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The Spa at Turnberry

A restful haven with a captivating ocean panorama, The Spa at Turnberry provides an enriching retreat to relax and revitalise.

The Spa features a 20-metre swimming pool with spectacular ocean views and water jets, private treatment rooms, including a manicure and pedicure room, a Hydrobath, relaxation rooms with a range of heat experiences such as saunas and steam rooms, experience showers and ice fountains as well as a state of the art fitness centre.

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Treatments subject to availability at time of booking, please contact The Spa for further information.





Turnberry Signature Rituals

Unique to the Spa at Turnberry and lovingly created by our dedicated therapists.

Signature Facial

80 MINUTES | £185

This deep cleansing facial is designed to purify and balance the skin, leaving a feeling of rejuvenation. The treatment begins with a deep facial cleanse and skin analysis, followed by a clarifying exfoliation with steam and lymphatic massage using high-quality Gua Sha crystals to achieve a clear, radiant complexion. To finish, a cooling peel-off mask is applied to tone, firm and nourish the skin.

Signature Body Treatment

80 MINUTES | £185

This invigorating treatment is designed to target all areas of tension in the body, allowing you to rediscover a true sense of wellbeing. The journey begins with a relaxing foot bath that gently cleanses the feet. The back is then exfoliated and massaged, followed by a heated seaweed mask to provide deep moisturisation. The therapist will then use energising massage movements to sweep away any tension on the legs and calves before cleansing and exfoliating the face. Rose Quartz crystals will be used for a soothing massage which will continue through the scalp. Following your treatment, your skin will look radiant and your body will be left feeling recalibrated.

Signature Massage

80 MINUTES | £185

This deeply relaxing full body massage will immerse you into a dreamlike state of total zen. The treatment will begin with a soothing foot bath to gently cleanse the feet. You will then choose from a selection of body oils based on your preference of scent. The oil will then be heated and applied to the body before all stresses and tensions are massaged away. Our expert therapists will choose between our Jade roller, which is used in long rhythmic strokes to relax and soothe tired muscles and our Copper Kansa Wand, which is used in a figure of 8 motion to help calm the mind and soothe the nerve ending.

Turnberry Spa Rituals

Ailsa Craig

80 MINUTES | £185

This signature treatment by ishga pays homage to the Ailsa Craig, a striking volcanic island which presides over Trump Turnberry. This powerful, detoxifying treatment begins with a Hebridean sea salt and oil scrub, followed by a full body massage using volcanic basalt stones.

Woe - Be - Tide

80 MINUTES | £185

Named after the fourth hole on the Championship Ailsa course, the Woe-Be-Tide combines the detoxifying and nourishing effect of the purest seaweed gel with the stimulating and hydrating properties of the scrub, followed by a nourishing facial.

Golfer's Tonic

50 MINUTES | £140

Targeting the key areas of tension following a long day on the Golf Course, enjoy a leg and foot exfoliation followed by a therapeutic massage to relieve tired feet and legs. The back is then exfoliated and massaged with hot stones to release any muscular tension.

Reflexology

50 MINUTES | £130

An ancient oriental treatment that incorporates pressure point massage to the feet which correspond with the organs, glands, tissues, and muscles in the body. This helps improve the circulation of blood and oxygen, in turn, relieving stress and alleviating pain in other areas of the body.



Day Spa Experiences

All our Day Spa Experiences include full use of the Spa Facilities and Afternoon Tea. We recommend using the facilities prior to your treatments to enjoy the full benefits of the products used. Please note the dress code for Afternoon Tea is smart casual.

Tide

Làn-mara

3 HOURS | MON-FRI / SAT-SUN | £405 / £425

Hydrotherapy Bath

Body Wrap

Body Massage

Facial

Coast

Oirthir

1 HOUR 45 MINUTES | MON-FRI / SAT-SUN | £255 / £275

Body wrap

Body Massage

Dew

Driùchd

80 MINUTES | MON-FRI / SAT-SUN | £190 / £210

Salt & Oil Exfoliation

Back, Neck & Shoulder Massage

Express Facial

Shore

Cladach

50 MINUTES | MON-FRI / SAT-SUN | £145 / £165

Back, Neck & Shoulder Massage

Express Facial

Wave

Tonn na mara

25 MINUTES | MON-FRI / SAT-SUN | £95 / £110

Facilities & Hydrotherapy Bath

ishga

ishga products have been developed in the Outer Hebrides using the highest quality and purest Scottish seaweed combined with water from a natural spring situated on the beautiful Hebridean Isle of Lewis. Seaweed has been used for centuries for its natural healing and therapeutic properties. It contains a high content of vitamins, minerals and powerful natural antioxidants that are considered essential for maintaining glowing skin. Recent scientific research shows the seaweed extract used in ishga preserves the skins natural collagen. The mineral rich seaweed extract is carefully blended with cucumber extract, macadamia, jojoba, aloe vera and lemon peel so that your ishga treatment will detoxify, nourish, firm and hydrate the skin. It is suitable for all skin types.

Hydrotherapy Bath

30 MINUTES | £45

Recline and relax in a luxurious, private hydrotherapy multi-jet bath. Feel gently invigorated, yet surprisingly relaxed with the soothing jets, sea salts and essential oils that warm and loosen the muscles. Being immersed in warm or hot water raises the body temperature, increasing blood flow around the circulatory system and so alleviating pain. The improved circulation will in turn help to heal injured tissues and rehabilitate damaged muscles or joints. This treatment is recommended as a stand-alone treatment or prior to a massage to enhance the benefits of the therapy.



ishga Sound Treatments

ishga has partnered with Swell, a sound wellness business, and with this unique partnership, aims to harness the power of sound, translating this into a range of therapeutic sound 'treatments' to accompany ishga's award-winning products and treatments. Swell's unique approach to therapeutic sound, using a combination of Sound Therapy, Music Composition and Biophilia ensure ishga Sound Treatments will capture the essence of the ocean and its home in the Hebrides to be transportive, calming and relaxing. The unique sound compositions are based on the natural sounds of water, from the Ocean, the beaches and the seaweed habitat of the Isle of Lewis. The soundscapes also draw on the musical traditions and instruments found in the Hebrides. Gaelic instruments and traditional folk songs from local musicians include pipes, whistles and flutes, clarsach, fiddle and the ethereal voice of a local resident.

Back, Face & Scalp Sound Treatment

80 MINUTES | £190

This treatment works in harmony with the music, taking you on a journey to the Hebrides, home of ishga. It will capture the transportive, calming and relaxing essence of the ocean. The treatment begins with a stimulating Hebridean Sea Salt back exfoliation followed by a personalised back, neck and shoulder massage incorporated with hot stones and essential oils to deeply relax and relieve tension. This is followed by a deep cleansing facial with a lifting facial massage and finishes with a therapeutic scalp massage with gentle stretching. Sound treatment techniques can lower brain wave state, by activating the parasympathetic nervous system, lowering blood pressure and heart rate and inducing an altered - or dream-like - state of consciousness. This complements the treatment by bringing a state of consciousness, inner calm and clarity.

Seaweed Bath Sound Treatment

30 MINUTES | £50

A unique Scottish experience where you can relax in hand-harvested seaweed from the Hebridean coast. Unwind in a hot bath infused with mineral sea salts containing over 85 natural trace minerals and pure Scottish seaweed, whilst in the bath, your skin absorbs these compounds re-mineralising the body and hydrating the skin and hair. Whilst relaxing, transport yourself to the outer Hebrides as the treatment works to unlock a state of consciousness within the listener where you can find inner calm, clarity and an objective sense of purpose. Following the treatment, you will feel cleansed - literally bathed in sound and rejuvenated from the experience. Here in Scotland, we have been enjoying the benefits of seaweed from the Scottish islands for hundreds of years. Naturally healing, moisturising and anti-ageing, it is rich in vitamins, minerals and anti-cellulite properties, soothing away aches and pains. An experience we guarantee you will remember forever.



ishga Body Treatments

Detox Body Wrap

50 MINUTES | £135

A powerfully detoxifying Hebridean sea salt and oil scrub with body wrap. This combines the detoxifying and nourishing effect of the purest seaweed gel with the stimulating and hydrating properties of the scrub. The treatment is designed to eliminate toxins, reduce cellulite, boost energy and improve skin tone and texture, increase circulation and detoxifying congestion from the body

Nourishing Body Wrap

50 MINUTES | £135

Combining a hydrating salt and oil scrub infused with sweet almond, jojoba and rose geranium to remove dull, tired skin followed by a cocoon of our nourishing gel body mask which soothes, cools, hydrates and tones even the driest, sensitive skins. A warmed geranium oil scalp massage completes the experience.

Marine Back Treatment

50 MINUTES | £140

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.

ishga Facials

Facial

50 MINUTES | £135

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.

Ultimate Luxury Facial

80 MINUTES | £180

An indulgent, luxurious spa facial that incorporates a thorough skincare routine combined with three intensive masks. Including a deep exfoliation using a rich, vitamin packed sea kelp powder that will remove dead skin to leave the skin bright and glowing. This facial includes a warming massage of the face, scalp, shoulders and arms using heated sea salt and seaweed poultices which will absorb congestion and detoxify the skin, adding a host of vitamins and minerals into the face and upper body.



ishga Massage Therapy

Full Body Massage

50 MINUTES | £135
80 MINUTES | £180

A medium pressure full body massage combining relaxing elements of aromatherapy massage, lymphatic drainage and traditional Swedish massage techniques to reduce muscle tension and reenergise the body. Choose from:

Invigorating

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

Relaxing

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.

Deep Tissue Massage

80 MINUTES | £185

Powerful, deep and specifically placed techniques make this customised massage essential for the relief of aching muscles. Using a stimulating muscle recovery oil containing fucus serratus extract, a natural anti-inflammatory to relieve physical fatigue and rosemary to ease muscle pain. The therapist will work on body areas of your choice using remedial massage techniques, Thai stretching and localised deep tissue and myofascial release.

ishga Hot Stone Massage

75 MINUTES | £175

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. A seaweed based oil with lemongrass, lavender and juniper will detoxify and regenerate the skin.

Hot Poultice Massage

50 MINUTES | £140

A rebalancing, light massage using heated sea salt & 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.

Mum to be Massage

50 MINUTES | £135

A nurturing full body massage to soothe aches, pains and general muscle fatigue often experienced during pregnancy. Designed to help relax and calm, ease leg cramps, reduce water retention and puffiness. Using ishga's Nurturing Oil which hydrates the skin and helps to improve elasticity, reducing stretch marks, the massage begins with mum-to-be seated allowing the therapist to fully work the upper and lower back. Then, lying comfortably and supported in an upright position on the therapy bed, the legs, feet, arms and most importantly the bump are gently but therapeutically massaged to release a sense of wellbeing for both mum and baby. Suitable after the first trimester of pregnancy.



ishga for Men

Our ishga face and body treatments for men are specifically tailored to your skin type, each one designed specifically to ensure you experience the best physical and therapeutic benefits depending on your needs.

Men's Stress Reliever Massage

50 MINUTES | £135

An invigorating full body treatment combined with scalp massage. A medium pressure massage designed to detox and balance the body whilst removing any areas of muscular tension and stress. The seaweed based oil nourishes and protects the skin with a masculine sandalwood and patchouli aroma.

Men's Facial

50 MINUTES | £135

The ishga men's products are designed to detox and draw impurities from the skin whilst stimulating collagen production and combat signs of ageing. This treatment will cleanse, tone and moisturise the skin leaving it revitalised and hydrated leaving a protective layer to prevent environmental damage. Great for outdoors, sports or harsh weather conditions.

Add Ons

Please note that these can only be booked and taken with treatments of 50 minutes or more, prices available upon request.

Foot Recovery

25 MINUTES

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

Hand Recovery

25 MINUTES

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

Salt & Oil Scrub

25 MINUTES

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.

Back Massage

25 MINUTES

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

Express Facial

25 MINUTES

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

Shirodhara

25 MINUTES

An ancient and powerful Ayurvedic healing therapy that rejuvenates, balances and stabilizes the mind, body and soul. Warm oil is poured onto the forehead which is then followed by a scalp massage.



Wellness at Turnberry



The Spa at Turnberry features a fully-equipped fitness centre, providing guests with a wellness sanctuary to maintain an active lifestyle. Along with our state of the art equipment, our onsite Personal Trainer is experienced in delivering a range of engaging fitness classes together with one-to-one sessions tailored to your needs, abilities and personal goals.

Kick start your fitness journey for only £40 per personal training session.

1 SESSION	£40
BLOCK OF 5	£175
BLOCK OF 10	£325

Monthly and annual Spa Membership is also available, allowing members to take advantage of a full fitness induction, unlimited access to our state-of-the-art fitness studio, complimentary access to fitness and pool classes, discounted personal training sessions and more.

[View our Spa Membership details and Fitness Timetable.](#)

How to Spa

SCHEDULING AN APPOINTMENT

To schedule an appointment, please [book online](#). For further information regarding our treatments, or to book a Day Spa Experience, please contact treatments@trumpturnberry.com 01655 334060. To ensure your preferred time and service are available we recommend booking in advance. All spa treatments and packages must be guaranteed with a credit card. Unless you have stated a preference at the time of booking, your treatment may be carried out by a male or female therapist. Re-scheduling cannot be amended on the day.

ARRIVAL TIME

Please allow sufficient time before your treatment. We recommend you arrive up to 60 minutes in advance of your treatment so that you can change, relax and enjoy the spa facilities. Please be advised that late arrivals will result in a reduction of treatment time.

SPA FACILITIES

The following spa facilities are available to hotel residents, members and day spa guests only: sauna, steam room, ice fountain, experience showers, 20-meter pool with water massage jets, male and female changing areas and relaxation rooms, a state-of-the-art Fitness Centre equipped with Life Fitness cardiovascular and strength machines and free weights area. Our Personal Trainer is on hand to help you prepare for sporting events, specific goals or assistance with the creation of a life-changing fitness routine.

CHILDREN'S POLICY

We are delighted to offer treatments for children under 16 years old however they must be accompanied by an adult for the whole duration. Please contact the reservations team for details on treatments available for our younger guests.

CANCELLATION POLICY

Cancellations or rescheduling of appointments made with less than 24 hours notice or failure to show up for an appointment will result in the full treatment cost being charged to your room or credit card, cancellations made with less than 48 hours notice will incur a 50% charge.

SPA ETIQUETTE

Our spa environment is one of relaxation and tranquillity. Please respect all spa guests' right to privacy and serenity. In light of this, the spa is a mobile phone and camera free zone.

HEALTH CONDITIONS

Kindly advise us of any health conditions, allergies or injuries which could affect your choice of treatment when making your spa reservation.

PREGNANCY

We have specially designed treatments for expectant women or nursing mothers. Please allow our spa team to guide you in selecting which treatments are most suitable during this special time.

GIFT VOUCHERS

An ideal gift for someone special. Order yours online today at <https://trumpturnberryscotland.giftpro.co.uk/>

HOMECARE

To continue your spa experience at home, most products used in our treatments are available to purchase at Spa reception.

CONSULTATION CARDS

Please complete your consultation card prior to arrival at the Spa. The link can be located on your booking confirmation email.

PRICES

All prices are subject to change at any time. Gratuities are not included and are welcomed at your discretion.