



# Salthouse

SPA AND WELLNESS

## ISHGA FACE & BODY EXPERIENCE

55 Minutes | 115

This treatment begins with a medium-pressure back, neck and shoulder massage using detoxifying seaweed oil with lemongrass, juniper and rose geranium. Designed to invigorate and relax, it relieves tension and re-energises the body, while the seaweed oil firms, tones and helps eliminate toxins. To finish, the face is cleansed, exfoliated, toned and moisturised with antioxidant-rich organic seaweed, before a soothing scalp massage completes the experience.

## DETOX BODY WRAP

55 Minutes | 125

Allow the bioactive components of Hebridean seaweed to detoxify the body with this unique treatment which includes a sea salt and oil scrub and scalp massage. Antioxidant rich seaweed gel is combined with the collagen stimulating properties of the Hebridean sea salt scrub. The treatment will help to eliminate toxins and congestion from the body whilst improving skin tone and texture.

## LED LIGHTMASK

30 Minutes | 10

Enhance your experience by extending your treatment with time in our relaxation lounge and an optional LED light mask session.



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## SPA TREATMENTS

All of our treatments last 55 minutes and use Ishga organic seaweed skincare, harnessing the natural power of sustainably harvested Hebridean seaweed to nourish, restore and protect the skin while promoting deep relaxation and wellbeing.

### FULL BODY MASSAGE

55 minutes | 125

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.

### LAVA SHELL MASSAGE

55 minutes | 135

This full body massage incorporates heated lava shells which instantly relax the muscles, allowing the treatment to work at a deeper level. These are carefully placed along the chakras to open up energy pathways whilst soothing the mind, easing muscle tension and reducing aches and pains.

### ISHGA FACIAL

55 Minutes | 115

Revitalise and repair skin through the collagen stimulating properties of Hebridean seaweed. Suitable for all skin types, the Ishga Facial will brighten and balance skin tone whilst improving texture and protecting skin from environmental damage with its potent antioxidant properties. Complete with scalp massage.