

# COAST

## A Soothing Hideaway

### Massage Treatments

<i>ishga</i> Massage 30 minutes / 60 minutes	£60/£95
<i>ishga</i> Hot Stone Massage 60 minutes	£125
<i>ishga</i> Mum to Be Massage ( <i>must be over 12 weeks</i> ) 60 minutes	£100
<i>Templespa</i> Drift Away Massage 30 minutes / 60 minutes / 90 minutes	£55/£85/ £105
<i>Templespa</i> Stress Not Massage 30 minutes / 60 minutes / 90 minutes	£55/£95/ £115

### Facial Treatments

<i>ishga</i> Express Facial 30 minutes	£60
<i>ishga</i> Facial 30 minutes / 60 minutes	£60/£95
<i>ishga</i> Anti-Ageing Facial 60 minutes	£95
<i>Templespa</i> All About The Glow 30 minutes / 60 minutes	£60/£95
<i>Templespa</i> My Kinda Skin 30 minutes / 60 minutes	£55/£90
<i>Templespa</i> Mediterranean Marinade 30 minutes / 60 minutes	£55/£95
<i>Templespa</i> Light Relief Facial 75 minutes	£105

### Body Treatments

<i>ishga</i> Sea Salt & Oil Scrub 30 minutes	£60
<i>ishga</i> Seaweed Body Wrap 60 minutes	£100
<i>ishga</i> Marine Back Treatment 60 minutes	£95

### Experience Treatments

<i>ishga</i> Marine Experience 120 minutes	£165
<i>ishga</i> Face & Body Sensation 60 minutes	£115
<i>Templespa</i> Your Best You Menopause Treatment 60 minutes / 90 minutes	£90/£120
<i>Templespa</i> Champagne & Truffles Deluxe Treatment 60 minutes / 90 minutes	£90/£105

### Add On Treatments & Upgrades

<i>ishga</i> Foot Recovery 15 minutes	£25
<i>ishga</i> Hand Recovery 15 minutes	£25
<i>Templespa</i> Replenishing Eye Ritual 15 minutes	£20
<i>Templespa</i> Hot Stone Neck & Shoulder Massage 15 minutes	£25
<i>Templespa</i> Hot Oil Scalp Massage 15 minutes	£20
<i>Templespa</i> Quench Deep Hydration Mask	£15
<i>Templespa</i> Trufflesque Radiance Boosting Mask	£15

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