



# Spa Menu

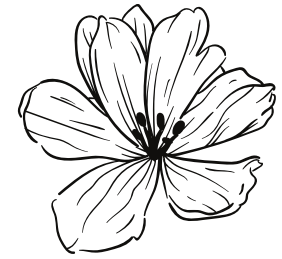




# WELLNESS GETAWAYS

## 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.

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## **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.

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## **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.

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## **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

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## **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.

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## **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

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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.

NEW LANARK  
Health & Fitness

Beauty Room 3