



# Treatment Menu



# Welcome to wellness

*at The Ickworth*

Our treatment menu beautifully combines bespoke relaxative experiences with results-driven treatments for the perfect blend of healing and balance. Our carefully chosen product partner, ishga, work with us to continually develop amazing and exceptional treatments.

We believe in wellness for the whole family including adults, and children.

We have worked exclusively with ishga to develop a unique range of holistic treatments suited for our younger guests because even the littlest of shoulders feel stress and need some relaxation.

## Product Partner

ishga

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Organic Seaweed Skincare

### **The power of organic seaweed skincare.**

The Hebridean Islands off the north west coast of Scotland is the home of ishga. Harnessing an abundance of vitamins and minerals to create a range of products using sustainably sourced seaweed from the pure, clean waters of the Hebridean Islands.

# Massage

A medium pressure massage combining elements of aromatherapy massage, lymphatic drainage, and traditional Swedish techniques to reduce muscle tension and re-energise the body. Using either invigorating, relaxing or warming body oil.

## **BACK, NECK & SHOULDER**

25-minutes £67

## **BACK, NECK, SHOULDER & SCALP**

45-minutes £83

## **FULL BODY**

55-minutes £99

## **FULL BODY INCLUDING SCALP**

90-minutes £135

## **HOT STONE MASSAGE**

55-minute full body excluding scalp £105

90-minute full body including scalp £145

A full body massage incorporating heated Basalt stones which instantly relax the muscles, allowing the treatment to work at a deeper level. Hot stones work to relax the mind, ease muscle tension, reduce aches and pains and are placed along the chakras to open energy pathways.

## **DEEP TISSUE**

55-minutes £105

90-minutes £140

Using a stimulating muscle recovery oil to relieve physical fatigue and ease muscle pain. The therapist will work on up to two body areas using remedial massage techniques, Thai stretching, localised deep tissue and myofascial release.

## **HOT POULTICE**

55-minutes £108

A re-balancing, light massage using heated sea salt & seaweed granule filled poultices, which are applied to the body to relax the muscles, release tension and nourish the skin. Benefits include reducing inflammation in muscles and joints, increasing circulation, and deep relaxation.

# Body Therapies

## **SALT & OIL SCRUB**

25-minutes £65

A Hebridean sea-salt and oil scrub gently exfoliates, sweeping away dull, dry skin. An express treatment to stimulate circulation, eliminate toxins and leave the skin nourished and glowing.

## **DETOX BODY WRAP**

55-minutes £95

A detoxifying 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 and texture, increase circulation and detoxifying congestion from the body.

## **NOURISHING BODY WRAP**

55-minutes £95

Combining a hydrating salt and oil scrub infused with sweet almond, jojoba and rose geranium to remove dull, tired skin followed by our nourishing gel body mask which soothes, cools, hydrates and tones. A warmed geranium oil scalp massage completes the experience.

## **MARINE BACK TREATMENT**

55-minutes £90

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 heated seaweed clay mask is applied to clarify and soften the skin while providing a deep moisturising treatment. Ideal for skin concerns such as acne on the back, dryness or skin conditions and for muscular aches and pains. A massage of the back and back of legs is also included.

*Results-driven skincare derived from  
the ocean, backed by science.*

## Facial Therapies

### **EXPRESS**

25-minutes £65

A facial cleanse, tone and moisturise for essential skin maintenance. Includes an exfoliating mask and scalp massage.

### **REJUVENATING FACIAL**

55-minutes £95

A rejuvenating facial designed to revitalise and repair. Brightens and alleviates dull, tired skin whilst balancing tone and texture.

### **ANTI-AGEING**

55-minutes £99

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 the seaweed extract is scientifically proven to preserve the skins natural collagen, with powerful anti-ageing properties that repair damaged skin cells which results in smoothing fine lines and wrinkles.

### **ULTIMATE LUXURY**

90-minutes £135

An experience incorporating a skin care routine and three intensive masks. A deep exfoliation using sea kelp powder to remove dead skin. This facial includes a warming massage of the face, scalp, shoulders and arms using heated sea-salt and seaweed poultices.

## Junior Experiences

Alongside our spa partner ishga, we have developed a range of wonderfully relaxing treatments for our littlest of guests, using deeply nourishing seaweed-based products. Suitable for those aged 16 and under. Guests under the age of 16 should be accompanied by an adult aged 18 or over.

### **JUNIOR FACIAL**

A junior ishga facial has been designed to cleanse, tone, and moisturise little faces and give them their first taste of a facial treatment.

### **MINI LITTLE ISHGA FACIAL**

15-minutes £30

Suitable for 3-8 year olds

### **LITTLE ISHGA FACIAL**

25-minutes £50

Suitable for 9-16 year olds

### **JUNIOR MASSAGE**

15-minutes £30

Suitable for 3-8 year olds

25-minutes £50

Suitable for 9-16 year olds

### **MANICURE**

15-minutes £30

File, tidy and colour.

### **PEDICURE**

15-minutes £30

File, tidy and colour.



# Pregnancy

We are only able to treat those beyond their first trimester.

## **MUM TO BE MASSAGE**

70-minutes £105

A nurturing full-body massage helping to soothe aches, pains and general muscle fatigue. Designed to help relax and calm, ease leg cramps, reduce water retention and puffiness. The massage begins with mum to be seated allowing the therapist to fully work the upper and lower back. Then, lying comfortably and supported in an upright position on the therapy bed, the legs, feet and arms are gently massaged to release a sense wellbeing for both mother and baby.

# Oncology Treatments

Anyone on a cancer journey will recognise the great benefit that physical touch and calming techniques can bring.

We offer a range of treatments suitable for those seeking recuperation before, during and after the affects or treatment of cancer. These are designed with relaxation in mind and are delivered in a safe and gentle way.

Let our therapists guide you by combining what is best for your current symptoms and needs.

You may choose two of the following:

- Mini Facial
- Face Massage
- Foot & Leg Massage
- Hand Treatment
- Scalp Massage
- Foot Treatment

55-minutes £99

# Experiences

## FACE & BACK

55-minutes £99

Starting with a medium pressure back massage to remove tension and re-energise the body. Followed by a cleanse, exfoliation, tone and moisturise to the face. Finished with a scalp massage.

## TOP TO TOE EXPERIENCE

70-minutes £120

Your experience will begin with an invigorating full body scrub to rejuvenate the skin, followed by a relaxing Back Massage focusing on your specific areas of tension, your therapist will conclude your experience with a Bespoke Facial with Scalp Massage.

## MINI ME TOP TO TOE EXPERIENCE

55-minutes £90

Suitable for guests ages 12-16

Your experience begins with a mini me Bespoke Facial, followed by a relaxing scalp massage. Your treatment is concluded perfectly with a polish on your fingers OR toes – don't forget to leave time for them to dry! Your therapist will paint your fingers OR toes first to leave time for them to start drying.

## HOT AND COLD MASSAGE EXPERIENCE

70-minutes £120

An intensely muscle-stimulating treatment which starts with a wonderfully relaxing full body hot stone massage. Your treatment will conclude with a relaxing shoulder, face and scalp massage incorporating the use of cold stones and a soothing jade roller.

## REVITALISING SKIN EXPERIENCE

70-minutes £120

This treatment combines a hydrating salt and oil scrub infused with sweet almond oil, jojoba and rose geranium to remove dull, tired skin followed by our nourishing gel body mask which soothes, cools, hydrates and tones. Whilst your skin absorbs the nourishing products, your therapist will indulge your skin with an intensive cleanse and exfoliation. A warmed geranium oil scalp massage completes the experience.

## MARINE EXPERIENCE

120-minutes £175

Feel the power of the ocean with an ishga marine experience. Combining a Hebridean salt and oil scrub, tailored full body massage and express facial.

*Discover the power of  
organic seaweed skincare*

# Hands & Feet

## **LUXURIOUS SEAWEED HAND EXPERIENCE**

55-minutes £72

A detoxifying seaweed treatment to rejuvenate hands, nails and skin. A manicure incorporating nail work, file and polish. Beginning with a soothing hand soak, filled with a blend of seaweed and pure essential oils, followed by a scrub with nutrient rich salts and oils, and a relaxing hand and arm massage. A seaweed gel mask will be applied followed by nails shaped, cuticles conditioned and your choice of nail polish or shiny buff.

25-minutes £50

As above, excludes nail care and polish.

## **LUXURIOUS SEAWEED FOOT EXPERIENCE**

55-minutes £72

A detoxifying seaweed treatment to rejuvenate tired feet and skin. A pedicure incorporating nail work, file and polish. Beginning with a soothing foot bath filled with a blend of seaweed and pure essential oils, followed by a foot scrub with nutrient rich salts and oils, and a relaxing lower leg and foot massage. A seaweed gel mask will be applied followed by nails shaped, cuticles conditioned and your choice of nail polish or shiny buff.

25-minutes £50

As above, excludes nail care and polish.

## **FILE & PAINT 25-minutes £30**

Nails are shaped and treated with a basecoat and polish.

## **ESSENTIAL MANICURE 45-minutes £42**

Includes exfoliation, massage and cuticle care. Nails are shaped and treated with a prescriptive basecoat and polish.

## **ESSENTIAL PEDICURE 45-minutes £47**

Hard skin will be removed, feet and legs will be massaged and your cuticles will be groomed. Your toe nails will be shaped and polished.