

THE SPA

TREATMENTS
AT 45 PARK LANE

FACIALS

NATURA BISSÉ AGE-DEFYING GLOW

60 MINUTES

£350

ENERGISES AND ADDS LUMINOSITY,
SMOOTHES WRINKLES, REJUVENATES

This five-star treatment infuses energy into your skin, reviving complexions dulled by environmental stress and premature aging. It blends crystal-infused acupressure, an advanced myofascial massage and an exclusive Acu-Energy method, designed with our expertise in neuroscience.

NATURA BISSÉ THE YOUTHFUL FIRM AND LIFT

60 MINUTES

£400

VISIBLE LIFTING EFFECT, TIGHTER APPEARANCE,
DEFINED FACIAL CONTOURS

In collaboration with Lyma, this advanced treatment helps minimise the effects of gravity, such as sagging skin and lack of definition, while smoothing the appearance of wrinkles on the face, neck and décolleté. It's a high-performance protocol that provides a lifting effect for the face, perfect as an alternative or accompanied by medical-aesthetic procedures.

NATURA BISSÉ **THE ULTIMATE TIMELESS RADIANCE**

90 MINUTES

£600

EXCEPTIONAL REJUVENATING ACTION,
RADIANT SKIN, RESTORES SUPPLENESS

The mother of all age-defying treatments, this facial captures the essence of the Diamond Age-Defying Collection to reveal dramatically rejuvenated skin. Cutting-edge anti-aging actives and techniques such as Shirodhara Ayurvedic massage work to help reduce visible lines and wrinkles for a youthful-looking glow.

NATURA BISSÉ **PURE VITAMIN C VITALITY FACIAL**

60 MINUTES

£350

RESTORES NATURAL GLOW, REVITALISES AND
HYDRATES, LUMINOUS SKIN

Give sun-damaged skin a new lease of life. In this invigorating treatment, an infusion of collagen-boosting vitamin C is applied with sculpting spoons to minimise signs of premature aging for firmer-looking, intensely luminous skin.

ISHGA PERSONALISED MARINE FACIAL

60 MINUTES

£315

Revitalise and repair skin using the collagen-stimulating properties of Hebridean seaweed. Suitable for all skin types, this facial brightens and balances tone and texture. Meanwhile, seaweed's potent antioxidant properties help protect your newly-glowing skin from environmental damage.

VALMONT HYDRATION OF THE BISSES

60 MINUTES

£435

Reveal vibrant, supple, re-plumped skin with a slow, delicate, and relaxing massage that targets the lymphatic system to improve fluid flow, powered up by the ultra-hydrating H2O BOOST. It takes its name from the irrigation channels known as 'bisses', used by highlanders of Switzerland's Valais region, as it imparts a similar level of deep hydration to your skin.

VALMONT LIFT FROM THE PEAKS

60 MINUTES

£435

Smooth your skin and reduce stress in wrinkle-prone areas. Inspired by fasciatherapy and performed with LIFT BOOST, reserved exclusively for beauty professionals, this slow, deep massage fights wrinkles by relaxing and toning muscles. Taking its name from ski lifts – the gravity-defying devices that carry skiers up to mountain peaks – this treatment visibly elevates the quality of your skin with a powerfully smoothing and stress-relieving effect.

BESPOKE FACIALS

60 MINUTES

£350

90 MINUTES

£460

Personalised skincare treatments designed to address your unique skin type and concerns. Our expert therapist will conduct a thorough skin analysis to determine the most effective combination of techniques and products, ensuring optimal results for your skin's needs.

MASSAGE

ISHGA PERSONALISED WELLBEING MASSAGE

60 MINUTES

£305

90 MINUTES

£360

This relaxing, medium pressure full-body massage combines elements of aromatherapy, lymphatic drainage and traditional Swedish massage techniques to reduce muscle tension, re-energise the body, and leave you feeling absolutely wonderful.

ISHGA POULTICE MASSAGE

60 MINUTES

£325

This rebalancing, light massage uses heated sea salt and seaweed granule-filled poultices to relax your muscles, release tension and nourish your skin with a host of vitamins and minerals. Heated to maximise their detoxing effect, the poultices are rhythmically stroked and kneaded over your body, while your therapist also uses manual massage techniques to send you into a state of deep relaxation.

ISHGA INTENSE FREESTYLE MUSCLE RELEASE MASSAGE

60 MINUTES

£305

Powerful, deep and attentive techniques make this tailored massage perfect for relieving aching muscles. It features a stimulating muscle recovery oil containing ishga's signature antioxidant-packed Fucus Serratus seaweed extract, a natural anti-inflammatory. This is combined with rosemary, peppermint and more to ease muscle tension and physical fatigue. Your therapist will work on one to two body areas of your choice, creating a treatment that's bespoke to you.

BODY TREATMENTS

ISHGA DETOX BODY WRAP

60 MINUTES

£210

Detox your body with the rich bioactive compounds of Hebridean seaweed. This treatment combines an antioxidant-packed seaweed gel with a Hebridean sea salt scrub to stimulate collagen production, and a scalp massage to promote deep relaxation. It works on a visible level to help improve skin tone and texture, and on an invisible level to eliminate toxins and congestion from the body.

ISHGA NOURISHING BODY WRAP

60 MINUTES

£210

Transform dull, tired skin with this body wrap treatment. You'll enjoy a hydrating salt and oil scrub infused with sweet almond, jojoba and rose geranium, followed by a cocooning gel body mask to soothe, hydrate and tone. The nourishing experience includes a warmed rose geranium oil scalp massage, and body oil application to leave your skin glowing.

ISHGA MARINE BACK TREATMENT

60 MINUTES

£200

Rejuvenate your back to reveal brighter, healthier skin. This treatment begins with a cleanse, tone and exfoliation before a powerful heated seaweed clay mask is applied to soften the skin and provide a collagen-boosting dose of rich moisture. Finally, a back massage extending down the back of your legs eases muscular aches and pains to leave you refreshed and relaxed.

SIGNATURE EXPERIENCES

ISHGA FACE & BODY EXPERIENCE

60 MINUTES

£210

Balance the body with a reviving yet relaxing experience. The treatment begins with a medium pressure massage using a carefully selected oil, followed by a facial to renew and brighten the complexion. ishga's unique skincare range contains a potent antioxidant-rich seaweed extract which has been proven to stimulate hyaluronic acid and collagen production in the skin, transforming all skin types.

ISHGA MARINE SIGNATURE EXPERIENCE

TWO HOURS

£370

Developed with natural ingredients from the Scottish Hebrides, this rejuvenating experience helps treat congestion to reveal brighter, smoother skin. You'll start with a deeply cleansing back treatment and heated seaweed clay mask, followed by a relaxing massage to send you into a place of utter tranquillity. Finally, you'll enjoy an organic exfoliating face mask and scalp massage, followed by a peel-off mask made with natural seaweed extract for a powerful anti-ageing effect. Suitable for all skin types.

ISHGA PRE AND POST-NATAL MASSAGE

60 MINUTES

£305

Designed to safely pamper you, this nurturing full-body massage is suitable after the first trimester of pregnancy. It focuses on comforting the changes in your body during pregnancy, enhancing wellbeing and aiding relaxation as it helps calm the mind and body, eases leg cramps, muscle fatigue and other aches and pains, and reduces water retention and puffiness. It's performed using ishga's nourishing Nurturing Oil to hydrate the skin, helping to improve elasticity and the appearance of stretch marks.

ADVANCED TREATMENTS

ISHGA ONCOLOGY TOUCH THERAPIES

60 MINUTES

£210

Relax and nurture the mind and body with our range of treatments suitable for anyone currently undergoing cancer treatment or in recovery. Our expertly designed therapies combine the health benefits of Hebridean seaweed skincare with a range of simple but effective facials and massages.

Let your spa therapist guide you through a bespoke 60-minute experience by combining what is best for your current needs, or you may choose any two of the following spa treatments. The seaweed content of your therapy is dependent on your chosen oil.

- Mini facial
- Comforting foot and leg massage
- Head and scalp massage
- Reflexology face massage
- Seaweed foot or hand treatment
- Back massage

BACK, FACE & SCALP SOUND TREATMENT

90 MINUTES

£320

Embark on a journey to the Hebrides with this 90-minute treatment – designed to work in harmony with an immersive soundtrack capturing the transportive, calming and relaxing essence of the ocean. You'll begin with a stimulating Hebridean sea salt back exfoliation, followed by a back, neck and shoulder massage that's tailored to you and incorporates hot stones and essential oils to relieve tension. Next, you'll enjoy a deep cleansing facial with a lifting facial massage, before finishing with a therapeutic scalp massage and gentle stretching.

Sound treatment techniques can alter your brain wave state by activating the parasympathetic nervous system, lowering blood pressure and heart rate and inducing inner calm and clarity.

NAILS

INTRODUCING MII

We're delighted to partner with Mii, whose prescriptive treatment formulas are designed to deliver healthy, natural nails, finished with a flourish of Colour Confidence Nail Polish or Statement Gel Polish.

MANICURES

For our manicures we use blended products with active ingredients including antioxidant-rich blueberry, and rosemary and vitamin C. To nourish the skin, we use shea butter, argan oil and aloe vera, with a calming signature fragrance of bergamot, Earl Grey and cucumber for added sensorial bliss.

TREAT MII

60 MINUTES

£110

A hand-reviving exfoliation, moisturising massage and cuticles made neat and tidy. Nails are analysed, shaped, then treated with a prescriptive base coat, before the final flourish of your chosen Colour Confidence Polish and high shine top coat to finish. Alternatively, select a Statement Gel Polish.

FLY BY MII

45 MINUTES

£100

Enjoy extra nail protection, extra fast. For this express treatment, hands are cleansed and conditioned, and cuticles moisturised. Nails are beautifully shaped and treated with a prescriptive base coat, before the final flourish of your chosen Colour Confidence Polish and high shine top coat to finish. Alternatively, select a Statement Gel Polish.

NATURALLY MII

30 MINUTES

£90

Select from the above Mii services but go colour free. Nails can be buffed to a natural sheen or finished with a prescriptive base coat.

RENEW MII

30 MINUTES

£90

To brighten and renew your skin. Renew Mii includes a hand-reviving exfoliation, indulgent hydrating hand mask, restorative serum and a heavenly hydrating hand and forearm massage. This treatment does not include polish.

PEDICURES

For our pedicures we use a restorative blend of moisturising aloe vera, calming thyme, antioxidant rosemary and soothing Icelandic moss, with a clean fragrance of lemon and green tea to help lift the sole.

TREAT MII

60 MINUTES

£110

Feet are cleansed and exfoliated, with hard skin removed and cuticles made neat and tidy. Feet and ankles are massaged with conditioning creams. Nails are analysed, shaped, then treated with a prescriptive base coat, before the final flourish of your chosen Colour Confidence Polish and high shine top coat to finish. Alternatively, select a Statement Gel Polish.

FLY BY MII

45 MINUTES

£110

Get pedi-ready in an instant. Feet are cleansed and conditioned, with hard skin removed and cuticles moisturised. Nails are trimmed and tidied, then treated with a prescriptive base coat, before the final flourish of your chosen Colour Confidence Polish and high shine top coat to finish. Alternatively, select a Statement Gel Polish.

GEL ADD-ONS

REMOVE MII

30 MINUTES

£70

Fast, efficient and gentle removal of Statement Gel Polish. We take the greatest care of the cuticles and natural nails, leaving them conditioned and hydrated, with a blissful coconut fragrance.

REFRESH MII

30 MINUTES

£90

Prolong your existing Statement Gel manicure or pedicure. Cuticles are made neat and tidy and regrowth is infilled with an additional layer of gel.

THE ULTIMATE 45 PARK LANE SPA EXPERIENCE

Suitable for the solo traveller who would like to start their
45 Park Lane experience earlier.

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| 11am | On arrival leave bags at the front desk so that they can be taken to your room once it is ready |
| 11.15am | Welcome by our spa team with a cup of tea in our residents lounge |
| 11.45am | Use of facilities including sauna, steam, pool and gym |
| 1.00pm | Two-course lunch in the residents lounge from our seasonal menu |
| 2.30pm | 60 minute ishga personalised wellbeing massage |
| 3.30pm | 60 minute Valmont Energy of the Glacier facial |
| 4.30pm | Cup of tea in the residents lounge |
| 5.30pm | Depart the Spa and check in to your hotel room. |

PRICE £610

45 PARK
LANE

DORCHESTER COLLECTION