

# shore

SHORE SPA  
TREATMENT MENU



Welcome to Shore Spa. Set against the stunning waters of Loch Fyne, enjoy breathtaking views while exploring our wide range of treatments. Our indoor pool, outdoor hot tub, sauna, steam and salt room all add to the relaxing options.

The perfect destination to refresh the mind, body & soul.

Loch Fyne Hotel & Spa  
Inveraray, Argyll, Scotland  
UK, PA32 8XT

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## Body Treatments

### ISHGA SALT & OIL SCRUB 25 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 SEAWEED BODY WRAP 55 Minutes

A powerfully detoxifying Hebridean sea salt and oil scrub with a 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.

### ISHGA MARINE BACK TREATMENT 55 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

### ISHGA EXPRESS FACIAL 25 Minutes

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

### ISHGA ANTI-AGEING FACIAL 55 Minutes

A rejuvenating facial 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 LUXURY ANTI-AGEING 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

25 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 INVIGORATING MASSAGE

55 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

55 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.

### ISHGA HOT POULTICE MASSAGE

55 Minutes

A rebalancing, light massage using heated sea salt and seaweed granule filled poultices, which are applied to the body to relax the muscles, release tension and nourish the skin. Combined with manual massage movements, the relaxing warm poultices are rhythmically stroked and kneaded over the body. Benefits draw toxins from the body and add a host of vitamins and minerals deep within.

### MUM TO BE MASSAGE

*(must be over 12 weeks)*

55 Minutes

A nurturing full body massage helps to soothe aches, pains and general muscle fatigue often experienced during pregnancy. Designed to help relax and calm, ease leg cramps, reduce water retention and puffiness. Using ishga's Nurturing Oil which 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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## LUXURY ME TIME

100 Minutes

Have some luxury me time. Enjoy a rejuvenating facial 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 skins natural collagen, with powerful anti-ageing properties that repair damaged skin cells which results in smoothing fine lines and wrinkles.

To conclude, with a relaxing foot treatment, your skin will be softened with our indigenous Scottish Seaweed scrub, followed by a relaxing massage to hydrate and nourish the skin. A detoxifying seaweed gel mask will be applied followed by nails shaping and cuticle tidy. Finished with your choice of Jessica nail polish.

## FACE & BODY SENSATION

100 Minutes

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.

## DETOX EXPERIENCE

100 Minutes

A powerful detoxifying Hebridean sea salt and oil scrub with a 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. Conclude with 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 MARINE EXPERIENCE

100 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 55 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 BESPOKE FACIAL 55 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.

## Hand & Foot Treatments

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### ISHGA RECOVERY 25 Minutes

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

### ISHGA LUXURY SEAWEED EXPERIENCE 55 Minutes

Transform and re-energise tired hands or feet. As you relax, your skin will be softened with our indigenous Scottish Seaweed scrub, followed by a relaxing massage to hydrate and nourish the skin. A detoxifying seaweed gel mask will be applied, followed by nail shaping and a cuticle tidy. Finished with your choice of Jessica nail polish.



# Additional Treatments

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## SEAWEED BATH

40 Minutes

In room relaxing treat for guests staying in the Glen Ord, Hen's Coop or Lagavulin.

A unique Scottish experience where you can relax in fresh, hand-harvested seaweed from the Hebridean coast. Unwind in a hot bath infused with mineral sea salts containing over 85 natural trace minerals and pure Scottish seaweed.

Here in Scotland, we have been enjoying the benefits of seaweed from the Hebrides for hundreds of years. Naturally healing, moisturising and anti-ageing, it is rich in vitamins, minerals and anti-cellulite properties. An experience we guarantee you will remember forever.

## ALTERNATIVE MASSAGE

Aromatherapy Massage 25 Minutes

Aromatherapy Massage 55 Minutes

Indian Head Massage 40 Minutes

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