

## Massages

### *ishga Full Body Massage*

50 minutes / £99

A full body massage combining relaxing elements of aromatherapy massage, lymphatic drainage and traditional Swedish massage techniques to reduce muscle tension and re-energise the body.

### *Hot Stone Massage*

50 minutes / £115.50

This full body massage incorporates heated Basalt stones which instantly relax the muscles, allowing the treatment to work at a deeper level, whilst soothing the mind, easing muscle tension, and reducing aches and pains.

### *Mum To Be Massage*

50 minutes / £99

Whilst lying comfortably supported, the back, legs, feet, arms and most importantly the bump (optional) are gently but therapeutically massaged to release a sense of wellbeing for both mum and baby. A nurturing, full body massage designed to calm, relieve muscle fatigue and reduce water retention often experienced during pregnancy. Using ishga's Nurturing Oil to promote skin elasticity, reduce stretch marks and bring balance to the mind and emotions with the soothing scent of rose geranium essential oils.

## Facials

### *ishga Facial*

50 minutes / £99

Revitalise and repair skin through the collagen stimulating properties of Hebridean seaweed. Suitable for all skin types, the ishga Facial will brighten and balance skin tone whilst improving texture and protecting skin from environmental damage with its potent antioxidant properties.

## Body Treatments

### *ishga Seaweed Body Wrap*

50 minutes / £99

The full body is treated to a hydrating and stimulating sea salt and oil body scrub, followed by a powerful mask of seaweed gel. Whilst the body is wrapped warmly to absorb the bioactive components of Hebridean seaweed, a pressure point scalp massage brings calm and clarity to the mind. This treatment is designed to eliminate toxins, boost energy and improve skin tone.

### *ishga Back Treatment*

50 minutes / £99

Transform any skin concerns on your back with the Marine Back Treatment, which rejuvenates and exfoliates to reveal brighter, healthier skin. Beginning with a cleanse, tone and exfoliation, a powerful heated clay mask is then applied to soften the skin while providing a deep moisturising and collagen boosting treatment. A massage of the back and back of the legs is also included to leave you feeling deeply relaxed.

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## Express Add-On Treatments

You can add any of the treatments below to your existing 50 or 25-minute booking, subject to availability;

### *ishga Foot or Hand Recovery*

25 minutes / £55

### *ishga Express Facial*

25 minutes / £55

### *ishga Express Back Massage*

25 minutes / £55

### *ishga Salt & Oil Scrub*

25 minutes / £55

## ishga Signature Experiences

### *Face & Body Sensation*

50 minutes / £104.50

The treatment starts with a massage focusing on the back, neck and shoulders to target areas of tension, release everyday stress and relax the nervous system. To conclude, the focus moves to the face with a cleanse and tone and exfoliating mask, followed by a relaxing scalp massage and ishga finishing products to hydrate, balance and firm the skin.

### *Marine Experience*

100 minutes / £148.50 | 75 minutes / £132

Begin with all-over body exfoliation with our pure sea salt and oil scrub, followed by an invigorating massage to soothe aching, tired muscles and hydrate the skin. Finish the ultimate relaxation with an express facial and a relaxing scalp massage.

## Spa Package Choices

### 50 Minute Treatment Choices

#### *ishga Full Body Massage*

A full body massage combining relaxing elements of aromatherapy massage, lymphatic drainage and traditional Swedish massage techniques to reduce muscle tension and re-energise the body.

#### *ishga Back Treatment*

The ultimate back facial is 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. A massage of the back and back of the legs is also included to leave you feeling deeply relaxed.

#### *ishga Facial*

Revitalise and repair skin through the collagen stimulating properties of Hebridean seaweed. Suitable for all skin types, the ishga Facial will brighten and balance skin tone whilst improving texture and protecting skin from environmental damage with its potent antioxidant properties.

#### *Face & Body Sensation*

The treatment starts with a massage focusing on the back, neck and shoulders to target areas of tension, release everyday stress and relax the nervous system. To conclude, the focus moves to the face with a cleanse and tone and exfoliating mask, followed by a relaxing scalp massage and ishga finishing products to hydrate, balance and firm the skin.

### Upgrade Available

#### *Hot Stone Massage*

£15 supplement

This full body massage incorporates heated Basalt stones which instantly relax the muscles, allowing the treatment to work at a deeper level, whilst soothing the mind, easing muscle tension, and reducing aches and pains.

### 25 Minute Treatment Choices

#### *ishga Express Facial*

#### *ishga Express Back Massage*

#### *ishga Salt & Oil Scrub*

A Hebridean sea salt and oil scrub gently exfoliates sweeping away dry & dull skin, this invigorating treatment stimulates circulation to help eliminate toxins.

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25 minutes / £50

#### *ishga Express Back Massage*

25 minutes / £50

#### *ishga Salt & Oil Scrub*

25 minutes / £50