

# SPA

— AT BLYTHSWOOD SQUARE

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TREATMENT MENU



# Packages

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## ISLES SPA DAY

from £170 per person Tuesday to Thursday  
from £185 per person Friday to Monday

Enjoy up to 2 hours in the Thermal Experience and a 55-minute treatment of your choice, followed by a 2-course dining experience at our destination restaurant iasg.

## BLYTHSWOOD SPA DAY

from £215 per person Tuesday to Thursday  
from £230 per person Friday to Monday

Enjoy up to 2 hours in the Thermal Experience and an 80-minute treatment of your choice, followed by a 2-course dining experience at our destination restaurant iasg.

## THERMAL & DINE

from £90 per person Monday to Friday

Enjoy up to 2 hours in the Thermal Experience and a 2-course dining experience at our destination restaurant iasg.

## ALGA SPA DAY

from £115 per person Monday to Friday

Enjoy up to 2 hours in the Thermal Experience, a Seaweed Bath treatment, and a 2-course dining experience at our destination restaurant iasg.



# Body Treatments

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## ISHGA BESPOKE MASSAGE

from £99 | 55 minutes

Begin with a sensory journey to determine which blend of essential oils are most suited to your personal needs. Soothe and nourish tired muscles with this medium pressured massage, encouraging the body to unwind and relax from everyday stress.

## OSKIA SUPER NUTRIENT MASSAGE

from £99 | 55 minutes

Create a bespoke massage ritual for you in response to you and your body's needs, using either nurturing or awakening cold pressed, super berry massage oils to create a personalised experience.

## ISHGA TASTER

from £99 | 55 minutes

### COMBINE 2 EXPRESS TREATMENTS TO CREATE YOUR OWN BESPOKE EXPERIENCE:

- Salt & Oil Scrub; a full body sea salt and oil scrub that gently exfoliates, sweeping away dull, dry skin.
- Back, Neck & Shoulder Massage; focus on the back, neck and shoulders to target areas of tension and everyday stress.
- Detox Foot Wrap; feet and lower legs are exfoliated with a sea salt scrub before algae wrap is applied to nourish and heal dry or cracked skin. Finish with a foot massage to hydrate the skin and relax tired feet.
- Facial; an express facial using our organic product range for essential skin maintenance.
- Head & Scalp Massage; focusing on the head and scalp to target tension and release stress, with the option of an oil pouring to nourish and treat the hair and scalp.



## ISHGA DETOX BODY WRAP

from £99 | 55 minutes

Start with a full body sea salt scrub which gently buffs away dry, tired skin. An algae wrap is applied to deeply detoxify and stimulate. Relax and unwind with a head and scalp massage whilst the products stimulate the lymphatic system. This treatment is designed to eliminate toxins, reduce cellulite and improve skin tone.

## ISHGA HOT STONE MASSAGE

from £99 | 55 minutes

Stone therapy uses heated basalt stones incorporated into an invigorating massage. The heat from the stones allows the massage to work at a deeper level easing any tension whilst ensuring you are totally relaxed. Stones are placed on the chakra energy points to open energy pathways which will uplift and create a sense of wellbeing.

## REIKI

from £99 | 55 minutes

A gentle non-invasive technique for stress reduction and relaxation. It promotes healing and is a deeply relaxing method of activating the body's own healing system. Reiki can help emotional and mental health and improve general wellbeing. It helps to release energy blocks and restore balance to mind, body and spirit. During a Reiki treatment the client remains fully clothed.

## REFLEXOLOGY

from £99 | 55 minutes

A complementary therapy that naturally balances and treats the whole body by using compression massage to reflex areas of the feet. Tension is released, circulation is improved and a general feeling of wellbeing is achieved.





# Facial Treatments

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## OSKIA RADIANCE RENEWAL FACIAL

from £99 | 55 minutes

Offering the perfect balance between indulgence and instant results. An in-depth consultation will allow your therapist to personalise your facial to ensure your skin conditions are individually treated with ingredients such as Vitamin C and E, Hyaluronic Acid and Bakuchiol.

## OSKIA PURIFY & REVIVE FACIAL

from £99 | 55 minutes

A reviving facial perfect for an oiler skin type. Natural, scientifically advanced products are used to enhance a deep facial cleanse and massage. Cool eye stones awaken even the most tired eyes, while a neck and shoulder massage will soothe both mind and body.

## ISHGA FACIAL

from £99 | 55 minutes

Organic seaweed-based products are used to achieve a hydrated, glowing complexion. Repair and protect the skin from environmental damage with the use of powerful antioxidants. Facial massage techniques are incorporated to lift and firm the skin tone. Suitable for all skin types.

## ISHGA LUXURY FACIAL

from £129 | 80 minutes

Indulge the skin with the regenerating and hydrating properties of Hebridean seaweed in the Ultimate Luxury Facial featuring three active masks to exfoliate, nourish and protect. Lifting facial massage, combined with warmed sea salt and seaweed poultices and lymphatic drainage techniques rejuvenate the skin, adding a host of vitamins and minerals into the face and upper body.

A person is floating in water, their head tilted back and eyes closed, with their hands raised above their head. The water is dark and rippling, and the lighting is warm, suggesting a sunset or sunrise. The word "Hydrotherapy" is written in a white, serif font across the center of the image, with a thin white horizontal line underneath it.

# Hydrotherapy

## SEAWEED BATH

from £115 (available only as a spa package)

Immerse yourself in a rejuvenating Hebridean experience featuring hand-harvested seaweed, rich in antioxidants to restore and detoxify. Unwind in a relaxing hot bath infused with Hebridean mineral sea salts containing 85 trace elements alongside pure Fucus Serratus seaweed. Let the fresh marine aromas transport you to the serenity of the Hebrides whilst your skin is intensely nourished. This is a self-led treatment.