



DUNKELD

HOUSE HOTEL

HEALTH CLUB
— & SPA —





— PERFECT FOR —
THERAPEUTIC
TREATMENTS
ANTI-STRESS CARE
RELAX &
INDULGE
HEAD TO TOE
TRANQUILLITY



ishga Treatments

ishga is derived from the Gaelic word for water.

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.

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.



Massage

ishga Hot Stone Massage

(55 mins)

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 and are placed along the chakras to open up energy pathways. A seaweed base oil with lemongrass, lavender and juniper will detoxify and regenerate the skin.

ishga Invigorating Full Body Massage

(55 mins)

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 Hot Poultice Massage

(55 mins)

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.

ishga Men's Stress Reliever Massage

(55 mins)

An individually tailored full body treatment combined with scalp massage. It is designed to detox and balance the body whilst removing any particular areas of tension and stress. The seaweed-based oil nourishes and protects the skin.

Indian Head Massage

(45 mins)

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

Paraffin Wax Back Massage

(45 mins)

An application of warm wax to your back to alleviate tension and relax muscle.

Dunkeld Spa Full Body Massage

(45mins)

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.



Body & Feet

ishga Detoxifying Seaweed Body Wrap

(55 mins)

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 Luxurious Seaweed Foot Experience

(55 mins)

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 Seaweed Bath

(30 mins)

A unique Scottish experience where you can relax in fresh, hand harvested seaweed from the Hebridean coast. Unwind in a hot bath infused with mineral sea salts containing over 85 natural trace minerals and pure Scottish seaweed. Here in Scotland we have been enjoying the benefits of seaweed from the Scottish islands for hundreds of years. Naturally healing, moisturising and anti-ageing, it is rich in vitamins, minerals and anti-cellulite properties. An experience we guarantee you will remember forever.



Facials

ishga Anti-aging Rejuvenator Facial

(55 mins)

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 Men's Bespoke Facial

(55mins)

Your therapist will select the most suitable products from the ishga range to create a personalised facial.

The ishga products stimulate collagen production and combat signs of ageing.

This treatment will cleanse, tone and moisturise the skin leaving it revitalised and hydrated.

Highland Marine Face and Back Treatment

Exclusive to Dunkled House Hotel

(80 mins)

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.



Express Treatments

ishga Express Facial

(30 mins)

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)

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)

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.

Maternity Back Neck & Shoulder Massage

(30 mins)

This treatment is safe for clients that are
13 weeks pregnant or more.
Created to ease muscular tension and promote relaxation,
using a nourishing organic oil that is suitable during pregnancy.



Hand & Foot Treatments

GELeration Manicure *(75 mins)*

GELeration Pedicure *(75 mins)*

Existing GELeration Removal *(30 mins)*

Jessica Manicure *(50 mins)*

Jessica Pedicure *(50 mins)*

File and Polish *(30 mins)*

Mii Makeup (mineral make-up)

Full make-up

(60 minutes)

Express Look

(30 mins)

(eyes, blush, lips)

Bridal make-up

(1hr 30mins)

(full face including trial)

Spa 01350 728372

www.dunkeldhousehotel.co.uk



Eye Care

*Eyelash Tint

*Eyebrow Tint

*Eyebrow Tint / Shape

*Lash Tint / Brow Tint / Tidy

*Patch test required 24 hours in advance

Waxing

Full Leg

Full Leg and Bikini

Half Leg Wax

Bikini

Extended Bikini

Under Arm

Top Lip

Top Lip / Chin

Eyebrow Shape



Dunkeld House Hotel

Special Treats

Afternoon of Indulgence

*Enjoy a relaxing afternoon
at Dunkeld House*

Choose either an ishga full facial or ishga body massage in the Spa, full use of the Health Club gym and pool facilities, 2 course spa lunch in the Riverside Restaurant.

Spa Experience for Two

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

Either an ishga full facial or ishga body massage, Seaweed Foot Experience, full use of the Health Club gym and pool facilities, 2 course spa lunch in the Riverside Restaurant.

Dunkeld Detox Experience

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

A 60 minute ishga Facial or ishga Body Massage, an ishga Seaweed Bath, Body Scrub, full use of the Health Club gym and pool facilities, 2 course spa lunch in the Riverside Restaurant

Available Monday to Thursday
Friday to Sunday £15 Surcharge per person

Spa 01350 728372

www.dunkeldhousehotel.co.uk

Opening Hours

Monday - Sunday 10.00am - 6.00pm
Thursday 10.00am - 8.00pm

To contact the spa directly
call: **01350 728372**

or email: beauty@dunkeldhousehotel.co.uk
or visit: www.dunkeldhousehotel.co.uk

Dunkeld House Hotel
Blairgowrie Road
Dunkeld
PH8 0HX
Scotland

01350 727771

www.dunkeldhousehotel.co.uk

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 15 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 £40 on treatments and have complimentary use of the Health Club wet facilities.

Personalised gift vouchers are available on request.