Salthouse
SPA AND WELLNESS

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SPA, THE SALTHOUSE WAY

Overlooking the harbour, our spa is a place to warm up, cool down, switch off and spend some time together.

Move between the sauna and aroma steam room, wallow pool, foot spas, ice fountain and experience showers, then grab a beanbag or head to the spa lounge to cool down, catch up and then do it all again.

There are two ways to enjoy it. Social Spa, our shared spa experience, or Private Spa, where you can close the doors and have the whole space to yourselves.

SOCIAL SPA

Made to be shared.

Come with a friend, someone special or gather a few of your favourites. At the heart of Social Spa are our Wellness Bursts — 90 or 180 minutes to enjoy the spa at your own pace.

90 minutes | from £35 per person.
180 minutes | from £65 per person

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PRIVATE SPA

Just Us, Thanks.

Prefer to keep it between yourselves?

Take over our waterfront spa with exclusive private hire for you, as a couple or group. Enjoy the spa facilities and beanbags entirely to yourselves, with a dedicated Spa Host on hand throughout your experience.

Perfect for birthdays, celebrations, get-togethers or simply getting your favourite people in one place.

11am - 2pm | 6.30pm - 9.30pm

Monday to Friday from £650
Saturday & Sunday from £900

Please contact us for a personalised quote

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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 | from £105

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

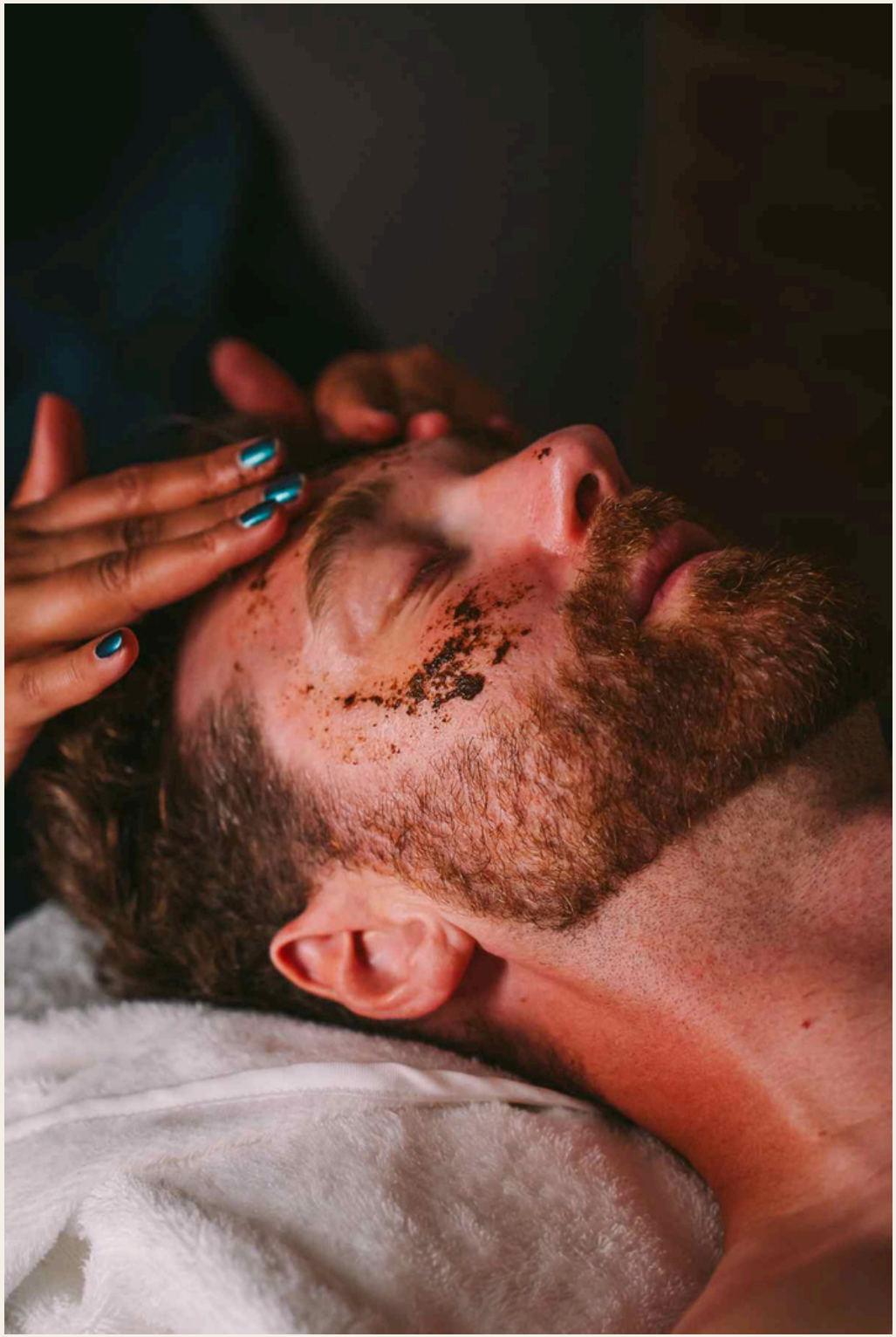
55 minutes | 135

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 | from £95

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.



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ISHGA FACE & BODY EXPERIENCE

55 Minutes | from 95

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 FULL BODY POLISH & SCALP MASSAGE

55 Minutes | from 115

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 Treatments

LED Light Mask	| 10
Express Facial	| from £60
Express Back, Neck & Shoulder Massage	| from £55

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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 approproate tretments.

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 spa lounge and on our comfortable beanbags overlooking the waterfront.

VALUABLES

We recommend using the lockers to leave jewellry and other valuable items in whilst enjoying the faciltiies. 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