

# COAST

## A Soothing Hideaway

### Massage

<i>ishga</i> Massage 30 minutes · 60 minutes	£68 £105
<i>ishga</i> Hot Stone Massage 60 minutes	£132
<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	£68 £105 £132
<i>Templespa</i> Stress Not Massage 30 minutes · 60 minutes · 90 minutes	£82 £128 £152

### Face

<i>ishga</i> Express Facial 30 minutes	£68
<i>ishga</i> Anti-Ageing Facial 60 minutes	£105
<i>Templespa</i> All About The Glow 30 minutes · 60 minutes	£68 £105
<i>Templespa</i> My Kinda Skin 30 minutes · 60 minutes	£68 £105
<i>Templespa</i> Light Relief Facial 75 minutes	£118

### Body

<i>ishga</i> Sea Salt & Oil Scrub 45 minutes	£82
<i>ishga</i> Seaweed Body Wrap 60 minutes	£112
<i>ishga</i> Marine Back Treatment 60 minutes	£105
<i>ishga</i> Hand or Foot Recovery 30 minutes	£68

### Experiences

<i>ishga</i> Marine Experience 120 minutes	£128
<i>ishga</i> Face & Body Sensation 60 minutes	£128
<i>Templespa</i> Your Best You Menopause Treatment 60 minutes · 90 minutes	£118 £132
<i>Templespa</i> Champagne & Truffles Deluxe Treatment 60 minutes · 90 minutes	£118 £132

### Treatment Upgrades

<i>Templespa</i> Hot Stone Neck & Shoulder Massage 15 minutes	£28
<i>Templespa</i> Hot Oil Scalp Massage 15 minutes	£22
<i>Templespa</i> Quench Deep Hydration Mask	£15
<i>Templespa</i> Trufflesque Radiance Boosting Mask	£15

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