



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.

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.

Indoor Swimming Pool

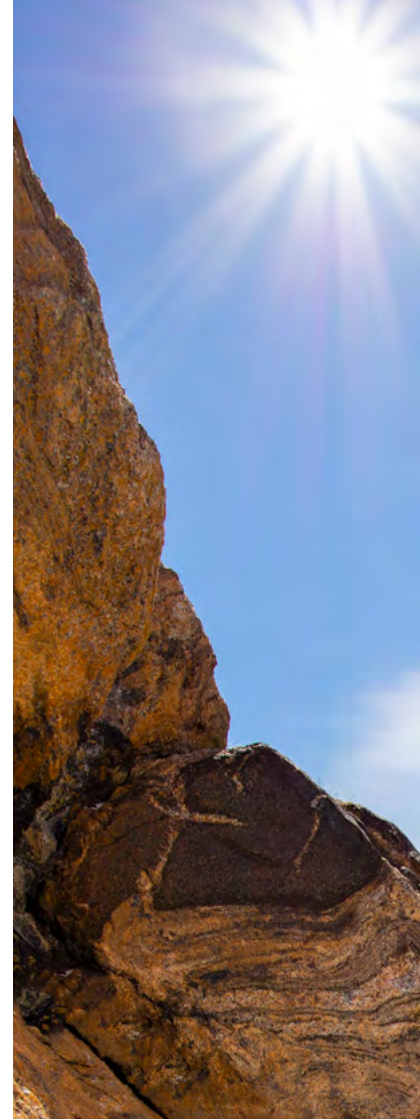
Enjoy a relaxing dip or swim some lengths in our indoor heated swimming pool. Heated between 29 – 31 degrees.
(Please view our timetables for adult only times)

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)



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 along with a targeted massage to lift and stimulate the eye area, as well as reducing puffiness and dark shadows. 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.

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

£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

£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

£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

£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 filled with various types of seaweed. The water has a deep teal or cyan hue. Sunlight filters down from the top, creating bright, shimmering spots and rays that illuminate the seaweed. The seaweed consists of long, thin, vertical stalks with small, dark, pointed leaves or blades. Some stalks are more densely packed with leaves, while others are sparser. The overall effect is a serene and naturalistic setting.

Hot Poultrice Massage

£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

ishga Back/Full Body Massage

25 minutes £40 / 50 minutes £50

A medium pressure 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, chose 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.

Recovery

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

Moment of Tranquillity Scalp Massage

25 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 Massage

30 minutes £45 / 60 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.

30 minutes is bespoke massage focusing on 1 area of concern. 60 minutes is a bespoke massage focusing on 2 areas of concern.

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

Eye Enhancements

Eyebrow tint 15 minutes £12

Eyelash tint 15 minutes £12

Eyelash and Eyebrow tint 30 minutes £24

(24 hour patch test required on all the above)

Waxing

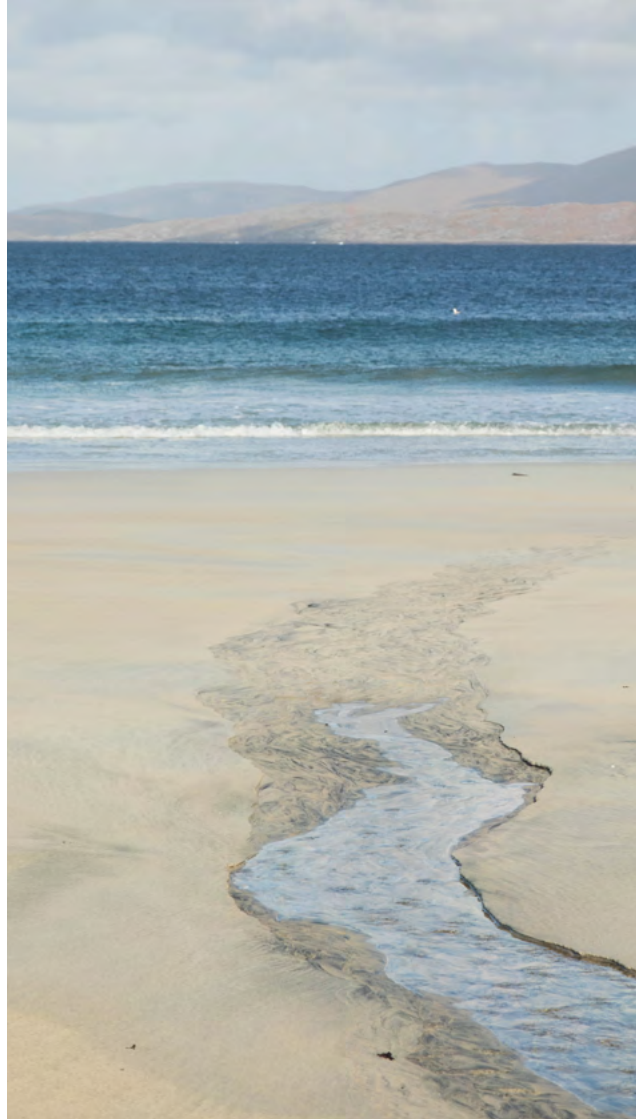
Full leg 60 minutes £32 Chin 15 minutes £6

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

60 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

Touch Therapies 55 minutes 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 55 minute treatment by combining what is best for your current needs, or you may choose any two of the following spa treatments. Seaweed content depends on chosen oil per treatment. Mini facial, Comforting foot & leg massage, Head and scalp massage, Face massage, Seaweed foot or hand treatment, Back 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**

A nail and cuticle tidy with shellac gel polish application

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

Ultimate Luxury Spa Day

£90 per person

- » Includes a 50-minute ishga facial & 25 minute back massage
- » £10 retail voucher
- » Full access to facilities between 10am – 5pm
- » Robe & Towel Hire

Pamper Package Spa Day

£80 per person

- » Includes a 25-minute back massage & a 25-minute express facial
- » £10 retail voucher
- » Full access to facilities between 10am – 5pm
- » Robe & Towel hire

Mini Spa Day Package

£35 per person

- » Includes a mini manicure & mini pedicure
- » Full access to facilities for 4 hours

Afternoon Tea Spa Package

£100 per couple* (Mon - Thu)

£120 per couple* (Fri - Sun)

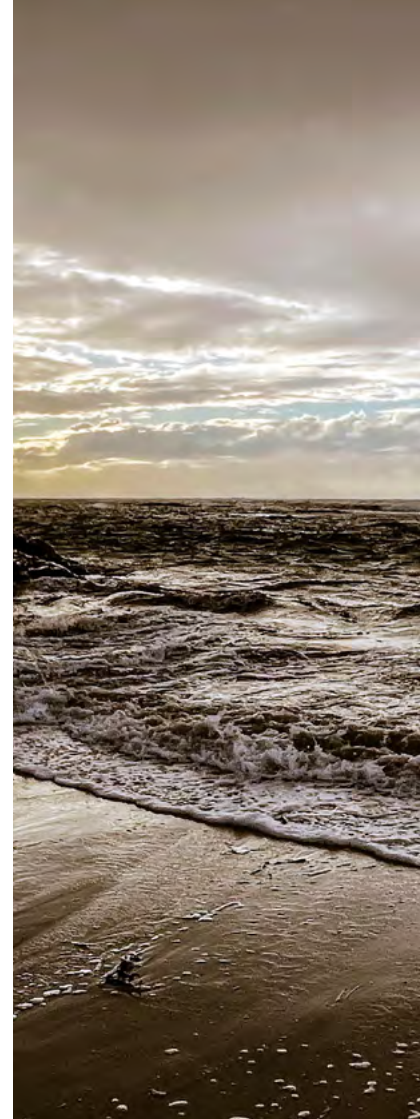
- » Includes an express facial
- » Add on a 25-minute back massage for £25 per person
- » Afternoon tea with a glass of pimm's with lemonade
- » £10 retail voucher
- » Full access to facilities between 10am – 5pm
- » Robe & Towel Hire

** Minimum 2 people*

Pregnancy Pamper Package

£70 per person

- » Includes a 50-minute pregnancy massage
- » Full use of facilities *please see terms and conditions for recommended guidelines*
- » Robe & Towel Hire





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 1-12 weeks pregnant
- » From 12 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

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 July 2024

ishga

Organic Seaweed Skincare

 **Holiday Inn**
AN IHG HOTEL