

Massages

Express Back Massage

30 minutes / £55

A massage focusing on back, neck & shoulders to target areas of tension, release everyday stress and to help you relax.

Back, Face & Head Massage

45 minutes / £70

Firm pressure massage to back, neck & shoulders with pressure point face and head massage. This deeply relaxing treatment aims to relieve stress, improve mental clarity and target upper body tension.

Deep Tissue

30/60 minutes / £70/£110

A powerful, deep and attentive techniques make this tailored massage perfect for relieving aching muscles. Using a blend of unique Hebridean seaweed, packed with antioxidants, combined with Eucalyptus, May Chang, Peppermint, Rose Geranium and more. ishga's Muscle Recovery Oil delivers a soothing and relaxing effect to tired muscles.

Full Body

60/90 minutes / £90/£130

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.

Body Treatments

Detoxifying Seaweed Body Wrap

60 minutes / £90

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. This includes a warmed rose geranium oil scalp massage and application of body oil to complete the experience.

Nourishing Body Wrap

60 minutes / £90

A hydrating salt and oil scrub infused with sweet almond, jojoba and rose geranium to transform dull, tired skin, followed by a cocoon of a nourishing gel body mask that soothes, hydrates and tones. This includes a warmed rose geranium oil scalp massage and application of body oil to complete the experience.

Marine Back Treatment

45 minutes / £80

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.

Facials

Anti-ageing Facial

60 minutes / £100

Nourish the skin with a rich Marine Cleansing Balm packed with hydrating fatty acids, combined with a firming gel mask to tighten and tone. The high content of seaweed extract 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.

Bespoke

60 minutes / £95

Suitable for all skin types, brighten and balance skin tone whilst improving texture and protecting skin from environmental damage with its potent antioxidant properties.

Ultimate Luxury

90 minutes / £130

Featuring three active masks to exfoliate, nourish and protect. Lifting facial massage, combined with warmed sea salt and seaweed poultices and lymphatic drainage techniques rejuvenate the skin, adding a host of vitamins and minerals into the face and upper body.

Express Facial

30 minutes / £55

An express facial using our organic product range combines a cleanse, tone and moisturise for essential skin maintenance. Includes an exfoliating mask and scalp massage to complete the experience.

Experiences

Face & Body Sensation

60/120 minutes / £95/£170

Starting with a medium pressure massage using a carefully selected oil, followed by a facial to renew and brighten the complexion. ishga's unique skincare range contains potent antioxidant-rich seaweed extract which has been proven to stimulate hyaluronic acid and collagen production in the skin, transforming all skin types.

Marine Experience

120 minutes / £175

A top to toe treatment to awaken the senses and leave the skin feeling soft and fresh on the face and body. Beginning with an all-over body exfoliation with our pure sea salt and oil scrub, followed by a full-body bespoke massage to soothe aching, tired muscles and hydrate the skin. The ultimate relaxation finishes with an express facial to brighten, firm and tone the face. A relaxing scalp massage is also performed to complete the experience.

Oban Bay Signature Foot Treatment

60 minutes / £90

Beginning with a seaweed scrub with mineral rich Hebridean sea salt. Feet are then wrapped warmly in a detoxifying seaweed gel mask while you receive your choice of a relaxing hand or scalp massage. This is followed by an extended foot massage. The ultimate way to revive tired feet as well as induce deep relaxation for the mind and body.

Thermal Experience

Exclusive Use

90 minutes / £25 per person

Relax in our exclusive Thermal Spa Experience offering you time together with views across Oban Bay to the island of Kerrera. Guests, couples and singles can book to spend quality time in our sunken Canadian style outdoor hot tub, Swedish oak barrelled sauna, Roman acrylic steam room and Zen relaxation room.

Pre Natal

Mum-To-Be

30/60 minutes / £65/£110

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

Advanced Treatments

Oncology

30/60 minutes / £70/£120

We are delighted to offer bespoke treatments suitable for anyone currently undergoing cancer treatment or in recovery. These relaxing and nurturing treatments work by combining the health benefits of antioxidant-rich, organic seaweed products with a range of therapeutic techniques. Therapists have been specially trained to adapt treatments to your needs.

Reflexology

60 minutes / £85

Reflexology is a holistic therapy that uses gentle pressure on specific points on the feet to help you relax, recharge and rebalance. This powerful technique eases stress, and aims to calm the nervous system to promote the body's natural healing response.

Couples Treatments

Selected treatments can be enjoyed as a couple subject to availability. Please enquire for more information.

Express Add On

Foot Recovery

Salt and oil foot scrub, followed by a relaxing foot massage.

30 minutes / £55

Hand Recovery

Salt and oil hand scrub, followed by a relaxing hand massage.

30 minutes / £55

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.

30 minutes / £55