

Spa Day Treatment Menu

Aromatherapy Associates Unwind & Destress

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.

Ishga Marine Back Treatment

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.

Sothys Blossom Ritual

Nourishing | Hydrating | Relaxing

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.

Ishga Body Wrap

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.

Ishga Facial

Rejuvenating | Revitalising | Repairing

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.

