

The background features several wavy, overlapping lines in various shades of brown and beige, creating a sense of movement and depth. The lines are smooth and fluid, resembling waves or flowing fabric.

# COAST

Treatment Menu

Rest and rejuvenate next to the waves at Coast Spa. Explore a range of ishga treatments, while the stone bath, salt room, indoor pool, outdoor hot tub, sauna and steam all add to the relaxing options.

Golf View Hotel & Spa  
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## Body Treatments

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### ISHGA SALT & OIL SCRUB

30 Minutes

A Hebridean sea salt and oil scrub gently exfoliates, sweeping away dull, dry skin. An invigorating express treatment to stimulate circulation, eliminate toxins and leave the skin nourished and glowing.

### ISHGA DETOX BODY WRAP

60 Minutes

A powerfully detoxifying Hebridean sea salt and oil scrub with body wrap. This combines the detoxifying and nourishing effect of the purest seaweed gel with the stimulating and hydrating properties of the scrub. The treatment is designed to eliminate toxins, reduce cellulite, boost energy and improve skin tone and texture, increase circulation and detoxifying congestion from the body.

### ISHGA MARINE BACK TREATMENT

60 Minutes

The ultimate back facial, designed to rejuvenate and exfoliate, while treating any congestion to reveal brighter and smoother skin. Beginning with a cleanse, tone and exfoliation, a powerful heated seaweed clay mask is applied to clarify and soften the skin while providing a deep moisturising treatment. Ideal for skin concerns such as acne and pains. A massage of the back and back of the legs is also included to leave you feeling deeply relaxed.

## Facial Treatments

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### ISHGA EXPRESS FACIAL

30 Minutes

A cleanse, tone and exfoliating mask with a relaxing scalp massage and ishga finishing products to hydrate, balance and firm the skin.

### ISHGA FACIAL

60 Minutes

A rejuvenating facial designed to revitalise and repair suitable for all skin types, even sensitive. It is particularly useful for brightening dull, tired skin but also balancing skin tone and texture protecting the skin from environmental damage. This treatment will cleanse, tone, exfoliate and moisturise the skin leaving it revitalised and hydrated.

### ISHGA ANTI-AGEING FACIAL

60 Minutes

Designed to revitalise and repair. It is particularly useful for toning, firming and nourishing but also repairing and protecting the skin from environmental damage. The high content of seaweed extract in the products used is scientifically proven to preserve the skin's natural collagen, with powerful anti-ageing properties that repair damaged skin cells which results in smoothing fine lines and wrinkles.

### ISHGA ULTIMATE LUXURY FACIAL

90 Minutes

An indulgent, luxurious facial which incorporates a thorough skincare routine combined with 3 intensive masks. Including a deep exfoliation using a rich, vitamin-packed sea kelp powder that will remove dead skin to leave the skin bright and glowing. This facial includes a warming massage of the face, scalp, shoulders and arms using heated sea salt and seaweed poultices which will absorb congestion and detoxify the skin adding a host of vitamins and minerals into the face and upper body.

## Massage Treatments

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### ISHGA EXPRESS MASSAGE

30 Minutes

A massage focusing on the back, neck and shoulders to target areas of tension, release everyday stress and relax the nervous system. Our seaweed body oil regenerates, warms and nourishes the skin. Your therapist can adapt pressure to suit.

### ISHGA FULL BODY MASSAGE

60 Minutes

A medium pressure full body massage combining relaxing elements of aromatherapy massage, lymphatic drainage and traditional Swedish massage techniques to reduce muscle tension to re-energise the body. The seaweed body oil used regenerates, firms and tones the skin and is particularly useful for eliminating toxins.

### ISHGA HOT STONE MASSAGE

60 Minutes

A full body massage incorporating heated basalt stones which instantly relax the muscles, allowing the treatment to work at a deeper level. Hot stones are useful for easing out tension, reducing aches and pains and are placed along the chakras to open up energy pathways.

### DEEP TISSUE MASSAGE

60 / 90 Minutes

Powerful, deep and specifically placed techniques make this customised massage essential for relief of aching muscles. Using a stimulating muscle recovery oil containing fucus serratus extract, a natural anti-inflammatory to relieve physical fatigue and rosemary to ease muscle pain. The Therapist will work on one or two body areas of your choice using remedial massage techniques, Thai stretching and localised deep tissue and myo-facial release.

### MUM TO BE MASSAGE

60 Minutes *(must be over 12 weeks)*

A nurturing full body massage helps to soothe aches, pains and general muscle fatigue. Designed to help relax and calm, ease leg cramps, reduce water retention and puffiness. Hydrates the skin and helps to improve elasticity, reducing stretch marks. The legs, feet, arms and most importantly, the bump are gently but therapeutically massaged to release a sense of wellbeing for both mum and baby.



## Experience Treatments

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### ISHGA FACE & BODY EXPERIENCE

60 Minutes

The treatment starts with a medium pressure massage combining a powerful detoxing seaweed body oil with lemongrass, juniper and rose geranium. It is designed to be invigorating but equally relaxing with a focus on removing tension to re-energise the body. The seaweed body oil used regenerates, firms, tones the skin and is particularly useful for eliminating toxins. To conclude the focus moves to the face combining a cleanse, exfoliation, tone and moisturise using a powerful blend of organic seaweed high in antioxidants and anti-ageing benefits. While the products do their work enjoy a scalp massage to complete the experience.

### ISHGA MARINE EXPERIENCE

120 Minutes

A top to toe package to awaken the senses and leave the skin feeling soft and fresh on the face and body. Begin with all over body exfoliation with our pure sea salt and oil scrub infused with seaweed and lemongrass to remove dead skin, followed by a full-body invigorating massage to soothe aching, tired muscles and hydrate the skin. Finish the ultimate relaxation with an express facial to brighten, firm and tone the face and relaxing scalp massage to complete the experience.

## Men's Treatments

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### ISHGA STRESS RELIEVER MASSAGE

60 Minutes

A medium pressure invigorating full body massage combined with a scalp massage. Designed to detox and balance the body whilst removing any particular areas of muscular tension and stress.

### ISHGA MEN'S FACIAL

60 Minutes

The ishga men's products are designed to detox and draw impurities from the skin whilst stimulating collagen production and combat signs of ageing. This treatment will cleanse, tone and moisturise the skin, leaving it revitalised and hydrated, adding a protective layer to prevent environmental damage.



# Additional Treatments

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## ISHGA FOOT RECOVERY

30 Minutes

A relaxing treatment designed for the feet. Salt & Oil scrub, relaxing massage and cooling and detoxifying seaweed gel mask.

## ISHGA HAND RECOVERY

30 Minutes

A relaxing treatment designed for the hands. Salt & Oil scrub, relaxing massage and cooling and detoxifying seaweed gel mask.

## AROMATHERAPY MASSAGE

60 Minutes

A full body massage with the purest essential oils, chosen to suit your needs. The relaxing aromas will enhance your tranquillity for a truly indulgent treatment. Balancing and grounding, this treatment promotes healing and wellbeing of both the mind and the body.

## Indian Head Massage

30 Minutes

This ancient Ayurvedic treatment induces a state of calm and tranquillity while renewing energy levels and detoxifying the body. Concentrating on the head, face, neck and upper back, this massage will transform your mind body and spirit for the ultimate rejuvenating experience.