

ishga

Organic Seaweed Skincare

ishga

Organic Seaweed Skincare

# Welcome to Doxford Hall Aqueous Spa

Step inside and you'll find a haven of tranquillity where you can unplug, unwind, and escape the daily grind. Dip in the pool, soak in a bubbling spa bath, drift off in the blissful heat of the sauna... Our Aqueous Spa is a space in which to indulge in a little 'me-time'.

We're proud to offer a range of relaxing and therapeutic treatments using products from the award-winning marine skincare brand, ishga. Combining the powerful benefits of the purest Scottish seaweed with natural Hebridean spring water, this organic skincare collection combines science and nature to deliver restorative results for all skin types - designed to invigorate and rejuvenate your body and mind.



# Massage

---

Each ishga massage can be tailored to your own needs. Choose from a selection of unique oils, all with bases of sweet almond, jojoba and thistle oil, to elevate your experience, including:

## ISHGA INVIGORATING FULL BODY MASSAGE - 50 minutes - £87

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

## ISHGA DEEP TISSUE MASSAGE - 50 minutes - £97

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 antioxidant packed Fucus serratus seaweed extract, a natural anti-inflammatory to relieve physical fatigue. Combined with rosemary, peppermint, may chang and more to ease muscles and tension. The Therapist will work on one to two body areas of your choice using remedial massage techniques.

## MUM-TO-BE MASSAGE - 50 minutes - £85

Our Mum-to-be Massage has been specifically 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. Designed by experts to help relax and calm the mind and body, ease leg cramps, reduce water retention and puffiness. Using ishga's comforting Nurturing Oil, it hydrates the skin and helps to improve elasticity and improve the look of stretch marks. The massage begins seated allowing the therapist to fully work the upper and lower back. Then, lying comfortably and supported in an upright position a therapeutic massage is completed to release a sense of wellbeing.

## EXPRESS MASSAGE - 25 minutes - £52

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

## HOT POULTICE MASSAGE - 50 minutes - £95

A rebalancing, light massage using heated sea salt and seaweed granule filled poultices, which are applied to the body to relax the muscles, release tension and nourish the skin. Combined with manual massage movements, the relaxing warm poultices are rhythmically stroked and kneaded over the body. When the compress is heated it provides a detoxing effect to draw toxins from the body and add a host of vitamins and minerals deep within.

## FULL BODY HOT STONE MASSAGE - 50 minutes - £97

This full body massage incorporates heated Basalt stones which instantly relax the muscles, allowing the treatment to work at a deeper level. Hot stones are carefully placed along the chakras to open up energy pathways whilst soothing the mind, easing muscle tension, and reducing aches and pains.

## EXPRESS HOT STONES MASSAGE - 25 minutes - £57

This express massage incorporates heated Basalt stones which instantly relax the muscles, allowing the treatment to work at a deeper level. Hot stones are carefully placed along the chakras to open up energy pathways whilst soothing the mind, easing muscle tension, and reducing aches and pains.



# Body Treatments

---

## ISHGA FULL BODY SCRUB - 50 minutes - £95

A Hebridean sea salt and oil scrub gently exfoliates, sweeping away dull and dry skin. A perfect treatment to revitalise your skin and help stimulate circulation to eliminate toxins, cellulite and leave the skin nourished and glowing.

## LUXURIOUS SEAWEED FOOT EXPERIENCE - 50 minutes - £85

This luxury foot experience begins with a soothing foot bath filled with antioxidant rich seaweed and essential oils, followed by a foot scrub packed with minerals from pure sea salt. Relax during the lower leg and foot massage which is then followed by a regenerating seaweed gel mask.

## LUXURIOUS SEAWEED HAND EXPERIENCE - 50 minutes - £85

This luxurious treatment begins with a soothing hand soak, filled with a blend of antioxidant rich seaweed and essential oils, followed by a hand scrub packed with minerals from pure sea salt. Relax during the hand and arm massage which is then followed by a regenerating seaweed gel mask.

## MARINE EXPERIENCE - 80 minutes - £120

Feel the power of the ocean with an ishga Marine Experience, combining a Hebridean Salt and Oil Body Scrub, tailored back Massage and Express Facial. Please see individual listed treatments for further information. Suitable for all skin types.

## DETOX BODY WRAP - 50 minutes - £95

Allow the bioactive components of Hebridean seaweed to detoxify the body with this unique treatment which includes a sea salt and oil scrub and scalp massage. Antioxidant rich seaweed gel is combined with the collagen stimulating properties of the Hebridean sea salt scrub. The treatment will help to eliminate toxins and congestion from the body whilst improving skin tone and texture.

## NOURISHING BODY WRAP - 50 minutes - £95

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 which soothes, hydrates and tones. This includes a warmed rose geranium oil scalp massage and application of body oil to complete the experience.

## INDIAN HEAD MASSAGE - 25 minutes - £50

For a calmed mind and nourished hair. Targeting the hotspots of the scalp, neck and head, a massage focussing on pressure points correlating to the body's chakras, promotes whole body energy flow. Please advise if you would prefer oil or no oil to be used.





# Facials

---

## FACIAL - 50 minutes - £87

Revitalise and repair skin through the collagen stimulating properties of Hebridean seaweed. Suitable for all skin types, the ishga Facial will brighten and balance skin tone whilst improving texture and protecting skin from environmental damage with its potent antioxidant properties.

## ULTIMATE LUXURY FACIAL - 80 minutes - £120

Indulge the skin with the regenerating and hydrating properties of Hebridean seaweed in the Ultimate Luxury Facial 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.

## ANTI-AGEING FACIAL - 50 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.

## EXPRESS FACIAL - 25 minutes - £52

A 25-minute express treatment designed to revitalise and repair skin through the collagen stimulating properties of Hebridean seaweed. Suitable for all skin types, the ishga Facial will brighten and balance skin tone whilst improving texture and protecting skin from environmental damage with its potent antioxidant properties.

### EXPRESS ADD ON TREATMENTS

#### HAND / FOOT RECOVERY - 15 minutes - £25

A foot or hand exfoliation followed with a pressure point massage to erase fatigue and balance energy.

#### SCALP ENHANCER - 15 minutes - £25

Aids relaxation, eases tension and enhances clarity of mind.

# Manicures & Pedicures

---

## MINI MANICURE - 45 minutes - £35

Our mini manicure includes a file, cuticle work and paint with a Jessica polish of your choice. Perfect to keep nails looking their best even when time is tight.

## DELUXE MANICURE - 55 minutes - £50

Our deluxe manicures begin with a nail analysis and is followed by a revitalising exfoliation of the hands, a moisturising massage, a file, conditioning cuticle care and paint with a Jessica prescriptive basecoat and a colour of your choice to finish.

## MINI PEDICURE - 45 minutes - £35

Our mini pedicure includes a file, cuticle work and paint with a Jessica polish of your choice. Perfect to keep nails looking their best even when time is tight.

## DELUXE PEDICURE - 55 minutes £50

A facial for the feet! This soothing pedicure starts with a cleansing exfoliation, followed by gentle foot and leg massage. Cuticles are conditioned, nails are trimmed and perfectly polished using a Jessica colour of your choice.

If you are having a manicure or pedicure, please ensure you DO NOT already have gel polish on as we are unable to remove this.



# Waxing and Eye Treatments\*

---

FULL LEG WAX	45 minutes	£35
HALF LEG WAX	30 minutes	£25
STANDARD BIKINI LINE	30 minutes	£20
HALF LEG & BIKINI WAX	45 minutes	£35
UNDER ARM	15 minutes	£20
FULL LEG & BIKINI LINE	60 minutes	£45
FOREARM WAX	30 minutes	£20
LIP OR CHIN	15 minutes	£10
LIP AND CHIN	15 minutes	£20
EYEBROW	15 minutes	£10
CHEST OR BACK	30 minutes	£20
EYELASH TINT	30 minutes	£18
EYEBROW TINT	10 minutes	£15
EYELASH & EYEBROW TINT	30 minutes	£25

\*Patch test required at least 24 hours prior to any tinting treatments.



# Spa Day Packages

---

Hit pause on the hustle and bustle of modern life and take time to relax and reconnect body and mind.

Our spa day packages include your chosen treatments, use of our thermal spa suite and either lunch or afternoon tea. Please note that robes are not permitted when taking afternoon tea or having lunch.

## AFTERNOON TEA AND TREATMENT

Monday to Friday £75pp | Saturday and Sunday £85pp

Includes full use of the leisure facilities (2 hours), a delightful afternoon tea and a 25-minute spa treatment of your choice.

## BOUNCE BACK SPA EXPERIENCE

Monday to Friday £89pp | Saturday and Sunday £99pp

Includes use of facilities (2 hours), one-course lunch (or a traditional afternoon tea) and a 40-minute spa treatment.

Upgrade to hot stone or deep tissue - £7.50

## SERENE SPA DAY/ MOTHER-TO-BE EXPERIENCE

Monday to Friday £105pp | Saturday and Sunday £115pp

Includes use of facilities, two-course lunch (or traditional afternoon tea) and a 50-minute spa treatment of your choice.

## TRANQUIL SPA DAY

Monday to Friday £145pp | Saturday and Sunday £155pp

Includes use of facilities, two-course lunch (or traditional afternoon tea) and a 80-minute spa treatment of your choice.

## DIVINE SPA DAY

Monday to Friday £185pp | Saturday and Sunday £195pp

Includes use of facilities, two-course lunch (or traditional afternoon tea) and a 100-minute spa treatment of your choice.

## LUNCH & SPA EXPERIENCE

Monday to Friday £70pp | Saturday and Sunday £80pp

Includes use of facilities (9:30am-5:00pm), Robe, Towel and Slippers and a two-course lunch.

\*Please view list of treatments on the next page to choose from and ensure that your treatments are booked prior to your arrival.





# Spa Day Treatment Menu

---

Please select from the list of treatments below when booking your spa day.

## 50-MINUTE TREATMENTS

### ISHGA FULL BODY MASSAGE - 50 minutes

A medium pressure full body massage combining relaxing elements of aromatherapy massage, lymphatic drainage, and traditional Swedish massage techniques to reduce muscle tension and re-energise the body. Upgrade to include lava stones or deep tissue within your massage for an additional £10.00.

### ISHGA FACE & BODY EXPERIENCE - 50 minutes

Balance the body with a reviving yet relaxing experience. 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. Upgrade to have hot stones or deep tissue massage for an additional £5.00.

### ISHGA FACIAL - 50 minutes

Revitalise and repair skin through the collagen stimulating properties of Hebridean seaweed. Suitable for all skin types, the ishga Facial will brighten and balance skin tone whilst improving texture and protecting skin from environmental damage with its potent antioxidant properties.

### ISHGA SALT & OIL SCRUB - 50 Minutes

A Hebridean sea salt and oil scrub gently exfoliates, sweeping away dull and dry skin. A perfect treatment to revitalise your skin and help stimulate circulation to eliminate toxins, cellulite and leave the skin nourished and glowing.

Please note that your 60 minutes includes pre and post relaxation. We also ask that you arrive for your treatment in dry swimwear or underwear.

## 25-MINUTE TREATMENTS

### ISHGA EXPRESS MASSAGE - 25 minutes

A medium pressure back, neck and shoulder massage combining relaxing elements of aromatherapy massage, lymphatic drainage, and traditional Swedish massage techniques to reduce muscle tension and re-energise the body. Upgrade your massage to include lava stones or deep tissue for an additional £5.00.

### ISHGA EXPRESS FACIAL - 25 minutes

Revitalise and repair skin through the collagen stimulating properties of Hebridean seaweed. Suitable for all skin types, the ishga Facial will brighten and balance skin tone whilst improving texture and protecting skin from environmental damage with its potent antioxidant properties.

### INDIAN HEAD MASSAGE - 25 minutes

for a calmed mind and nourished hair Targeting the hotspots of the scalp, neck and head, a massage focusing on pressure points correlating to the body's chakras, promotes whole body energy flow. Please advise the therapist if you would prefer oil or no oil to be used.

### ISHGA FOOT RECOVERY - 25 minutes

This luxury foot experience begins with a soothing foot bath filled with antioxidant rich seaweed and essential oils, followed by a foot scrub packed with minerals from pure sea salt. Relax during the lower leg and foot massage which is then followed by a regenerating seaweed gel mask.

## BOUNCE BACK SPA TREATMENTS

Choose from the following treatments when booking the Bounce Back half day spa offer.

### BOUNCE BACK MASSAGE - 40 minutes

Experience the healing effects of Hebridean seaweed with a foot and leg massage followed by a relaxing back, neck, and shoulder massage. Focusing on the key areas where the tension becomes stored and providing a much-needed dose of restoration.

Upgrade to include hot stones with your massage for an additional £7.50.

### BOUNCE BACK FACIAL - 40 minutes

Revitalise and repair skin through the collagen stimulating properties of Hebridean seaweed. Suitable for all skin types, the ishga facial will brighten and balance skin tone whilst improving texture and protecting skin from environmental damage with its potent antioxidant properties.

Upgrade to include a stimulating seaweed mask for an additional £5.00.

Please note that your 30 minutes includes pre and post relaxation. We also ask that you arrive for your treatment in dry swimwear or underwear.

---

# Information and advice

A spa visit should be a completely relaxing experience. Please take a few moments to read the following information before your visit to ensure you get the most out of your trip.

## Opening hours

The swimming pool, jacuzzi, sauna and fitness room are open between 7.00am and 6.00pm. Treatments can be booked between 10am and 5.00pm by calling 01665 589709 or emailing us at [spa@doxfordhall.com](mailto:spa@doxfordhall.com).

## Parking

There is a large car park at Doxford Hall Hotel & Spa, for spa guests to use free of charge.

## Arrival

Please make your way to the spa reception on the lower ground floor of the hotel. You will be greeted by a spa host who will guide you around the spa. In order to make the most of your treatment we recommend that you arrive a minimum of 15 minutes prior to a scheduled appointment. Regrettably, late arrival will result in a reduced treatment time and there will be no deduction to the price charged.

## Treatments

All treatments are subject to availability. Some treatments may require a medical note from your physician. All of our treatment times include consultation and aftercare advice.

## Spa Attire

Robes, slippers and towels are provided for your comfort during your spa day and we would advise changing into your robe before any spa treatments. There are lockers available for your

use in our changing area. We recommend you wear underwear or swimwear under your robe. If you are having lunch we ask that you wear smart casual clothing while in the hotel dining area, for consideration of the other guests.

## Spa Etiquette

Please respect all spa guests' right to privacy and serenity. We ask that you turn off your mobile phone whilst in the spa.

## Personal Belongings

We have a limited number of lockers available for us on a first come, first served basis. Alternatively, items may be left at Reception and a receipt obtained. The management cannot accept responsibility for loss or damage to personal items not deposited in lockers.

## Safety Risks

Please note that the swimming pool, spa bath, gym equipment and sauna are unmanned. Every person using the swimming pool, sauna and spa bath facilities do so at their own risk and children must be supervised at all times. The management cannot be held responsible for any damage or injury resulting from the use of these facilities.

## Your Health

It is recommended that no alcohol is consumed immediately prior to your arrival and that you consume plenty of water following any treatments.

Please notify our staff if you are pregnant or have any special medical considerations at the time of booking so that appropriate treatment can be recommended. Doxford Hall Aqueous Spa cannot be held responsible for any changes to treatments or cancellations that occur due to non-disclosure of medical conditions at the time of booking.

## Patch Test

Clients wishing to have tinting treatments must have a patch test 24 hours prior to their appointment; please call us to arrange a suitable time. Unfortunately, we will be unable to perform the treatment without a prior patch test.

## Age Requirements

The jacuzzi is restricted to children over 12 years. We are unable to perform massage on children under the age of 16 years.

## Spa Products

We have a large range of retail products available to continue your experience at home. Please ask any of our therapists if you need any advice. Should you require a tester of the product prior to purchase our therapists will be able to advise you on products. We are unable to offer refunds on any products that may have been opened, used or tampered with.

## Gift Vouchers

Gift vouchers are available for any treatment, spa day or product and make ideal presents. Vouchers

are valid for 12 months from the date of purchase unless otherwise stated. Vouchers cannot be refunded, transferred or redeemed for cash credit and must be presented to spa reception on arrival. The life of the voucher cannot under any circumstances be extended.

## Payment

We accept all major credit and debit cards. We regret that we are unable to provisionally reserve appointments and pamper days. We require a 50% non-refundable deposit per person or a Doxford Hall gift voucher number on day of booking to secure a spa experience. Price included VAT at the current rate. Any change in the rate of VAT will be reflected in the price at the time of invoicing. Doxford Hall reserves the right to amend prices, adjust or remove treatments without prior notice.

## Cancellation Policy

As a courtesy to other guests all spa packages require a minimum of 72 hours' notice of cancellation. Groups of 6 people or more are subject to a seven-day cancellation policy, after which time full charges will be applicable. Should you need to cancel a scheduled appointment or an individual treatment less than 72 hours beforehand, you will be charged in full.