



NÀDARRA

SPA

Spa Treatment Menu

MASSAGE

Aromatherapy Associates Ultimate Massage £95.00
Relaxing | Destressing | Bespoke

This hero treatment starts with a thorough consultation to find out what your current daily and physical needs are. During this consultation process you will choose from thirteen signature oils, formulated with natural plant and flower oils that boast therapeutic benefits for the body and mind, to help with your daily concerns. With your chosen oil, carefully applied pressures are used to stimulate the nervous system, Swedish and neuromuscular techniques to relieve muscle tensions, lymphatic drainage. This treatment aims to focus on those troublesome areas.

Bamboo Massage £115.00
Deep | Holistic | Muscle Relief

A full body massage using a selection of warm bamboo. Combining manual massage techniques with the bamboo while giving an even pressure to encourage circulation and muscle movements, instantly breaking down any toxins built up within the muscles providing instant relief from aches and pains. This treatment is perfect for anyone who requires a more hands-on approach to massage.

Hot Stone Massage (Ishga or Himalayan) £115.00
Relax | Destress | Regenerate

A tailored body massage incorporating the use of heated basalt stones which instantly relieve muscles, allowing the treatment to work at a deeper level. Hot stones are used to relax the mind and ease any aches and tension. Incorporating more manual techniques, this treatment has a holistic approach that leaves you feeling totally relaxed. A bespoke consultation will take place with your therapist to discuss your treatment and any areas of concern.

Ishga Deep Tissue Massage £115.00
Destress | Unwind | Balance

Powerful, deep, and attentive techniques make this tailored massage perfect for relieving aching muscles. It features a stimulating muscle recovery oil while working with a natural anti-inflammatory to relieve physical fatigue. The therapist will work on one to two body areas of your concern using remedial massage techniques at a deeper level of pressure.

Ishga Full Body Massage £95.00
Invigorate | Relaxing | Warming

A full body massage combining relaxing elements of aromatherapy massage, lymphatic drainage, and traditional Swedish massage techniques to reduce muscle tension and re-energise the body. During consultation - an oil choice will be made from discussion with your therapist:

Invigorating - an uplifting, detoxifying seaweed body oil with lemongrass, juniper, lavender and rose geranium. Particularly useful for improving fatigue and eliminating toxins.

Relaxing - the luxurious scent of nurturing rose geranium to aid stress relief, relax, soothe, and balance a tired mind and body. A silky base of sweet almond and jojoba oil to hydrate and tone skin.

Warming - a comforting, woody oil containing patchouli, bergamot, and sandalwood. Ideal for muscular aches, nervous tension, and insomnia.

Ishga Hot Poultice Massage £115.00
Relax | Destress | Regenerate

A rebalancing, light massage that uses heated sea salt and seaweed poultices which are applied to the body to relax muscles, release tension and nourish the skin. Combined with manual techniques, the poultices are used to stroke and knead the body, and when heated, provide a detoxifying effect to draw out impurities and toxins from the body. A bespoke consultation will take place with your therapist to discuss your treatment and any areas of concern.

Stress Reliever Massage £95.00
Invigorating | Detoxing | Balancing

An invigorating full body massage treatment combined with a scalp massage. A medium pressure massage designed to detox and balance the body whilst removing any areas of muscular tension and stress. The seaweed-based oil nourishes and protects the skin with a masculine sandalwood and patchouli aroma. This treatment will focus on problem areas of daily concerns, aches, and pains.

FACIALS

Aromatherapy Associates Professional Glow Facial £95.00
Balancing | Energising | Supporting P

A revitalising facial that is designed to support the skin's natural defences and combat the pressures of a busy lifestyle. Ideal for those feeling fatigued and tired, this treat is geared up to give you your glow, and get-up-and-go, back.

Aromatherapy Associates Rebalance Facial £95.00
Deep | Psychodermic | Ritualistic P

A soothing facial crafted for skin under stress. From the intuitive aromatherapy inhalation to breathing rituals, this treatment is designed to calm and rebalance both the skin and mind.

Ishga Facial £95.00
Rejuvenating | Revitalising | Repairing P

Revitalize and repair skin through the collagen-stimulating properties of Hebridean seaweed. Suitable for all skin types, this Ishga facial will brighten and balance skin tone while improving texture and protecting the skin from environmental damage.

Ishga Anti-Ageing Facial £95.00
Cleansing | Nourishing | Powerful

Nourish the skin with a rich marine cleansing balm packed with hydrating fatty acids, combined with a firming gel mask to tighten and tone. The high content of seaweed extract is scientifically proven to preserve the skin's natural collagen, with powerful anti-aging properties that repair damaged skin cells which results in smoothing fine lines and wrinkles.

Sothys Detoxifying Facial £95.00
Brightening | Organic | Re-energising P

Designed to defend against environment stresses such as pollution, this facial brightens complexion and re-energises skin using organic elderberry extracts.

Sothys Hydrating Facial £95.00
Hydrating | Radiating | Softening P

This high-performance treatment combines four sources of hyaluronic acid with two Sothys patented active ingredients to leave skin feeling hydrated and softer.

Sothys Organics Face & Body Ritual £105.00
Soothe | Calm | Balance P

Dive into the heart of nature and enjoy a moment of deep relaxation. Commencing with an indulgent back, neck and shoulder massage, this express facial treatment and scalp massage awakens the skin and gives instant comfort and radiance.

Sothys Youth Enhancing Facial £95.00
Enhancing | Powerful | Results Driven P

Using specialised formulas and techniques, this facial uses tried and tested expertise to ensure visibly younger looking skin.

BODY TREATMENTS

Ishga Body Wrap £95.00
Detoxifying | Nourishing | Relaxing

A powerful detoxifying Hebridean sea salt and oil scrub which includes a body wrap. This combines the nourishing effect of the purest seaweed products with stimulating properties of the scrub. This treatment is designed to eliminate toxins, reduce cellulite, boost energy levels, and improve skin tone and texture. This treatment includes a choice of a seaweed algae wrap or a nourishing body wrap.

KEY | O - Oncology | P - Pregnancy
P - suitable for after first trimester



NÀDARRA

SPA

Spa Treatment Menu

Ishga Face & Body Experience £105.00 Powerful | Relaxing | Soothing

An invigorating back, neck and shoulder massage combining a powerful detoxifying seaweed body oil with lemongrass, juniper and rose geranium. Followed by an express facial that includes cleansing, exfoliating, toning and moisturising using a powerful blend of organic seaweed high in antioxidants and anti-ageing benefits.

Ishga Marine Back Treatment £95.00 Oxygenates | Hydrates | Decongests

A luxurious back facial designed to rejuvenate whilst treating any congestion to reveal a brighter and smoother skin. Starting with a cleanse and exfoliation, a powerful heated seaweed algae mask is applied to clarify and soften the skin whilst providing a deep moisturising treatment. Ideal for those with back skin concerns, such as 'back-ne', dryness and aches or pains. A massage of the back and legs is also included to leave you feeling deeply relaxed.

Ishga Mum-to-be Cocoon £95.00 Nurturing | Soothing | Cooling P

A delicate rose and nurturing geranium soothing cocoon treatment which will leave any mum-to-be relaxed and destressed. This soothing treatment includes a back massage to ease those aches, a face and scalp massage to work on a heavy head, and a foot and leg ritual to complete a chilled out treat. A bespoke consultation will take place with your therapist to tailor your treatment.

Ishga Oncology Experience £95.00 Nurturing | Soothing | Cooling P | O

A bespoke treatment that is crafted with your current treatment regime in mind, whether you are currently undergoing treatment or living beyond diagnosis. Working with Ishga, this treatment uses some of the best seaweed based oils, making it ideal for the most sensitive skins. Let the products, and our therapist, allow you to drift off to bring balance and harmony. You will leave feeling deeply relaxed. A bespoke consultation will take place with your therapist to tailor your treatment. Choose two from the following:

Facial | Massage | Scalp Massage | Foot & Leg Massage | Hand & Foot Ritual

RITUAL EXPERIENCES

Aromatherapy Associates Unwind & Destress £95.00 Calming | Relaxing | Destressing

Perfect treatment for times of stress and over-activity. This treatment helps the mind to unwind and refocus, getting you back on track. A double layer of products is applied to de-stress both the body and mind. A targeted treatment focusing on guided breathing, inhalations, gentle mobilisations and a massage of the back, scalp, arms. This treatment focuses solely on the body.

Aromatherapy Associates Immune Support £95.00 Cleansing | Clearing | Decongest

Cleansing, clearing and decongesting - this treatment ritual helps clear a congested body and mind, whilst supporting the immune system. Guided breathing to clear congestion followed by massage techniques to soothe a heavy head, unblocking sinuses, easing headaches, and promoting gut health. This clearing treatment works on the back, legs, chest, scalp and face. This treatment focuses solely on the body with an element of facial drainage massage.

Aromatherapy Associates Inner Strength £95.00 Nurture | Fortify | Strengthen

A truly nurturing ritual treatment which aims to fortify and strengthen the mind and body through difficult times. Focus the mind; breathe deeply whilst warm, rich products are applied soothingly during this emotionally strengthening treatment. This treatment is suited to anyone who is going through times of need or any form of grief. This treatment takes you through guided breathing and inhalations whilst focusing on the back, legs, arms and décolleté. This treatment focuses solely on the body.

Aromatherapy Associates Forest Therapy £95.00 Restore | Balance | Ground

Bringing the outdoors, indoors with this treatment ritual from Aromatherapy Associates. Feel restored from the stresses of modern-day life, cleansed of pollution and relieved from restlessness and agitations. Starting with guided breathing and inhalations, a tension releasing long, massage techniques is followed by a warming mud application to the hands and feet. A treatment ritual concentrates on the back, legs, abdomen, and scalp. This treatment focuses solely on the body and scalp.

Aromatherapy Associates Relax & Sleep £95.00 Relax | Sleep | Repeat

The best of sleep rituals a person can get. Carefully applied pressures relieve key areas of tension, whilst the award-winning essential oil blend sedates, calms and grounds to induce a serious state of relaxation. This hereto treatment incorporates guided breathing and inhalations whilst massage techniques and warmed products are used to bring peace and calm. This treatment focuses solely on the body.

Aromatherapy Associates Revive & Tone £95.00 Invigorating | Nourishing | Refreshing

This is a complete detox treatment that works on five key treatment stages, beginning with dry body brushing, followed by a stimulating exfoliation. Next you'll enjoy a mud mask and wrap (while tension is diffused with a scalp or foot relax massage), followed by an invigoration massage on the legs. This treatment is completed by coating the skin with three-stage regime.

Sothys Blossom Ritual £105.00 Nourishing | Hydrating | Relaxing P | O

Sophisticated and nourishing. This ritual immerses you in the delicate fragrances of Asia. Starting with a warming cherry blossom and lotus back, neck, and shoulder massage, followed by an express facial.

Sothys 100% Tailormade Massage & Scrub £95.00 Bespoke | Fragrant | Relaxing

During this treatment, you will be able to customise the full treatment to your own personal choice. Within the consultation of your treatment, you and your therapist together will select a scent, choose a massage or scrub or both, and pick your massage product texture from Cream, Wax, Oil or Butter.

KEY | O - Oncology | P - Pregnancy
P - suitable for after first trimester