

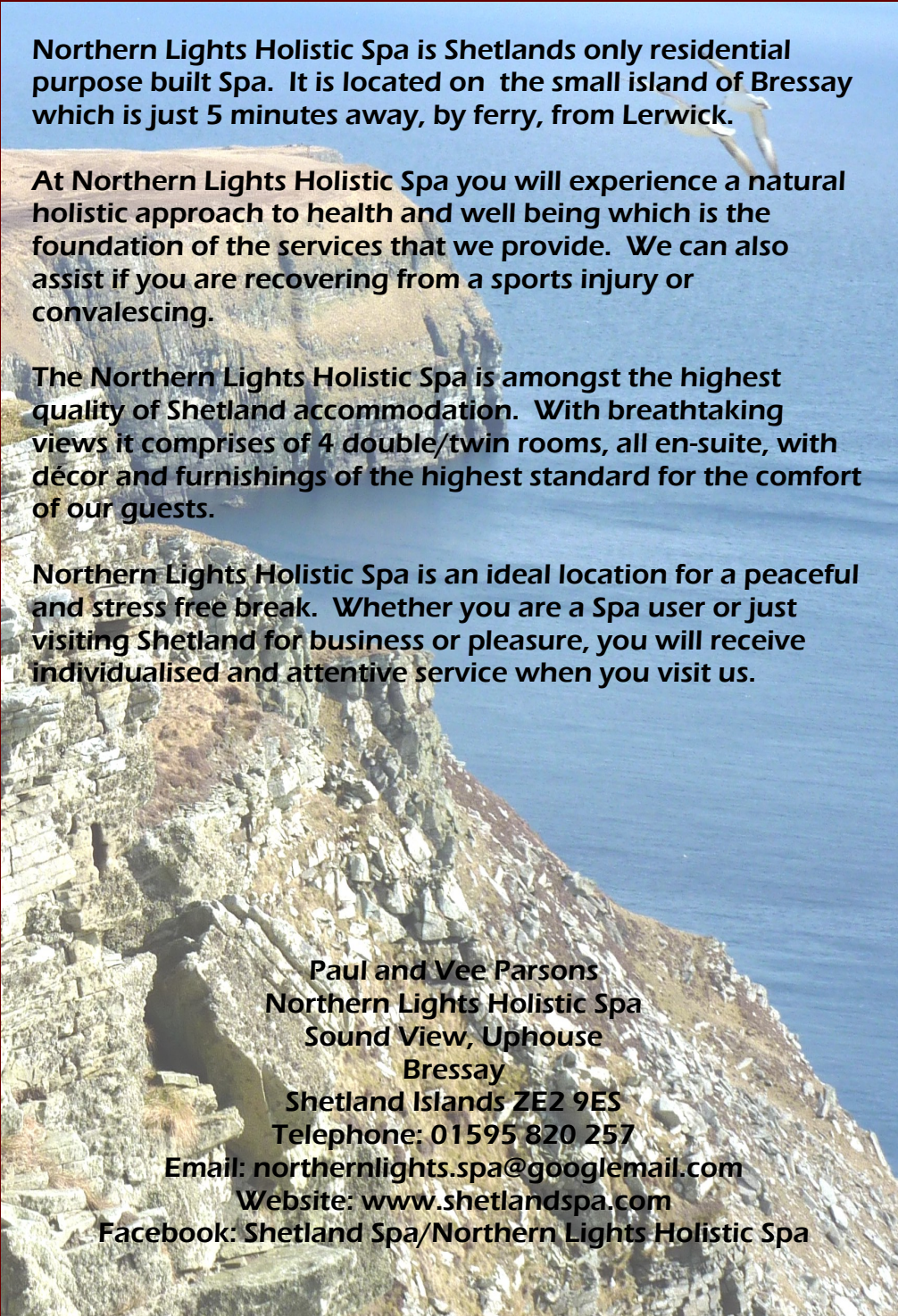
Northern Lights Holistic Spa

Shetland Islands

**"Inspired by ancient civilisations.
Designed for the modern lifestyle."**



Escape to an Exceptional Experience.....



Northern Lights Holistic Spa is Shetlands only residential purpose built Spa. It is located on the small island of Bressay which is just 5 minutes away, by ferry, from Lerwick.

At Northern Lights Holistic Spa you will experience a natural holistic approach to health and well being which is the foundation of the services that we provide. We can also assist if you are recovering from a sports injury or convalescing.

The Northern Lights Holistic Spa is amongst the highest quality of Shetland accommodation. With breathtaking views it comprises of 4 double/twin rooms, all en-suite, with décor and furnishings of the highest standard for the comfort of our guests.

Northern Lights Holistic Spa is an ideal location for a peaceful and stress free break. Whether you are a Spa user or just visiting Shetland for business or pleasure, you will receive individualised and attentive service when you visit us.

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Facilities -

Our Thermal Suite is a perfect way of starting your Spa Experience with us, comprising of Sauna, Steam Rooms and Hot Hydro Pool. When you book this, the room is exclusively yours whether there is only 1 of you or the maximum of 6 people. Additionally, there is a Far Infrared Sauna and an Aromatherapy Steam Cabinet for you to enjoy. For those of you who wish to benefit from deep relaxation why not try our Floatation Room, which is also recommended during pregnancy. Our 3 treatment rooms are appointed in such a way that they encourage the full positive effect of any treatment/therapy that you choose. After your experience with us you can relax in our Guests' Lounge or alternatively, Shetland weather pending, you can enjoy the fabulous views from our Decking area. To finish off your time with us you might like to have lunch/dinner in our intimate Dining Room. Finally, why not totally treat yourself and stay overnight in one of our well appointed en-suite Bedrooms.

Treatments -

At Northern Lights Holistic Spa we try and offer a wide and diverse range of treatments, so that there is something for everyone to enjoy. These include; Massages, both hands on and Hot Rocks; Reflexology; Indian Head Massage; Energy Work, including Reiki, Crystal Healing and Colour Therapy; Hopi Ear Candles; Dead Sea Body Masks; Body Wraps and Complete Detox Treatments; with new treatments being introduced all the time. After having your Spa Experience we hope that you leave us Relaxed, Revived and Rejuvenated



Thermal Suite Sessions

Sessions £20.00 per person

Morning Session 9.30am – 12.00pm

Afternoon Session 1.30pm – 4.00pm

Evening 5.00pm – 7.30pm

Sessions incorporate use of:

- Sauna, Turkish Steam Room and Hot Hydro Pool
- Robes, Towels, Shampoo, Conditioner, Shower Gel
- Soft drinks and herbal teas are also included.



Massage

Back Massage

A very powerful massage which releases tension from the upper body.

£35.00

Body Massage

Includes back, legs, feet, neck and shoulder massage.

£48.00

Full Body Massage

Includes back, legs, feet, neck and shoulder and a detoxifying colon massage.

£55.00

Face, Hand and Foot Massage

£35.00

Deep Sports Massage

Helps alleviate and disperse Lactic Acid build up from within the muscles leaving the Body eased and relaxed.

£48.00

The Northern Lights Hot Rocks Massage Experience

Hot basalt lava stones are used for their penetrative warmth to help release deep muscular tension, congestion and improve the general circulation. Experience the deeply nurturing and grounding sensation of this gently flowing massage as you feel the stresses of daily life melt away.

Back Neck and Shoulder Massage

£38.00

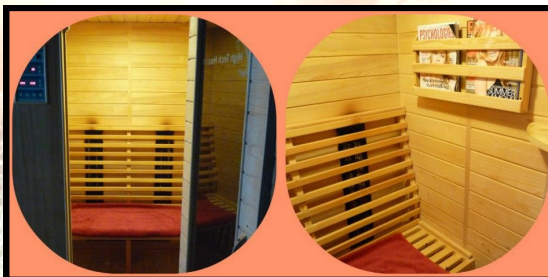
Full Body Massage

£63.00

Far Infrared Detox Box

£25.00 30mins

The Fir Detox Box is a sauna which produces infrared heat. Infrared heat waves reach the body directly without heating the air inside the Detox Box. This allows a more comfortable environment for users than in a traditional sauna but does not compromise the effects. Throughout our daily lives, toxins accumulate in our bodies. These toxins are harmful and it is believed that they can contribute to many life style related diseases such as heart disease and diabetes. The Detox Box induces perspiration which makes it possible to sweat out toxins from the body. The Far infrared sauna has been shown to relieve acne, eczema, psoriasis, burns, lesions and cuts. Far infrared rays also support the cell's energy helping cell functions resulting in softer, smoother and more radiant skin. With continued use this treatment has shown to significantly reduce cellulite and greatly aids any weight loss program. Also, because the Fir Detox Box incorporates a bio spectrum light, it has the beneficial "sunshine effect" beating those winter blues.



Floataction Room

£33.00 60mins

The floataction room is a small room with 10.5 inches of Epson salt water, similar to in the Dead Sea. The salts cause the water to become 'heavy' allowing the user to simply float upon the surface. The water and the air in the room are heated to body temperature, creating a very warm and comfortable environment. In the floataction room a deep relaxation is achieved and it is particularly good for aiding old injuries, arthritis, detoxification and problems such as insomnia, addictions, phobias, depression and stress. Recent research has also found that Floataction Therapy has positive effects on pain relief. The Epson salts are extremely beneficial to people who have skin problems, for example psoriasis and eczema. It is also useful in Pregnancy, for the full 9 months, as recommended by "Pregnancy and Birth Magazine". Please contact Northern Lights Holistic Spa if you would like any further information.



Aromatherapy Steam

£15.00 30mins

A more traditional steam treatment with the added benefits of aromatherapy essential oils



Energy Treatments

Reiki

£35.00

Reiki is a natural therapy which is centred around universal life energy. It focuses on the chakras – or energy centres of the body. It is effective in treating both mental and physical problems. A sense of deep relaxation is usually felt. When done regularly, the effect of reiki is greatly increased and the benefits become much stronger.

Crystal Healing

£35.00

Crystal healing works on the principle that every cell in the body vibrates at its own frequency. When these frequencies become unbalanced, we experience problems and illnesses. Crystals oscillate to a natural healing frequency that is activated by mental energy. Healing energy is amplified by the molecular structure of natural crystals, helping to harmonize and balance the body's frequencies back to optimum, healthy levels.

Colour Therapy

£35.00

Colour Therapy is a non-invasive therapy which uses the healing energies within the visible rays of colour. It is used extensively all over the world as a treatment for physical, emotional and mental problems. These include problems such as asthma, arthritis, nervous and mental disorders, depression, eating disorders, skin diseases, digestive ailments and many more.

Reflexology

£35.00

Reflexology is a technique where the feet are massaged. Points on the feet correspond with different points on the body through energy channels, hence pain and other symptoms in the organs can be relieved through reflexology. The massaging action also enhances blood flow and therefore benefits the overall body.

Indian Head Massage

£38.00

Indian Head Massage is a highly effective massage which works on the head, neck and shoulders. It can help to greatly reduce headaches and migraines originating from many sources, release tension from the neck and shoulders and encourage relaxation.

Hopi Ear Candles

£20.00

Hopi ear candles work primarily in two ways. The hollow candles create a 'chimney effect' helping to draw out fluids from the ear. The vibration of the rising air column gently massages the ear drum and promotes secretion from the sinuses. Secondly, the warmth from the candle helps improve the immune system and helps lymph flow. This treatment helps reduce excessive wax in the ears, and may help in cases of hearing impairment. It can relieve stress, and irritation in ears and sinuses. Also it will regulate pressure in the ears and sinuses during a cold, flu, headache, sinusitis, rhinitis and glue ear, and may reduce noises in the ears, ringing and tinnitus.



Detox, Body Wrap

£55.00 70mins

This full body wrap is ideal for Detoxing and firming the body. A great help for reducing the effects of poor diet and aids in breakdown and elimination of fatty deposits. This is nature's remedy to toxins accumulated from the daily rigors of life. The body is wrapped in a clay mask that will stimulate your metabolism and assist with detoxification at the cellular level. In addition the Detox wrap contains Enzyme active Aloe Vera, natural amino acids and six different herbal extracts to help draw the toxins from in and around the fat cells. Unlike most wraps this wrap encourages you to drink lots of water as this greatly improves the body's natural flushing system...It helps to tighten body tissues, improve muscle definition and may reduce cellulite. Detox body wraps also help reduce stress and promote relaxation, improve dry/rough skin or psoriasis and eczema. During your treatment you will also receive a relaxing face, hand and foot massage.

The Therapeutic Aromatherapy Body Wrap £77.00 105 mins

This aromatic treatment is a must for blissful stress relief.... The treatment begins with a gentle dry body brushing to remove dead skin cells and promote circulation. Skin brushing really helps bringing nutrients and oxygen to the outer layer of skin. After brushing Detox Clay containing 100% pure essential oil is smoothed all over your skin, harmonizing mind, body and soul. As you relax in your cocoon of warmth you will receive a wonderful de-stressing face, foot and hand massage. As you rest and ease into the wrap, experience and meditate worries away while your skin is infused with moisture, stimulating the lymphatic and circulatory systems and assisting the body's elimination of toxins. And finally..... Just when it couldn't get any better you will receive a gentle sweep of specially mixed aromatic oils which makes this unique treatment complete.

Northern Lights Complete Detox Treatment £87.00 150mins

This treatment is an intense "kick start" to help the body recover from the occasional "human" overindulgence. It consists of:

- A 30 minute session in our Far Infrared Detox Box to begin the detoxifying effect
- An invigorating Lymphatic Body Brushing to remove dead skin cells and promote circulation
- A Detox Full Body Wrap which also includes a relaxing face, hand and foot massage.

To complete the process we supply you with a set of Foot Detox Patches to take home and finish the Detox while you sleep.

Dead Sea Body Mask Experience

£56.00

The Dead Sea Mud Mask is one of the most effective skin treatments anywhere today. Because of its rich mineral content it; accelerates natural exfoliation and skin regeneration, restores skin ph balance, stimulates blood circulation whilst also reducing the appearance of cellulite. Dead Sea Mud cleanses the skin by removing dirt particles made by toxic impurities and provides relief from many skin disorders, including psoriasis, acne and eczema. This 100% natural product is also effective against muscle pain, arthritis, backache, joint inflammation and relief from itching. this treatment will leave your skin feeling healthy and radiant.



Accommodation

Double/twin £125.00 per room
Bed and Breakfast

Single £75.00 per room
Bed and Breakfast

These prices include use of the Spa
Turkish Steam Room, Sauna and
Hot Hydro Pool



Dinner— 3 Course Set Meal plus tea/Coffee £37.50 per person
Lunch including soft drinks and tea/coffee £14.00 per person

As only fresh produce is used, all meals are pre-booked.

Gift Vouchers available on request

E-Vouchers now also available for that last minute Gift.
(these may be purchased via telephone using credit/debit card)

We manufacture our own
Natural Range of Spa Products.

Take a look in our shop on the web
www.etsy.com/shop/shetlandspa



Important Information

All Spa Sessions and Treatments are by appointment only.
Minimum age requirement 18 years.
Complimentary transport is available on request from the Bressay Ferry Port.

CANCELLATION POLICY This is 24 hours previous from the time of your appointment and will be for the full amount of your booking. In the case of inclement weather (cancelling flights or ferries) the cancellation fee will be 50% of the booking.

BOOKING POLICY When you make a booking with us we will request your credit/debit card details. Please be assured that this is just to secure the booking made and to comply with our 24 hour Cancellation Policy. No payment will be taken unless the policy is broken.