



THE SPA

Treatment Menu

THE SPA AT MARINE TROON

The Spa at Marine Troon is a tranquil setting to reflect, unwind and take a bit of ‘you time.’

We’ve partnered with UK skincare specialists Ishga and Made For Life Organics to offer a gorgeous range of facial and body treatments, featuring indulgent natural products.

Let our dedicated team assist you in creating your ideal spa experience, one that brings equilibrium to both mind and body.

Relax. Restore. Revive.

About Ishga

Seaweed-derived skincare from the purest Scottish waters. ishga products are certified-organic, vegan and cruelty-free, and made locally in the Outer Hebrides, Scotland.

About Made for Life Organics

Authentic, 100% organic skincare. Made for Life Organics botanicals deliver the most natural nutrients in their purest form to the skin. Blended by hand in Cornwall.

ISHGA MASSAGE

Golfers Deep Tissue Massage

55 minutes | £85

90 minutes | £110

Powerful, deep and specifically placed techniques make this customised massage essential for relief of aching muscles. Our stimulating muscle recovery oil features fucus serratus extract, a natural anti-inflammatory to relieve physical fatigue, and rosemary to ease muscle pain. We'll work on one to two body areas of your choice using classic massage techniques, Thai stretching and localised deep-tissue and myofascial release.

Full Body Massage

55 minutes

£80

A medium-pressure full-body massage combining relaxing elements of aromatherapy massage, lymphatic drainage and traditional Swedish massage 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: With 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 hydrates and tones skin.

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

Hot Stone Massage

55 minutes

£90

A full body massage incorporating heated Basalt stones, which instantly relax muscles and allow 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 up energy pathways. A seaweed-based oil with lemongrass, lavender and juniper detoxifies and regenerates the skin.

Hot Poultice Massage

55 minutes

£90

A rebalancing, light massage using heated sea salt and seaweed granule-filled poultices. Applied to the body, the poultices relax the muscles, release tension and nourish skin. The relaxing warm poultices are then rhythmically stroked and kneaded over the body. When heated, the compresses provide a detoxifying effect, drawing toxins from the body and adding a host of vitamins and minerals deep within.

Mum To Be Prenatal Massage

55 minutes

£80

Specifically designed to pamper expectant mothers in their second and third trimesters. This nurturing full-body massage soothes the aches, pains and general muscle fatigue often experienced during pregnancy.

ISHGA BODY

Detox Body Wrap

55 minutes

£90

A powerfully detoxifying Hebridean sea salt and oil scrub with body wrap. This treatment 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

£90

First, a hydrating salt and oil scrub infused with sweet almond, jojoba and rose geranium to remove dull, tired skin. Then, a cocoon of our nourishing gel body mask to soothe, cool, hydrate and tone dry, sensitive skin. A warmed geranium-oil scalp massage completes the experience.

Marine Back Treatment

55 minutes

£75

The ultimate back facial, this treatment rejuvenates and exfoliates, while treating any congestion to reveal brighter, smoother skin. To cleanse, tone and exfoliate, a powerful heated seaweed clay mask is applied, clarifying and softening the skin while providing deep moisture. Ideal for skin concerns (such as back acne, dryness or skin conditions) and for muscle aches and pains. A final back and leg massage leaves you feeling deeply relaxed.

Reflexology

55 minutes

£70

An ancient holistic treatment. The body relaxes and general wellbeing improves as we apply pressure to the reflex points of your feet.

FACIALS

Ishga Facial

55 minutes

£80

A rejuvenating facial designed to revitalise and repair. Suitable for all skin types, including sensitive. This facial will brighten dull, tired skin, balance skin tone and texture, and protect skin from environmental damage. Skin is cleansed, toned, exfoliated and moisturised, leaving it revitalised and hydrated.

Anti-Ageing Facial

55 minutes

£90

Featuring ishga's rich Marine Cleansing Balm, packed with hydrating fatty acids, and a lifting and firming gel face- and eye-mask to tighten and tone skin. Products include seaweed extract, known for its powerful anti-ageing properties that help preserve natural collagen, repair damaged skin cells, and smooth fine lines and wrinkles.

Ultimate Luxury Facial

90 minutes

£110

An indulgent, luxurious 90-minute spa facial featuring a thorough skincare routine and three intensive masks. We start with deep exfoliation using a rich, vitamin-packed sea kelp powder to remove dead skin and leave skin bright and glowing. Then, a warming massage of the face, scalp, shoulders and arms with heated sea salt and seaweed poultices to absorb congestion, detoxify and add a host of vitamins and minerals into the face and upper body.

FOR MEN

Men's Stress Reliever Massage

55 minutes

£80

An invigorating medium-pressure, full-body treatment and scalp massage, designed to detox and balance the body while relieving muscle tension and stress. A seaweed-based oil, scented with sandalwood and patchouli, nourishes and protects the skin.

Men's Facial

55 minutes

£70

This treatment will cleanse, tone and moisturise skin, leaving it revitalised and hydrated with a protective layer to prevent environmental damage.

The ishga products we use detox and draw impurities from the skin while stimulating collagen production to combat signs of ageing. Great for those who spend time outdoors playing sports or in harsh weather conditions.

SIGNATURE TREATMENTS

Ishga Body & Face Duo

55 minutes

£80

Invigorating but equally relaxing, with a focus on removing tension to re-energise the body. The treatment starts with a medium-pressure massage using a powerful detoxifying seaweed body oil to regenerate, firm, and tone the skin. For the facial, we cleanse, exfoliate, tone and moisturise using a powerful blend of organic seaweed, which is packed with antioxidants and anti-ageing benefits. While the products do their work, enjoy a scalp massage to complete the experience.

Ishga Marine Experience

90 minutes

£120

Salt & Oil Body Scrub, Invigorating Massage & Express Facial

For details on each of these treatments, please see our Express Treatments section.

MADE FOR LIFE ORGANICS

Touch Therapy Treatments

Made for your wellbeing

Created to slow down the mind and relax, these rituals use slow, soothing and rhythmic massage techniques to provide complete tranquillity and relaxation, and to promote a sense of wellbeing. Treatments are adaptable and completely safe for everybody, even individuals with a compromised immune system.

Hand On Heart

Back, Face & Scalp Treatment | 90 minutes

£95

Drift away into a meditative state of relaxation during this mindful, gentle and nurturing ritual for the head, face, back and shoulders. A combination of deep breathing exercises and slow Tui Na Chinese massage techniques rebalance and calm the upper body. A facial pressure-points massage eases tension, and a slow and gentle head massage clears the mind.

Catch The Breath

Back & Head Treatment | 25 minutes

£45

This nurturing gentle treatment for the head, back and shoulders was created to allow you to drift away into a meditative state of relaxation. Slow, rhythmic movements using 100% organic Made for Life Organics products provide a true sense of well-being and reconnect the mind and body.

Soothe & Nurture

Organic Facial | 55 minutes

£75

A beautiful way to restore natural luminosity to the skin, leaving you looking and feeling radiant. Made for Life Organics botanical balms and oils nourish, cleanse and return natural balance to the skin. This deeply relaxing face and scalp massage calms the mind, replenishes the skin and soothes the soul.

Sole Sensation

Foot & Leg Treatment | 25 minutes

£35

Refresh tired, aching feet (and soles) with a rosebud foot soak and exfoliation, followed by a soothing leg and foot massage with cooling peppermint, healing rosemary and Made for Life organic oils.

Tender Touch

Hand & Arm Treatment | 25 minutes

£35

Hand reflexes are soothed and nurtured with a caring touch using enriching and moisturising hand balms.

EXPRESS TREATMENTS

Ishga Back Neck & Shoulder Massage

25 minutes

£45

A massage focusing on the back, neck and shoulders to target areas of tension, release everyday stress and relax the nervous system. A seaweed-based body oil regenerates and nourishes the skin, with anti-inflammatory properties to soothe aching muscles.

Ishga Express Facial

25 minutes

£45

This facial cleanses, tones and moisturises for essential skin maintenance, and includes an exfoliating mask and scalp massage to complete the experience.

Ishga Salt & Oil Scrub

25 minutes

£45

This invigorating express treatment stimulates circulation, eliminates toxins and leaves the skin nourished and glowing. The Hebridean sea salt and oil scrub gently exfoliates, sweeping away dull, dry skin.

Tranquillity Scalp Massage

25 minutes

£45

Unwind after a stressful day. This tranquillity treatment uses carefully selected oils to relax your mind. The neck, shoulders, face and scalp will be massaged using pressure-point and drainage techniques.

LUXURIOUS FINISHING TOUCHES

Ishga Luxurious seaweed pedicure

55 minutes

£65

This luxury pedicure rejuvenates tired feet and leaves skin silky-smooth, with a detoxifying seaweed treatment. First, a soothing foot bath filled with a blend of seaweed and pure essential oils. Then, a foot scrub with nutrient rich salts and oils, and a relaxing lower leg and foot massage. We then apply a detoxifying seaweed gel mask before shaping nails, conditioning cuticles and finishing with your choice of nail polish or a shiny buff.

Ishga Luxurious Seaweed Manicure

55 minutes

£65

Rejuvenate hands and nails and enjoy silky-smooth skin with this detoxifying seaweed treatment and manicure. First, a soothing hand soak filled with a blend of seaweed and pure essential oils. Then, a scrub with nutrient rich salts and oils, and a relaxing hand and arm massage. We then apply a detoxifying seaweed gel mask before shaping nails shaped, conditioning cuticles and finishing with your choice of nail polish or a shiny buff.

**To complement your luxury manicure or pedicure, upgrade to gel polish for an additional £10. Please note, this will add 15 minutes to your appointment.*

FINISHING TOUCHES

File & polish hands, regular

25 minutes £20

File & polish toes, regular

25 minutes £20

File & polish hands, gel

45 minutes £35

File & polish toes, gel

45 minutes £35

Gel removal only

25 minutes £15

Note: Gel removal time may vary depending on the type of gel polish you have on. Please advise the Spa team when you book for a more accurate estimate.

WAXING

Eyebrow tidy

15 minutes £15

Eyebrow or eyelash tint

20 minutes £25

Eyebrow package with shape & tint

25 minutes £30

Upper lip or chin

15 minutes £15

Bikini

30 minutes £20

Underarm

20 minutes £15

Half leg

45 minutes £30

Full leg

55 minutes £35

Chest

45 minutes £30

Back

45 minutes £30

**All tints require a patch test 24 hours prior to appointment.*

SPA DAYS

All spa days include 2-hour use of the spa, pool, and gym. Plush robes, towels and slippers will be provided for your visit.

Morning Escape

Monday - Thursday | £69

Friday - Sunday | £89

Your time is precious, so take time out, with our Morning Escape spa day to relax and refresh your mind and body. Your morning will include a 25-minute treatment followed by a 2-course set lunch at The Seal.

Treatments are bookable between 9am and 12.30pm

Marine Signature Spa Day

Monday - Thursday | £110

Friday - Sunday | £130

Indulge in your choice of two 25-minute treatments including a 2-course set lunch at The Seal.

Marine Serenity Spa Day

Monday - Thursday | £145

Friday - Sunday | £165

Relax and unwind with a 55-minute treatment of your choice followed by a 25-minute express treatment. Delight in a 2-course set lunch at The Seal.

Marine Indulgent Spa Day

Monday - Thursday | £165

Friday - Sunday | £185

Refresh at our coastal retreat and enjoy your choice of 55-minute treatment and 2 25-minute treatments followed by a 2-course set lunch at The Seal.

Maternal Moments Spa Day

Monday - Thursday | £95

Friday - Sunday | £110

A blissful experience, relax with the ishga Mum-To-Be Prenatal massage, slow soothing techniques are used to calm and alleviate any aches and stresses. This spa day is suitable for mothers to be over 12 weeks and also includes a 2-course set lunch at The Seal.

Please speak to a member of our team for more information on the choice of treatments. Lunch includes 2 courses from a set menu at The Seal. Spa days are priced per person.

INFORMATION

ARRIVING AT THE SPA

We invite you to arrive at our spa and leisure reception 30 minutes prior to your scheduled appointment. This will allow you time to fill out the relevant consultation card and change into your bathrobe and slippers. Kindly note that if you arrive late for your scheduled appointment, your treatment time will be reduced; however full payment will still be required.

SPA DINING AND REFRESHMENTS

Enjoy dishes from our specially created Spa menu. We also offer a selection of prosecco, champagne and cocktails, as well as tea, coffee and soft drinks.

HEALTH CONDITIONS

Your wellbeing is our priority, so please advise us of any health conditions, recent operations, allergies or injuries when making your spa booking, as a doctor's note may be required.

We also offer specially designed services for clients undergoing cancer treatments or who have compromised immune systems. Please contact the Spa team for more information.

AGE REQUIREMENTS

Persons under the age of 16 are prohibited from having spa treatments. Anyone under 16 must be accompanied by an adult at all times when using the leisure facilities. They will not be permitted to use the sauna, steam room or hot tub areas.

LOST OR DAMAGED PROPERTY

Please keep all valuables locked in the locker provided during your visit. We regret we cannot be held responsible for any loss or damage of personal items.

CANCELLATION POLICY

We offer free cancellation up to 48 hours before your scheduled treatment. Cancellations made within 48 hours of treatment will be charged at 50% of the total cost. If you do not show up for your booked appointment, you will be charged 100% of the total cost.

DON'T WANT THE DAY TO END?

ADD AN OVERNIGHT STAY

If you wish to enhance your spa experience by adding an overnight stay, please let us know. We have some excellent packages available, with hotel rooms and meals in addition to spa treatments.

For details, call: 01292 314444

Marine & Lawn
Hotels & Resorts

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