



HOTEL SPA GOLF

Spa at Mar Hall



Relax at Mar Hall

Step into our multi-award winning ishga spa, soothe your soul and rejuvenate your senses. At Mar Hall our therapists will lift your spirits and help you unwind. Our spa has its own unique character with soothing relaxation rooms, sauna, steam room and swimming pool.

Wherever you choose to relax on your luxurious spa day, with us you'll be warmly welcomed and well looked after. We'll be sure to leave you feeling radiant and revitalised.

At Mar Hall our therapists reconnect your mind, body and soul. Each of our luxury treatment rooms offer a tranquil environment where you can unwind with a blissful treatment from our extensive spa menu.

Then, retreat to our Relaxation Room where you can escape your everyday pressures and rediscover your inner Zen.

Wrap up in one of our plush bathrobes, slip on our complimentary spa slippers and let us help you find the perfect spa treatment to suit your needs.

At Mar Hall, we have a range of luxury spa packages that will cater for any occasion. Whether you're celebrating a birthday, or indulging in a spa break with friends, we have a pampering spa experience for you.

With our luxury spa packages, you can retreat from the world and reconnect with your body and mind. Speak with our therapists today to find the perfect package for you.

ishga

Organic Seaweed Skincare



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 are home to ishga, and where we sustainably hand harvest the four types of seaweed that are at the heart of our organic skincare range.

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

harnessing an abundance of vitamins and bioactive minerals to create a remarkable range of high performing products that deliver efficacy for all skin types. Indulge in the restoring powers of the ocean and allow our marine skincare to connect your mind, body and soul back to nature.

The ocean is at the heart of ishga, and our unique seaweed extract is at the core of our award-winning organic skincare range. Since day one back in 2013, we've been sustainably harvesting the wonder ingredient on the shores of our home of the Isle of Lewis.

We allow nature to replenish her stocks by rotating our harvesting locations and only taking what we need. Our team carries out weekly trips to freshly collect four types of seaweed that are vital to our results-driven skincare loved by many of you across the world!

We owe our powerful hydrating, firming, healing, and skin protecting formulas to Fucus Serratus Seaweed, Pelvetia Canaliculata Seaweed, Ascophyllum Nodosum Seaweed and Fucus Vesiculosus Seaweed; each containing its own unique skin enhancing properties.

When our seaweed extract is combined with high-performing active skincare ingredients, it becomes a transformative must-have ingredient for your skincare shelf.

We only use the highest quality natural ingredients. Light base oils such as sweet almond or jojoba, essential oils like rose geranium or lemongrass, and nourishing moisturisers including cocoa and shea butters, glide blissfully on and balance, nourish, smooth and repair.



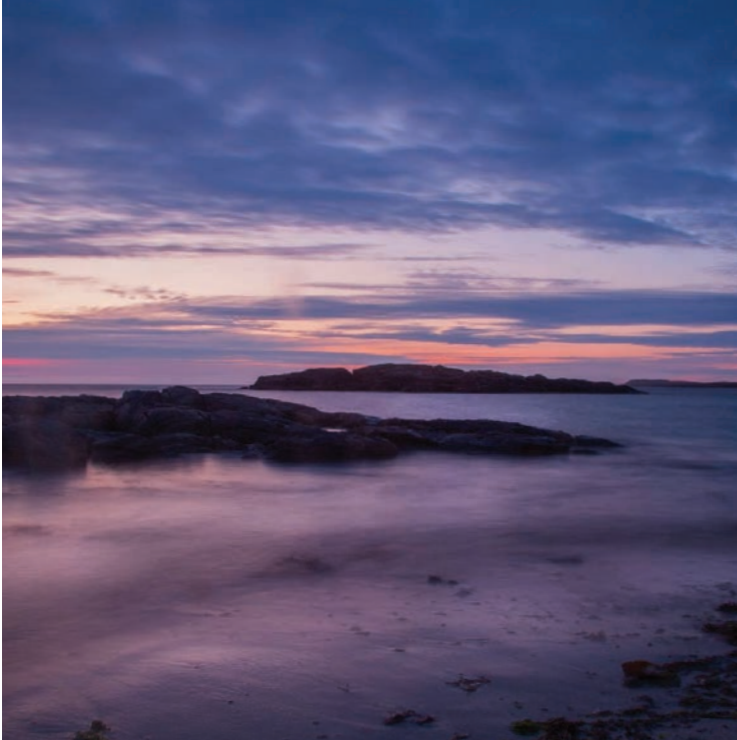


Experts in the art of aromatherapy, ishga are specialists when it comes to skincare. Blending innovation with nature, ishga's ingredients care for every skin type and age.

Indulge in a relaxing facial, replenishing back massage, or purifying detox envelopment that will leave your skin looking and feeling radiant.

From fusion stone massages and reflexology, to pedicures and waxing, our sumptuous spa and beauty treatments will leave you feeling like a new person.

Select the perfect spa day experience from our menu. When you arrive our therapists will tailor a ishga experience especially for you.



ishga

Organic Seaweed Skincare

HEBRIDEAN HIDEOUT

55 minute treatment – Back/Neck & Shoulder with express facial

One course lunch from lounge menu

Robe/Towel & Slippers

2 hour use of outdoor Spa Garden
(Heated loungers, Jacuzzi, Fire pits)

£125 Monday to Thursday | £145 Friday to Sunday

SCOTTISH LUXURY SPA & DINE

2 hour treatment – Hebridean Salt & Body Scrub, Back Massage & Cleansing Facial

Robe/Towel & Slippers

Unlimited hour use of outdoor Spa Garden
(Heated loungers, Jacuzzi, Fire pits)

6 Course Scottish Tasting Dinner Menu

£255 Monday to Thursday | £275 Friday to Sunday

THE CALLANISH STONES

1 hour 25 minute treatment – Hot Stone Back Massage/ Back Scrub/Face, Scalp & Sound Treatment

Traditional Afternoon Tea

Robe/Towel & Slippers

2 hour use of outdoor Spa Garden
(Heated loungers, Jacuzzi, Fire pits)

£169 Monday to Thursday | £189 Friday to Sunday

MUM TO BE PACKAGE

55 minute treatment

One course lunch from lounge menu

Fluffy Robe/Towel & Slippers

2 hour use of outdoor Spa Garden
(Heated loungers, Jacuzzi, Fire pits)

£135 Monday to Thursday | £155 Friday to Sunday



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