

NEW LANARK

Treatment menu.



NEW LANARK
Health & Fitness

Our Philosophy.

At New Lanark Mill Spa, we are dedicated to putting your wellbeing at the heart of everything we do. We've created a space to escape the everyday and find a moment of relaxation, helping you to unwind, de-stress and feel totally refreshed. We do this by prioritising quality through every decision we make and every service we offer treating each member and every guest as individuals. We're passionate about personalising our service at every point, from tailoring our consultations to ensuring that every treatment is unique.

Welcome to the Spa at New Lanark Mill

Our treatment menu beautifully combines exquisite holistic spa rituals with results driven treatments for the perfect blend of healing and balance. Our carefully chosen spa partners work with us to continually develop amazing and exceptional experiences for you to enjoy.

ishga

Organic Seaweed Skincare

ishga is derived from the Gaelic word for water. Their 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 Isle of Lewis.

Seaweed has been used for centuries for its natural healing and therapeutic properties and contains a high content of vitamins, minerals and powerful natural antioxidants, which are considered essential for maintaining glowing skin; while recent scientific research shows the seaweed extract used in ishga preserves the skin's natural collagen.

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“Enjoy some needed ‘me’ time and release all the tension & stress from life’s everyday rigours.”



Residential Breaks.

If a day is not enough (and it rarely is!), we offer a choice of spa breaks that combine a stay in one of our bedrooms with a memorable spa and dining experience.

All spa breaks include use of our wellness facilities including, sauna, steam room and pool, with robes and slippers provided for the length of your stay.

SPA GETAWAY TOGETHER

From £145 (per person per night based on 2 people sharing)

Take time out to relax and unwind together with this truly luxurious spa package.

Your Escape includes:

- » One night's stay with dinner and breakfast for 2 people
- » One 50 minute treatment each from the options on page 9
- » Use of the spa facilities throughout your stay

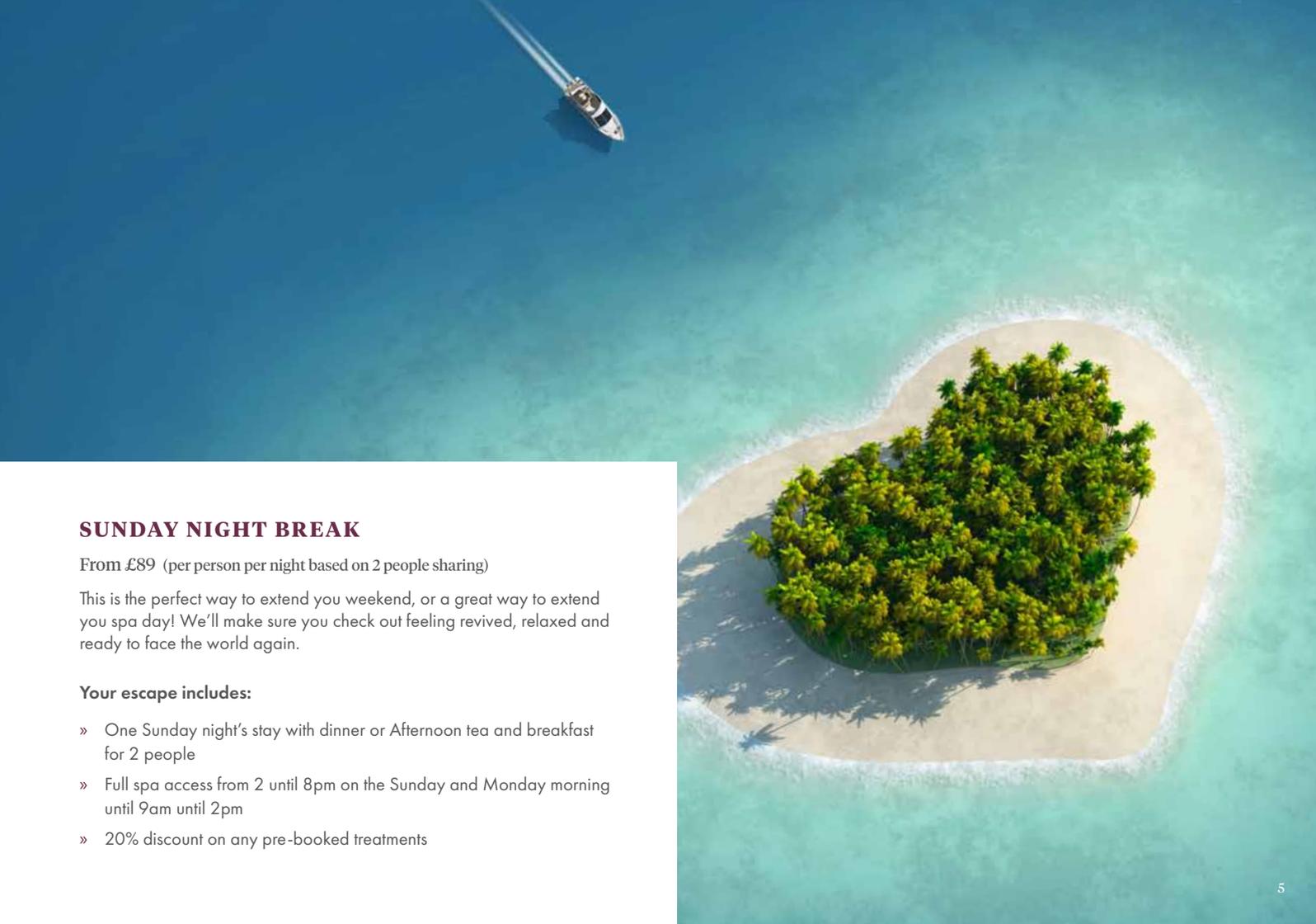
SPA 2 NIGHT WELLNESS PACKAGE

From £220 (per person per night based on 2 people sharing)

This two-night package will allow you to benefit from the hotel facilities and enjoy the surrounding areas while at the same time unwinding and rejuvenating in the spa.

Your Spa Wellness Package includes:

- » Two nights' stay with breakfast and dinner included for two people.
- » 1 x 50-minute treatment per person, from the options on page 9
- » Use of the spa facilities throughout your stay

An aerial photograph of a tropical island. The island is heart-shaped, with a sandy beach and a dense forest of palm trees. The water around the island is clear and turquoise, with white foam from waves washing onto the shore. In the upper left corner, a white speedboat is moving across the dark blue water, leaving a white wake.

SUNDAY NIGHT BREAK

From £89 (per person per night based on 2 people sharing)

This is the perfect way to extend your weekend, or a great way to extend your spa day! We'll make sure you check out feeling revived, relaxed and ready to face the world again.

Your escape includes:

- » One Sunday night's stay with dinner or Afternoon tea and breakfast for 2 people
- » Full spa access from 2 until 8pm on the Sunday and Monday morning until 9am until 2pm
- » 20% discount on any pre-booked treatments

Spa Days.

A spa day well spent brings so much relaxation.

Whether you've only got a few hours to spare or need a full day of 'me time', a spa day is the perfect way to treat your mind and body whilst boosting your wellbeing. Combine with a treatment designed to make you feel good whilst meeting your individual needs.

AFTERNOON TEA AND FIZZ SPA DAY

Mon-Fri £139pp Sat-Sun £159pp

Your day of pure pampering will include:

- » Full Spa access with robes and slippers
- » Prosecco Afternoon tea served in the restaurant
- » £10 spa retail voucher, to take that perfect gift home with you
- » Two x 50-minute treatments of your choice from the options on page 9
- » 4 hours access from 1pm onwards

HEAVENLY ESCAPE SPA DAY

Mon-Fri £99pp Sat-Sun £119pp

Your day of relaxation will include:

- » Full Spa access with robes and slippers
- » Light Spa lunch served in the restaurant
- » One x 50-minute treatment of your choice from the options on page 9
- » £10 spa retail voucher, to take that perfect gift home with you
- » 4 hours access either from 10am-2pm or 2pm-6pm

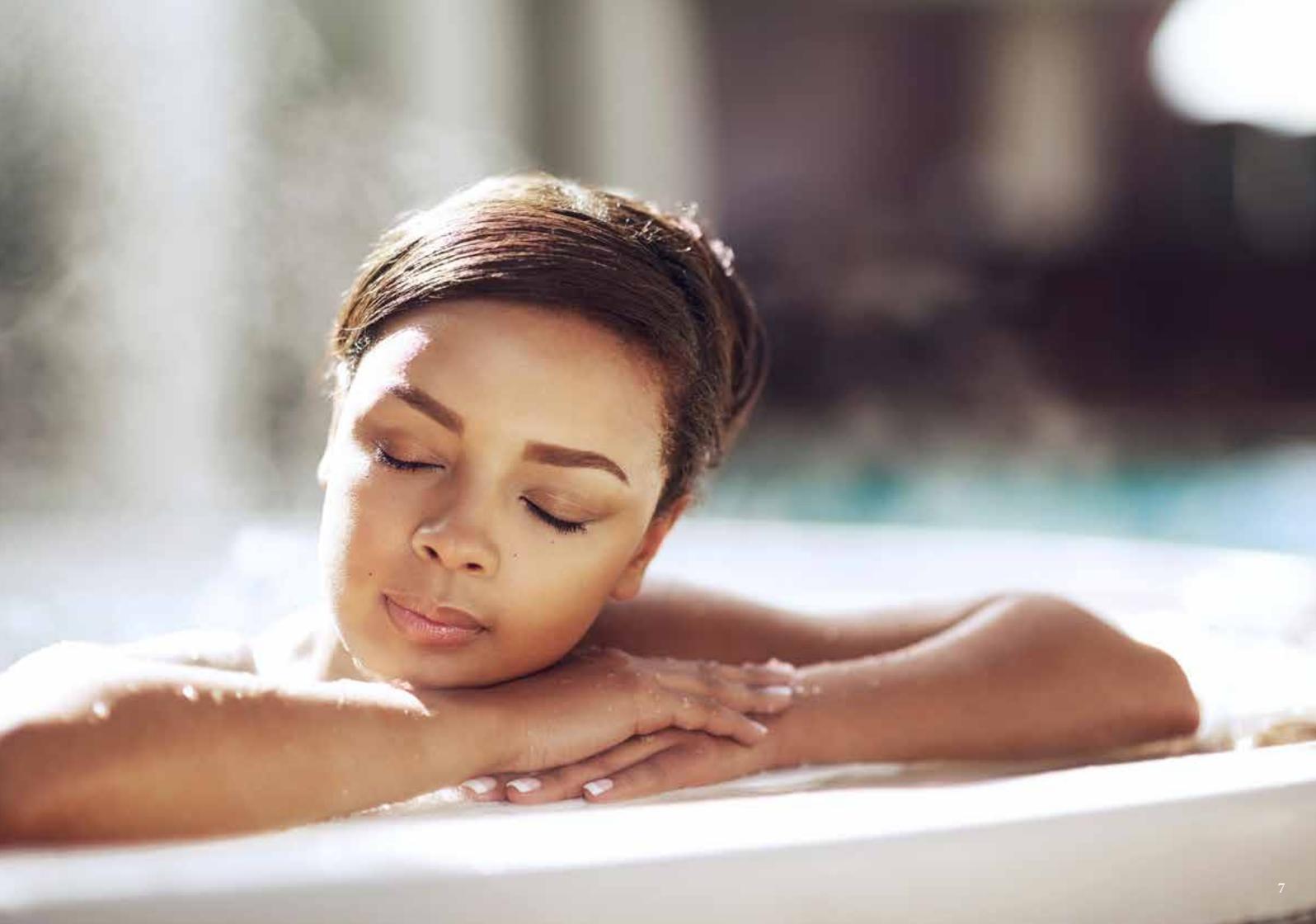
EXPRESS SPA DAY

Mon-Fri £59pp Sat-Sun £79pp

Available 10am-2pm, 2pm-6pm or 4pm onwards

Your mini day of pampering will include:

- » 3-hour spa access with robes and slippers
- » One x 25-minute treatment of your choice from the options on page 8
- » £10 spa retail voucher, to take that perfect gift home with you



25 Minute Treatments.



ishga EXPRESS FACIAL

A cleanse, tone and exfoliating mask with relaxing scalp massage and *ishga*'s finishing products to hydrate, balance and firm the skin.

MOMENT OF TRANQUILITY

Intensely de-stressing scalp treatment to banish tension and aid restful sleep. Power Point massage includes Essential Oils to invigorate and calm, leaving a feeling of pure serenity.

ishga HAND RECOVERY

Salt and oil hand scrub, relaxing hand massage and cooling and detoxifying seaweed gel mask.

ishga FOOT RECOVERY

Salt and oil foot scrub, relaxing foot massage and cooling and detoxifying seaweed gel mask.

ishga SALT & OIL SCRUB

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

EXPRESS MANICURE OR PEDICURE

We will file your nails, remove any cuticles then finish off with a colour of your choice.

50 Minute Treatments.

ishga FACE AND BODY EXPERIENCE

The treatment starts with a medium pressure massage combining a powerful detoxing seaweed body oil with lemongrass, juniper and rose geranium. It is designed to be invigorating but equally relaxing, with a focus on removing tension to re-energise the body. The seaweed body oil regenerates, firms, tones the skin and is particularly useful for eliminating toxins. To conclude, the focus moves to the face combining a cleanse, exfoliation, tone and moisturise using a powerful blend of organic seaweed high in antioxidants and anti-ageing benefits. While the products do their work, enjoy a scalp massage to complete the experience.

MENS FACIAL

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 outdoors, sports or harsh weather conditions.

MANICURE GROOMING OR TOE TIDY

We will file your nails, remove any cuticles then finish off with a colour of your choice.

ishga FACIAL

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 LUXURIOUS SEAWEED FOOT OR HAND EXPERIENCE

A detoxifying Seaweed treatment to rejuvenate tired feet or hands and leave skin silky smooth. A luxury pedicure or manicure incorporating nail work and file and polish. Begins with a soothing foot or hand bath filled with a blend of seaweed and pure essential oils followed by a foot or hand scrub with nutrient rich salts and oils, and a relaxing lower leg/arm and foot/hand massage. A detoxifying seaweed gel mask will be applied followed by nails shaped, cuticles conditioned and finished with your choice of nail polish or shiny buff.

MARINE BACK TREATMENT

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

Facial Treatments.

ishga EXPRESS FACIAL

25 minutes £25

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

ishga FACIAL

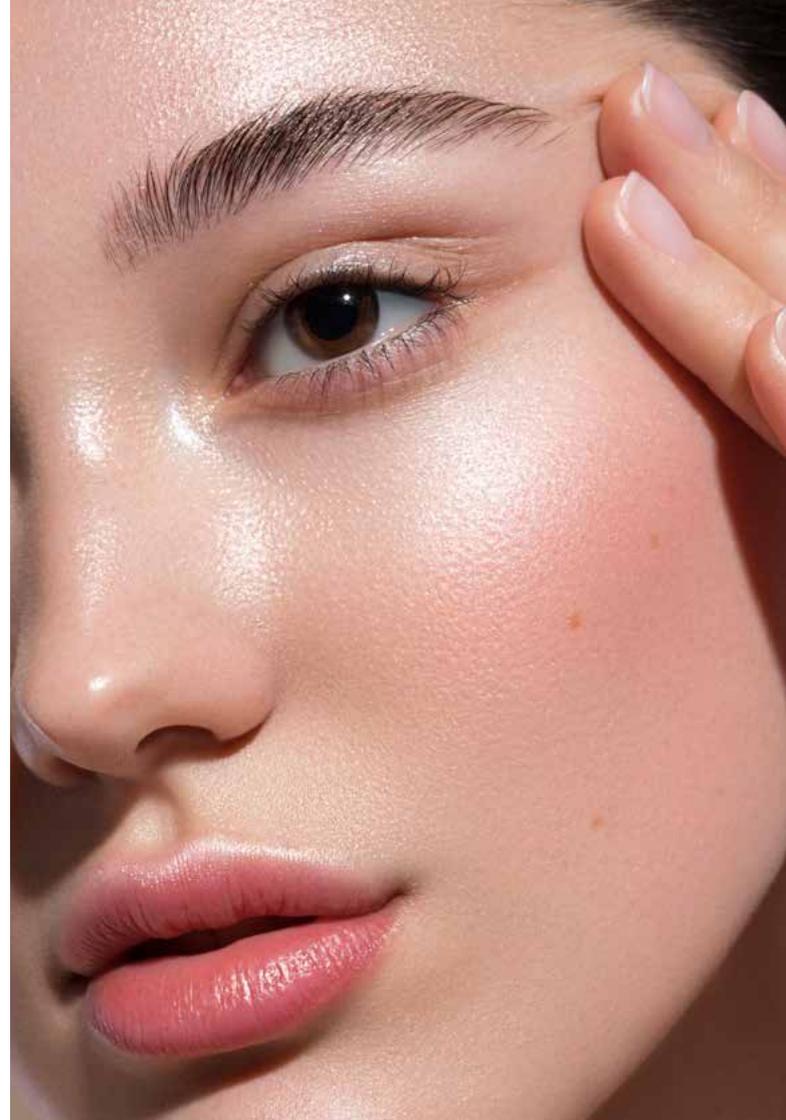
55 minutes £55

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 £55

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 skin's natural collagen, with powerful anti-ageing properties that repair damaged skin cells which results in smoothing fine lines and wrinkles.



Body Treatments.

SALT & OIL SCRUB

25 minutes £25

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

MARINE BACK TREATMENT

55 minutes £55

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

DETOX BODY WRAP

55 minutes £55

A powerfully detoxifying Hebridean sea salt and oil scrub with body wrap. This 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 £55

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 PREGNANCY MASSAGE

55 minutes £55

A blissful experience for both mum and baby. Slow soothing massage techniques are used to calm and alleviate any aches and stresses associated with pregnancy. For mothers to be of over 12 weeks.

Massages.

ishga BODY MASSAGE

55 minutes £55 25 minutes £25

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:

1. INVIGORATING

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

2. 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.

3. WARMING

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

MOMENT OF TRANQUILLITY SCALP MASSAGE

25 minutes £25

Intensely de-stressing scalp treatment to banish tension and aid restful sleep. Power point massage includes Essential Oils to invigorate and calm, leaving a feeling of pure serenity

HOT STONE MASSAGE

55 minutes £63

A full body massage incorporating heated Basalt stones which instantly relax the muscles, allowing 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 will detoxify and regenerate the skin.

ishga MENS STRESS RELIEVER MASSAGE

55 minutes £55

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.

DEEP TISSUE MUSCLE ENERGISER

55 minutes £65 30 minutes £35

Created to alleviate stress and release the discomfort of aching muscles, whether through fatigue or stress, essential oils work with your body to release localised areas of tension. Your mind will be left feeling less cluttered, and your muscles intensely relaxed.

Manicure and Pedicure Services.

REJUVENATING HAND RITUAL

25 minutes £25

A rejuvenating, protective treatment rich in Vitamin E and Karitè Butter, restoring nourishment and beauty to the hands

RENEWING FOOT RITUAL

25 minutes £25

Revitalizing foot ritual with neem extract to reveal polished and smoother feet.

LUXURY MANICURE OR PEDICURE

55 minutes £45

The ultimate deluxe hand or foot treatment, combining attention to the nail plates and cuticles and a thermal treatment to soften the skin and hydrate. Finished to perfection with your choice of colour.

MANICURE GROOMING OR TOE TIDY

40 minutes £40

If your hands or feet appear tired, let our specialists help achieve the best condition for the nails and cuticles including a Gel polish application to achieve the finished look.

EXPRESS MANICURE OR PEDICURE

25 minutes £25

We will file your nails, remove any cuticles then finish off with a colour of your choice. Choose either your hands or your feet. If you're looking. For more attention to the skin, we recommend manicure grooming or toe tidy.

GEL MANICURE OR PEDICURE

55 minutes £45

If you're looking for a polish that will last for up to 14 days this is perfect for treatment for you.

GEL REMOVAL AND CONDITIONING

25 minutes £25

GEL REMOVAL AND REAPPLY

30 minutes £25

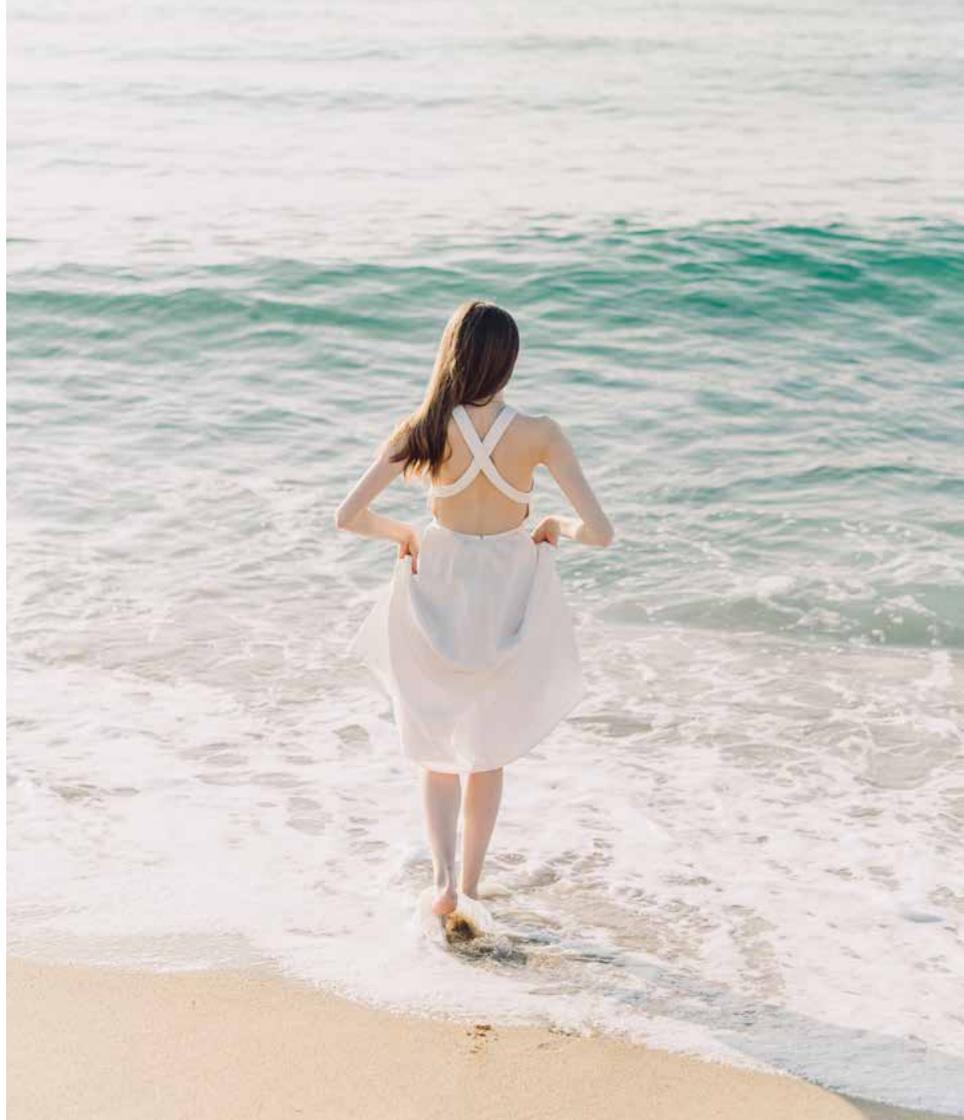
EYE ENHANCEMENTS

Eyebrow tint	£10
Eyelash tint	£15
Eyelash and brow tint	£20

(24 hour patch test required on all the above)

WAX SMOOTH

Full leg and bikini	£30
Full leg	£22
Half leg	£15
Underarm	£12
Men – back	£20
Men – chest	£20
Men – back and shoulder	£30
Chin	£8
Lip and chin	£12
Eyebrow	£9
Bikini	£15



Terms and Conditions.

SPA MEDICAL CONSULTATION

Your health and wellbeing is our primary concern, therefore if you are currently pregnant, have any allergens, have a heart disorder, have a diagnosed medical condition or are taking any prescribed drugs, please let us know in advance. A full consultation will be completed with you on arrival but if you are aware of any contra-indications your chosen treatment may need to be changed.

PREGNANCY

Please note that we do not offer massage or body treatments for ladies who are 1-13 weeks pregnant.

From 13 weeks we offer a range of specialised luxury pregnancy treatments. If you need any further guidance, please ask any member of the Spa Team.

Pregnant ladies are strongly advised against the use of the sauna and steam room.

BOOKING A TREATMENT OR SPA DAY

How to book

Via our website Book Spa Treatment - New Lanark Mill Hotel and Self Catering Cottages (newlanarkhotel.co.uk).

SPA TREATMENT PAYMENT

Full pre-payment is required at time of booking for all individual treatments.

All treatment times are subject to availability.

Treatment bookings made via the Spa website are confirmed by email for your chosen time and date.

SPA DAY PAYMENT

Full pre-payment is required at time of booking for all day packages.

Spa day treatment times will be allocated between 10am and 5pm and will be confirmed to you prior to arrival.

All spa day and treatment times are subject to availability.

Spa day bookings made via the Spa website are confirmed by email for your chosen date and the spa will contact you to arrange your treatment times within 24 hours of payment. Method of payment.

Fees are inclusive of VAT on treatments as listed.

Extra treatments will be charged at the applicable rates.

Pre-booked additional treatments will be charged at the applicable rates on the date of booking.

We accept all major credit cards.

Gift vouchers must be redeemed at time of payment. We apologise that we are currently unable to take gift vouchers as a method of payment for an on-line booking. To book with a gift voucher please call the spa.

SPA CANCELLATION POLICY

Spa treatment cancellation

We require a minimum of 48 hours' notice to transfer or refund your booking, under this and 100% of the booking value is chargeable.

All non-arrivals to be charged 100% of treatment price.

Spa day cancellation

We require 72 hours notice for all cancellations to avoid a 100% charge.

Group Bookings- We require 14 day notice to cancel groups of 6 people or more. Any bookings cancelled with less than 14 days notice will incur a 100% cancellation charge.

All promotional offers are non-refundable or transferable.

SPA TERMS & CONDITIONS

New Lanark Hotel & Spa reserves the right to alter your treatment times if necessary.

Please note that treatment time includes medical consultation, set up and your chosen treatment.

We request that mobile phones, tablets and pagers are kept on silent or switched off in the spa. We are happy to relay any messages via the Spa reception.

No photography is permitted in the changing areas and/or on poolside.

You may be required to remove jewellery for treatments; we advise that you choose to leave jewellery at home.

New Lanark Hotel or 3d leisure will not be liable, under any circumstances whatsoever, for damage, injury or consequential loss, however caused, to our customers, their property and belongings unless it is solely due to the negligence of the Company, its employees or agents.

Offers cannot be used in conjunction with one another and are subject to availability.

We advise guests to consider insurance to cover the cancellation of their spa treatments/spa day.

Please note guests suffering from any heart conditions, high blood pressure or are pregnant will be unable to use any of our heat experiences.

CHILDREN

Children 17 years and under are not permitted to use the treatment and relaxation rooms unless booked into a specific treatment with an adult that is also receiving a treatment in the same treatment room.

Children under 16 are not permitted to use the sauna, steam room or spa.

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New Lanark Mill Hotel
New Lanark World Heritage Site
New Lanark, ML11 9DB

newlanarkhotel.co.uk



NEW LANARK
Health & Fitness

