

*Isle  
of Eriska*  
*Hotel, Spa & Island*

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The Stables Spa & Deck Restaurant

Isle of Eriska Hotel, Spa & Island

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Website: [www.eriska-hotel.co.uk](http://www.eriska-hotel.co.uk)

***The Stables Spa Treatment Menu***

## **Face**

Discover ishga Facial, 30 minutes	£38
Discover ESPA Facial, 30 minutes	£38
ishga Facial, 60 minutes	£67
Aromatherapy Facial, 60 minutes	£67
Skin Specific Facial, 60 minutes	£70
Men's Purifying Facial, 60 minutes	£67
Deluxe Facial with Firming Eye Treatment, 80 minutes	£82
Back, Face and Scalp, 80 minutes with Hot Stones, 100 minutes	£90,£103
Skin Radiance Facial, 90 minutes	£92
Advanced Lifting and Firming Facial, 90 minutes	£92

## **Massage**

Eriska Back, Neck and Shoulder Massage, 30 minutes	£36
Leg Reviver, 30 minutes	£36
Oriental Head Massage, 30 minutes	£36
Eriska Traditional Massage, 60 minutes	£67
Reflexology, 60 minutes	£67
Deep Tissue Body Massage, 60 minutes	£72
ishga Invigorating Massage, 60 minutes	£67
Aromatherapy Massage, 80 minutes	£82
ishga Hot Poultice Body Massage, 80 minutes	£90
ishga Hot Stones Massage, 80 minutes	£90
Pregnancy Massage, 80 minutes	£82

## **Body**

ESPA Salt and Oil Scrub, 30 minutes	£36
ishga Salt & Oil Scrub, 30 minutes	£36
Lifesaving Back Treatment, 60 minutes	£55
Restorative Mud Envelopment, 60 minutes	£72
Detoxifying Algae Wrap, 60 minutes	£72
ishga Seaweed Body Wrap, 60 minutes	£75
Total Body Care, 80 minutes with Hot Stones, 100 minutes	£90,£103

## **Waxing**

1/2 Leg	£24	Full Leg & Bikini	£44
3/4 Leg	£26	Eyebrows	£12
Full Leg	£33	Lip	£12
Under Arm	£14	Chin	£12
Bikini Line	from £18	Lip & Chin	£17

## **Tinting**

Eyelash Tint	£17
Eyebrow Tint	£14
Lash & Brow	£21

**Massage treatments can be offered in the privacy of your room or Hilltop as well as under canopy at the beach for a supplement of £35**

*60 minute minimum treatment required. Excludes hot stone massage.*

## **Day Spa Packages**

<b>Eriska Spa Essentials</b> , 1 hour 20 minutes*	£98
Discover Eriska Facial	
Back Neck and Shoulder Massage	
Oriental Head Massage	

<b>Rasul Experience</b> , 1 hour	£80
Rasul Mud Chamber Experience	
Choice of Discover ESPA Facial or Discover ishga Facial or Eriska Back, Neck and Shoulder Massage	
Afternoon Tea	

<b>File, Fizz and Polish</b> , 2 hours	£95
Spa Manicure and Spa Pedicure treatments	

<b>Discover Eriska Spa Package</b> , 2 hours	£140
Two 60 minute treatments of your choice from our selection of favourites with Afternoon Tea	

<b>Discover ishga Spa Package</b> , 3 hours*	£175
ishga Invigorating Massage	
ishga Luxurious Seaweed Foot Experience	
ishga Facial	

<b>Discover ESPA Spa Package</b> , 4 Hours*	£230
Skin Radiance Facial	
Total Body Care with Hot Stones	
Spa Manicure or Spa Pedicure	

\*Packages include a £10 allocation to lunch which can be used in our Deck Restaurant.

## **Treatment Programmes**

The Detoxifying Spa Tonic, 120 minutes	£130
Stress Recovery Day, 170 minutes	£155
Rasul Mud Experience, 30 minutes	£35

## **Hands and Feet**

File and Polish, 20 minutes	£21
Hand Treatment, 30 minutes	£31
Spa Manicure, 60 minutes	£50
Spa Pedicure, 60 minutes	£50
Paraffin Wax Treatment, 15 minutes	£10

Nail treatment are unsuitable for clients with gel nails, overlays, extensions. After polish application we advise minimum of 1 hour of drying time and after your Pedicure you are advised to wear suitable foot wear.