

*Your*  
**SEASIDE  
SANCTUARY**  
*Awaits*





ishga

Organic Seaweed Salts

*Embrace the*  
**RESTORATIVE  
POWER OF  
THE SEASIDE**  
*at The Queens Hotel & Spa*

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Experience the serenity of the seaside with our leisure facilities, spa relaxation room and expert spa treatments, featuring organic seaweed therapies.

From soothing body massages to luxurious facials, whether you're looking for some solo time to switch off and unwind, or to enjoy a spa break with family and friends our experienced therapists are here to help you relax, unwind and enjoy some vitamin 'sea'.



## OUR PARTNERS

### ISHGA

Experience results-driven skincare derived from the ocean, backed by science. The name ishga is derived from the Gaelic word for water. The pure, clean waters of the Hebridean Islands off the north west coast of Scotland is home to ishga, and where we sustainably hand harvest the seaweed that's at the heart of our skincare.

Hebridean seaweed contains natural antioxidants with properties which transform and protect skin. ishga has developed a bespoke process to extract its natural goodness to deliver visible results.

### LAVA SHELLS

Lava Shells are the world's first self-heating massage tool, created to deliver a soothing and indulgent spa experience. These tiger clam shells are powered by a unique, eco-friendly heat technology that provides consistent, long-lasting warmth, allowing therapists to deeply relax muscles, ease tension, and promote circulation.

Unlike traditional hot stones, Lava Shells are ergonomically shaped to contour perfectly to the body, creating a seamless flow that melts away stress. Ideal for anyone seeking both relaxation and therapeutic benefits, a Lava Shell massage combines the healing power of heat with the comfort of nature, leaving you feeling balanced, renewed, and utterly pampered.

### O.P.I.

We proudly use O.P.I., the world-renowned leader in professional nail care, to provide flawless manicures and pedicures. Known for its long-lasting wear, vibrant colours, and high-shine finishes, O.P.I. offers both beauty and strength for your nails.

Whether you're seeking a classic shade, a bold new trend, or a natural, polished look, our extensive selection of O.P.I. guarantees the perfect finish every time.

Combined with our expert care and relaxing spa experience, your hands and feet will feel refreshed, nourished, and beautifully styled.





## MESSAGES

### ishga Signature Body Massage

£78.00 | 55 minutes

A soothing full-body massage, this signature treatment blends elements of aromatherapy, lymphatic drainage, and traditional Swedish techniques. Designed to release tension, restore energy and bring balance to body and mind.

### ishga Express Massage

£40.00 | 25 minutes

Short of time? This targeted medium-pressure massage focuses on either the back and neck or legs, tailored to your specific needs – ideal for relieving tension in a single key area.

### ishga Mum-to-be Massage

£84.00 | 70 minutes

Thoughtfully created for expectant mothers after the first trimester, this nurturing treatment provides gentle relief from pregnancy-related discomfort. Using ishga's calming Nurturing Oil, it helps to reduce puffiness, ease leg cramps, and support skin elasticity. Starting in a seated position to address the upper and lower back, the massage then transitions to a supported, side-lying position for a deeply relaxing, full-body experience.

### Lava Shell Massage

£84.00 | 55 minutes

An indulgent and deeply relaxing treatment that combines the comforting warmth of self-heating shells with slow, flowing massage techniques creating a sense of balance to the entire body. Shells are worked over the palms, arms, feet and legs in slow deep moves to warm and de-stress, followed by a wonderfully tranquil massage on the back, neck and shoulder area to ease away all tension, knots and stress. An unforgettable and sublime spa experience.

### Lava Shell Back Massage

£46.00 | 25 minutes

This focused treatment uses the therapeutic heat of Lava Shells to melt away tension in the back. Slow, deep movements release knots and ease muscle stiffness, followed by precision techniques on pressure points to deliver an intense and powerful, targeted massage treatment.

### ishga Hot Poultice Massage

£84.00 | 55 minutes

A rebalancing, light massage using heated sea salt and seaweed granule filled poultices, 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. The heated compress provides a detoxifying effect drawing toxins from the body and adding a host of vitamins and minerals deep within.

### ishga Deep Tissue Massage

£84.00 - 55 minutes | £110.00 - 85 minutes

Powerful, deep and attentive techniques make this tailored massage perfect for relieving aching muscles. Featuring 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. Your therapist will work on one to two body areas of your choice using remedial massage techniques.

### Indian Head Massage

£35.00 | 25 minutes

A deeply calming and restorative treatment focusing on the upper back, neck, shoulders, and scalp. Using rhythmic massage techniques, your therapist will ease muscular tension, soothe aches and pains, and melt away stress. This holistic experience not only promotes physical relief but also offers a complete sensory escape, leaving you feeling balanced, clear-headed, and utterly relaxed.

ishga

Organic Seaweed Skincare



## BODY TREATMENTS

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### ishga Salt & Oil Scrub

£42.00 | 25 minutes

Renew and revitalise your skin with this invigorating full-body exfoliation, inspired by the natural power of the Hebrides. ishga's mineral-rich sea salt is blended with nourishing oils to gently polish the skin, boost circulation, and reveal a smoother, more radiant complexion. This deeply cleansing treatment leaves your skin feeling soft, supple, and perfectly prepped for further treatments or simply to glow on its own.

### ishga Marine Back Treatment

£84.00 | 55 minutes

Transform any skin concerns on your back with the Marine Back Treatment, which exfoliates and rejuvenates to reveal brighter, healthier skin. Beginning with a cleanse, tone and exfoliation, a powerful heated seaweed clay mask is then applied to soften the skin while providing a deep moisturising and collagen-boosting treatment. Ideal for skin concerns such as acne or dryness on the back as well as easing muscular aches and pains. A massage of the back and back of the legs finishes the experience to leave you feeling deeply relaxed.

## FACIALS

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### ishga Facial

£78.00 | 55 minutes

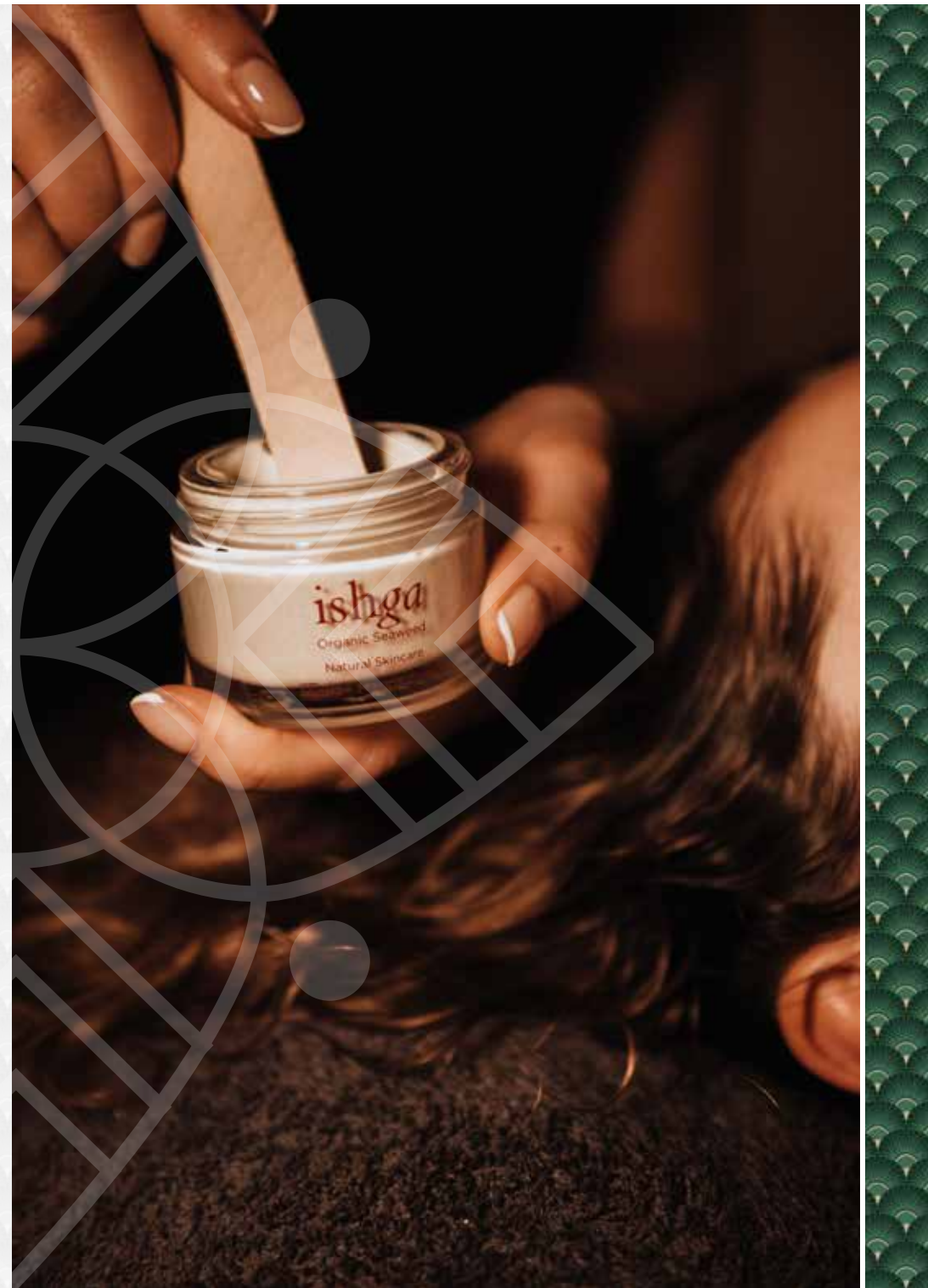
Revitalise and repair skin through the collagen stimulating properties of Hebridean seaweed. Our ishga Facial will brighten and balance skin tone whilst improving texture and protecting skin from environmental damage with its potent antioxidant properties.

Suitable for all skin types.

### ishga Anti-Ageing Facial

£80.00 | 55 minutes

Nourish the skin with a rich Marine Cleansing Balm packed with hydrating fatty acids, combined with a delicate eye massage 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.





## HAND & FOOT TREATMENTS

### Warm Oil Foot Massage

£38.00 | 25 minutes

The ultimate treat for tired feet. After a refreshing scrub, warm oil is gently poured over the feet and lower legs. Deep massage and targeted acupressure techniques relieve fatigue, leaving you feeling completely restored.

### File & Polish

£25.00 | 25 minutes

A quick nail tidy and polish using your chosen OPI shade. (£10 extra for Gel polish)

### OPI Luxury Manicure

£45.00 | 55 minutes

Designed to leave hands silky-smooth with a youthful glow. Our luxury manicure includes a nail shape and cuticle tidy, exfoliation, relaxing hand and lower arm massage followed by warm mitts, finished with an application of your chosen colour.

### OPI Luxury Pedicure

£48.00 | 55 minutes

Designed to nourish and revive your feet. Our luxury pedicure includes a warming foot soak, nail shape and cuticle tidy, exfoliation, relaxing massage followed by warm booties, finished with an application of your chosen colour.

### OPI Gel Polish Manicure

£50.00 | 55 minutes

Includes nail shaping, cuticle care and a hydrating hand massage, finished with long-lasting OPI gel polish in your preferred shade.

### OPI Gel Polish Pedicure

£53.00 | 55 minutes

A complete foot treatment featuring exfoliation, soak, cuticle and nail care, followed by a relaxing massage and finished with your chosen OPI gel polish colour.

## SPA INFORMATION

### Opening Hours

- The leisure facilities are open from 8am to 8pm daily.
- Spa treatments are available from 10am to 8pm daily.

### Leisure Facilities

Swimming Pool | Sauna | Hot Tub | Gym

- The swimming pool is open to adults and children.
- Children under the age of 16 must be accompanied by an adult at all times.
- The sauna and hot tub are available for guests aged 16 and over.
- The gym is open to guests over the age of 18.
- Complimentary use of facilities is available to all hotel residents.
- Use of facilities is available to non-residents and charged at £15 per adult and £7.50 per child for up to 2 hours use.
- Use of leisure facilities is not included with treatment bookings for non-residents.
- Non-resident guests booking treatments of more than 85 minutes are invited to use the leisure facilities for 1 hour prior to their treatment experience. Complimentary use of leisure facilities prior to treatments must be booked and is subject to availability.

### Spa Treatments

- Treatments are available for guests aged 18 and over.
- Treatments are available to guests from the second trimester of pregnancy.
- A consultation form must be completed prior to your treatment.
- If you arrive late for an appointment, it may be necessary to cut down time in respect of the next guest. Arriving 15 minutes prior to your appointment is advised to complete your consultation form and enjoy our relaxation lounge.

### Spa & Leisure Etiquette

- The spa is a tranquil environment, we request mobiles are turned to silent and guests refrain from taking calls in the spa area.
- We request guests respect the privacy of others if taking photos in any of the spa and leisure areas.
- Appropriate swimwear and footwear must be worn at all times.

### Booking and Cancellation Policy

- Spa treatments and day experiences must be paid in full at point of booking.
- Treatment bookings require 24 hours' notice of cancellation.
- Spa Days require 48 hours' notice of cancellation.

### General

- All guests are required to sign in at either the spa or hotel reception on arrival.
- Towels are available for leisure guests.
- Towel and robes are available for day guests.
- Please be advised all valuables are left at their owner's risk and Queens Spa will not be held responsible for any losses or damage.
- We reserve the right to amend prices, facilities and opening times without prior notice.



**THE QUEENS HOTEL & SPA**  
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