



DUNKELD

HOUSE HOTEL

HEALTH CLUB  
— & SPA —

[www.dunkeldhousehotel.co.uk](http://www.dunkeldhousehotel.co.uk)

# ishga

ishga products have been developed in the Outer Hebrides using the highest quality and purest Scottish seaweed combined with water from a natural spring situated on the beautiful Hebridean Isle of Lewis.

*ishga is derived from the Gaelic word for water.*

*Seaweed has been used for centuries for its natural healing and therapeutic properties. It contains a high content of vitamins, minerals and powerful natural antioxidants that are considered essential for maintaining glowing skin.*

*More recent scientific research shows the seaweed extract used in ishga preserves the skins natural collagen.*

*The mineral rich seaweed extract is carefully blended with cucumber extract, macadamia, jojoba, aloe vera and lemon peel so that your ishga treatment will detoxify, nourish, firm and hydrate the skin.*

*Suitable for all skin types.*



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## MASSAGES

### ishga Hot Stone Massage 55 mins £110

A full body massage incorporating heated basalt stones which instantly relax the muscles, allowing the treatment to work at a deeper level. Hot stones are useful for easing out tension, reducing aches and pains. A seaweed base oil with lemongrass, lavender and juniper will detoxify and regenerate the skin.

### ishga Invigorating Full Body Massage 55 mins £100

This invigorating treatment works by combining marma massage, lymphatic drainage and traditional Swedish massage techniques. It is designed to detox and balance the body whilst removing any particular areas of tension and stress. The seaweed-based body oil nourishes and protects the skin. Your therapist will adapt the pressure to suit your needs.

### ishga Deep Tissue Techniques 55 mins £120

*2 target areas*

Neck & Shoulders • Back • Arms • Front Legs • Back of Legs

### ishga Hot Poultrice Massage 55 mins £110

A combination of traditional massage and innovative new techniques using heated sea salt and seaweed granule filled poultices. At the end of your treatment, you will be given a poultice to take away and use as a detoxifying seaweed bath experience at home.

### Dunkeld Spa Full Body Massage 45 mins £70

A traditional massage designed to ease tension relieve stress and promote a general sense of well being. Your therapist can adapt pressure to suit your needs.

### Indian Head Massage 45 mins £70

Using eastern massage techniques to relieve stress from the tissue, muscles and joints of the neck, shoulders and head.



## BODY & FEET

### ishga Detoxifying Seaweed Body Wrap 55 mins £105

A powerful Hebridean sea salt and oil scrub with body wrap. This combines the detoxifying and nourishing effect of the purest seaweed gel with the stimulating and hydrating properties of the scrub. The treatment is designed to eliminate toxins, reduce cellulite, boost energy and improve skin tone.

### ishga Marine Back Treatment 55 mins £105

The ultimate back facial designed to rejuvenate and exfoliate, while treating any congestion to reveal a brighter and smoother skin. Beginning with a cleanse, tone and exfoliation, a powerful heated seaweed clay mask is applied to clarify and soften the skin while providing a deep moisturizing treatment. Ideal for skin concerns such as acne on the back, dryness or skin conditions and for muscular aches and pains. A massage of the back and back of legs is also included to leave you feeling deeply relaxed.

### ishga Luxurious Seaweed Foot Experience 55 mins £85

Transform and re-energise tired, achy feet. Begin with a soothing foot bath filled with nutrient rich salts and pure essential oils. As you sit back and relax, the skin on your feet and lower legs will be softened with our indigenous Scottish seaweed foot scrub, followed by a relaxing foot massage to hydrate and nourish the skin and then a detoxifying seaweed gel mask will be applied. Nails shaped, cuticles conditioned and finished with your choice of nail polish or shiny buff.

### ishga Foot Recovery 25 mins £55

Relax as your feet and lower legs are scrubbed with our seaweed foot scrub. This is followed by a wonderful relaxing foot massage with our detoxifying seaweed based lotion.

### Luxury Seaweed Bath 30 mins £50

Hebridean seaweed is rich in antioxidants, vitamins, minerals, and other bioactive compounds that are wonderful for your skin. When having our seaweed bath, your skin absorbs these compounds re-mineralising the body and hydrating the skin and hair. The ishga Seaweed Bath will soothe away aches and pains and may also help with skin conditions such as psoriasis, eczema, and acne.



## FACIALS

### ishga Anti-aging Rejuvenator Facial 55 mins £105

A rejuvenating facial designed to revitalise and repair. It is particularly useful for toning, firming, nourishing but also repairing and protecting the skin from environmental damage. This treatment will cleanse, tone and moisturise the skin leaving it revitalised and hydrated. The high content of seaweed extract in the products used are scientifically proven to preserve the skin's natural collagen. Suitable for all skin types.

### ishga Luxury Anti-aging Facial 90 mins £140

An indulgent, luxurious Spa Facial which incorporates a thorough skin care routine combined with 3 intensive masks. Including a deep exfoliation using a rich, vitamin packed sea kelp powder which will remove dead skin to leave the skin bright and glowing.

This facial includes a warming massage of the face, scalp, shoulders and arms using heated sea-salt and seaweed poultices which will absorb congestion and detoxify the skin adding a host of vitamins and minerals into the face and upper body.

### Highland Marine Face and Back Treatment 80 mins £135

*Exclusive to Dunkeld House Hotel*

The ultimate back facial designed to rejuvenate and exfoliate, while treating any congestion and reveal a brighter and smoother skin, a powerful heated seaweed clay mask is applied to clarify and soften the skin while providing a deep moisturising treatment for the back, finished with a ishga express facial to complete the experience.





## HAND & FOOT TREATMENTS

Mii Manicure 60 mins £65

Mii Pedicure 60 mins £65

Existing Gel Polish Removal 30 mins £25

Luxury Manicure 55 mins £60

A deep exfoliation with heated mask treatment followed by luxurious hand massage. Nails and cuticles are nourished and conditioned to ensure the best finish to your chosen colour.

Luxury Pedicure 55 mins £60

A deep exfoliation with heated mask treatment followed by luxurious hand massage. Nails and cuticles are nourished and conditioned to ensure the best finish to your chosen colour.

File and Polish 45 mins £45

*Fingers or Toes*

Cuticles tidy and conditioned, shaped and finished with your chosen colour.



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## EXPRESS TREATMENTS

### ishga Express Facial 30 mins £70

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

### ishga Express Massage 30 mins £70

*Upgrade to Hot Stone for £15*

A massage focusing on the back, neck and shoulders to target areas of tension, release everyday stress and relax the nervous system. Our seaweed body oil regenerates, firms and nourishes the skin. Your therapist can adapt pressure to suit.

### ishga Salt and Oil Scrub 30 mins £70

A Hebridean sea salt and oil scrub gently exfoliates, sweeping away dull, dry skin. An invigorating express treatment to stimulate circulation, eliminate toxins and leave the skin nourished and glowing.

### Scalp, Neck & Shoulder Massage 30 mins £70

Relieve stress from the tissue, muscles and joints of the neck shoulders and head.





## EYE CARE

### Waxing

Using only the finest resins, natural ingredients and aromatherapy oils lycon delivers superior performance removing hair as short as 1mm.

Brazilian £45 | Hollywood £55

Full Leg £30 | Full Leg and Bikini £40

Half Leg Wax £20 | Bikini £25

Under Arm £20 | Top Lip £10

Top Lip / Chin £15 | Eyebrow Shape £15

Eyelash Tint £20

Eyebrow Tint £15



## MATERNITY TREATMENTS

**ishga Mum To Be Massage** 55 mins £105

A nurturing full body massage helping to soothe aches, pains and general muscle fatigue often experienced during pregnancy. Designed to help relax and calm, ease leg cramps, reduce water retention and puffiness. Using ishga's Nurturing Oil which hydrates the skin and helps to improve elasticity, reducing stretch marks. The legs, feet, arms and most importantly, the bump are gently but therapeutically massaged to release a sense of wellbeing for both mum and baby.

**Scalp, Neck, Shoulder, Lower Leg & Foot Treatment** 45 mins £75

Safe for clients that are 13 weeks pregnant or more. Created to ease muscular tension in not only the head but in the feet. Promote relaxation using nourishing organic oil that is suitable during pregnancy.



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## SPA PACKAGES

### **Afternoon of Indulgence** £136 per person

*Enjoy a relaxing afternoon at Dunkeld House*

Choose two of the following:

Express Facial, Express Back Massage, Foot treatment or Scalp Massage in the Spa

•

Full use of the Health Club gym and pool facilities

•

Afternoon Tea in our Orangery

### **Dunkeld Spa Experience** £203 per person

*Bring a friend or loved one for an indulgent afternoon at Dunkeld House*

Full Facial (55mins) followed by a seaweed foot experience

•

Full use of the Health Club gym and pool facilities

•

Afternoon Tea in our Orangery

### **Dunkeld Detox Experience** £160 per person

*Take time out to unwind with our heavenly detox at Dunkeld House*

Highland Marine Face & Back Treatment (80mins)

•

Full use of the Health Club gym and pool facilities

•

Afternoon Tea in our Orangery

### **Mum to Be Experience** £203 per person

Enjoy a back, neck and shoulder massage (30 mins) & leg and foot massage (30 mins)

•

Full use of the Health Club gym and pool facilities

•

Afternoon Tea in our Orangery

### **Midweek Escape** £89 per person

Monday to Thursday only

Choose 1 (30mins) of the following:

Choose from express massage, express facial, scalp massage or foot recovery

•

Full use of the Health Club gym and pool facilities

•

Afternoon Tea in our Orangery

*Available Monday to Thursday*

*Friday to Sunday £15 surcharge per person*

**GUESTS WILL RECEIVE COMPLIMENTARY USE OF FLUFFY ROBE, SLIPPERS AND TOWEL WITH ALL SPA DAY PACKAGES**

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## ISHGA ONCOLOGY TOUCH THERAPIES

*Ishga are delighted to offer a range of treatments suitable for anyone currently undergoing cancer treatment or in recovery from the after effects. These relaxing and nurturing treatments work by combining the health benefits of seaweed based natural and organic products, with a range of simple but effective gentle massage or facial. These safe but indulgent treatments will leave you feeling revitalised and confident in the knowledge that our Therapists have received additional professional training in cancer care.*

*Let your Therapist guide you to a bespoke 50 minute treatment by combining what is best for your current symptoms and needs. Alternatively please select two of the below 25 minute treatment options.*

Mini-Facial	£70
Comforting Foot & Leg Massage	£70
Head & Scalp Massage	£70
Facial Massage	£70
Seaweed Hand & Food Treatment	£70
Back Neck & Shoulder Massage	£70

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## ADDITIONAL INFO

### ARRIVING AT THE SPA

Please arrive 10 minutes prior to your treatment or package to allow completion of your client consultation card. If you do arrive late, then unfortunately your treatment may have to be shortened so as not to inconvenience the next guest. The treatment will still be charged at full price.

### BOOKING AND CANCELLATION

Please book as far in advance as possible to avoid disappointment. A non-refundable 50% charge is required to secure all spa bookings. If appointments are cancelled within 48 hours the client will be charged the full treatment price.

### HEALTH AND PREGNANCY

Some treatments may not be suitable for certain conditions. It is important to let us know of any medical issues, surgeries or pregnancy when filling in your client consultation card. For pregnancy, we do not recommend any body treatments within the first trimester.

### WHAT TO WEAR

Swimwear is required for all wet areas in the Health Club i.e. pool, Jacuzzi, sauna and steam room. Gym attire is required for those using the gym. For guests having treatments, we recommend to wear either swimwear or underwear. A towel will be provided but robes and slippers can also be hired at a cost of £7.

### VALUABLES

We strongly advise you do not bring valuables into the Health Club. Items can be left in your locker. Lockers require a £1 coin to lock.

### MOBILE PHONES

Please ensure all mobile phones are either switched off or set to silent mode as a courtesy to all guests.

### AGE RESTRICTIONS

Spa treatments are restricted to 16 years and over. If any queries please contact the spa directly.

Gym – Minimum age is 16 years.

Pool – Ages 16 and above can use the pool unsupervised, 12-15 years with poolside supervision, under 12 years require an adult in the pool with them at a ratio of 2 children to 1 adult.

Sauna, steam room and Jacuzzi – Must be 6 or over and accompanied by an adult.

### HEALTH CLUB DAY PASS

The Health Club and Spa is open to non-members and non-residents. Spend £60 on treatments and you will receive use of the Health Club facilities. Daily guest passes are available to purchase from spa reception.

ALL TREATMENT TIMES ARE INCLUSIVE OF CONSULTATION AND HOME CARE.



## OPENING HOURS

### HEALTH CLUB

Monday - Sunday 7am - 8pm

**Please note:** Children's swimming times are 9am-12pm and 3pm-6pm daily

### SPA TREATMENTS

Monday - Sunday 10am - 6pm

### TO CONTACT THE SPA DIRECTLY

**call:** 01350 728372

**or email:** [spa.leisure@dunkeldhousehotel.co.uk](mailto:spa.leisure@dunkeldhousehotel.co.uk)

**or visit** [www.dunkeldhousehotel.co.uk](http://www.dunkeldhousehotel.co.uk)

*Dunkeld House Hotel  
Blairgowrie Road, Dunkeld  
PH8 0HX, Scotland 01350 727771*

### *Terms & Conditions*

*50% booking charge for every appointment made. If appointments are cancelled within 48 hours then a 50% cancellation fee will be charged. Please ensure that you arrive 10 minutes prior to your treatment to allow completion of your personal client record card. If you do arrive late for your treatment, there will be no extension to the treatment booked. An alternative may be offered within the time limit. Prior to any treatments being carried out, all clients must complete a client record card, which asks about your medical history. In certain circumstances it may not be possible to receive the treatment you have requested. An alternative treatment may be offered after consultation with the therapist. The Spa is open to non-members and non-residents. Spend £50 on treatments and have complimentary use of the Health Club wet facilities.*