THE GRAND HOTEL

HEALTH &
WELLNESS

spa treatment *menu*

book online

THE GRAND HOTEL

our *partners*

At Elite Hotels, we pride ourselves on creating exceptional spa experiences where every detail is thoughtfully considered. Our treatment partners are chosen not only for their proven results, but for their shared commitment to quality, integrity and wellbeing. Both ishga and OSKIA embody our values through their respect for nature, advanced expertise and dedication to delivering meaningful, results-driven experiences. Together, they allow us to offer our guests restorative journeys that nurture the skin, calm the mind and elevate every moment spent with us.

ishga

Born from the elemental beauty of the Hebrides, ishga is a luxury organic skincare brand inspired by the restorative power of the sea. Derived from the Gaelic word for water, ishga is deeply connected to the pure Hebridean waters surrounding the Isle of Lewis.

Since 2013, four species of seaweed have been sustainably hand-harvested and carefully extracted to preserve their potent vitamins, antioxidants and bioactive minerals. This powerful marine infusion forms the foundation of every ishga treatment, delivering deeply calming and skin-restoring results while encouraging reconnection of mind, body and soul through nature's rhythm.

ishga

Organic Seaweed Skincare





oskia

Founded on the belief that truly radiant skin begins with optimal nutrition, OSKIA is a luxury skincare brand driven by advanced skin science.

Established in 2009, OSKIA combines bio-nutritional expertise with naturally derived, bio-identical ingredients to create high-performance formulations.

At the heart of every OSKIA treatment is the MSM Regen Complex™, a unique blend of vitamins, minerals, peptides and amino acids designed to support cellular renewal, enhance luminosity and strengthen the skin barrier.

Created by leading skincare scientists and produced in OSKIA's own Welsh laboratory, each treatment delivers visible results while restoring balance, vitality and lasting radiance.

OSKIA
LONDON

"set aside a moment
for yourself and enjoy
a little pampering..."

signature *treatments*

OSKIA LUXURY FACE & BODY FUSION

Experience ultimate indulgence with The Luxury Face & Body Treatment – combining radiance-boosting, anti-ageing facial techniques with deep pressure massage to rejuvenate your complexion and restore total well-being.

85 minutes – £135.00

OSKIA NUTRI – HYDRATION BODY THERAPY

This full-body ritual renews and hydrates with OSKIA's fruit enzyme and Himalayan salt scrub, followed by a triple-weight Hyaluronic Acid treatment, warm compresses, tension-relieving massage, contouring facial techniques, and a calming scalp massage.

85 minutes – £140.00

OSKIA SIGNATURE NUTRI GLOW

Our signature facial combines nutrient-rich bio-actives, aromatic compresses, and enzyme masks to rejuvenate face, body, and mind. Warm rose oil, expert massage, lymph drainage, and acupressure lift and hydrate, completing the experience with total radiance and relaxation.

70 minutes – £125.00

OSKIA THERMAL HARMONY

Exclusive to Elite Hotels, this indulgent treatment begins with a foot cleansing ritual on warm basalt stones, followed by a natural peel-off mask, rose-scented oil massage, and invigorating scalp massage, concluding with a complimentary candle worth £58.00.

55 minutes – £120.00

the grand *specials*

SPA & AFTERNOON TEA EXPERIENCE OFFER

Enjoy two hours of access to our indoor wellness facilities, a 40-minute treatment of your choice and finish with a traditional afternoon tea. Includes robe, towel and flip flops.

CHOICE OF TREATMENT:

- ISHGA Grand Back, Neck & Shoulder Massage
- ISHGA Bespoke Marine Express Facial
- OSKIA Renaissance Body Scrub
- Elite Gel Manicure
- Elite Manicure
- Elite Reflexology

£115.00 per person ~ Monday to Friday

ISHGA GRAND BACK, NECK & SHOULDER MASSAGE

The classic 'Grand' relaxing back, neck and shoulder massage removes tension and aches.

40 minutes ~ £80.00

MANUAL LYMPH DRAINAGE

A soothing, light-pressure therapy using gentle rhythmic movements to stimulate the lymphatic system. This treatment helps boost immunity, encourages detoxification, and supports overall wellbeing. Please note that this is not a massage.

30 minutes ~ £44.00

ELITE REFLEXOLOGY

This holistic technique focuses on applying pressure to points on the feet relating to specific parts of the body, which will relax, detoxify, and rebalance the body and mind.

40 minutes ~ £59.00



facial *treatments*

OSKIA REVITALISING SUPER C FACIAL

This ultra-hydrating, nutrient-rich facial delivers instant lifting and anti-ageing benefits. Smart vitamin C and a breakthrough biomimetic serum help smooth fine lines, sculpt facial contours, and maintain a youthful, radiant complexion.

60 minutes – £95.00

OSKIA CRYO SCULPTING FACIAL

A non-surgical facelift delivering instant results, this treatment lifts, tones, and restores elasticity. Cryotherapy globes and luxurious massage sculpt and brighten the face, eyes, and neck, leaving contours defined and the complexion rejuvenated.

90 minutes – £140.00

OSKIA VITAMIN GLOW ON THE GO FACIAL

A quick facial for a radiant glow. Featuring micro-derma exfoliation, a passion fruit enzyme and AHA mask, plus OSKIA's signature face and brightening eye massage.

30 minutes – £59.00

ISHGA BESPOKE MARINE EXPRESS FACIAL

This brightening facial delivers a personalised boost with antioxidant-rich Hebridean seaweed. This quick, targeted facial brightens, smooths, and restores vitality, leaving skin refreshed, balanced, and radiant.

45 minutes – £70.00

ISHGA BESPOKE MARINE FACIAL

This facial uses collagen-boosting Hebridean seaweed to brighten, balance, and improve texture while protecting against environmental stressors, leaving skin nourished, luminous, and renewed.

60 minutes – £95.00

All our facial treatments are pregnancy-friendly.

"indulge in pure relaxation
in luxurious surroundings...."

body *treatments*

OSKIA EXPRESS RENAISSANCE BODY SCRUB

Experience the OSKIA Renaissance Body Scrub, a lavish blend of MSM, pink Himalayan salt, fruit enzymes, and nourishing oils that buffs away dull skin, stimulates renewal, and leaves your body irresistibly soft, radiant, and revitalised.

25 minutes – £59.00

ISHGA MARINE BACK TREATMENT

This treatment revitalises and transforms the skin on your back. Starting with cleanse, tone, and exfoliation, a heated seaweed clay mask deeply moisturises and boosts collagen, while a soothing back and leg massage eases tension. Ideal for acne, dryness, or muscular aches, it leaves skin brighter, healthier, and deeply relaxed.

55 minutes – £99.00

ISHGA DETOX WRAP EXPERIENCE

This indulgent treatment combines a Hebridean sea salt and oil scrub with a nourishing seaweed body wrap and full-body massage. Detoxifying, hydrating, and energising, it refines skin tone and texture while leaving the body revitalised, radiant, and deeply relaxed.

85 minutes – £140.00

ISHGA TIDES OF CHANGE

Indulge in a restorative journey to balance mind, body, and spirit, designed to ease menopausal symptoms. Combining soothing full-body and facial massage with ISHGA's results-driven organic skincare, this deeply relaxing treatment detoxifies, nourishes, and revitalises. Gentle abdominal massage supports hormonal balance and digestion, while a rejuvenating facial lifts, sculpts, and brightens. Experience a calming, restorative escape that leaves you centred, radiant, and renewed.

85 minutes – £140.00

OSKIA RENAISSANCE BODY SCRUB

Indulge in a luxurious full-body scrub that leaves your skin feeling soft, nourished and radiant. The OSKIA Renaissance Body Scrub combines pure MSM, pink Himalayan salt and nourishing natural oils with fruit enzymes to buff away dry skin while stimulating cell renewal and ends with a short back massage.

40 minutes – £80.00
55 minutes – £105.00

hand & foot *treatments*

ELITE GEL MANICURE

Enjoy long-lasting, vibrant colour with a Gel Lacquer. Begin with a soothing hand nourish, and if your previous gels were applied by our therapists, complimentary removal is included before re-application (please inform us when booking). For gels applied elsewhere, a 25-minute Gel Removal must be booked prior to your Gel Manicure.

40 minutes – £65.00

ELITE GEL REMOVAL

Using expert techniques and nourishing treatments, we protect and condition your nails, leaving them healthy, smooth, and ready for your next manicure.

25 minutes – £30.00

ELITE MANICURE

A complete treatment to tidy nails and cuticles, gently exfoliate, and moisturise dry skin. Finished with a professional, long-lasting lacquer for beautifully polished hands.

50 minutes – £59.00

ELITE PEDICURE

A complete treatment to tidy nails and cuticles, gently exfoliate, and moisturise dry skin. Finished with a professional, long-lasting lacquer for beautifully polished feet.

50 minutes – £59.00

ISHGA LUXURIOUS SEAWEED HAND EXPERIENCE

Rejuvenate hands and nails with this indulgent seaweed treatment. Begin with a soothing hand soak infused with seaweed and essential oils, followed by a nutrient-rich scrub and relaxing hand and arm massage. A detoxifying seaweed gel mask nourishes the skin, while nails are shaped and cuticles conditioned, leaving hands silky, smooth, and revitalised.

40 minutes – £60.00
55 minutes – £80.00 to include nail painting

ISHGA LUXURIOUS SEAWEED FOOT EXPERIENCE

This foot experience begins with a soothing seaweed and essential oil foot bath, followed by a mineral-rich sea salt scrub. Relax during a lower leg and foot massage before a regenerating seaweed gel mask nourishes the skin. Nails are shaped and cuticles conditioned, leaving feet revitalised and pampered.

40 minutes – £60.00
55 minutes – £80.00 to include nail painting

We are proud to work with Mavala to provide your nail treatments.

massage *treatments*

ISHGA ORGANIC AROMATHERAPY MASSAGE

Experience ultimate relaxation with this enhanced classic massage. Begin with a soothing seaweed foot ritual, followed by a medium-pressure full-body massage blending aromatherapy, lymphatic drainage, and Swedish techniques to ease muscle tension and re-energise. Deep tissue stretching and a calming scalp massage complete the experience. Choose from a selection of unique oils, all based on sweet almond, jojoba, and thistle, to elevate your journey.

85 minutes – £140.00

ISHGA AROMATHERAPY BACK, NECK & SHOULDER MASSAGE

A classic back, neck, and shoulder massage designed to relieve tension and soothe aches. Includes a calming scalp massage with your choice of unique ISHGA oils, all based on sweet almond, jojoba, and thistle.

30 minutes – £65.00

ISHGA AROMATHERAPY BODY MASSAGE

A classic full-body massage targeting legs, arms, back, and shoulders. Personalise your experience with a choice of unique ISHGA oils, all based on sweet almond, jojoba, and thistle, to leave the body relaxed, balanced, and revitalised.

60 minutes – £105.00

ISHGA AROMATHERAPY FULL BODY MASSAGE

A full-body massage incorporating face and scalp techniques for complete relaxation. Personalise your experience with a selection of unique ISHGA oils, all based on sweet almond, jojoba, and thistle, leaving the body and mind deeply revitalised.

75 minutes – £120.00

ISHGA DRIFT AWAY SCALP MASSAGE

Drift into deep relaxation as tension melts away with a soothing massage to the upper shoulders, neck, and scalp.

30 minutes – £65.00

OSKIA SOLE THERAPY

Experience ultimate relaxation with our indulgent foot treatment. Begin with a serene preparation of hot towels, Turkish scrub, and warm stones, complemented by calming lavender eye pillows. Enjoy a thorough exfoliation followed by a soothing massage, enhanced with hot stones for deep relaxation.

45 minutes – £80.00

ELITE INDIAN HEAD MASSAGE

A chakra-balancing treatment using soothing yet invigorating ancient massage techniques to harmonise mind, body, and soul. Includes gentle massage of the neck, shoulders, face, and scalp for complete relaxation.

30 minutes – £65.00

pregnancy *treatment*

PREGNANCY MASSAGE

Experience a deeply comforting full-body massage using ISHGA Nurturing Oil, enriched with rose geranium to relieve stress, soothe the mind and body, and hydrate the skin. This expert massage eases aches, muscle fatigue, and tension, helping you feel relaxed, revitalised, and fully restored.

75 minutes – £120.00

ELITE HOT STONE

Experience deep relaxation with a full-body massage using ISHGA oils and warmed volcanic stones, heated to the perfect 55°C to melt away tension. Cold stones can be added upon request for a customised experience.

40 minutes – £80.00
55 minutes – £105.00
70 minutes – £120.00

book online

Scan here to book your treatment or spa pamper online, and to explore our indulgent residential pamper breaks.



pamper *days*

A pamper day is an invitation to pause, restore, and reconnect, combining expert treatments, tranquil spaces, and thoughtful rituals designed to nurture body, mind, and spirit. Each of our carefully crafted experiences include a welcome drink, robe, towels and flip-flops, use of our wellness facilities and lunch or cream tea.

ULTIMATE GRAND PAMPER DAY EXPERIENCE

- ISHGA Bespoke Marine Facial
- Elite Manicure or Pedicure
- ISHGA Aromatherapy Back, Neck & Shoulder Massage

£255.00

OSKIA RENEWAL

- OSKIA Revitalising Super C Facial
- Elite Manicure or Pedicure
- OSKIA Renaissance Body Scrub

£275.00

PURE HARMONY

- OSKIA Luxury Face & Body Fusion

£170.00

MATERNITY MOMENTS

- ISHGA Pregnancy Massage
- Elite Pedicure

£215.00

HALF DAY ESCAPE

Choose one from:

- OSKIA Super C Facial
- ISHGA Aromatherapy Body Massage
- ISHGA Luxurious Seaweed Hand Experience with Nail Painting
- ISHGA Luxurious Seaweed Foot Experience with Nail Painting
- OSKIA Renaissance Body Scrub

£140.00

WEEKEND REVIVER

Choose one from:

- ISHGA Bespoke Marine Express Facial
- OSKIA Renaissance Body Scrub
- ISHGA Aromatherapy Back, Neck & Shoulder Massage

£125.00

distinctive *destinations*

Introducing Elite Hotels, a collection of distinctly memorable properties, delivering service excellence in some of the most idyllic locations in the south of England.

A stunning country house hotel, nestled in 186 acres of the Ashdown Forest, **Ashdown Park Hotel & Country Club** offers log fires, innovative cuisine, fine wines, panoramic views, golf, beautifully decorated bedrooms and luxurious Country Club. Ideal for relaxation and indulgence.

Set in manicured, historic grounds, in North Hampshire, **Tylney Hall Hotel & Gardens** rests in the perfect location – elegant lounges, stunning views, fine leisure facilities, exquisite bedrooms and breathtaking views. A tranquil, peaceful country house of distinction.

England's finest resort hotel, **The Grand Hotel** dominates the Eastbourne promenade and reflects the glories of Victorian architecture. This majestic hotel offers sumptuous cuisine, Health Club, iconic outdoor pool and first-class service.

Explore our collection at elitehotels.co.uk

GIFT VOUCHER EXPERIENCES

Our wellness experiences are available as gift vouchers – the perfect way to treat friends, family or loved ones. Whether it's a relaxing massage, a rejuvenating facial, or a full-day indulgence, these gifts allow them to unwind, recharge, and enjoy a moment of pure luxury.



Information contained in this brochure is correct at the time of printing and is subject to change without notice.



book online

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