

ARDOE

LEISURE & SPA

TREATMENT MENU

WELCOME TO

Ardoe Leisure & Spa

A selection of relaxing spa treatments at Ardoe Leisure & Spa to allow you to truly feel relaxed and rejuvenated,

Your time at Ardoe Leisure & Spa is specifically tailored to your desire using ISHGA skincare products from the Hebridean Isles.

Our therapists use ISHGA seaweed-based products from the Hebrides for all our treatments.



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leisure@ardoehousehotel.co.uk

ishga

Organic Seaweed Skincare





ISHGA IS DERIVED FROM THE GAELIC WORD FOR WATER

ISHGA 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 Hebridean Isle of Lewis.

Seaweed has been used for centuries for its natural healing and therapeutic properties.

It contains a high content of vitamins, minerals and powerful natural antioxidants that are considered essential for maintaining glowing skin.

More recent scientific research shows the seaweed extract used in ishga preserves the skins natural collagen.

The mineral rich seaweed extract is carefully blended with cucumber extract, macadamia, jojoba, aloe vera and lemon peel so that your ishga treatment will detoxify, nourish, firm and hydrate the skin.

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MASSAGE

Full Body Massage 30 minutes | 60 minutes £60.00 | £95.00

A medium pressure 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.

Choose from:

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.

Neck, Back & Shoulder 30 minutes | 60 minutes £60.00 | £95.00

Focusing on the back, neck and shoulder area with powerful, deep and specifically placed techniques to make this customised massage essential for relief of aching muscles. Using a stimulating muscle recovery oil containing fucus serratus extract, a natural anti-inflammatory to relieve physical fatigue and rosemary to ease muscle pain.

Hot Poultice Massage 60 minutes | £100.00

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.

Deep Tissue Massage 30 minutes | 60 minutes £60.00 | £95.00

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.

BODY TREATMENT

Salt & Oil Scrub 30 minutes | £55.00

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.

Nourishing Body Wrap 60 minutes | £95.00

Combining a hydrating salt and oil scrub infused with sweet almond, jojoba and rose geranium to remove dull, tired skin followed by a cocoon of our nourishing gel body mask which soothes, cools, hydrates and tones even the driest, sensitive skins. A warmed geranium oil scalp massage completes the experience.

Detoxing Body Wrap 60 minutes | £95.00

A powerfully detoxifying Hebridean sea salt and oil scrub with body wrap. This combines the detoxifying and nourishing effect of the purest seaweed gel with the stimulating and hydrating properties of the scrub. The treatment is designed to eliminate toxins, reduce cellulite, boost energy and improve skin tone and texture, increase circulation and detoxifying congestion from the body.

Marine Back Experience 60 minutes | £95.00

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 moisturising 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.

FACIAL

Express Facial 30 minutes | £55.00

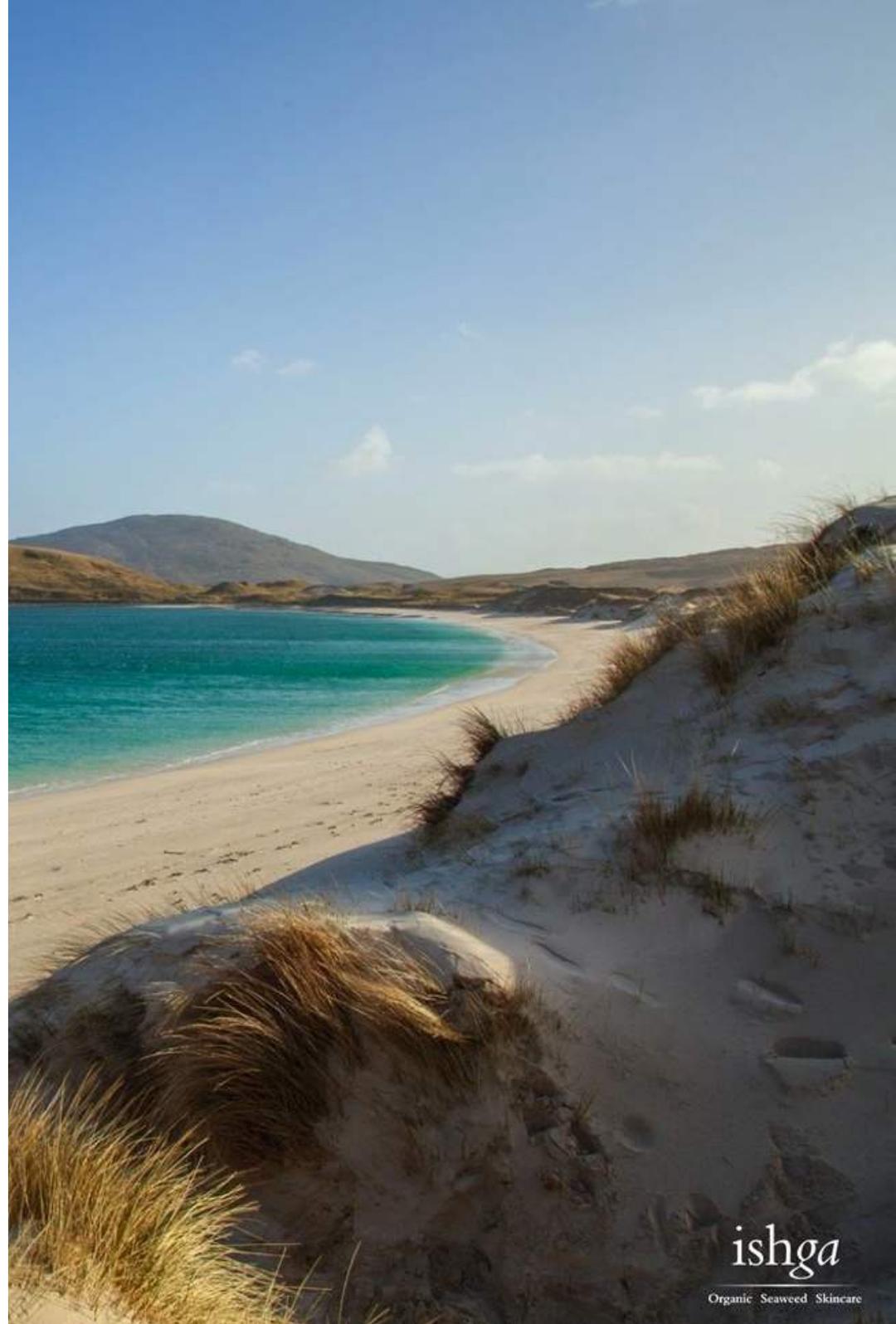
An express facial cleanses, tones and moisturises for essential skin maintenance. Includes an exfoliating mask and scalp massage to complete the experience.

Ishga Facial 60 minutes | £95.00

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.

Ultimate Luxury Facial 75 minutes | £110.00

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.



MATERNITY

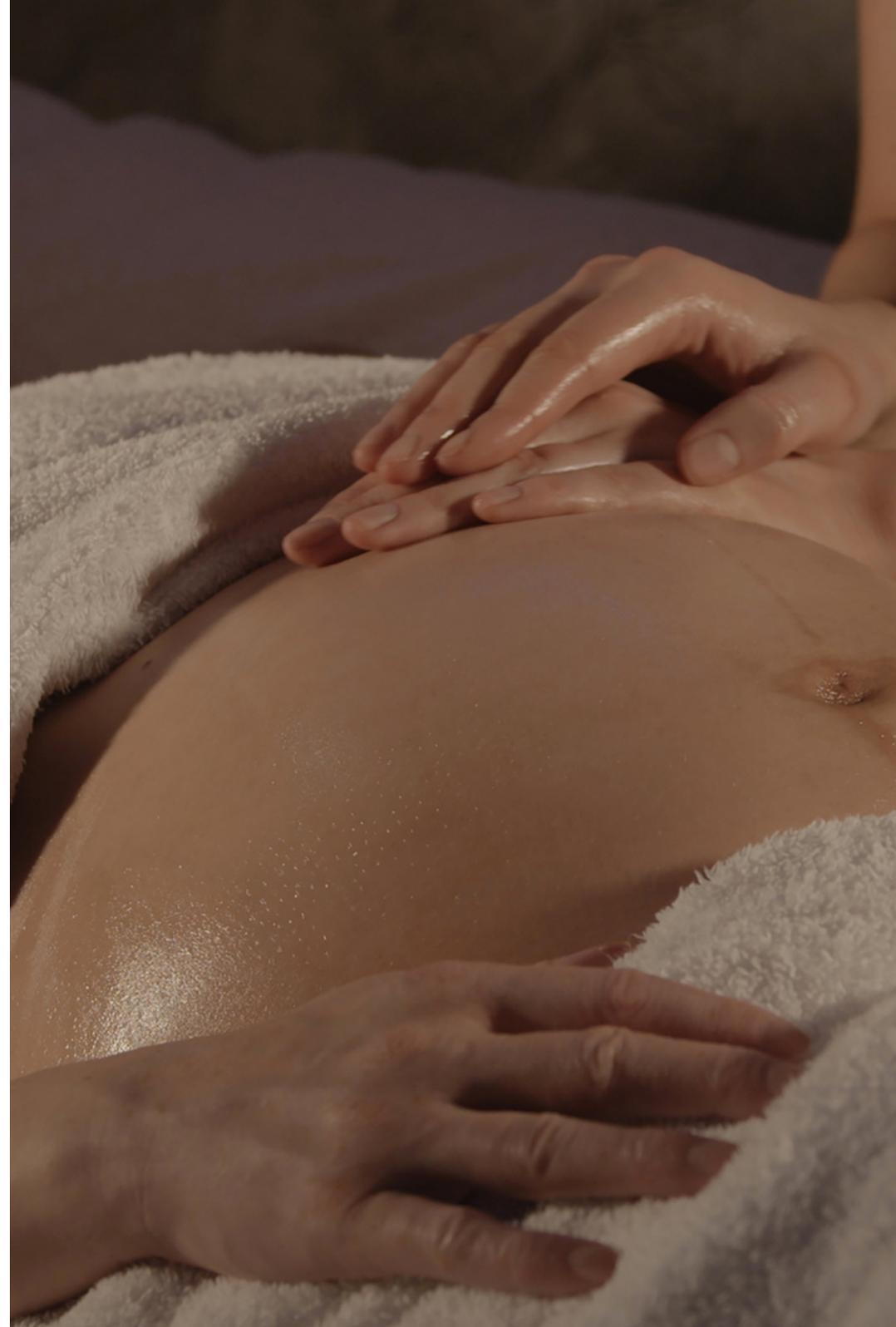
Full Body Massage 60 minutes | £95.00

Our pregnancy massages have been specifically designed to pamper and relax pregnant clients and are suitable after the first trimester of pregnancy. This treatment focuses on the changes in the client's body during pregnancy, helping to ease aches and pains and can improve the client's sense of wellbeing, comfort levels and aid relaxation.

A nurturing full body massage soothes 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.

Back, Neck & Shoulder 30 minutes | £60.00

Our pregnancy massages have been specifically designed to pamper and relax pregnant clients and are suitable after the first trimester of pregnancy. This treatment focuses on the changes in the client's body during pregnancy, helping to ease aches and pains and can improve the client's sense of wellbeing, comfort levels and aid relaxation.



SPECIALIST TREATMENTS

Stress Reliever Massage 60 minutes | £95.00

An invigorating full body treatment combined with 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.

Bespoke Facial 60 minutes | £95.00

The ishga men's products are designed to detox and draw impurities from the skin whilst stimulating collagen production and combat signs of ageing. This treatment will cleanse, tone and moisturise the skin leaving it revitalised and hydrated leaving a protective layer to prevent environmental damage. Great for outdoors, sports or harsh weather conditions

ONCOLOGY

Touch Therapies 60 minutes | £95.00

We are delighted to offer a range of treatments suitable for anyone currently undergoing cancer treatment or in recovery from the after effects. These relaxing and nurturing treatments work by combining the health benefits of seaweed based natural and organic products, with a range of simple but effective gentle massage or facial. These safe but indulgent treatments will leave you feeling revitalised and confident in the knowledge that our Therapists have received additional professional training in cancer care.

Let your Therapist guide you through a bespoke 60 minute treatment by combining what's best for your current needs, or you may choose any two of the following spa treatments:

MINI FACIAL

COMFORTING FOOT & LEG MASSAGE HEAD
& SCALP MASSAGE REFLEXOLOGY

FACE MASSAGE

SEAWEED HAND OR FOOT TREATMENT
BACK MASSAGE

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SPA PACKAGES

Essential Escape

Weekday - £69.00

Your time is precious, so take a mini pamper day to relax and refresh your mind and body.

Your day of relaxation includes

- Choice of 30-minute treatment

Back, Neck & Shoulder Massage or Express Facial

- £10 ISHGA voucher to redeem
- Light Lunch or Afternoon Tea Upgrade Available
- Full spa access with robe & slippers

Ardoe Delight

Weekday - £109.00

Relax, rejuvenate and de-stress; our therapists will create a bespoke experience for you.

Your time is precious, so take a mini pamper day to relax and refresh your mind and body.

Your day of relaxation includes

- Choice of 60-minute treatment
- £10 ISHGA voucher to redeem
- Light Lunch or Afternoon Tea Upgrade Available
- Full spa access with robe & slippers

Tranquil Twilight

Friday Evening - £80.00

Saturday Evening - £90.00

Enjoy some Tranquillity by Twilight as you unwind for the weekend. This is time for you.

Your day of relaxation includes

- Choice of 30-minute treatment
- £10 ISHGA voucher to redeem
- Light 1-course Meal
- Full spa access with robe & slippers

Package & Treatment Upgrades

- Afternoon Tea Upgrade
£15.00 additional per person
- Leisure Day Pass

£15.00 additional per person available on any individual treatments (non-package)

BEAUTY TREATMENTS

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WAXING

Using Harley Wax, you can expect a nourishing skin treatment that will remove hairs as short as 1mm. Harley Waxing leaves the skin soft with no irritation and removes the hair from the root to reduce chances of ingrown hairs. Leaving the skin hair free for much longer. All waxes are made with the finest natural ingredients available. The key components of our waxes are resin from pine trees and beeswax. Using only high quality natural raw material.

Eyebrow	£11.50	(15min)	Half Leg	£20.00	(15min)
Lip	£10.00	(15min)	Full leg	£30.00	(30min)
Chin	£10.00	(15min)	Bikini	£17.00	(15min)
Chest	£29.00	(30min)	High Bikini	£22.00	(15min)
Underarm	£13.00	(15min)	Brazillian	£35.00	(30min)
Forearm	£15.00	(15min)	Hollywood	£45.00	(30min)
Full Arm	£25.00	(30min)			
Back	£29.00	(30min)			



TINTING

Using Beautiful Brows and Lashes, we provide our clients with a cruelty free and vegan society approved treatment. Please note that all tinting and lash lift procedures require a patch test at least 24 hours in advance.

Eyesh Tint	£18.00
Eyebrow Tint	£12.00
Total Package	£30.00

includes eyelash tint, eyebrow tint plus eyebrow wax


Beautiful Brows
Lashes
Professional

NAILS

Sit back, relax and allow our therapists to transform your nails using our professional OPI products.

File & Polish	£25.00
Gel Manicure	£35.00

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TERMS & CONDITIONS

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- Spa Arrival:

it is advisable to arrive at the spa reception at least 30 minutes prior to your treatment reservation to enable you complete our consultation process. Please be aware that late arrivals will not receive an extension to their treatment.

- Age Requirements:

The minimum age requirement to experience treatments is 16

- Health Conditions

: If you have had or are suffering from severe allergies, ill health or a particular medical condition we ask that you inform us upon booking and speak with your GP prior to booking. All treatments are booked subject to medical status. We reserve the right to refuse treatment/s if we feel it is not in your best interest.

- Pregnancy:

We have a variety of treatment options to promote inclusivity to our pregnant clients regardless of their trimester. Facial treatments only are available for any client who is within the first 12 weeks of pregnancy.

- What to Bring:

Please wear comfortable clothing. Robes and slippers are not provided for individual treatments, only spa packages. During treatments underwear must always be worn.

- Cancellation Policy:

A 100% cancellation charge will be incurred for any Treatment or Spa Day Experiences that is not cancelled at least 48 hours prior to appointment.

- Deposits:

A 100% advance payment is taken when a booking is made for all Treatments/Spa Day Experiences. Terms & Conditions apply

- Homecare:

To continue your spa experience at home, all ishga products used within your spa treatments are available at spa reception, where one of our team would be delighted to advise you on the most suitable products for your needs .

- Retail Vouchers:

These are included in selected day packages for the value of £10 which can be used on any ishga retail product sold within Ardoe Leisure & Spa. These are redeemable on the day of the package and are only redeemable on the day of treatment. These retail vouchers cannot be used in line with other such vouchers or promotions and included within the price of the package.

- Spa Days:

Must declare any guest under the age of 16 at point of booking or booking could be revoked with full charge.

- Individual treatments:

Robes & Slippers will not be allocated to individual treatments are inclusive to spa packages only.

- Leisure facility access:

Leisure access can be added to individual treatments for our leisure guest pass fee of £15pp.. Facility access is included in Spa packages.

- Gift Vouchers:

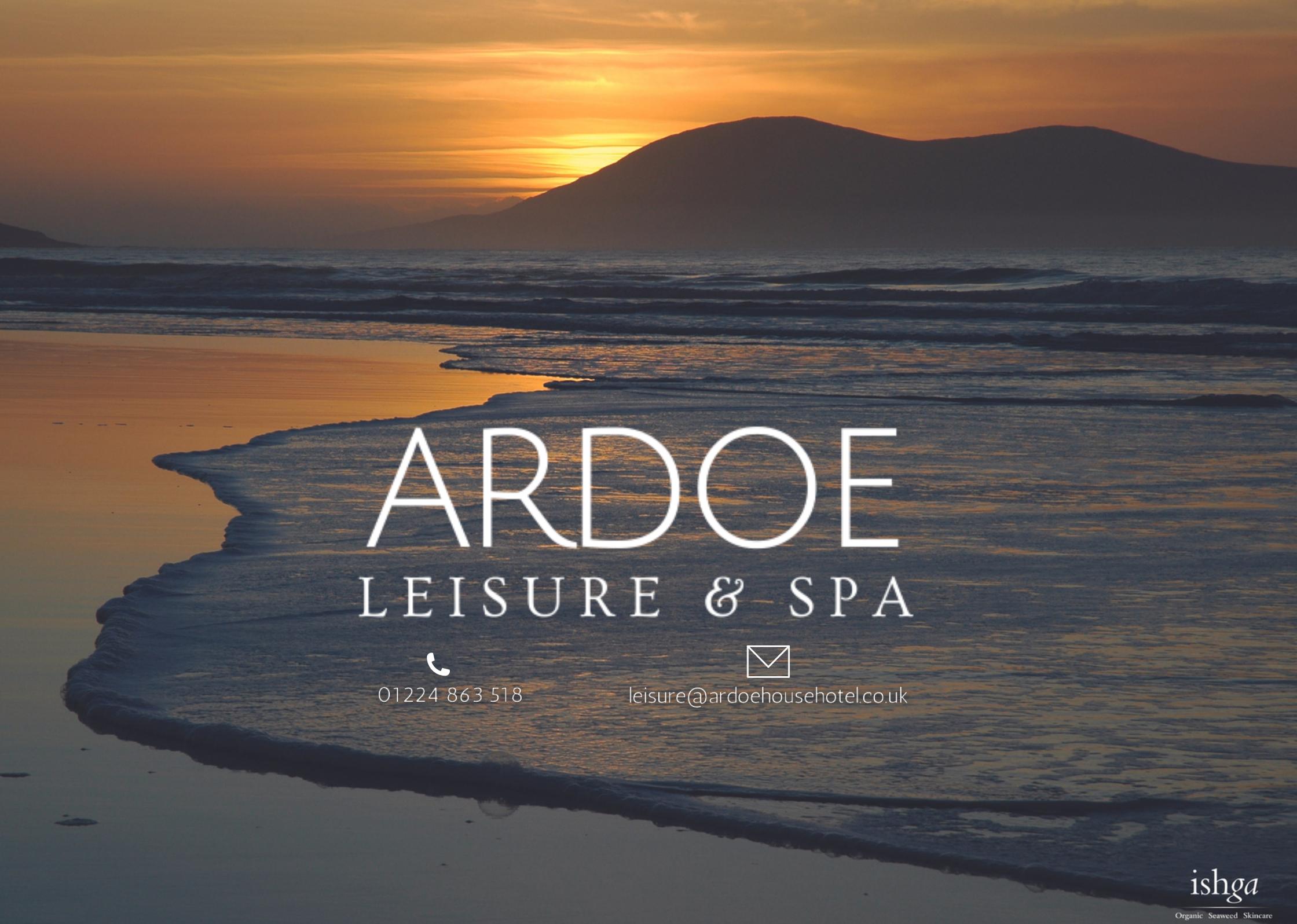
Are available to purchase at the Spa reception and online. Vouchers are subject to a 12 month expiry date from date of purchase.

- Use of vouchers:

Vouchers must be brought on day of booking and the full redemption must be used on the day.

- Leisure facility are available from 6am until 9pm Monday – Friday and 8am-9pm Saturday & Sunday

- Weekday rate for spa packages: Monday to Thursday • Weekend rate for spa packages: Friday to Sunday



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