



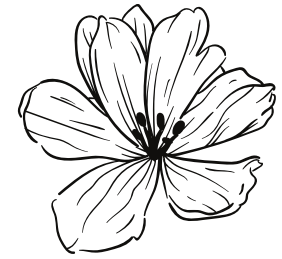
Spa Menu



WELLNESS GETAWAYS

Wellness Retreat

Two nights dinner, bed and breakfast including a choice of one 50-minute spa treatment per person. Use of the spa facilities throughout your stay. Robe and towel provided. Meal: 2-course dinner per person on both nights.



DAY VISITS

Mini Pamper **(Weekdays: £45 Weekends: £50)**

Indulge in a relaxing day with 3 hours of access to our facilities, complete with towels and robes, and enjoy a 25-minute treatment of your choice.

Pamper and Unwind **(Weekdays £99 Weekends £109)**

Experience a day of pure relaxation with complete access to all amenities, including towels and robes. Enjoy a light lunch comprising soup, a sandwich, and a delightful sweet treat. This package also includes a 50-minute treatment.

Afternoon Tea and Fizz **(Weekdays: £109 Weekends: £119)**

Package includes full facility access, towel and robe usage, Afternoon Tea with a mini bottle of Prosecco, and a choice of a 50-minute treatment.



25 MINUTE TREATMENTS

ISHGA Back Massage - £35

Intertwines aromatherapy, lymphatic drainage, and Swedish massage methods, crafting a celestial indulgence for your back.

ISHGA Mini Facial - £35

A luxurious ritual that combines natural essences to purify, harmonise, and rejuvenate the skin. This divine blend offers the face hydration, balance, and resilience, revealing its radiant essence

ISHGA Salt & Oil Scrub - £35

A luxurious blend of Hebridean sea salt and oil that gently exfoliates the skin, eliminating dryness and unveiling a radiant complexion. This captivating formula rejuvenates and purifies, leaving your skin luminous and deeply nourished.

ISHGA Foot Ritual - £35

A lavish spa indulgence tailored for your feet. Commencing with a nourishing seaweed and sea salt foot soak, it progresses to a scrub combining salt and oil, a soothing foot massage, and culminates with the application of a revitalizing seaweed gel mask. Treat your feet to this exquisite pampering experience.

ISHGA Hand Ritual - £35

A serene and indulgent experience, immersing your hands in a revitalizing fusion of seaweed and sea salt. This tranquil treatment includes a gentle sea scrub, a calming hand massage, and an invigorating seaweed gel mask, aiming to rejuvenate and cleanse your hands with natural luxury



50 MINUTE TREATMENTS

ISHGA Marine Back Treatment - £65

Facial experience for your back aimed at revitalizing and exfoliating the skin, addressing any congestion to unveil a more radiant and smoother complexion. A thorough cleanse and toning, progressing to a salt and oil exfoliation, followed by a soothing back massage. A potent heated seaweed clay mask is subsequently applied to purify and soften the skin, delivering an intensive moisturising treatment. During the mask application, a relaxing back of leg massage is administered, ensuring a profoundly relaxing experience.

ISHGA Face & Body Experience- £65

Commences with a medium pressure back massage, skillfully blending the soothing attributes of aromatherapy, lymphatic drainage, and classical Swedish massage techniques. Emphasising relaxation and the alleviation of bodily tension, culminating with a mini facial comprising cleansing, toning, and an exfoliating mask, followed by the application of hydrating, balancing, and firming skincare products.

ISHGA Facial - £65

A deluxe experience focused on rejuvenation and revitalization. This bespoke facial aims to revitalise tired skin, leaving it with a radiant glow and a silky texture. Designed for all skin types, this treatment not only improves skin luminosity but also provides protection against environmental elements.

ISHGA Full Body Massage - £65

This medium-pressure massage incorporates the soothing aspects of lymphatic drainage, and traditional Swedish techniques. It aims to alleviate muscle tension and revitalise the body.

We do not offer massage or body treatments for those who are 1-13 weeks pregnant. Children under 16 are not permitted to use the treatment rooms. Children under 16 are not permitted to use the sauna, steam room or spa. Full terms and conditions can be found on our website.



Beauty Room 3

NEW LANARK
Health & Fitness