



# SPA TREATMENTS

If you are currently staying with us and wish to book a treatment, please call the spa extension number from your bedroom and we would be happy to assist you.

### Touch Facials:

Hands-on facial treatments use touch as a powerful diagnostic tool, softening and prepping the skin to receive active ingredients. This is where intuition meets expertise.

### Anti-Ageing Facials

ishga Facial	55 mins	£100
ELEMIS EXPERT™ Touch Renew Facial	55 mins	£100
ishga Express Facial	25 mins	£65

### Skin Specic/Prescriptive Facials

(Tailored by your therapist)

ELEMIS EXPERT™ Touch Nourish Facial	55 mins	£100
ELEMIS EXPERT™ Touch Reveal Facial	55 mins	£100
ELEMIS EXPERT™ Touch Express Facial	25 mins	£65

### Massage

ELEMIS EXPERT™ Deep Tissue Tension-Ease Massage	85 mins	£155
ishga Invigorating Massage	85 mins	£155
ELEMIS EXPERT™ Deep Tissue Tension-Ease Massage	70 mins	£125
ELEMIS EXPERT™ Deep Tissue Tension-Ease Massage	55 mins	£100
Traditional Full Body Massage	55 mins	£100
ishga Invigorating Massage	55 mins	£100
ELEMIS EXPERT™ Deep Tissue Tension-Ease Massage	25 mins	£65
Traditional Back Neck & Shoulder Massage	25 mins	£65
ishga Express Massage	25mins	£65

### Combination Treatments

Full Body Massage & Luxury Facial Combo	115 mins	£180
Luxury Facial & Back Neck, Shoulder Massage Combo	85 mins	£155
Full Body Massage & Express Facial Combo	85 mins	£155
Body Scrub & Massage Combo	55 mins	£100
Massage & Shape and Polish Combo	55 mins	£100
ishga Face & Body Combo	55 mins	£100
Fingers and Toes Combo	55 mins	£70

### Body: Rituals Scrubs & Wraps

[comfort zone ] Himalayan Salt Ritual	55 mins	£100
ishga Marine Experience	55 mins	£100
ishga Seaweed Body Wrap	55 mins	£100
ELEMIS Intensely Cleansing Lime & Ginger Salt Scrub	25 mins	£65
ELEMIS Intensely Cleansing Frangipani Salt Scrub	25 mins	£65
ishga Salt and Oil Scrub	25 mins	£65

### Pregnancy

ishga Mother to be Pregnancy Massage	70 mins	£100
*includes 10 mins for relaxation and recuperation		
ELEMIS EXPERT™ Peaceful Pregnancy Massage	70 mins	£100
*includes 10 mins for relaxation and recuperation		
ELEMIS Pregnancy Facial	55 mins	£100
*Suitable for all mothers-to-be from 13 weeks of pregnancy		

### Speciality Treatments

ishga Touch Therapy (inc 10 mins consultation)	70 mins	£100
Reflexology	55 mins	£100
Bamboo Massage	55 mins	£100
Indian Head Massage	40 mins	£85
Rasul Mud Chamber	40 mins	£50

### Hands & Feet

ishga Luxurious Seaweed Hand Experience	55 mins	£100
ishga Luxurious Seaweed Foot Experience	55 mins	£100
Luxury Pedicure	70 mins	£60
Classic Pedicure	55 mins	£55
Luxury Manicure	55 mins	£55
Classic Manicure	40 mins	£50
Shape and Polish for Toes	25 mins	£40
Shape and Polish for Fingers	25 mins	£40

\*Please bring open toe shoes to wear after your pedicure

### Geleration Nails

GEL Removal and Pedicure	70 mins	£70
GEL Removal and Manicure	70 mins	£65
GEL Pedicure	55 mins	£60
GEL Manicure	40 mins	£55
GEL Removal	25 mins	£20

\*Removal of soft gels only i.e brush on gels/soak off gels. We are not able to remove hard gels or acrylics requiring specialist equipment. If unsure we therefore strongly recommend you call the spa direct prior to making a booking