched to your specific needs, combined with hot volcanic stones. We will soften and warm target muscles to ease aches and pains as well as helping to relieve muscle tension. The powerful oils, heat and the soothing rhythm of stones on your skin will help you to unwind, switch off and relax.

Monday - Thursday £120, Friday - Sunday £130



APPOINTMENTS

Yu Spa welcomes members, non-members and hotel residents. We ask that you arrive at the spa reception 5 minutes prior to your scheduled appointment. All appointment times include time to change, consultation and recommendations. Please note full prepayment of all treatments is required to confirm an appointment.

If you are late for your appointment, we may not be able to perform the full treatment. Please understand that a late arrival may mean that the scheduled time is reduced or unable to be honoured. The cancellation policy will still apply.

Please note that all appointment times include client consultation and aftercare.

Before you arrive at the spa please fill out the consultation form which is attached to your confirmation email.

CANCELLATION

Cancellation of any treatment within 48 hours will incur a 100% charge.

CHILDREN

Minimum age for treatments is 18 years. Children under 16 have access to the swimming pool at restricted times and in line with our supervision policy, please ask staff for details.

MEDICAL CONDITIONS

Some treatments are not recommended with certain medical conditions/history or pregnancy. Treatments suitable during pregnancy are indicated with (P) symbol. If you are suffering from a medical condition or have any concerns, please contact us prior to your arrival. We especially request that you draw to our attention any of the following conditions at the time of booking: epilepsy, allergies, heart condition, high/low blood pressure, scar tissue, varicose veins, skin conditions, diabetes, cancer, thyroid, pregnancy, recent operations. A consultation will be carried out with you therapist before your treatment.

PRE PAYMENTS

We are a cash free facility and as such 100% payment is taken at the time of booking.

SPA ETIQUETTE

All clients are asked to respect the calm and quiet atmosphere of the spa and think of others. Use of mobile phones, cameras and recording equipment is not permitted in the spa or pool area. They are permitted in the Yu Fitness suite for listening to music however please adhere to the following; No phone calls, Phones must be set to silent mode, No playing music or watching videos without headphones, No photography or recording of videos is allowed anywhere

If you see someone who is not respecting these guidelines, please let our team know via the emergency phones, so that we can remind all guests of the expected etiquette

We kindly note that our therapists and other staff are experienced professionals here to provide you the highest level of service. We ask that in return you treat them with the same respect they will extend to you and refrain from any inappropriate actions, requests, or comments that may be viewed as harassing or intimidating.



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