

# MURRAYSHALL

ESTD COUNTRY ESTATE 1664

## *Ishga Facial*

A cleansing, toning and exfoliating mask and ishga's finishing products to hydrate, balance and firm the skin.

## *Ishga Back, Neck and Shoulder Massage*

A relaxing but uplifting back, neck and shoulder massage to target muscular tension and ease aches and pains.

## *Ishga Full Body Massage*

Restore and repair your muscles with this head to toe tailored massage. Choose from a light, medium or firm pressure to tailor this massage exactly to your needs.

## *Ishga Back, Face and Scalp Treatment*

Back exfoliation removed with a hot towel followed by a tailored back massage to your needs and a personalised facial suited to your skin type and scalp massage.

## Hot Stone Massage

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.

## *Ishga Deep Muscle Massage*

ishga

Organic Seaweed Skincare

# MURRAYSHALL

ESTD COUNTRY ESTATE 1664

Deep Tissue Massage is not only a firm massage with more pressure, but a range of techniques to work on the deeper layers of muscle and connective tissue to release chronic patterns of tension (built up over a long time). It involves working beneath superficial layers, to the inner layers of muscle and tissue, using slow, sustained, deep pressure.

*ishga*

Organic Seaweed Skincare