

# Edinburgh Stag & Hen Weekends



## Pamper Days

The time has come for you to treat yourself, & perhaps a friend or colleague as well. In this 21 st Century world where mobile phones and internet access mean we are rarely able to just... be... it has become even more important that we take some time to relax and pamper ourselves.

Go on, take some time, to make some time, for self!

Pamper days in Edinburgh not only give you that chance to relax in an atmosphere of calm, but they give you the opportunity to be still. Whether your idea of pampering is chill-out or detox, massage or make-up, here in Edinburgh we have Pamper days to suit everyone.

As a Hen (or Stag) Party idea pamper day spas give you the opportunity to enjoy the restful company of your nearest and dearest, as well as taking some well deserved time off from life.

Know yourself, take some time and just... be.