

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

MASSAGES

ISHAGA EXPRESS MASSAGE- 30 MINUTES - £50

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.

ISHAGA INVIGORATING MASSAGE- 60 MINUTES - £85

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

ISHAGA HOT STONE MASSAGE- 60 MINS £75

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.

ISHAGA HOT POULTICE MASSAGE- 60 MINUTES - £75

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.

MASSAGES

ISHAGA DEEP TISSUE MASSAGE- 60 MINUTES - £90

Powerful deep and specifically placed techniques make this customised massage essential for relief of aching muscles, using a stimulating muscle recovery oil containing fucus serratus extract, a natural anti - inflammatory. May chang, to relieve physical fatigue, and rosemary to ease muscle pain. The therapist will work on one to two body areas of your choice using remedial massage techniques, thai stretching and localised deep tissue and myo-facial release.

ISHAGA MUM-TO-BE MASSAGE- 60 MINUTES - £90

A nuturing full body massage helping 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 Nuturing Oil which hydrates the skin and helps to improve elasticity, reducing stretch marks, the massage begins with mum to be seated allowing the therapist to fully work the upper and lower back. Then lying comfortably supported in an upright position on the therapy bed, the legs, feet, arms and most importantly the bump are gently but therapeutically massaged to release a sense of wellbeing for both um and baby.

ISHAGA FULL BODY MASSAGE- 60 MINUTES - £90

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.

THE SPA

RELAX, REJUVENATE AND REFRESH



FACIALS

ISHGA FACIAL- 60 MINUTES - £85

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- 30 MINUTES - £55

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

ISHGA ANTI-AGING FACIAL- 60 MINUTES - £95

Using our rich Marine Cleansing balm packed with hydrating fatty acids and a lifting and firming gel face and eye mask to tighten and tone the skin. 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.

ISHGA ULTIMATE LUXURY FACIAL- 75 MINUTES - £100

An indulgent luxurious Spa Facial which incorporates a thorough skin care routine combines with 3 intensive masks. Including a peel exfoliation using a rich vitamin packed sea kelp powder which 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 absorb congestion and detoxify the skin adding a host of vitamins and minerals into the face and upper

FACE + BODY

ISHGA MARINE EXPERIENCE - 60 MINUTES - £80

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 - 60 MINUTES - £85

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 - 30 MINUTES - £50

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 - 60 MINUTES - £80

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.

SPECIAL OFFER

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



PAMPER DAYS

CLASSIC PAMPER DAY- £55PP

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- £70PP

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.

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.

WAXING + TINTING

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

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

Eyebrow Wax 20 mins	£8	Hollywood 60 mins	£30
Eyebrow Tint 15 mins	£8	Underarm 15 mins	£9
Eyelash Tint 25 mins	£12	Forearm 30 mins	£16
Eyelash Lift and Tint	£27	Half Leg 30 mins	£16
Top Lip & Chin 20 mins	£10	Full Leg 60 mins	£22
Top Lip or Chin 10 mins	£6	Men's Chest Wax	£18
Brazilian 45 mins	£20	Men's Back Wax	£18
Bikini Line 15 mins	£10		

ALTERNATIVE TREATMENTS

REFLEXOLOGY - 50 MINS £55

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.



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



THE SPA

EXPERIENCE THE TRANQUILITY

HANDS + FEET

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 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.