



*Relaxation redefined.  
Expert care and service  
just for you.*



## GET IN TOUCH

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## SPA AT ARDOE

*Rejuvenate | Relax | Unwind*



**ISHGA HOT STONE MASSAGE £90**  
*Treatment time 60 minutes*

A full body massage incorporating heated Basalt stones which instantly relax the muscles, allowing the treatment to work at a deeper level. Hot stones work to relax the mind, ease muscle tension, reduce aches and pains and are placed along the chakras to open energy pathways

**ISHGA HOT POULTICE MASSAGE £90**  
*Treatment time 60 minutes*

A rebalancing, light massage using heated sea salt & seaweed granule filled poultices, which are applied to the body to relax the muscles, release tension and nourish the skin. Combined with manual massage movements, the relaxing warm poultices are rhythmically stroked, and kneaded over the body. Benefits include reducing inflammation in muscles and joints, increasing circulation, and deep relaxation. When the compress is heated it provides a detoxifying effect to draw toxins from the body and add a host of Vitamins and Minerals deep within.

**ISHGA DEEP TISSUE MASSAGE £90**  
*Treatment time 60 minutes*

Powerful, deep and specifically placed techniques make this customised massage essential for relief of aching muscles. Using a stimulating muscle recovery oil containing fucus serratus extract, a natural anti-inflammatory, May Chang, to relieve physical fatigue, and rosemary to ease muscle pain. The Therapist will work on one to two body areas of your choice using remedial massage techniques, thai stretching and localised deep tissue and myo-facial release.

**ISHGA MUM-TO-BE MASSAGE £90**  
*Treatment time 60 minutes*

A nurturing full body massage helping to soothe aches, pains and general muscle fatigue often experienced during pregnancy. Designed to help relax and calm, ease leg cramps, reduce water retention and puffiness. Using ishga's Nurturing Oil which hydrates the skin and helps to improve elasticity, reducing stretch marks, the massage begins with mum to be seated allowing the therapist to fully work the upper and lower back. Then, lying comfortably and supported in an upright position on the therapy bed, the legs, feet, arms and most importantly, the bump are gently but therapeutically massaged to release a sense of wellbeing for both mum and baby.

**ishga**

Scottish Seaweed Skincare



**MASSAGE**

**ISHGA BODY MASSAGE**  
*30 or 60 minute treatment | £50 or £85*

**Invigorating:** An uplifting, detoxifying seaweed body oil with lemongrass, juniper, lavender and rose geranium particularly useful for improving fatigue and eliminating toxins  
 £50 30 min

**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.  
 £85 60 min

**Warming:** A comforting, woody oil containing Patchouli, Bergamot and Sandalwood ideal for muscular aches, nervous tension and insomnia.

ishga is derived from the Gaelic word for water. Their products have been developed in the Outer Hebrides using the highest quality and purest Scottish seaweed combined with water from a natural spring situated on the beautiful Isle of Lewis.

Seaweed has been used for centuries for its natural healing and therapeutic properties and contains a high content of vitamins, minerals and powerful natural antioxidants, which are considered essential for maintaining glowing skin; while recent scientific research shows the seaweed extract used in ishga preserves the skin's natural collagen.

*'Enjoy some needed 'me' time.  
 Release all the tension &  
 stress from life's everyday  
 rigours at Ardoe Spa*





## FACIAL CARE

### ISHGA FACIAL £85

*Treatment time 60 minutes*

A rejuvenating facial designed to revitalise and repair suitable for all skin types, even sensitive. It is particularly useful for brightening dull, tired skin but also balancing skin tone and texture protecting the skin from environmental damage. This treatment will cleanse, tone, exfoliate and moisturise the skin leaving it revitalised and hydrated.

### ISHGA EXPRESS FACIAL £50

*Treatment time 30 minutes*

An express facial cleanses, tones and moisturises for essential skin maintenance. Includes an exfoliating mask and scalp massage to complete the experience.

### ISHGA ANTI-AGING FACIAL £95

*Treatment time 60 minutes*

Using our rich Marine Cleansing balm packed with hydrating fatty acids and a lifting and firming gel face and eye mask to tighten and tone the skin. The high content of seaweed extract in the products used is scientifically proven to preserve the skins natural collagen, with powerful anti-ageing properties that repair damaged skin cells which results in smoothing fine lines and wrinkles.

### ISHGA ULTIMATE LUXURY FACIAL £110

*Treatment time 75 minutes*

An indulgent, luxurious Spa Facial which incorporates a thorough skin care routine combined with 3 intensive masks. Including a deep exfoliation using a rich, vitamin packed sea kelp powder which will remove dead skin to leave the skin bright and glowing. This facial includes a warming massage of the face, scalp, shoulders and arms using heated sea-salt and seaweed poultices which will absorb congestion and detoxify the skin adding a host of vitamins and minerals into the face and upper body.



## BODY TREATMENTS

### ISHGA MARINE BACK EXPERIENCE £80

*Treatment time 60 minutes*

The ultimate back facial designed to rejuvenate and exfoliate, while treating any congestion to reveal a brighter and smoother skin. Beginning with a cleanse, tone and exfoliation, a powerful heated seaweed clay mask is applied to clarify and soften the skin while providing a deep moisturizing treatment. Ideal for skin concerns such as acne on the back, dryness or skin conditions and for muscular aches and pains. A massage of the back and back of legs is also included to leave you feeling deeply relaxed.

### ISHGA SALT AND OIL SCRUB £50

*Treatment time 30 minutes*

A Hebridean sea salt and oil scrub gently exfoliates, sweeping away dull, dry skin. An invigorating express treatment to stimulate circulation, eliminate toxins and leave the skin nourished and glowing.



## MANICURES

### EXPRESS MANICURE £40

*Treatment time 30 minutes*

### EXPRESS MANICURE WITH GEL £50

*Treatment time 45 minutes*

### SIGNATURE MANICURE £50

*Treatment time 45 minutes*

### SIGNATURE MANICURE WITH GEL £60

*Treatment time 60 minutes*



ARDOE SPA  
*Creating a luxurious  
experience - you can't help  
but want more*

## SPA INFORMATION

- Treatments can be booked either by email, calling your chosen spa direct or online at [www.ardoespa.co.uk](http://www.ardoespa.co.uk) to guarantee your perfect time and date, please book well in advance.
- Please arrive 15 minutes prior to your treatment time to guarantee that your treatment begins on time. This will allow you to be fully relaxed and have completed or updated your wellness questionnaire.
- Please be aware that the spa will not be held accountable for missed appointments due to late arrival.
- To confirm your treatments a 50% deposit is required on booking. In the event your treatment is cancelled within 48 hours the deposit is non-refundable and non-transferable.
- Full payment is required on bookings made 24hours prior to the treatment start time. This is not refundable should you cancel your booking.
- In an effort to provide a totally relaxed environment, we ask that you refrain from using your mobile phone in public areas in the spa.
- A swimming costume is obligatory when using our thermal suite.
- Underwear must be worn during treatments.
- Consultation and aftercare advice are included in the treatment time.
- For health and safety reasons, children under the age of 16 are not permitted in the thermal suite.
- Child and teenage treatments are available; please ask at reception for more information.
- On making your reservation, please advise us if you have any health concerns or if you may be pregnant so that we can guide you towards the best treatments.
- If you would like us to create a bespoke treatment plan during your stay, private spa consultations are available free of charge by appointment.
- We recommend you leave all valuables at home. We cannot be responsible for any missing items in the spa. Jewellery needs to be removed prior to treatments commencing.
- All treatments are subject to availability. Please contact the spa directly before making your booking.

### ARDOE SPA

*Where your selfcare is our  
number one priority*

[www.ardoehousehotel.co.uk](http://www.ardoehousehotel.co.uk)

