

# THE SPA

TREATMENTS  
AT 45 PARK LANE

# THE ULTIMATE 45 PARK LANE SPA EXPERIENCE

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

- 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 the following choices:
  - Butter lettuce salad, avocado, Stilton, champagne-herb vinaigrette
  - Roasted pumpkin agnolotti, sage, pinenuts, parmesan
  - Grilled jumbo Australian tiger prawns, red chilli jam and green mango salsa
  - Winter berry Pavlova
  - Lemon tart
  - The chocolate one
- 2.30pm 60 minute ishga personalised wellbeing massage
- 3.30pm 60 minute Valmont Energy of the Glacier facial
- 4.30pm Cup of tea and a slice of cake in the residents lounge
- 5.30pm Depart the Spa and check in to your hotel room.

PRICE £610

# FACIALS

## ISHGA PERSONALISED MARINE FACIAL

	MON – THU	FRI – SUN
60 MINUTES	£190	£210

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.

## ISHGA ANTI-AGEING FACIAL

	MON – THU	FRI – SUN
60 MINUTES	£200	£220

Nourish your skin and smooth fine lines and wrinkles away. First, a rich Marine Cleansing Balm is applied, packed with hydrating fatty acids to plump and rejuvenate. It’s followed by a firming gel mask to tighten and tone. Both contain a high content of seaweed extract, scientifically proven to preserve the skin’s natural collagen and repair damaged skin cells with its powerful anti-ageing properties.

## ISHGA ULTIMATE LUXURY FACIAL

	MON – THU	FRI – SUN
90 MINUTES	£250	£270

Indulge in the regenerating and hydrating properties of Hebridean seaweed with a luxurious facial that uses three active masks to exfoliate, nourish and protect. Meanwhile, a lifting facial massage, the application of warmed sea salt and seaweed poultices, and lymphatic drainage techniques all work together to rejuvenate skin, adding a boost of vitamins and minerals into your face and upper body.

## VALMONT ELIXIR DES GLACIERS (MAJESTIC TREATMENT)

	MON – THU	FRI – SUN
90 MINUTES	£450	£470

A nourishing, sculpting and remodelling treatment for incomparable, opulent beauty. For 90 delightful minutes, you'll enjoy two cleansings, three massages and four masks targeting the face, décolleté and hands, providing deep rejuvenation for even the most demanding skin.

## VALMONT LIFT FROM THE PEAKS

	MON – THU	FRI – SUN
60 MINUTES	£270	£290
90 MINUTES	£320	£340

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.

## VALMONT HYDRATION OF THE BISSES

	MON – THU	FRI – SUN
60 MINUTES	£270	£290
90 MINUTES	£320	£340

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 LUMINOSITY OF ICE

	MON – THU	FRI – SUN
60 MINUTES	£270	£290
90 MINUTES	£320	£340

Look at an ice crystal and it sparkles like pure diamond – that’s the inspiration behind this treatment. It’s designed to help you create softer, smoother and more radiant skin, reducing the appearance of irregularities for a glow as immaculate as a snow-covered landscape. Grounded in facial reflexology and performed with LUMI BOOST, the massage focuses on specific areas of the face to detoxify and brighten the skin.

## VALMONT FIRMNESS OF THE HILLS

	MON – THU	FRI – SUN
60 MINUTES	£330	£350
90 MINUTES	£380	£400

A nourishing, sculpting and remodelling treatment designed to improve skin firmness. You’ll enjoy a facial massage incorporating therapeutic deep massage techniques and slow, smoothing strokes to sculpt and define. Its effects are supercharged thanks to Valmont’s powerful FIRM-C Boost – a concentrated serum that delivers triple DNA, Vitamin C and collagen to the skin. Reveal a younger-looking face with a radiant glow, plump texture, and visibly more definition.

## VALMONT ENERGY OF THE GLACIERS

	MON – THU	FRI – SUN
60 MINUTES	£300	£320
90 MINUTES	£350	£370

Want to look as fresh and rosy as if you’d spent a day hiking over glaciers? This oxygenating facial leaves your skin with a radiant glow thanks to a dual-action massage that focuses on the vascular system to energise and relax. This works in tandem with the ultra-oxygenating formula of Vital Boost – a product reserved exclusively for beauty professionals – to create an oxygen-rich, revitalised complexion.

## EXPRESS TREATMENTS

### VALMONT PURITY OF THE ALPS

	MON – THU	FRI – SUN
45 MINUTES	£220	£240

More than just a simple skin cleansing, this facial offers skin a true revival. Designed to purify and balance, it's made up of 12 steps that cleanse, hydrate and leave your skin deliciously soft. Blending delicate strokes with the efficacy of Valmont products, it's a perfect choice for a first time facial or as a maintenance treatment at any time of year.

### VALMONT YOUTHFUL EYE TREATMENT (REFLECTION ON A FROZEN LAKE)

	MON – THU	FRI – SUN
45 MINUTES	£110	£130

This comprehensive, targeted treatment is designed to eliminate fine lines, shadows, bags and swelling – leaving you with a dazzling, youthful gaze. Following a cleanse, you'll enjoy a gentle massage to reduce puffiness, moving into techniques that lift and sculpt to target wrinkles and crow's feet. Reflexology pressure points around the eye are stimulated to target dark shadows, and finally you'll enjoy a nourishing collagen mask to plump and soothe skin before protective treatments are applied.

# MASSAGE

## ISHGA PERSONALISED WELLBEING MASSAGE

	MON – THU	FRI – SUN
60 MINUTES	£190	£210
90 MINUTES	£270	£290

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

	MON – THU	FRI – SUN
60 MINUTES	£220	£240

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

	MON – THU	FRI – SUN
90 MINUTES	£190	£210

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

	MON – THU	FRI – SUN
60 MINUTES	£190	£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

	MON – THU	FRI – SUN
60 MINUTES	£190	£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

	MON – THU	FRI – SUN
60 MINUTES	£180	£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

	MON – THU	FRI – SUN
60 MINUTES	£190	£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

	MON – THU	FRI – SUN
120 MINUTES	£350	£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

	MON – THU	FRI – SUN
60 MINUTES	£190	£210

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

	MON – THU	FRI – SUN
60 MINUTES	£190	£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
- Reflexology face massage
- Comforting foot and leg massage
- Seaweed foot or hand treatment
- Head and scalp massage
- Back massage

## BACK, FACE & SCALP SOUND TREATMENT

	MON – THU	FRI – SUN
90 MINUTES	£300	£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

	MON – THU	FRI – SUN
60 MINUTES	£90	£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.

## INDULGE MII

	MON – THU	FRI – SUN
75 MINUTES	£100	£120

Hands drink in all the benefits of the Treat Mii Manicure with the additional indulgence of a rich hand mask and heavenly hand and forearm massage. Add Statement Gel Polish for a long-lasting finish.

## FLY BY MII

	MON – THU	FRI – SUN
45 MINUTES	£80	£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

	MON – THU	FRI – SUN
30 MINUTES	£70	£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

	MON – THU	FRI – SUN
30 MINUTES	£70	£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

	MON – THU	FRI – SUN
60 MINUTES	£90	£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.

### INDULGE MII

	MON – THU	FRI – SUN
75 MINUTES	£120	£140

Feet drink in all the benefits of the Treat Mii Pedicure, plus the additional indulgence of a deeply rich and nourishing foot mask and rejuvenating foot and lower leg massage.

## FLY BY MII

	MON – THU	FRI – SUN
45 MINUTES	£90	£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

	MON – THU	FRI – SUN
30 MINUTES	£50	£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

	MON – THU	FRI – SUN
30 MINUTES	£70	£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.

45 PARK  
LANE

DORCHESTER COLLECTION