

TREATMENT LIST



# THE SPA

EXPERIENCE THE TRANQUILITY

EIGHT ACRES HOTEL & SPA



# THE SPA

*Experience The Tranquillity...*

OPEN 7 DAYS

10am- 6pm

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Keep up to date with the latest news and offers. 'Eight Acres Hotel' or '7 Health and Fitness Elgin'

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*IT'S TIME TO TAKE CARE  
OF YOURSELF AND  
BE WELL-RESTED.*

## MASSAGES

### **ISHGA EXPRESS MESSAGE- 25 MINUTES - £30**

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 FULL BODY MESSAGE- 50 MINUTES - £50**

A medium pressure massage combining a powerfully detoxing seaweed body oil with lemongrass, juniper and rose geranium. The treatment is designed to be invigorating but equally relaxing with a focus on removing 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 MESSAGE- 50 MINS £55**

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. A seaweed base oil with lemongrass, lavender and juniper will detoxify and regenerate the skin.

### **ISHGA HOT POULTICE MESSAGE- 50 MINUTES - £55**

A re-balancing, light massage using heated sea salt & seaweed granule filled poultices, which are applied to the body to relax the muscles, release tension and nourish the skin. When the compress is heated it provides a detoxing effect to draw toxins from the body and add a host of vitamins and minerals deep within. The poultices can be taken away and used as a detoxifying seaweed bath experience at home.

### **ISHGA FULL BODY MESSAGE- 50 MINUTES - £50**

The ultimate back facial designed to rejuvenate and exfoliate, while treating any congestion and reveal a brighter and smoother skin. Beginning with a cleanse, tone and exfoliation, a powerful Moroccan seaweed lava clay mask is applied to clarify and soften the skin while providing a deep moisturising treatment. Ideal for skin concerns such as acne on the back, dryness or skin conditions and for muscular aches and pains. A Massage of the back and legs is also included to send you to a place of peace and relaxation.



## PAMPER DAYS

### CLASSIC PAMPER DAY- £45PP

Includes; choose either an Ishga back, neck and shoulder massage or Ishga Express Facial. Robe, slippers & towel hire plus all day leisure club access and afternoon tea.

### GIRLY PAMPER DAY- £60PP

Includes: choose between an Ishga back, neck and shoulder massage or an express facial. Then choose between a hand or foot scrub and massage. Afternoon Tea with a glass of prosecco. Robe, slippers & towel hire plus all day leisure club access.

### DINE & DIP

- Monday-Sunday £25pp
- Children £12pp (Under 12 years old)

Enjoy use of the leisure facilities for the day, robe & slippers hire, plus afternoon tea.

#### SPECIAL OFFER

Enjoy 10% off any further spa treatments taken on the day with your pamper day or dip & dine booking.

## FACIALS

### ISHGA FACIAL- 50 MINUTES - £45

A bespoke facial designed to revitalise and repair your skin. Including a peel off mask. The seaweed extract in the products used is scientifically proven to preserve the skins natural collagen with powerful anti-ageing properties. Suitable for all skin types.

### ISHGA EXPRESS FACIAL- 25 MINUTES - £30

An express facial using organic Ishga products combining a cleanse, tone, exfoliating mask and moisturise for essential skin maintenance.

## FACE + BODY

### ISHGA MARINE EXPERIENCE - 100 MINUTES - £85

A top to toe package to awaken the senses and leave the skin feeling soft and fresh on the face and body. Begin with a full body exfoliation with our 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 with an express facial to brighten, firm and tone the face and relaxing scalp massage to complete the experience

### ISHGA FACE & BODY SENSATION - 50 MINUTES - £45

A relaxing back, neck and shoulder massage to target and soothe any tension using our organic seaweed body oil combined with the healing oils of lavender, lemongrass and juniper. Follow with an express Ishga facial to rejuvenate and brighten all skin types using a powerful blend of organic seaweed high in antioxidants and anti-ageing benefits.

### ISHGA SALT & OIL SCRUB - 25 MINUTES - £30

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 - 50 MINUTES - £45

A powerful Hebridean sea salt and oil scrub with 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.

## WAXING + TINTING

**DEFINED EYES PACKAGE - £21 (save £7)** Includes Brow Tint, Brow Wax and Lash Tint

**WAX PACKAGE - £26 (save £9)** Includes Underarm Wax, Bikini Line Wax & Half Leg Wax  
\*Patch test required 24-28 prior to all tinting treatments.

## MEN'S TREATMENTS

### ISHGA MENS STRESS RELIEVER MASSAGE- 50 MINUTES - £50

An individually tailored full body treatment combined with scalp massage. It is designed to detox and balance the body whilst removing any particular areas of tension and stress. The seaweed-based oil nourishes and protects the skin.

### ISHGA MENS BESPOKE FACIAL- 50 MINUTES - £45

Your therapist will select the most suitable products from the Ishga range to create a personalised facial. The Ishga products stimulate collagen production and combat signs of ageing. This treatment will cleanse, tone and moisturise the skin leaving it revitalised and hydrated.





## ALTERNATIVE TREATMENTS

### REFLEXOLOGY - 50 MINS £45

Based on ancient principles, the idea is that pressure points and zones on the feet correspond with different parts of the body. Massaging these points can reduce the effects of stress, ease muscle tension and achieve improved wellbeing.

### ORIENTAL HEAD MASSAGE - 25 MINS £30

A deeply therapeutic treatment, head massage can provide instant relief from stress symptoms. It's also known to stimulate a feeling of calm and tranquillity whilst promoting higher levels of concentration.

### HOPI EAR CANDLING - 50 MINS £30

A truly relaxing treatment using ear candles, creating a sense of balance & tranquillity.

Eyebrow Wax 20 mins £8

Eyebrow Tint 15 mins £8

Eyelash Tint 25 mins £12

Eyelash Lift and Tint £27

Top Lip & Chin 20 mins £10

Top Lip or Chin 10 mins £6

Brazilian 45 mins £20

Bikini Line 15 mins £10

Hollywood 60 mins £30

Underarm 15 mins £9

Forearm 30 mins £16

Half Leg 30 mins £16

Full Leg 60 mins £22

Men's Chest Wax £18

Men's Back Wax £18

WE'VE GOT JUST THE  
THING TO HELP YOU  
LOOK AND FEEL  
FABULOUS FROM HEAD  
TO TOE

## HANDS + FEET

**FILE & POLISH- 25 minutes £15** (fingers or toes)

### ISHGA FOOT RECOVERY OR ISHGA HAND REJUVENATOR- 25 MINUTES - £25

Relax as your feet & lower legs or hands & forearms are scrubbed with our Scottish seaweed foot scrub. This is followed by a wonderful relaxing massage, then an application of a cooling mask which is also deeply relaxing.

### ISHGA LUXURIOUS SEAWEED HAND OR FOOT EXPERIENCE- 50 MINUTES - £40

Choose either the hand or foot experience. As you sit back and relax, enjoy the skin-softening indigenous Scottish seaweed scrub, followed by a relaxing massage, of the feet & lower legs or the hands & forearms, to hydrate & nourish and then a detoxifying seaweed gel mask will be applied. Nails are shaped, cuticles conditioned and finished with your choice of nail polish or shiny buff.

### GEL POLISH FINGERS OR TOES - 50 MINS £25 FINGERS & TOES - 100 MINS £50

Includes cuticle tidy, file & gel polish applied

### GEL POLISH REMOVAL - 25 MINS £15

Add Gel polish to any hand or foot treatment - £10

**AFTER YOUR NAIL TREATMENT, PLEASE ALLOW UP TO 24 HOURS DRYING TIME AND AFTER YOUR PEDICURE YOU ARE ADVISED TO WEAR SUITABLE FOOT WEAR.**