

Body Treatments

<i>ishga</i> Salt & Oil Scrub 25 minutes	£60
<i>ishga</i> Seaweed Body Wrap 55 minutes	£100
<i>ishga</i> Marine Back Treatment 55 minutes	£100

Massage Treatments

<i>ishga</i> Express Massage 25 minutes	£60
<i>ishga</i> Invigorating Massage 55 minutes	£100
<i>ishga</i> Hot Stone Massage 55 minutes	£129
<i>ishga</i> Hot Poultice Massage 55 minutes	£129
Mum to Be Massage (<i>must be over 12 weeks</i>) 55 minutes	£100

Hand & Foot Treatments

<i>ishga</i> Recovery (hand or foot) 25 minutes	£60
<i>ishga</i> Luxury Seaweed Experience 55 minutes	£90

Alternative Treatments

Indian Head Massage 25 minutes	£60
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Facial Treatments

<i>ishga</i> Express Facial 25 minutes	£60
<i>ishga</i> Anti-Ageing Facial 55 minutes	£110
<i>ishga</i> Luxury Anti-ageing Facial 90 minutes	£129

Gents Treatments

<i>ishga</i> Gents Stress Reliever Massage 55 minutes	£100
<i>ishga</i> Gent's Bespoke Facial 55 minutes	£100

Experience Treatments

<i>ishga</i> Marine Experience 100 minutes	£165
Detox Experience 100 minutes	£165
Face & Body Sensation 100 minutes	£165

Seaweed Bath

In-room relaxing treat for guests staying in the Glen Ord, Hen's Coop or Lagavulin 40 minutes	£45
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Refresh Mind,
Body & Soul.