

## 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	£55
<i>ishga</i> Invigorating Massage 55 minutes	£95
<i>ishga</i> Hot Stone Massage 55 minutes	£100
<i>ishga</i> Hot Poultice Massage 55 minutes	£100
Mum to Be Massage ( <i>must be over 12 weeks</i> ) 55 minutes	£95

## Hand & Foot Treatments

<i>ishga</i> Recovery 25 minutes	£55
<i>ishga</i> Luxury Seaweed Experience 55 minutes	£90

## 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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## Facial Treatments

<i>ishga</i> Express Facial 25 minutes	£55
<i>ishga</i> Anti-Ageing Facial 55 minutes	£100
<i>ishga</i> Luxury Anti-ageing Facial 90 minutes	£125

## Gents Treatments

<i>ishga</i> Gents Stress Reliever Massage 55 minutes	£95
<i>ishga</i> Gent's Bespoke Facial 55 minutes	£100

## Experience Treatments

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

## Alternative Treatments

Aromatherapy Massage 25 minutes	£55
Aromatherapy Massage 55 minutes	£95
Indian Head Massage 40 minutes	£70