

Massages

Hot Stone

30/60 minutes / £65/£125

This full body massage incorporates heated Basalt stones which instantly relax the muscles, allowing the treatment to work at a deeper level, whilst soothing the mind, easing muscle tension, and reducing aches and pains.

Express

30 minutes / £55

A massage focusing on the back, neck and shoulders to help relax the nervous system.

Deep Tissue

60 minutes / £100

Powerful deep and attentive techniques make this tailored massage perfect for relieving aching muscles. It features a stimulating muscle recovery oil containing Ishga's signature antioxidants packed with seaweed extract, a natural anti-inflammatory to relieve physical fatigue. Combined with Rosemary, Peppermint and May Chang to ease muscle tension.

Invigorating

60/90 minutes / £90/£130

A medium pressure full body massage combining relaxing elements of aromatherapy massage, lymphatic drainage, and traditional Swedish massage techniques to reduce muscle tension to re-energise the body.

Body Treatments

Detoxifying Seaweed Body Wrap

60 minutes / £90

The full body is treated to a hydrating and stimulating sea salt and oil body scrub, followed by a powerful mask of seaweed gel. Whilst the body is wrapped warmly to absorb the bioactive components of Hebridean seaweed, a pressure point scalp massage brings calm and clarity to the mind. This treatment is designed to eliminate toxins, boost energy and improve skin tone.

Nourishing Body Wrap

60 minutes / £90

A hydrating salt and oil scrub infused with sweet almond, jojoba and rose geranium to transform dull, tired skin, followed by a cocoon of a nourishing gel body mask that soothes, hydrates and tones. This includes a warmed rose geranium oil scalp massage and application of body oil to complete the experience.

Marine Back Treatment

60 minutes / £80

Transform any skin concerns on your back with the Marine Back Treatment, which rejuvenates and exfoliates to reveal brighter, healthier skin. Beginning with a cleanse, tone and exfoliation, a powerful heated clay mask is then applied to soften the skin while providing a deep moisturising and collagen boosting treatment. A massage of the back and back of the legs is also included to leave you feeling deeply relaxed.

Facials

Anti-ageing Facial

60 minutes / £95

Nourish the skin with a rich Marine Cleansing Balm packed with hydrating fatty acids, combined with a firming gel mask to tighten and tone. The high content of seaweed extract is scientifically proven to preserve the skin's natural collagen, with powerful anti-ageing properties that repair damaged skin cells which results in smoothing fine lines and wrinkles.

Bespoke

60 minutes / £95

Suitable for all skin types, brighten and balance skin tone whilst improving texture and protecting skin from environmental damage with its potent antioxidant properties.

Ultimate Luxury

90 minutes / £120

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.

Express Facial

30 minutes / £55

An express facial using our organic product range combines a cleanse, tone and moisturise for essential skin maintenance. Includes an exfoliating mask and scalp massage to complete the experience.

Hydrotherapy

Seaweed Bath

60 minutes / £75

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.

Experiences

Face & Body Sensation

60/120 minutes / £95/£165

Starting with a medium pressure massage using a carefully selected oil, followed by a facial to renew and brighten the complexion. ishga's unique skincare range contains potent antioxidant-rich seaweed extract which has been proven to stimulate hyaluronic acid and collagen production in the skin, transforming all skin types.

Marine Experience

120 minutes / £145

A top to toe treatment to awaken the senses and leave the skin feeling soft and fresh on the face and body. Beginning with an all-over body exfoliation with our pure sea salt and oil scrub, followed by a full-body bespoke massage to soothe aching, tired muscles and hydrate the skin. The ultimate relaxation finishes with an express facial to brighten, firm and tone the face. A relaxing scalp massage is also performed to complete the experience.

Oban Bay Signature Foot Treatment

60 minutes / £90

Beginning with a seaweed scrub with mineral rich Hebridean sea salt. Feet are then wrapped warmly in a detoxifying seaweed gel mask while you receive your choice of a relaxing hand or scalp massage. This is followed by an extended foot massage. The ultimate way to revive tired feet as well as induce deep relaxation for the mind and body.

Pre Natal

Mum-To-Be

60 minutes / £100

Designed to safely pamper and relax you and is suitable after the first trimester of pregnancy. This treatment focuses on comforting the changes in your body during pregnancy, helping to ease any aches and pains to enhance wellbeing and aid relaxation. The treatment involves a nurturing full body massage to soothe aches, pains and general muscle fatigue often experienced during pregnancy.

Advanced Treatments

Oncology

60 minutes / £110

We are delighted to offer a range of bespoke treatments suitable for anyone currently undergoing cancer treatment or in recovery. These relaxing and nurturing treatments work by combining the health benefits of seaweed based natural and organic products. Offering a range of different therapies using specialist techniques. Therapists have been specially training to adapt treatments to your needs.

Express Add On

Foot Recovery

Salt and oil foot scrub, followed by a relaxing foot massage.

30 minutes / £55

Express Back Massage

A massage focusing on back, neck & shoulders to target areas of tension, release everyday stress and to help you relax.

30 minutes / £55

Hand Recovery

Salt and oil hand scrub, followed by a relaxing hand massage.

30 minutes / £55

Salt & Oil Scrub

A Hebridean sea salt and oil scrub gently exfoliates sweeping away dry & dull skin, this invigorating treatment stimulates circulation to help eliminate toxins.

30 minutes / £55

Thermal Experience

Exclusive Use

90 minutes / £25 per person

Relax in our exclusive Thermal Spa Experience offering you time together with views across Oban Bay to the island of Kerrera. Guests, couples and singles can book to spend quality time in our sunken Canadian style outdoor hot tub, Swedish oak barrelled sauna, Roman acrylic steam room and Zen relaxation room.

Your comfort and safety is our priority. Please be aware that some treatments may not be suitable for everyone. Therefore, please inform us of any health conditions or pregnancy which may affect your treatment choices at the time of booking. We take your privacy seriously and keep all personal information completely confidential.

Swimwear is mandatory when using the Thermal Experience.

Full pre payment is required at time of booking, we have a 48 hour cancellation policy.