

A long-exposure photograph of a coastal scene at sunset. The sky is filled with soft, horizontal clouds in shades of orange, pink, and purple. The water is calm, reflecting the colors of the sky. In the foreground and middle ground, there are several large, dark, jagged rocks. In the background, a low, dark landmass is visible on the horizon.

# Pampered & Polished

SPA TREATMENT MENU



## Our Philosophy

---

At Pampered & Polished, our expertly trained beauty professionals aim to have you relaxed and rejuvenated after a day of pampering and relaxation. Enjoy your beauty treatments and take advantage of our leisure facilities on offer to leave you feeling recharged and rejuvenated.

# Our Products

---

ishga

Organic Seaweed Skincare

The name ishga is derived from the Gaelic word for water. The pure, clean waters of the Hebridean Islands off the North West coast of Scotland is home to ishga, and where we sustainably hand harvest the seaweed that is at the heart of our skincare.

Hebridean seaweed contains natural antioxidants with properties, which transform and protect the skin.

CND 

Hands. Feet. Beauty.

A breakthrough, patent-pending, UV-3 technology that combines the ease of normal polish with the permanence of gel. A true innovation in chip-free, extended-wear colour. Applies like a polish, no pots - just a bottle & brush!



# Our Thermal Experience

---

## Sauna

A 'dry' heat treatment in a wood-lined room with a temperature reaching 90°C, designed to induce perspiration in order to cleanse the body of impurities.

## Cold Shower

Cool off in between using our Sauna and Steam Room, perfect way to cool down your body and stimulate your circulatory system.

## Jacuzzi

Relax in our 36 degrees heated indoor jacuzzi. Perfect way to relax after a workout in our fully equipped gym.

## Indoor Swimming Pool

Enjoy a relaxing dip or swim some lengths in our indoor heated swimming pool. Heated between 29 – 31 degrees.  
(Please view our timetables for adult only times)

## Fully Equipped Gym

Start your day with a workout in our fully equipped gym.

## Fitness Studio

Take advantage and join in some of our group exercise classes.  
(Please view our class time table online)

# Hotel Lobby

---

Book afternoon tea, order some lunch or just relax with a tea or coffee in our bright and busy hotel lobby bar. Or take advantage of our extensive drinks menu and have a catch up with friends and family.



# Facial Treatments

---

## ishga Express

**25 minutes      £40**

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

## ishga Facial

**50 minutes      £60**

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-Aging

**60 minutes      £75**

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

## Ultimate Luxury Facial

**90 minutes      £80**

A rejuvenating facial designed to revitalise and repair. Suitable for all skin types. It is particularly useful for brightening dull, tired skin leaving the skin feeling revitalised and hydrated. Includes a massage on the face, scalp, shoulders and arms.

# 50 Minute Treatments

---

## ishga Face and Body Experience

**55 minutes      £50**

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.

## ishga Luxurious Seaweed Foot or Hand Experience

**50 minutes      £45**

A detoxifying Seaweed treatment to rejuvenate tired feet or hands and leave skin silky smooth. 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. A detoxifying seaweed gel mask will be applied on top, continued by a relaxing lower leg and foot or hand and arm massage. Finished with nails shaped and shiny buff.

## ishga Facial

**50 minutes      £60**

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 Marine Back Treatment

**50 minutes      £60**

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.

The background of the entire page is an underwater scene with various types of seaweed and kelp. The water has a deep teal or cyan tint. The seaweed stalks are long and thin, with some having small, dark, oval-shaped leaves. The lighting is soft and diffused, creating a serene and natural atmosphere.

## Hot Poultice Massage

50 minutes     £60

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.

# 25 Minute Treatments

---

## ishga Express Facial

**£40**

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

## ishga Hand Recovery

**£25**

Salt and oil hand scrub, followed by a cooling and detoxifying seaweed gel mask, combined with a relaxing hand and arm massage.

## ishga Foot Recovery

**£25**

Salt and oil foot scrub, followed by a cooling and detoxifying seaweed gel mask, combined with a relaxing lower leg and foot massage.

## Moment of Tranquillity

**£30**

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.

## Salt & Oil Scrub

**£30**

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.





# Body Treatments

---

## Salt & Oil Scrub

**25 minutes      £30**

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

**50 minutes      £60**

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.

# Massages

---

## Relaxing Back/Full Body Massage

**25 minutes £40 / 50 minutes £50**

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. If you require more attention in a specific area, choose our 30-minute option for a shorter, one area targeted massage.

Choose from:

### **Invigorating Oil**

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

### **Relaxing Oil**

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.

### **Warming Oil**

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

## Moment of Tranquillity Scalp Massage

**30 minutes £30**

Intensely de-stressing shoulder, neck and 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.





# Specialist Massages

---

## Hot Stone Back/Full Body Massage

**30 minutes £45 / 50 minutes £60**

Upgrade your body massage to incorporate 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.

## Deep Tissue Back/Full Body Massage

**30 minutes £45 / 50 minutes £65**

Deep Tissue 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. It involves working beneath superficial layers, to the layers of muscle and tissue, using slow, sustained, deep pressure focusing on one or two areas of the body. We have to work slowly but deeply into the muscle layers and fibres to relieve pressure once the muscles have been thoroughly warmed and relaxed, as to avoid a painful and ineffective massage. The results are aided by the use of ishga's Muscle Recovery Oil containing a powerful blend of anti-inflammatory seaweed extract, eucalyptus, rosemary and peppermint to boost circulation and break down lactic acid.

If you desire a full body massage, we recommended our 50-minute invigorating Swedish body massage.

# Eye Enhancements

---

Eyebrow tint	15 minutes	£12
--------------	------------	-----

Eyelash tint	15 minutes	£18
--------------	------------	-----

Eyelash and Eyebrow tint	30 minutes	£24
--------------------------	------------	-----

(24 hour patch test required on all the above)

## Waxing

---

Full leg	60 minutes	£32	Chin	15 minutes	£6
----------	------------	-----	------	------------	----

Lip	15 minutes	£6	Eyebrow	15 minutes	£12
-----	------------	----	---------	------------	-----

Half leg	30 minutes	£21	Bikini	15 minutes	£18
----------	------------	-----	--------	------------	-----

Underarm	15 minutes	£12
----------	------------	-----

**Waxing Aftercare.** Keep the waxed area clean and avoid heat and friction during the next 24 - 48 hours. Avoid hot baths or showers (cool to lukewarm water only). Avoid saunas, steam rooms, jacuzzi, and massage treatments.





# Pregnancy Treatments

---

*\*Please note, all treatments will be down to therapist/manager discretion following the consultation, treatments may be adapted to suit the needs of the client. ishga treatments are for mothers to be of over 12 weeks.*

## ishga Pregnancy Massage

**25 minutes   £45   /   50 minutes   £65**

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.

## ishga Express Facial

**25 minutes   £40**

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

## ishga Facial

**50 minutes   £60**

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.

## Nurturing Salt & Oil Scrub

**25 minutes   £30**

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

## Nourishing Hand Recovery

**25 minutes   £25**

Nurturing salt and oil hand scrub; coated with a nourishing gel mask; completed with a relaxing, gentle hand and arm massage.

## Nourishing Foot Recovery

**25 minutes   £25**

Nurturing salt and oil foot scrub; coated with a nourishing gel mask; completed with a relaxing, gentle foot and lower leg massage.

# Touch Therapy

---

Luxury spa treatments can be one of the most relaxing, valuable and healing processes, but when going through Cancer treatment it can be challenging to find a spa that caters for your specific needs. Ishga are delighted to offer a range of treatments suitable for anyone currently undergoing Cancer treatment or in any recovery from the after effects. These relaxing and nurturing treatments work by combining the health benefits of seaweed based natural and organic products with a simple but effective treatment.

*\* Please note all treatments will be down to the therapists / managers discretion following the consultation, treatments may be adapted to suit the needs of the clients. We may require a disclaimer form to be completed before the treatment commences.*

## Moment of Tranquillity Scalp Massage

**30 minutes      £30**

Intensely de-stressing scalp treatment to banish tension and aid restful sleep. This massage includes Essential Oils of Rose Geranium to soothe and calm, leaving a feeling of pure serenity.

## ishga Facial

**50 minutes      £60**

Our express facial cleanses, tones and moisturises for essential skin maintenance. Whereas our extended 50 minute facial 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.

## Nourishing Hand Recovery

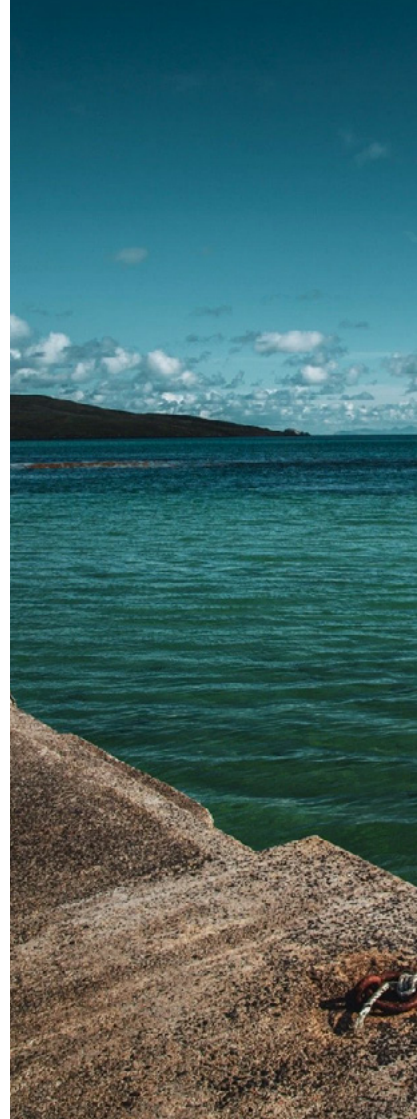
**25 minutes      £25**

Nurturing salt and oil hand scrub; coated with a nourishing gel mask; completed with a relaxing, gentle hand and arm massage.

## Nourishing Foot Recovery

**25 minutes      £25**

Nurturing salt and oil foot scrub; coated with a nourishing gel mask; completed with a relaxing, gentle foot and lower leg massage.





# Hand and Foot Treatments

---

## ishga Luxurious Seaweed Hand Experience

**50 minutes      £45**

A detoxifying Seaweed treatment to rejuvenate tired hands and leave skin silky smooth. Begins with a soothing hand bath filled with a blend of seaweed and pure essential oils followed by a hand scrub with nutrient rich salts and oils. A detoxifying seaweed gel mask will be applied on top, continued by a relaxing hand and arm massage. Finished with nails shaped and shiny buff.

## ishga Luxurious Seaweed Foot Experience

**50 minutes      £45**

A detoxifying Seaweed treatment to rejuvenate tired feet and leave skin silky smooth. Begins with a soothing foot bath filled with a blend of seaweed and pure essential oils followed by a foot scrub with nutrient rich salts and oils. A detoxifying seaweed gel mask will be applied on top, continued by a relaxing lower leg and foot massage. Finished with nails shaped and shiny buff.

## ishga Hand Recovery

**25 minutes      £25**

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

## ishga Foot Recovery

**25 minutes      £25**

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

## Shellac Gel Nails

**45 minutes      £35**

## Mini Manicure/Pedicure

**25/50 minutes      £20/30**

Nail file and polish of the hands or feet.

## Shellac Removal

**15 minutes      £11**

Removal of current gel polish.  
(No charge if gel was originally applied by us and a reapplication is being done)

# Spa Packages

---

## Gold Package

**£75.00 per person**

- » Includes Relaxing Full Body Massage and Express Facial

## Silver Package

**£60.00 per person**

- » Includes Relaxing Back Massage and Express Facial

## Bronze Package

**£40.00 per person**

- » Includes Mini Manicure + Mini Pedicure

## Afternoon Tea Spa Package

**£90.00 per couple\*** (Mon - Thu)

**£100 per couple\*** (Fri - Sun)

- » Includes Back Neck and Shoulder Massage or Express Facial
- » Additional massage/facial can be added on for an extra £20.00
- » Afternoon tea with a glass of prosecco

*\* Minimum 2 people*

## All Day Spa Packages

- » Full use of the leisure facilities between 10am - 5pm
- » Robe and towels provided
- » Slippers can be purchased on the day at £2.00 per pair
- » Use of a locker throughout the day (padlocks can be hired for £2.00 per padlock)







# Overnight Packages

---

Join us at Holiday Inn Corby - Kettering for a romantic getaway or a relaxing break catching up with friends. Our fantastic packages all include an overnight stay, afternoon tea with a glass of fizz and a treatment.

We have taken care of making your break perfect... all you need to do is sit back and relax.

Why not upgrade to one of our newly refurbished executive bedrooms from only £25.00 per night?

The package is fully prepayable at time of booking, it is non-refundable in the event of cancellation. Subject to availability at time of booking. Beauty treatment times will be confirmed by the hotel, time restriction may apply, all treatments are subject to availability, alternative times may be offered. Dinner allocation of £25.00 per person to spend on menu. Based on 2 sharing, single supplement will apply for sole occupancy.

## Bronze Package

### £189 per couple

- » Spacious standard bedroom
- » Buffet breakfast (full English and continental)
- » Afternoon tea for two
- » Bathrobe
- » Mini manicure or mini pedicure treatment (25mins)

## Silver Package

### £240 per couple

- » Spacious standard bedroom
- » Buffet breakfast (full English and continental)
- » Evening dinner
- » Afternoon tea for two
- » Bathrobe
- » Back, neck and shoulder massage (25mins)

## Gold Package

### £280 per couple

- » Spacious standard bedroom
- » Buffet breakfast (full English and continental)
- » Evening dinner
- » Afternoon tea for two
- » Bathrobe
- » Hot stone or full body massage (50mins)

# Girls night in Packages

---

Step into the tranquillity of the Holiday Inn Corby-Kettering A43 to celebrate with the girls! Whether it is a hen party, birthday or just a girly get together, our girls night in packages will help you celebrate in style!

## Classic Package

**£150 per person**

- » Dinner, bed & breakfast
- » Popcorn
- » DVD's in your room
- » Bathrobe
- » 1/2 bottle of house wine per person
- » Back, neck and shoulder massage

## Deluxe Package

**£180 per person**

- » Dinner, bed & breakfast
- » Upgrade to executive room
- » Popcorn & chocolates
- » DVD's in your room
- » Bathrobe
- » 1/2 bottle of house wine per person
- » Express mini facial & a back, neck and shoulder massage

All packages and rates are subject to availability. Fully pre-payable at the time of booking, all rates are non-refundable, non-transferable. All packages based on a minimum of 2 guests (single supplement will apply for sole occupancy). Available in gift vouchers. All vouchers are non-transferable non-refundable and no cash alternative offered. Beauty treatment times will be confirmed by the hotel, time restriction may apply, all treatments are subject to availability, alternative times may be offered. Dinner allocation of £25.00 per person to spend on menu.



# 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 women 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 women are strongly advised against the use of the sauna and steam room

## Treatment Bookings

### How to book a treatment

Please call us or visit [3dhealthandfitness.co.uk](https://3dhealthandfitness.co.uk)

### How to pay for a treatment

- » Pre payment is required before treatment commences
- » We accept card or gift voucher payments only, we are a cashless facility
- » If paying with a gift voucher, voucher must be presented upon arrival to be accepted. To purchase a gift voucher please call us

### How to book a spa package

Please call us on 01536 464772

### How to book an overnight package

Please call hotel reservations on 01536 401020

## How to pay for a spa package

- » Full prepayment is required upon booking (additional treatments also require full prepayment)
- » If paying with a gift voucher, voucher must be presented upon arrival to be accepted. To purchase a gift voucher please call us

## Spa Terms and Conditions

- » Spa Arrival: please arrive at the spa reception at least 15 minutes prior to your treatment reservation to enable you complete our consultation process, some treatments may not be suitable for some medical conditions
- » Please be aware that late arrivals will not receive an extension to their treatment. 15 Minutes or later may be refused the treatment
- » Age Requirements: The minimum age to attend as a spa day guest and receive treatments is 16.
- » A skin patch test is required 24 hours before all tinting treatments
- » 48 hours' notice cancellation policy for all spa day bookings (less than 48 hours is non refundable and non transferable)
- » 48 hours' notice for all new spa day bookings to be made
- » All spa day and treatment times are subject to availability, Spa day treatment times will be allocated between 10am and 5pm and will be confirmed to you upon booking prior to arrival
- » We reserve the right to change treatment times if required
- » Inclusive spa day package treatments cannot be changed, but treatments may be added to the packages
- » 24 hours cancellation policy for all treatment bookings (50% charge for all treatment cancellations and no shows may be applicable)
- » In the unlikely event we have to cancel a full refund or alternative date will be offered
- » Treatments are available to members, non-members and hotel guests
- » Member and hotel guests are entitled to 25% discount off all full price treatments
- » All treatments must be paid for before any treatment commences, effective from 1st February 2024

Scan here to view  
our website and  
book a treatment



# Pampered & Polished

01536 464772

corby@3dhealthandfitness.co.uk

Pampered & Polished, Holiday Inn Corby  
Kettering A43, Geddington Road  
Corby, Northamptonshire, NN18 8ET

Prices correct as of February 2024

## ishga

Organic Seaweed Skincare

 **Holiday Inn**  
AN IHG® HOTEL