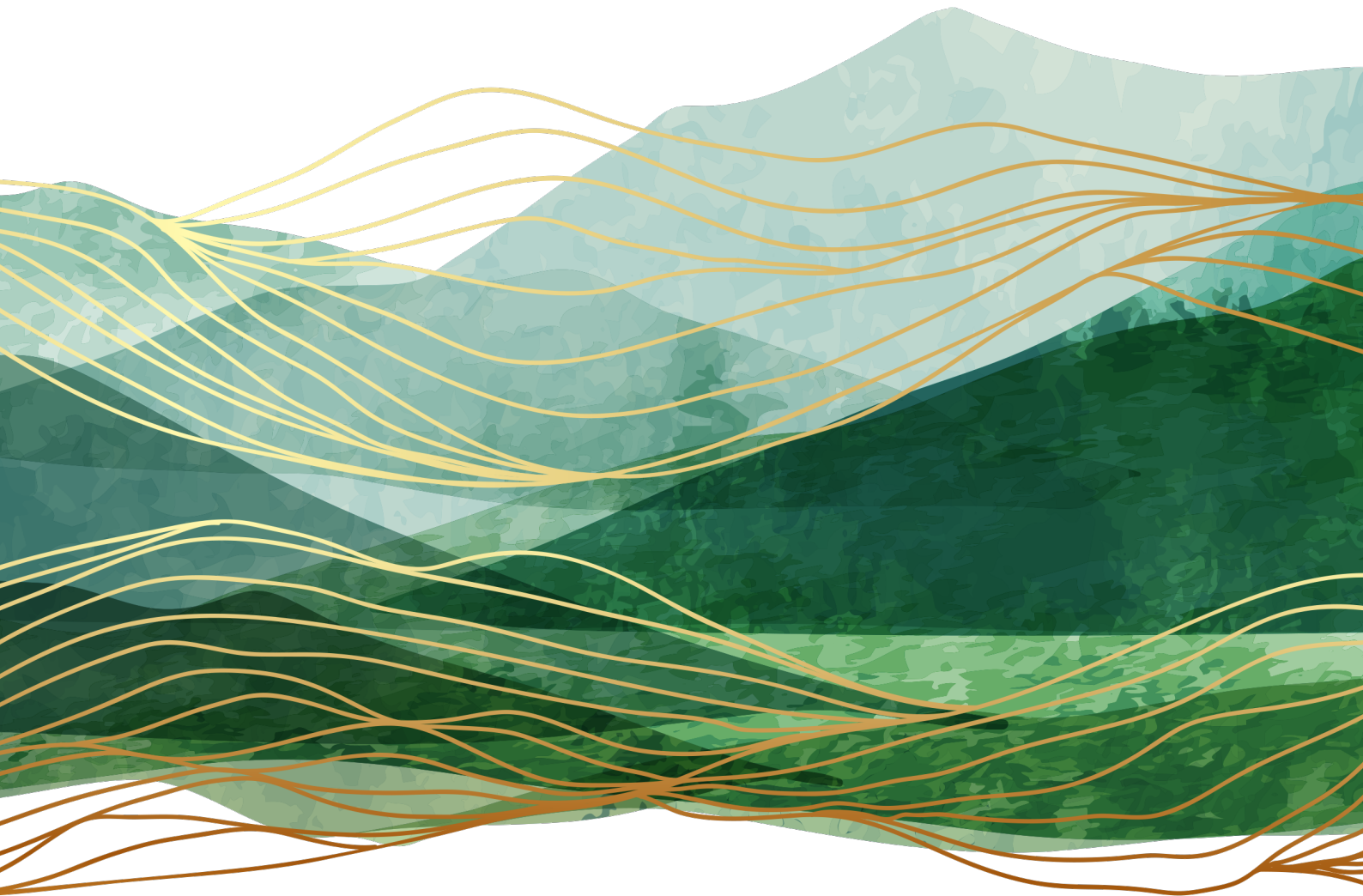


The Spa

at
MONESS



Treatments

Full Body Massage - 50 Minutes - £79

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.

Back, Neck & Shoulder Massage - 30 Minutes - £49

This targeted treatment focuses on relieving tension in the back, neck, and shoulders using a blend of medium pressure and calming techniques. This session aims to reduce muscle tightness, alleviate stress, and promote relaxation in key areas where tension often builds.

Hot Stone Massage - 50 Minutes - £85

This full body massage incorporates heated Basalt stones which instantly relax the muscles. 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.

Spa Days

Unwind with a soothing facial or body treatment before continuing to relax in our leisure facilities equipped with a swimming pool, spa bath, sauna and steam room. Also included is a delicious afternoon tea, served with lots of sweet and savoury bites and unlimited tea and coffee.

From **£59** per person when including a 30 minute spa treatment.

From **£89** per person when including a 50 minute spa treatment.

*From rates apply to midweek spa days taking place on Tuesdays and Wednesdays. Weekend spa days incur a £10 per person supplement.

Signature Facial - 50 Minutes - £79

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.

Express Facial - 30 Minutes - £49

This effective facial uses the collagen-boosting benefits of Hebridean seaweed to refresh and revitalise the skin. Suitable for all skin types, it helps brighten and balance your complexion, leaving your skin feeling nourished and radiant.

Face & Back Treatment - 50 Minutes - £79

Balance your body with a reviving yet relaxing experience. Starting with a medium pressure back massage using a carefully selected oil, followed by a facial to renew and brighten the complexion.

Opening Hours

Tuesday, Wednesday, Friday & Saturday
10am - 5.30pm

Book a Treatment

www.moness.com
01887 822 100