

The background image shows a luxurious spa area. In the foreground, a large, dark-colored hot tub with bubbling water is visible. To the left, there are several beige lounge chairs with white towels and a small blue side table. The walls are made of light-colored stone or concrete. Large windows on the right side offer a view of a city and a body of water. A modern, sculptural light fixture hangs from the ceiling.

Salthouse

— SPA AND WELLNESS —



WELLNESS BURSTS

90 minutes | £35

180 minutes | £65

A self-guided thermal experience invites you to move between our sauna, steam room, wallow pool, ice fountain, foot spas and experience showers, awakening the senses and leaving you feeling re-energised and restored.

Our intimate waterfront hideaway offers the space to experience wellness your way. Sit soft on our loungers and bean bag seating or cool down in our air-conditioned spa lounge before beginning your next thermal cycle. To finish, enjoy a Complimentary Doctor Seaweed tea before leaving refreshed and invigorated.

WELLNESS PACKAGES

The Morning Reset | £150

Breakfast at Salthouse British Brasserie, 60 minute wellness burst + 55 minute treatment

Spa-Tea | from £175

180 minute wellness burst inclusive of 55 minute treatment + Afternoon Tea at Salthouse British Brasserie

Glow Ritual | £150

60 minute wellness burst + 55 minute Detox Body Wrap

Breakfast + 90 Minute Wellness Burst | £55

Wellness Burst + Afternoon Tea | from £75

Twilight Wellness Burst + Champagne Dinner | £95



OUR TREATMENT ROOMS & RELAXATION LOUNGE

SPA TREATMENTS

All of our treatments use Ishga organic seaweed skincare, harnessing the natural power of sustainably harvested Hebridean seaweed. Each treatment concludes with up to 30 minutes in our relaxation lounge with optional use of LED light, followed by a mug of Doctor Seaweed tea.

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

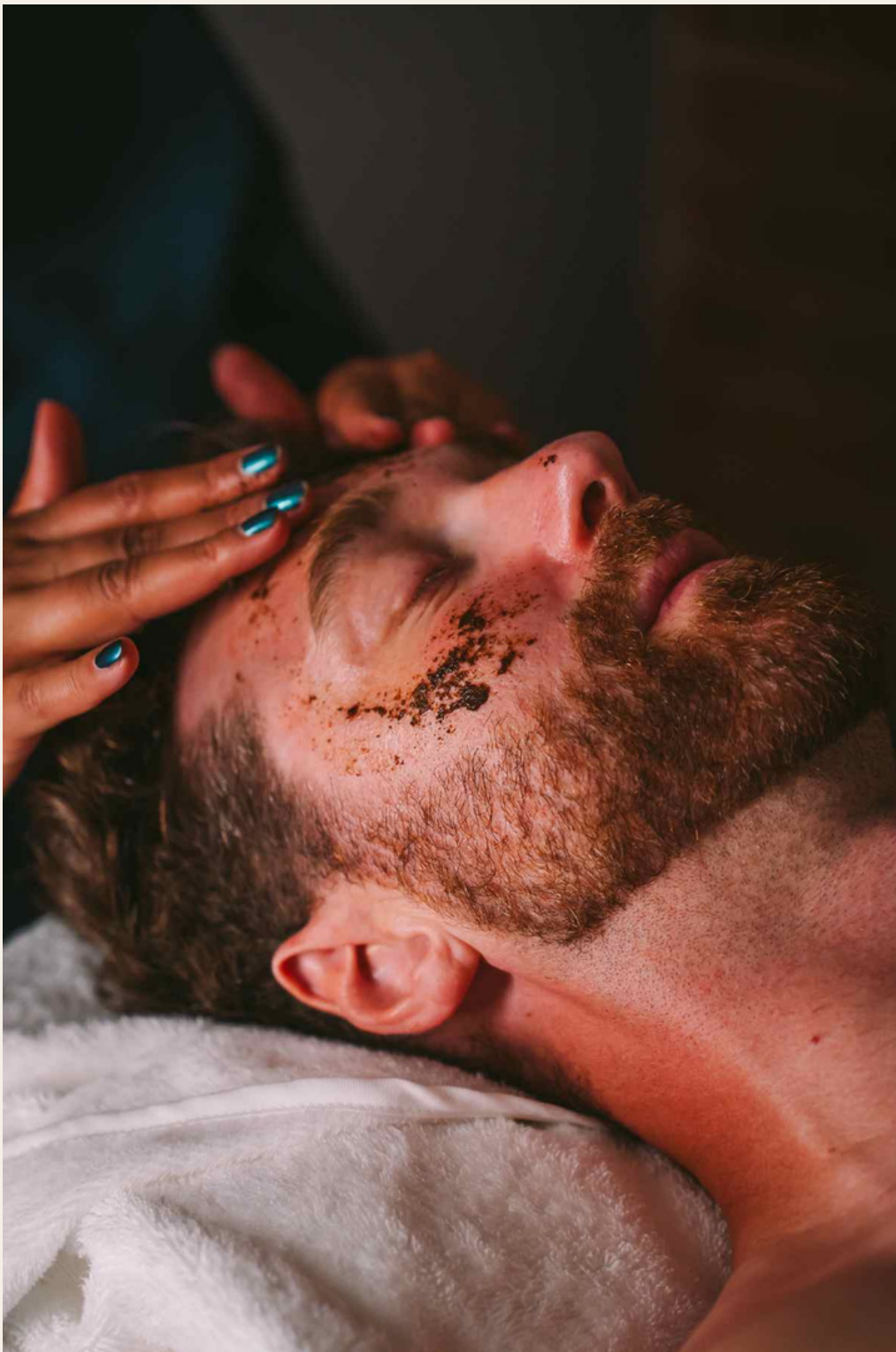
55 minutes | 135

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.



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.

30 Minute Treatment Add Ons

LED Light Mask	10
Express Facial	55
Express Back, Neck & Shoulder Massage	55

*subject to availability, same day bookings only



OUR SPA, EXCLUSIVELY YOURS

Whether you're celebrating a birthday, hen party, special occasion or simply bringing friends together, enjoy exclusive use of our boutique waterfront spa with private hire.

You'll have full access to the wellness facilities entirely to yourselves, with time to move between our sauna, steam room, wallow pool, ice fountain, foot spas and experience showers, or simply enjoy the waterfront setting together on our loungers and bean bags.

Every private hire includes:

Exclusive use of the spa for up to 15 people

Use of robe, towel, flip-flops

Changing facilities inclusive of 5 showers, 2 hair dryers and our hair straightener

Herbal tea, still and sparkling water

MAKE A DAY OF IT

Complete your celebration by adding one of our dining experiences before or after your spa session. Spa treatments can also be arranged for your guests, subject to therapist availability and advance booking.

Please contact us for a personalised quote



SPA ETIQUETTE

HEALTH

Your health and wellbeing are our top priority and upon arrival we will ask you to complete a short health questionnaire. This will allow us to personalise our treatment approach to optimise your experience. For privacy, we recommend completing this before you arrive and check in at the Spa.

ATTIRE

Swimwear must be worn in the wellness facilities.

We have five showers inside private changing cubicles.

We welcome you to arrive in the spa already in your robe if you are able.

PREGNANCY

Certain spa treatments and exposure to heat are not recommended during pregnancy.

Please discuss the various options available when scheduling your appointment, or speak to our therapists who can recommend appropriate treatments.

LOUNGERS

Our wellness facilities are designed around movement, contrast and rejuvenation, with a small number of loungers available for guests wishing to relax between thermal experiences. During busier periods, we kindly ask that you use the loungers considerately and rotate after a reasonable time, allowing everyone the opportunity to enjoy them. Additional seating is available in our air-conditioned spa lounge and on our comfortable beanbags overlooking the waterfront.

VALUABLES

We recommend using the lockers to leave jewellery and other valuable items in whilst enjoying the facilities. Lockers can be locked with either your hotel room key, or spa access wristband.

Spa Bags are available for your personal use, and can be hung on hooks provided, or kept in your locker.

SESSION TIMES

To ensure every guest enjoys the best possible experience, we kindly ask that you arrive up to 15 minutes before your Wellness Burst or treatment to allow time to check in and change.

As we are a small-capacity boutique spa, we ask that you begin and finish your Wellness Burst at your allocated times. This helps us maintain a calm, uncrowded environment for all guests.

If you're running late, please let us know as soon as possible. We'll always do our best to accommodate you or adjust your booking, subject to availability. Please note that we may not always be able to extend your session beyond its scheduled finish time.



A FINAL NOTE FROM US

We are proud to offer a personalised treatment experience delivered by a small team of highly skilled therapists, all Level 3 trained and dedicated to creating exceptional moments of relaxation and wellbeing.

While we do everything possible to honour all confirmed spa treatments, on rare occasions unforeseen circumstances may mean we need to adjust, reschedule or cancel your appointment. If this happens, we will always contact you as soon as possible and work with you to find the best alternative experience from our wellness offering.

Thank you for your understanding and for allowing us to maintain the high standards of care that define the Salthouse spa experience.

Thank you, Spa at Salthouse

