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Sauna  
Toilet



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# ESCAPE AT THE SANDMAN SIGNATURE ABERDEEN SPA

With a Unique Spa Experience

Hidden away in its own quiet sanctuary within the hotel, Signature Spa at Sandman Signature Aberdeen Hotel is an inviting cocoon designed as a peaceful retreat in the heart of Aberdeen's city centre.

Our team of experts are on hand to help you select an experience that's right for you; whether it's an invigorating massage or a relaxing facial our bespoke treatments are tailored to all needs.



# ishga

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## Organic Seaweed Skincare

ishga is derived from the Gaelic word for water. Their luxurious, regenerative organic and vegan skin care products have been developed in the Outer Hebrides using the highest quality and purest Scottish seaweed combined with water from a natural spring situated on the beautiful Hebridean Isle of Lewis.

Seaweed has been used for centuries for its natural healing and therapeutic properties. It contains a high content of vitamins, minerals and powerful natural antioxidants that are considered essential for maintaining healthy glowing skin; while scientific research shows the seaweed extract used in ishga preserves the skin's natural collagen. The mineral rich seaweed extract is carefully blended with cucumber extract, macadamia, jojoba, aloe vera and bergamot so that your ishga treatments will detoxify, nourish, firm and hydrate the skin.





# EXPERIENCES

*All experiences include lunch at Chop Bar & Grill. Available Sunday - Friday subject to availability.*

Our specialised experiences have been designed to create the optimum experience for everyone. The perfect way to indulge, unwind and immerse yourself in the perfect blend of relaxingly bespoke treatments and life-giving natural skincare to restore the body, mind and soul.

All of our experiences can be tailored for expectant mothers who are past their first trimester of pregnancy.

## **ishga Face and Body Experience (55 Minutes) - £110**

Express Facial & Massage

## **ishga Marine Experience (120 Minutes) - £150**

Salt & Oil Body Scrub, Full Body Massage and Express Facial

## **ishga Luxury Experience (170 Minutes) - £200**

Facial, Full Body Massage and Spa Manicure or Spa Pedicure

## **ishga Ultimate Experience (240 Minutes) - £270**

Salt & Oil Body Scrub, Full Body Massage, Facial and Spa Manicure and Spa Pedicure



# MASSAGES

## **ishga Full Body Massage (55 Minutes) - £85**

A medium pressure full body 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:*

### **Invigorating**

An uplifting, detoxifying seaweed body oil with lemongrass, juniper, lavender and rose geranium. Particularly useful for improving fatigue and eliminating toxins.

### **Relaxing**

The luxurious scent of nurturing rose geranium to aid stress relief, relax, soothe and balance a tired mind and body. A silky base of sweet almond and jojoba oil to hydrate and tone skin.

### **Warming**

A comforting, woody oil containing patchouli, bergamot and sandalwood. Ideal for muscular aches, nervous tension and insomnia.





### **ishga Hot Stone Massage (55 Minutes) - £90**

This full body massage uses heated basalt stones to instantly relax the muscles and allow the treatment to work at a deeper level. Hot stones are useful for easing out tension, and reducing aches and pains. The stones are placed along the body's chakras to open up energy pathways. We use signature seaweed based oil with added lemongrass, lavender and juniper to detoxify and regenerate the body and skin.

### **ishga Deep Tissue Massage (55 Minutes) - £90**

Powerful, deep and specifically placed techniques make this customised massage essential for relief of aching muscles. Using a stimulating muscle recovery oil containing fucus serratus extract, a natural anti-inflammatory, to relieve physical fatigue and rosemary to ease muscle pain. The Therapist will work on one to two body areas of your choice using remedial massage techniques, Thai stretching and localised deep tissue and myo-facial release.

### **ishga Hot Poultice Massage (55 Minutes) - £90**

A rebalancing, 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. 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. When the compress is heated it provides a detoxing effect to draw toxins from the body and add a host of vitamins and minerals deep within.

# BODY TREATMENTS

## **ishga Detox Body Wrap (55 Minutes) - £85**

A powerfully detoxifying Hebridean sea salt scrub with body wrap. This combines the detoxifying and nourishing effects 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 detoxify congestion from the body.

## **ishga Nourishing Body Wrap (55 Minutes) - £85**

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

## **ishga Marine Back Treatment (55 Minutes) - £85**

The ultimate back facial designed to rejuvenate and exfoliate, while treating any congestion to reveal 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 legs is also included to leave you feeling deeply relaxed.





# FACIALS

## **ishga Facial (55 Minutes) - £85**

A rejuvenating facial designed to revitalise and repair. Suitable for all skin types, even sensitive. It is particularly useful for brightening dull, tired skin and balances skin tone and texture, protecting the skin from environmental damage. This treatment will cleanse, tone, exfoliate and moisturise the skin leaving it revitalised and hydrated.

## **ishga Anti-Ageing Facial (55 Minutes) - £90**

Using our rich marine cleansing balm packed with hydrating fatty acids and a lifting and firming gel face and eye mask to tighten and tone the skin. The high content of seaweed extract in the products used 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.

## **ishga Ultimate Luxury Facial (55 Minutes) - £130**

An indulgent, luxurious spa facial which incorporates a thorough skin care routine, combined with three intensive masks. Including a deep exfoliation using a rich, vitamin packed sea kelp powder, which removes dead skin leaving the skin bright and glowing. This facial includes a warming massage of the face, scalp, shoulders and arms using heated sea salt and seaweed poultices, which absorb congestion and detoxify the skin whilst adding a host of vitamins and minerals into the face and upper body.



# MENS

## **ishga Mens Facial (55 Minutes) - £85**

The ishga men's products are designed to detox and draw impurities from the skin whilst stimulating collagen production and combat signs of ageing. This treatment will cleanse, tone and moisturise the skin leaving it revitalised and hydrated leaving a protective layer to prevent environmental damage. Great for those who enjoy the great outdoors, sports or are exposed to harsh weather conditions.

## **ishga Mens Stress Reliever Massage (55 Minutes) - £90**

An Invigorating full body treatment combined with scalp massage. A medium pressure massage designed to detox and balance the body whilst removing any areas of muscular tension and stress; the seaweed based oil nourishes and protects the skin with a masculine sandalwood and patchouli aroma.



# HOLISTIC TREATMENTS

## **Hopi Ear Candle (30 Minutes) - £55**

Practiced for centuries, Hopi ear candling is a gentle and relaxing therapy that encourages natural healing and mental clarity. Infused with honey, natural essential oils and beeswax to help breakdown and extract impurities, wax and other debris from the ear. This treatment is perfect for those who suffer from excessive earwax, congestion, migraines, headaches, sinusitis and hay fever etc.

## **ishga Scalp Massage (30 Minutes) - £55**

Our warmed geranium oil is applied with a deeply relaxing head, neck and shoulder massage designed to focus on specific pressure points and relieve built up stresses and tensions. Particularly beneficial to those who suffer from tension headaches, migraines and insomnia.

## **Reflexology (55 Minutes) - £85**

Your reflexologist will tailor this powerful health therapy by applying ancient techniques and practices with the use of natural oils to the reflexes in the feet, encouraging the body to naturally heal itself and maintain a balanced state of health and well being. This gentle and relaxing treatment eases stress, anxiety, boosts circulation, aids fatigue and treats other known ailments.



# PRE/POST NATAL TREATMENTS

## **ishga Mum-To-Be Facial (55 Minutes) - £85**

Our Mum-to-be Facial has been specifically designed comfort, sooth and repair. Suitable for all skin types, even sensitive. It is particularly useful for restoring dull, tired skin and balances skin tone and texture, protecting the skin from environmental damage and added stresses from pregnancy. This treatment will cleanse, tone, exfoliate and moisturise the skin leaving it nourished and hydrated.

## **ishga Mum-To-Be Massage (55 Minutes) - £85**

Our Mum-To-Be Massage has been specifically designed to pamper and relax pregnant clients and is suitable after the first trimester of pregnancy. This treatment focuses on the changes in the client's body during pregnancy, helping to ease aches and pains and can improve the client's sense of wellbeing, comfort levels and aid relaxation.

A nurturing full body massage to soothe aches, pains and general muscle fatigue often experienced during pregnancy. Designed to help relax and calm, ease leg cramps, reduce water retention and puffiness. Using ishga's Nurturing Oil, which hydrates the skin and helps to improve elasticity, reducing stretch marks, 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, arms and most importantly the bump are gently but therapeutically massaged to release a sense of wellbeing for both mum and baby.





**ishga Mum-To-Be Cocoon (90 Mins) - £120**

With delicate rose and nurturing geranium this soothing cocoon treatment will leave your skin softened with a gentle but effective full body salt and oil scrub and cooling, soothing geranium body gel mask. Followed by a nurturing full body massage to take the weight off tired legs, relieve aches and pains and to help you feel soothed and rested.



# ISHGA ONCOLOGY

## **ishga Touch Therapies (55 Minutes) - £85**

Signature Spa, in partnership with ishga, are delighted to offer a range of treatments suitable for anyone currently undergoing Cancer treatment or in recovery from the after effects. These relaxing and nurturing treatments work by combining the health benefits of seaweed based natural and organic products, with a range of simple but effective gentle massage or facial. These safe but indulgent treatments will leave you feeling revitalised and confident in the knowledge that our Therapists have received additional professional training in cancer care.

Let your Therapist guide you to a bespoke 55 minute treatment by combining what's best for your current symptoms and needs or you may choose any two of the following spa treatments:

**Mini Facial**

**Comforting foot and leg massage**

**Head & Scalp Massage**

**Reflexology**

**Face Massage**

**Seaweed Hand or Foot Treatment**

**Back Massage**



# EXPRESS & ADD ON TREATMENTS

## **ishga Foot Recovery (25 Minutes) - £46**

Nutrient rich salt and oil foot scrub, relaxing lower leg and foot massage. Finishing with a cooling and detoxifying algae gel mask to sooth tired feet.

## **ishga Hand Recovery (25 Minutes) - £46**

Nutrient rich salt and oil hand scrub, relaxing lower hand and arm massage. Finishing with a cooling and detoxifying seaweed gel mask to rejuvenate tired hands.

## **ishga Salt & Oil Scrub (25 Minutes) - £46**

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

## **ishga Express Facial (25 Minutes) - £46**

A re-energising facial with cleanse, tone and moisturise for essential skin maintenance. Includes an exfoliating mask and scalp massage to complete the experience.

## **ishga Express Massage (25 Minutes) - £46**

Focusing on the back, neck and shoulders to target areas of tension, release everyday stress and relax the nervous system. The seaweed based body oil used contains lemongrass, lavender and juniper to regenerate and nourish the skin, with anti-inflammatory properties to soothe aching muscles.

*Express Treatments can be added to any Full Body or Facial Treatment for £25.*



# NAILS

In partnership with CND, here at Signature Spa we have created a collection of prescriptive nail treatments that include not only the health of your nails but hands and feet also. Our manicures, pedicures and nail treatments offer a bespoke, relaxing and refreshing experience to sooth tired aching hands and feet. The use of CND in our treatments offers results with added relaxation.

Infused with Keratin, Vitamin E and Jojoba oil to protect the integrity of the natural nail providing a chip resistant high-gloss weekly wear for Vinylux Polish and up to 3 weeks wear for Shellac Gel Polish.





<b>File and Polish on Hands or Feet</b> <i>(20 Minutes)</i> File and Application of Vinylux Polish	<b>£20</b>	<b>Shellac Manicure</b> <i>(50 Minutes)</i> File, Cuticle Tidy, Exfoliation, Deep Hand & Arm Massage and Application of Shellac Gel Polish	<b>£45</b>
<b>Spa Manicure</b> <i>(20 Minutes)</i> File, Cuticle Tidy, Hand & Arm Massage and Application of Vinylux Polish	<b>£30</b>	<b>Shellac Pedicure</b> <i>(65 Minutes)</i> File, Cuticle Tidy, Soak, Exfoliation, Deep Foot & Leg Massage and Application of Shellac Gel Polish	<b>£60</b>
<b>Luxury Spa Manicure</b> <i>(50 Minutes)</i> File, Cuticle Tidy, Exfoliation, Intensive Mask, Deep Hand & Arm Massage and Application of Vinylux Polish	<b>£45</b>	<b>Shellac Removal on Hands or Feet</b> <i>(20 Minutes)</i> Removal of Shellac Gel Polish, other brands may incur a surcharge of £5	<b>£20</b>
<b>Spa Pedicure</b> <i>(50 Minutes)</i> File, Cuticle Tidy, Soak, Exfoliation, Foot & Leg Massage and Application of Vinylux Polish	<b>£45</b>	<b>Cucumber Heel Therapy Upgrade</b> Heel treatment inclusive of intensive serum with alpha-hydroxy acids that breakdown tough calluses in minutes. Finished off with a therapeutic cream that has a deeply moisturising botanical complex to help alleviate dry, callused heels.	<b>£10</b>
<b>Luxury Spa Pedicure</b> <i>(65 Minutes)</i> File, Cuticle Tidy, Soak, Exfoliation, Intensive Mask, Deep Foot & Leg Massage and Application of Vinylux Polish	<b>£60</b>		
<b>Shellac Application on Hands or Feet</b> <i>(30 Minutes)</i> File, Cuticle Tidy and Application of Shellac Gel Polish	<b>£30</b>		

# WAXING

Formulated with the finest resins and sensuous aromatherapy oils, Lycon delivers superior results every time, removing stubborn hair as short as 1mm like no other! The full Lycon system has been designed with comfort in mind from the pre-wax oil to post wax products you will experience 50% reduction in pain.

## BODY

<b>Lip or Chin</b> (10 Minutes)	£10
<b>Lip &amp; Chin</b> (10 Minutes)	£15
<b>Underarm</b> (15 Minutes)	£15
<b>Forearm</b> (20 Minutes)	£20
<b>Full Arm</b> (25 Minutes)	£25
<b>Half Leg</b> (25 Minutes)	£25
<b>Full Leg</b> (35 Minutes)	£35
<b>Bikini</b> (20 Minutes)	£20
<b>Extended Bikini</b> (25 Minutes)	£25
<b>Brazilian</b> (35 Minutes)	£35
<b>Hollywood</b> (40 Minutes)	£40
<b>Back Wax</b> (25 Minutes)	£25
<b>Chest Wax</b> (25 Minutes)	£25
<b>Back &amp; Shoulder Wax</b> (30 Minutes)	£30
<b>Chest, Back and Shoulder Wax</b> (45 Minutes)	£45

## EYES AND BROWS

<b>Eyebrows</b> (15 Minutes)	£15
<b>Eyebrow Tint*</b> (10 Minutes)	£10
<b>Eyelash Tint*</b> (20 Minutes)	£20
<b>Eyebrow Wax and Tint*</b> (20 Minutes)	£20
<b>Eyebrow &amp; Eyelash Tint*</b> (25 Minutes)	£25
<b>Eyebrow Wax &amp; Tint/Eyelash Tint*</b> (35 Minutes)	£35



# ADVANCED EYES AND BROWS

## **HD-Brows\*** (30 Minutes) - £35

HD Brows is a bespoke eyebrow treatment using a unique design formula with custom blended tint, hair removal and makeup application tailored to your individual brows.

## **Brow Sculpt\*** (45 Minutes) - £45

Brow Sculpt is a brow lamination treatment with a bespoke HD Brows twist! This treatment will help create symmetry in uneven brows, tame unruly hairs and help you to achieve that full, fluffy eyebrow look.

## **Lash Lift\*** (45 Minutes) - £45

Lash Lift is a great alternative to lash extensions this treatment will enhance your own natural lashes creating the look of longer, fuller lashes opening your eyes for a more youthful look.

*\*Require a patch test at least 48 hours prior to appointment time for new clients and those who have not been regularly within a 6 month period.*



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# SPA ETIQUETTE



## **Arrival Time**

We kindly ask that you arrive 15 minutes prior to your treatment time in order to complete our health questionnaire. Please be aware that late arrival will shorten your treatment time.

## **Cancellation Policy**

A 100% charge will be incurred for treatments not cancelled within 24 hours of your scheduled treatment time. There is a 14-day cancellation policy for group bookings of 4 or more, as well as our spa packages. Credit Card details are needed for all appointments and a 50% booking fee will apply to all bookings.

## **Health Conditions or Pregnancy**

We ask you kindly to advise us of any health conditions and injuries or pregnancy when booking your treatment. If you are taking medication, have underlying health conditions or injuries that are not discussed at the time of booking, this could possibly lead to change of treatment or cancellation.

## **Age Restrictions**

A minimum age requirement for access to Signature Spa facilities and to experience treatments is 16 years old.

## **Use of Mobile Phones**

Please be mindful of other guests' rights to privacy, peace and tranquillity and refrain from using mobile phones within the spa.

# EXTRAS

## **Gift Vouchers**

Gift vouchers are available from the Spa reception, online or over the phone.

## **Valuables**

Signature Spa at Sandman Signature Aberdeen Hotel accepts no responsibility for loss/damage of valuables and jewellery at any time whilst on the premises.

## **Courses**

We offer courses on all of our treatments as follows:

**Course of 4 – 15% Discount**

**Course of 6 – 20% Discount**

All courses must be paid in full at time of purchase and used within a 12-month period. Courses include full price treatments only and exclude all packages and any offers or promotions. Courses are non transferable and non refundable. Please ask your therapist or at reception for more information.





# SIGNATURE *spa*

## Opening Hours

Monday: 10am – 7pm

Tuesday: 10am – 7pm

Wednesday: 10am – 7pm

Thursday: 10am – 8pm

Friday: 10am – 7pm

Saturday: 10am – 7pm

Sunday: 10am – 5pm

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