

Body Treatments

<i>ishga</i> Salt & Oil Scrub 25 minutes	£60
<i>ishga</i> Seaweed Body Wrap 55 minutes	£105
<i>ishga</i> Nourishing Body Wrap 55 minutes	£105
<i>ishga</i> Marine Back Treatment 55 minutes	£100
<i>Templespa</i> Outer Glow 45 minutes	£75
<i>Templespa</i> Your Best You Hydrate & Soothe Menopause Treatment 55 / 85 minutes	£110/£130

Massage Treatments

<i>ishga</i> Express Massage 25 minutes	£60
<i>ishga</i> Invigorating Massage 55 minutes	£105
<i>ishga</i> Hot Stone Massage 25 / 55 minutes	£70/£130
<i>ishga</i> Hot Poultice Massage 55 minutes	£130
Mum to Be Massage (<i>must be over 12 weeks</i>) 55 minutes	£105
<i>Templespa</i> Drift Away Massage 25 / 55 / 85 minutes	£60/£105/ £125
<i>Templespa</i> Stress Not CBD Wellbeing Massage 25 / 55 / 85 minutes	£70/£130/ £140

Hand & Foot Treatments

<i>ishga</i> Recovery (hand or foot) 25 minutes	£60
<i>ishga</i> Luxury Seaweed Experience 55 minutes	£95

Gents Treatments

<i>ishga</i> Gents Stress Reliever Massage 55 minutes	£105
<i>ishga</i> Gent's Bespoke Facial 55 minutes	£115
Indian Head Massage	£65

Facial Treatments

<i>ishga</i> Express Facial 25 minutes	£60
<i>ishga</i> Anti-Ageing Facial 55 minutes	£115
<i>ishga</i> Luxury Anti-ageing Facial 90 minutes	£130
<i>Templespa</i> All About The Glow 25 / 55 minutes	£60/£115
<i>Templespa</i> My Kinda Skin 25 / 55 minutes	£60/£115
<i>Templespa</i> Mediterranean Marinade 25 / 55 minutes	£60/£115
<i>Templespa</i> Light Relief 75 minutes	£125
<i>Templespa</i> Champagne & Truffles Deluxe Treatment 55 / 85 minutes	£125/£160

Experience Treatments

<i>ishga</i> Marine Experience 100 minutes	£200
<i>ishga</i> Detox Experience 100 minutes	£200
<i>ishga</i> Face & Body Sensation 55 / 100 minutes	£105/£200

Seaweed Bath

In room relaxing treat for guests staying in the Glen Ord, Hen's Coop or Lagavulin 40 minutes	£45
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Side Orders

<i>Templespa</i> Relax & Restore Hot Oil Scalp Massage 15 minutes	£20
<i>Templespa</i> Replenishing Eye Ritual 15 minutes	£15
<i>Templespa</i> Quench Deep Hydration Mask 15 minutes	£15
<i>Templespa</i> Trufflesque Radiance Boosting Mask 15 minutes	£15

Refresh Mind,
Body & Soul.