

# COAST

## A Soothing Hideaway

### Body Treatments

<i>ishga</i> Salt & Oil Scrub 30 minutes	£60
<i>ishga</i> Detox Body Wrap 60 minutes	£95
<i>ishga</i> Marine Back Treatment 60 minutes	£95

### Massage Treatments

<i>ishga</i> Express Massage 30 minutes	£60
<i>ishga</i> Full Body Massage 60 minutes	£95
Hot Stone Massage 60 minutes	£125
Deep Tissue Massage 60 minutes	£110
Mum to Be Massage ( <i>must be over 12 weeks</i> ) 60 minutes	£100

### Gents Treatments

<i>ishga</i> Gents Stress Reliever Massage 60 minutes	£95
<i>ishga</i> Gent's Bespoke Facial 60 minutes	£90

### Facial Treatments

<i>ishga</i> Express Facial 30 minutes	£60
<i>ishga</i> Facial 60 minutes	£90
<i>ishga</i> Anti-Ageing Facial 60 minutes	£95
<i>ishga</i> Ultimate Luxury Facial 90 minutes	£125

### Experience Treatments

<i>ishga</i> Marine Experience 120 minutes	£165
<i>ishga</i> Face & Body Experience 60 minutes	£110
Coast Signature Experience 60 minutes	£110

### Alternative & Add On Treatments

Aromatherapy Massage 60 minutes	£95
Indian Head Massage 30 minutes	£60
<i>ishga</i> Recovery (Hand or Foot) 30 minutes	£60

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