



DUNKELD

HOUSE HOTEL

HEALTH CLUB
— & SPA —





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.





MADE FOR LIFE

Made for Life Organics

Made for Life treatments are designed to create a new sense of wellbeing for the body, mind and emotions.

Combining effective 100% organic products and mindful complimentary therapy techniques, our treatments create a balanced flow for the conscious and subconscious mind and body.



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. 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 Deep Tissue Techniques

(55mins) two target areas

(80mins) three target areas

Back, neck and shoulders, Back of legs , Front legs, Arms

ishga Hot Poultrice 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.

Indian Head Massage

(45 mins)

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

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 Dunkeld 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.

Hot Stone Back Massage

(30 mins)

A back neck and shoulder massage incorporating heated basalt
stones which instantly relax the muscles allowing the treatment
to work at a deeper level, a seaweed based oil with lemongrass
lavender and juniper will detoxify and regenerate the skin.

Hot Poultice Back Massage

(30 mins)

A combination of traditional massage and innovative techniques
using heated sea salt and seaweed granule filled poultices to
relax the muscle and detoxify and regenerate the skin.



Made For Life Treatments

Made for Life Mindful Moments

(55 minutes)

Create a rich sense of calmness whilst your body and mind are nourished and replenished. A beautiful nurturing meditation experience with a calming foot ritual, head, neck and shoulder massage, along with a firm and meaningful back massage, clears the mind and soothes the soul.

Made for Life Relax into Radiance

(85 minutes)

Feel completely relaxed yet refreshed with this all-encompassing treatment. Relax your mind and body with a full body exfoliation and back treatment, followed with a skin brightening express facial that cleanses and hydrates the skin whilst a relaxing head massage clears the mind.

Made For Life Uplifting Facial

(75 mins)

Surrender your senses for the ultimate relaxation while the muscles in the face are re-trained by expert hands, invigorating the cells within the dermis for regeneration and repair. Uplift your skin mind and soul.



100% Organic skincare



Hand & Foot Treatments

GELeration Manicure (60 mins)

GELeration Pedicure (60 mins)

Existing GELeration Removal (30 mins)

Luxury Manicure (55 mins)

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)

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

File and Polish - fingers or toes (45 mins)

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

Maternity Treatments

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.

Made For Life Pregnancy Pampering

(90 mins)

This wonderfully nurturing whole body massage is aimed at giving mum to be a very special experience taking her into a completely relaxed world. Slow smooth massage techniques are used in this treatment to calm and alleviate any aches and pains 100% organic oils help to prevent stretch marks. The experience is followed by an express facial for a thorough pamper.



Mii Makeup (mineral make-up)

Full Make-Up
(60 minutes)

Express Look
(30 mins)
(eyes, blush, lips)

Bridal Make-Up
(90 mins)

Lashes available on request

Mii





Eye Care

*Eyelash Tint

*Eyebrow Tint

*Patch test required 24 hours in advance

Waxing

Full Leg

Full Leg and Bikini

Half Leg Wax

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*

Choose either an ishga facial or ishga massage followed by seaweed bath and body scrub, 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*

Choose either an ishga facial or ishga massage followed by seaweed bath and 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



Made for Life Soft Touch Therapies

Made for life wellness treatments provide a window of time to disconnect from daily stress and reconnect with nature and stillness.

The treatments are akin to a period of meditation, allowing the body to access the parasympathetic state where the mind and body are prompted into a 'state of allowing'. This period of time allows rejuvenation on all levels – mind, body and emotions - including a natural boost to immunity.

All Made for Life treatments use Made for Life 100% organic preparations and a range of specialised relaxation techniques.

Hand on Heart (85 mins)

Deeply relaxing Back, Scalp & Facial Treatment

This deeply relaxing and nurturing spa ritual is suitable for all and created to help you reach a sense of deep peace and calm. Smooth, slow and rhythmic Tui Na and gentle touch is applied to the scalp, face, back and shoulders. The slow Tui Na Chinese movements rebalance and calm the upper body. The facial eases any tension held within the face and also replenishes, nourishes and revives the skin, using luxurious 100% organic oils and balms.
(also suitable for people living with and recovering from cancer)

Catch the Breath (30 mins)

Soothing Back and Scalp Treatment

For those with less time, who simply want some time out to 'catch the breath'; this nurturing back, head and shoulder ritual will help you to gently drift away and relax. Your therapist uses slow, soothing and nurturing touch therapy with 100% organic oils and balms to bring you a deep sense of calm and relaxation.
(also suitable for people living with and recovering from cancer)

Soothe & Nurture Facial (30 mins)

100% Organic Facial Treatment

A beautiful way to restore natural luminosity to the skin, leaving you looking and feeling radiant. 100% organic balms and oils will nourish and cleanse, eliminating congestion and returning natural balance to the skin, whilst deeply relaxing face and scalp massage calms the mind and soothes the soul.
(also suitable for people living with and recovering from cancer)

Soft Touch Therapy (30 mins)

Deeply Relaxing Touch to Face or Body Treatment

An exceptionally relaxing sequence of slow, soothing movements tailored to your needs. Soothing and nurturing touch to full body or part body induces a deep sense of relaxation enabling you to find peace and enjoy the present moment.
(also suitable for people living with and recovering from cancer)



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Why have a
BEAUTY MEMBERSHIP?

Having a Dunkeld Health Club and Spa beauty membership means that you can save some pennies and still enjoy your beauty treatment essentials. Who said feeling good had to cost the world?



Unlimited use of leisure facilities and benefits

Any two treatments per month from the list

File and polish fingers or toes

Back neck and shoulder massage

Lash and brow Tint

Full leg and bikini wax

Half leg and underarm wax

20% off any additional treatments

20% off spa retail

10% off food in our restaurant and bar

40% off Land Rover Experience and quad trekking





Spa Additional Info

Arriving at the Spa

Please arrive 15 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 are open to non-members and non-residents. Spend £50 and have complimentary use of the Health Club facilities. Daily guest passes are available to purchase from spa Reception.



Opening Hours

Health Club

Monday - Friday 7am - 9.30pm

Saturday and Sunday 7.30am - 9pm

Please note: Children's swimming times are 7.30am-11.30am and 4pm-7pm daily.

Spa Treatments:

Monday - Friday 10am - 8pm

Saturday and Sunday - 10am - 6pm

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 £50 on treatments and have complimentary use of the Health Club wet facilities.