

ishga

Organic Seaweed Skincare

We highly recommend bookings are made in advance to avoid disappointment.
A 50% deposit is taken at the time of booking.

Please give 24 hours notice of cancellation, should you
give less than 24 hours notice your deposit will not be refunded.

Please note, dependent on availability, late arrival for your treatment may result in you
only receiving the remainder of your allocated treatment time if we are unable to extend it
due to other bookings but will be charged at the full amount.

All treatment durations are approximate.



OPENING HOURS

SUNDAY TO SATURDAY 10am - 6pm

TO MAKE AN APPOINTMENT PLEASE CALL

01294 822 822

OR VISIT OUR WEBSITE FOR MORE INFORMATION

SEAMILLHYDRO.CO.UK
RELAX@SEAMILLHYDRO.CO.UK

Please contact us to check our opening hours on public holidays



HYDROTHERAPY
BEAUTY SALON

Relax | Rejuvenate | Refresh



TREATMENTS AND PRICES

BODY TREATMENTS - MASSAGE

ISHGA MASSAGE

A medium pressure massage combining relaxing elements of aromatherapy massage, lymphatic drainage and traditional Swedish massage techniques to reduce muscle tension and re-energise the body. Choose from uplifting detoxifying, luxurious and relaxing rose geranium or a deeply warming and comforting woody body oil.

All contain a silky base of sweet almond and jojoba oil to hydrate the skin.

Full body | treatment lasts 50 minutes £70.00
Back, neck and shoulder | treatment lasts 25 minutes £45.00

HOT POULTICE MASSAGE

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. Benefits include reducing inflammation in muscles and joints, increasing circulation and deep relaxation.

Full body | treatment lasts 55 minutes £75.00
Back, neck and shoulder | treatment lasts 25 minutes £50.00

BAMBOO MASSAGE TREATMENT

A combination of a hands on massage along with bamboo canes to create a remarkably revitalising experience.

Full body | treatment lasts 55 minutes £75.00
Back, neck and shoulder | treatment lasts 25 minutes £50.00

MARINE BACK TREATMENT

The ultimate facial for your back designed to rejuvenate and exfoliate while treating any congestion to reveal a brighter and smoother skin. Beginning with a cleanse, tone and exfoliation, a powerful seaweed clay mask is applied to clarify and soften the skin while providing a deep moisturising treatment. A massage of the back and back of legs is also included to leave you feeling deeply relaxed.

treatment lasts 55 minutes £75.00

ISHGA PREGNANCY MASSAGE - Recommended After Third Trimester

The perfect treatment for the mum to be, our ishga massage has been tailored for the mum to be to enjoy the relaxing elements of aromatherapy and Swedish massage techniques.

Full body | treatment lasts 55 minutes £70.00
Back, neck and shoulder | treatment lasts 25 minutes £45.00

FACIAL TREATMENTS

ISHGA FACIAL

Cleanses, tones and moisturises for essential skin maintenance. Includes an exfoliating mask and scalp massage to complete the experience.

suitable for all skin types, treatment lasts 25 minutes £48.00

ISHGA ULTIMATE FACIAL

A rejuvenating facial designed to revitalise and repair suitable for all skin types, even sensitive. It is particularly useful for brightening dull, tired skin leaving it feeling revitalised and hydrated. Includes massage of the face, scalp, shoulders and arms.

suitable for all skin types, treatment lasts 55 minutes £75.00

HANDS AND FEET

ISHGA FOOT TREATMENT

Begins with a foot soak & nail tidy, followed by a sea salt and oil foot scrub, relaxing foot massage, and cooling detoxifying seaweed gel mask.

suitable for all skin types, treatment lasts 40 minutes £40.00

ISHGA HAND TREATMENT

Begins with a hand soak & nail tidy, followed by a sea salt and oil scrub, relaxing hand & arm massage and cooling detoxifying gel mask.

suitable for all skin types, treatment lasts 40 minutes £40.00

Manicure | lasts 45 minutes £30.00
Pedicure | with polish lasts 50 minutes £32.00
Pedicure | with shellac lasts 60 minutes £40.00
File and polish | lasts 20 minutes £15.00
Shellac | lasts 40 minutes £30.00
Soak off Shellac £5.00
Soak off other gel polish £15.00



DAY PACKAGES - LADIES AND GENTS

HYDRO HARMONY

Ideal as an introduction to treatments, includes...

Back, neck & shoulder massage - 25 minutes

Facial - 25 minutes

Choose 1 from: shellac hands, shellac feet or mini manicure

Choice of lunch or afternoon tea

Use of leisure facilities £130



REVIVE

The perfect afternoon pamper, includes...

Back, neck & shoulder massage - 25 minutes

Facial - 25 minutes

Choice of lunch or afternoon tea

Use of leisure facilities £100



TRANQUIL MOMENTS

Experience a relaxing escape, treatments include:

Full body massage - 50 minutes

Facial - 25 minutes

Choice of lunch or afternoon tea

Use of leisure facilities £125



DAY PACKAGES - LADIES AND GENTS

BLISSFUL BEGINNINGS

A relaxing day of specially tailored treatments to suit the pregnant lady, this includes...

Pregnancy massage - 50 minutes

Pedicure - 45 minutes

Choice of lunch or afternoon tea

Use of leisure facilities

£110

VITALITY

Designed to destress and remove those day to day tensions, includes...

Back of body ritual - 50 minutes

Facial - 25 minutes

Choice of lunch or afternoon tea

Use of leisure facilities

£130

Robes and slippers are provided in all day packages

Enjoy full use of our leisure facilities including gymnasium, 16m pool, sauna and steam room and choose from Afternoon Tea or lunch in our Orangery Restaurant

