

A woman with blonde hair is lying face down on a massage table, receiving a back massage. The masseuse, wearing a dark brown apron, is visible from the waist up, her hands applying pressure to the woman's back. The setting is a dimly lit spa, with a white towel visible on the table.

HEALTH & LEISURE  
SPA TREATMENTS

THE  
**DILLY**  
PICCADILLY

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## WELCOME TO HEALTH & LEISURE AT THE DILLY

Our urban sanctuary is the perfect environment to renew and rejuvenate your body and mind.

Our specialist treatment rooms are the ideal place to enjoy some ultimate 'me time'. We have a wonderful selection of ishga treatments available including facials, massages and express treatments.

Derived from the Gaelic word for water and using four types of sustainably hand harvested seaweed, ishga is results-driven skincare derived from the ocean, and backed by science.

The pure, clean waters of the Hebridean Islands off the north west coast of Scotland are home to the high performing organic products of ishga.

The ocean provides an abundant source of bioactive minerals, vitamins, trace elements and antioxidants which are transformative when applied to the skin.

Indulge in the restorative powers of the ocean and allow our dedicated team to connect your mind, body and soul.

### ENJOY OUR FACILITIES DURING YOUR VISIT

#### SWIMMING POOL

Enjoy a swim in our stunning 12m pool.

#### STEAM ROOM

Relax and clear your mind in our steam room which helps you to breathe easier leaving you feeling relaxed and refreshed.

# ishga

Organic Seaweed Skincare

## TREATMENT PACKAGES

### INDULGENCE

MON-THURS      FRI-SUN  
50 MINUTES      £145PP      £165PP

You day will include:

- 1 x 50 minute treatment
- 3 hour Health Club access
- Robe and slippers
- £10 skin care retail voucher (terms & conditions apply)

### WELLNESS

MON-THURS      FRI-SUN  
50 MINUTES      £145PP      £165PP

You day will include:

- 1 x 50 minute touch therapy treatment
- 3 hour Health Club access
- Robe and slippers
- £10 skin care retail voucher (terms & conditions apply)

### TIME FOR YOU

MON-THURS      FRI-SUN  
75 MINUTES      £195PP      £215PP

You day will include:

- 1 x 50 minute treatment
- 1 x 25 minute treatment
- 3 hour Health Club access
- Robe and slippers
- £10 skin care retail voucher (terms & conditions apply)

## SIGNATURE THERAPIES

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### CITY LIVING

	MON-THURS	FRI-SUN
50 MINUTES	£120PP	£130PP

After a busy day, calm your mind and body with a deeply relaxing leg and back treatment. This treatment begins with a back cleanse, exfoliation and massage to back and legs and incorporates a nourishing mask applied to the back. This treatment will relieve tension and revitalise, leaving you feeling totally rejuvenated.

### RELAX IN THE CITY

	MON-THURS	FRI-SUN
50 MINUTES	£120PP	£130PP

The perfect treatment for time out in the city. Indulge in a divine back exfoliation, relaxing back massage, followed by a pressure point facial massage & cranial scalp treatment to melt away tension and leave skin radiant.

### TIME OUT

	MON-THURS	FRI-SUN
50 MINUTES	£120PP	£130PP

Specially designed to make you feel and look relaxed and radiant in less than an hour. This facial includes full skin cleansing and deep exfoliation. While you relax with a customised mask, a hand or cranial scalp massage is completed. This creates a moment of well-being by unblocking the energies of the nervous system. The experience is completed with serums and moisturisers to meet your individual requirements. Your skin's freshness, comfort and evenness are restored.

### CITY LIFESTYLE

	MON-THURS	FRI-SUN
50 MINUTES	£120PP	£130PP

The signature back scrub and back massage followed by a 'For You' facial which includes a deep cleanse and mask. An ideal treatment for relieving tension and your skin will be left feeling clean, refined and perfectly smooth.

## FACIALS

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### SIGNATURE ISHGA FACIAL

	MON-THURS	FRI-SUN
50 MINUTES	£120PP	£130PP

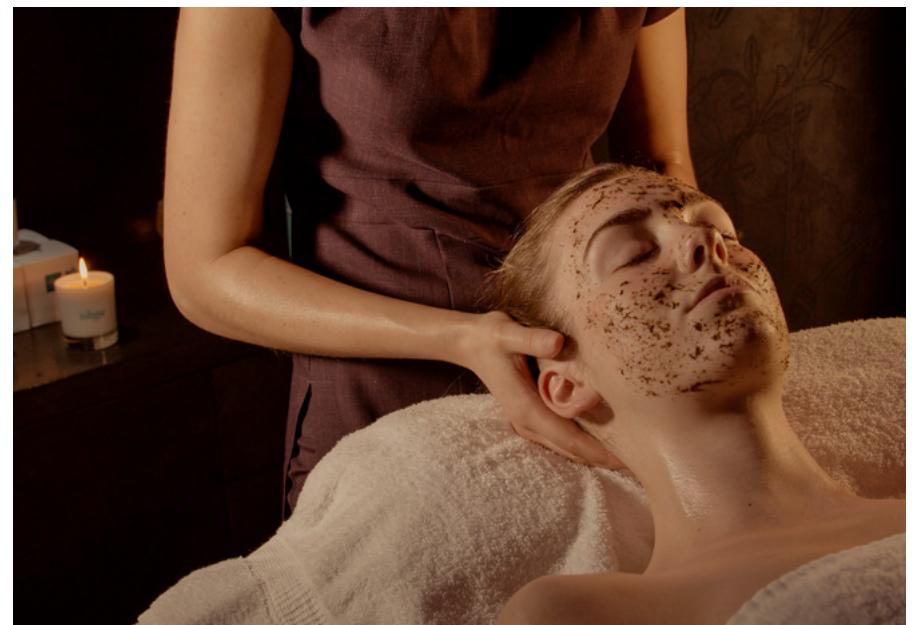
Revitalise and repair skin through the collagen stimulating properties of Hebridean seaweed. Suitable for all skin types, the ishga Facial will brighten and balance skin tone whilst improving texture and protecting skin from environmental damage with its potent antioxidant properties.

### ANTI-AGEING FACIAL

	MON-THURS	FRI-SUN
50 MINUTES	£125PP	£135PP

Nourish the skin with a rich Marine Cleansing Balm packed with hydrating fatty acids, combined with a delicate eye massage to tighten, and tone.

The high content of seaweed extract 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 MASSAGES

## AROMATHERAPY MASSAGE

Choose from a selection of unique oils, all with bases of sweet almond, jojoba and thistle oil to elevate your experience.

Each ishga massage can be tailored to your own needs. Choose from:

### *Invigorating*

A uplifting Hebridean seaweed body oil with the signature ishga scent of lemongrass, juniper berry, lavender and rose geranium to energise and invigorate the body.

### *Nurturing*

A comforting oil containing rose geranium to aid stress relief, reduce inflammation and soothe the mind and body.

### *Warming*

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

### *Muscle Recovery*

A stimulating blend of oils formulated to increase circulation and aid muscle recovery naturally. Anti-inflammatory benefits ease aching muscles and joints, whilst uplifting the mind to relieve fatigue and provide mental clarity.



MON-THURS      FRI-SUN  
50 MINUTES      £12OPP      £13OPP

## DEEP TISSUE MASSAGE

MON-THURS      FRI-SUN  
50 MINUTES      £13OPP      £15OPP

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 to relieve physical fatigue. Combined with rosemary, peppermint, may chang and more to ease muscles and tension.

The Therapist will work on one to two body areas of your choice using remedial massage techniques.

## HOT STONE MASSAGE

MON-THURS      FRI-SUN  
50 MINUTES      £13OPP      £14OPP

This full body massage incorporates heated Basalt stones which instantly relax the muscles, allowing the treatment to work at a deeper level.

Hot stones are carefully placed along the chakras to open up energy pathways whilst soothing the mind, easing muscle tension, and reducing aches and pains.

## HOT POULTICE MASSAGE

MON-THURS      FRI-SUN  
50 MINUTES      £13OPP      £14OPP

A rebalancing, light massage using heated sea salt and 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.

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.

## MATERNITY TREATMENTS

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### MUM-TO-BE-MASSAGE

	MON-THURS	FRI-SUN
50 MINUTES	£120PP	£130PP

Our Mum-to-be Massage has been specifically designed to safely pamper and relax you and is suitable after the first trimester of pregnancy.

This treatment focuses on comforting the changes in your body during pregnancy, helping to ease any aches and pains to enhance wellbeing and aid relaxation.

The treatment involves a nurturing full body massage to soothe aches, pains and general muscle fatigue often experienced during pregnancy.

Designed by experts to help relax and calm the mind and body, ease leg cramps, reduce water retention and puffiness.

Using ishga's comforting Nurturing Oil, it hydrates the skin and helps to improve elasticity and improve the look of stretch marks.

The massage begins seated allowing the therapist to fully work the upper and lower back. Then, lying comfortably and supported in an upright position a therapeutic massage is completed to release a sense of wellbeing.

## WELLNESS RECOVERY TREATMENTS

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### TOUCH THERAPIES

	MON-THURS	FRI-SUN
50 MINUTES	£120PP	£130PP

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 treatments combine the health benefits of Hebridean seaweed skincare, with a range of simple but effective facials and massages.

Let your therapist guide you through a bespoke 50 minute treatment by combining what is best for your current needs, or you may choose any two of the following spa treatments. Seaweed content dependant on chosen oil per treatment:

- Express facial
- Comforting foot & leg massage
- Head and scalp massage
- Face massage
- Seaweed foot or hand treatment
- Back massage

