



# ishga

Scottish Seaweed Skincare

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*



## SPA PACKAGES

### SPA REVIVER PACKAGE

£119.50pp | £239 per room (based on 2 people sharing)

- Your Spa Reviver Package includes:
- One nights' stay with dinner & breakfast for 2 people,
- access to the Spa & Leisure Centre throughout your stay
- One 30 minute treatment per person from the list below:  
Express Invigorating Massage/ ishga Express Facial

### WEEKDAY WELLNESS

£144.50 pp | £289 per room (based on 2 people sharing)

Get away from it All! This weekday package will allow you to benefit from the hotel facilities and surrounding areas while at the same time unwinding and rejuvenating in the spa. Your Spa Wellness Package includes:

- Overnight stay with breakfast and dinner included for two people
- 1 hour treatment per person from the following:
  - 60 min Invigorating Massage
  - 60 min ishga Facial
  - 60 min Hot Stone Massage

### THE REJUVENATOR

£249pp | £498 per room (based on 2 people sharing)

The weekend is here! This weekend rejuvenating package will allow you to recover from your long week. Take advantage of our beautiful surrounding grounds while at the same time unwinding and rejuvenating in our Spa & Leisure Club. Your Weekend Wellness Package includes

- Two night stay with breakfast and dinner included for two
- 60 minute treatment per person chosen from the following:
  - 60 min Invigorating Massage
  - 60 min ishga Facial
  - 60 min Hot Stone Massage

## SPA DAYS

### ESSENTIAL ESCAPE SPA DAY £69

Your time is precious, so take a mini pamper day to relax and refresh your mind and body. Your day of relaxation will include full use of the spa facilities and a light lunch while a robe, towels and slippers will be provided for your comfort. Choose your 30 minute treatment from the following:

- Express Invigorating Massage
- ishga Express Facial

### ARDOE DELIGHT SPA DAY £109

Relax, rejuvenate and de-stress; our therapists will create a bespoke experience for you. Your day of relaxation will include full use of the spa facilities, a 60 minute treatment and lunch while a robe, towels and slippers will be provided for your comfort. Choose your treatment from the following:

- Invigorating Massage
- ishga Facial
- Hot Stones Massage

