



ishga

Organic Seaweed Skincare

Experience results-driven skincare derived from the ocean, backed by science.

ishga is derived from the Gaelic word for water. The pure, clean waters of the Hebridean Islands off the north west coast of Scotland are home to ishga, and where we sustainably hand harvest the four types of seaweed that are at the heart of our organic skincare.

The ocean provides an abundant source of bioactive minerals, vitamins, trace elements and antioxidants which are transformative when applied to skin. ishga combine a passion for seaweed, science and results to create high performing products that deliver efficacy for all skin types.

Your skincare and treatment needs have more to do with your age, lifestyle and your genetics than your gender. ishga treatments will be tailored to your needs and all product recommendations based on your skin type.

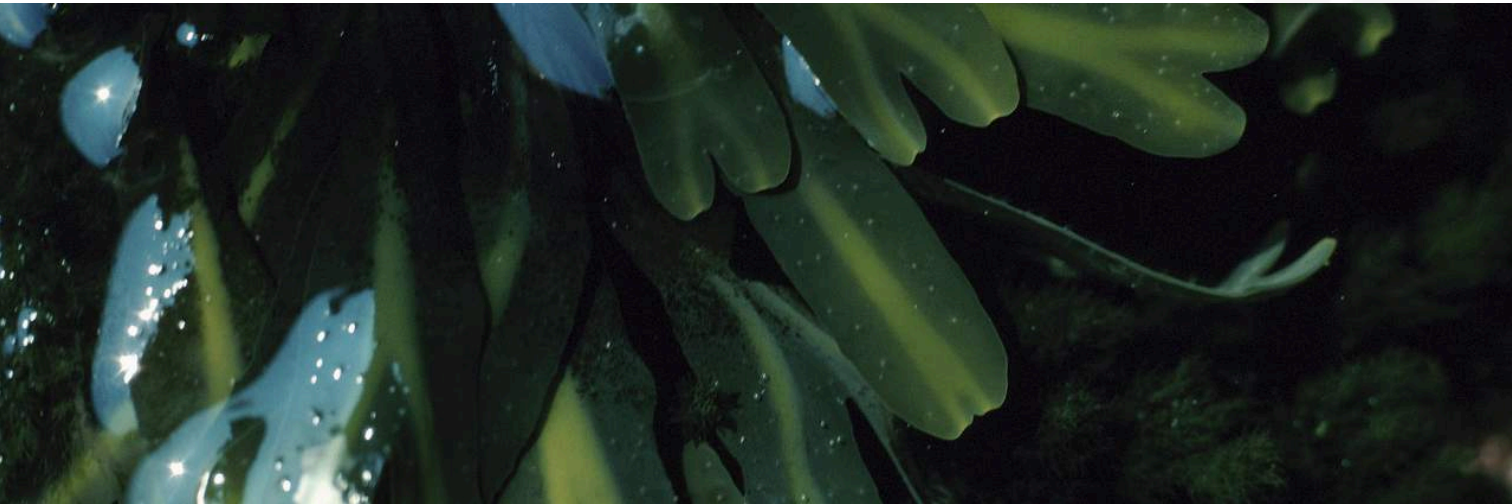
Indulge in the restoring powers of the ocean and allow our marine skincare to connect your mind, body and soul back to nature.

THE PILLARS OF ISHGA

Hebridean Seaweed

One of nature's most powerful antioxidant's, with incredible proven benefits for the skin. Since day one, ishga has been sustainably harvesting the wonder ingredient on the shores of our home on the Isle of Lewis.

We allow nature to replenish her stocks by rotating our harvesting locations and only taking what we need. We owe our powerful hydrating, firming, healing, and skin protecting formulas to Fucus Serratus Seaweed, Pelvetia Canaliculata Seaweed, Ascophyllum Nodosum Seaweed and Fucus Vesiculosus Seaweed; each containing its own unique skin enhancing properties.



SEAWEED TYPES & BENEFITS

Fucus Serratus

FS

At the core of the ishga range, this seaweed is known to contain high levels of antioxidant polyphenols which produce anti-ageing and hydrating effects. It has been found to regenerate skin cells, making it excellent at repairing skin.

Ascophyllum Nodosum

AN

Contains bioactive compounds which balance the natural moisture barrier in the skin cells to keep it hydrated. It also acts as an anti-inflammatory and has mild exfoliating properties, supporting the removal of cell build up.

Fucus Vesiculosus

FV

This seaweed releases polysaccharides and iodine as well as other minerals which can improve skin condition and reduce inflammation. It contains a very high concentration of antioxidants which help to shield the skin from free radicals.

Pelvetia Canaliculata

PC

Used in ishga retail hair products only. Sugar components found in this seaweed lock in hydration when exposed to long periods of dryness. The extract binds to metal residues left by chemical treatments and hard water, which reduces damage to the hair cuticle resulting in stronger and healthier hair.

Seaweed types are noted per treatment.

SCIENCE

Our lead Scientist and Co-founder Malcolm Macrae developed a unique low temperature extraction process which is at the heart of our skincare range. It allows the powerful benefits and antioxidant properties of seaweed to remain whilst removing the natural odour. Research shows that brown seaweeds, those used by ishga, accelerate skin cell regeneration, stimulate collagen and hyaluronic acid production, also offering effective detoxifying and hydrating results for all skin types.

ORIGIN

ishga was launched in 2013 on the Isle of Lewis in the Outer Hebrides. Our island home has since been an abundant source of inspiration throughout the development of our award-winning skincare range. We respect our environment and sustainably source our seaweed and local ingredients from across the island. Studies have found that seaweed from cold water environments contains higher levels of fucoxanthin and omega 3-fatty acids than seaweed from warmer climates. The Outer Hebrides also has some of the cleanest waters in the world, allowing seaweed to flourish in an unpolluted, mineral-rich environment.

HYDROTHERAPY

Seaweed Bath

30 minutes



Immerse yourself in a rejuvenating Hebridean experience featuring hand-harvested seaweed, rich in antioxidants to restore and detoxify. Unwind in a relaxing hot bath infused with Hebridean mineral sea salts containing 85 trace elements alongside pure Fucus Serratus seaweed. Let the fresh marine aromas transport you to the serenity of the Hebrides whilst your skin is intensely nourished.



MASSAGE

Each ishga massage can be tailored to your own needs. Choose from a selection of unique oils, all with bases of sweet almond, jojoba and thistle oil, to elevate your experience, including:

Invigorating

FS

FV

An uplifting Hebridean seaweed body oil with the signature ishga scent of lemongrass, juniper berry, lavender and rose geranium to energise and invigorate the body.

Nurturing

A comforting oil containing rose geranium to aid stress relief, reduce inflammation, and soothe the mind and body.

Warming

FS

FV

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

Muscle Recovery

FS

FV

A stimulating blend of oils formulated to 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.

Full Body Massage 55 minutes

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.

Hot Stone Massage 55 minutes

This full body massage incorporates heated Basalt stones which instantly relax the muscles, allowing the treatment to work at a deeper level. Hot stones are carefully placed along the chakras to open up energy pathways whilst soothing the mind, easing muscle tension, and reducing aches and pains.

Hot Poultrice Massage 55 minutes



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.

Deep Tissue Massage

55/90 minutes

Powerful, deep and attentive techniques make this tailored massage perfect for relieving aching muscles. It features a stimulating muscle recovery oil containing ishga's signature antioxidant packed Fucus serratus seaweed extract, a natural anti-inflammatory to relieve physical fatigue. Combined with rosemary, peppermint, may chang and more to ease muscles and tension. The Therapist will work on one to two body areas of your choice using remedial massage techniques.



BODY TREATMENTS

Detox Body Wrap 55 minutes

FS

FV

AN

Allow the bioactive components of Hebridean seaweed to detoxify the body with this unique treatment which includes a sea salt and oil scrub and scalp massage. Antioxidant rich seaweed gel is combined with the collagen stimulating properties of the Hebridean sea salt scrub. The treatment will help to eliminate toxins and congestion from the body whilst improving skin tone and texture.

Nourishing Body Wrap 55 minutes

A hydrating salt and oil scrub infused with sweet almond, jojoba and rose geranium to transform dull, tired skin, followed by a cocoon of a nourishing gel body mask which soothes, hydrates and tones. This includes a warmed rose geranium oil scalp massage and application of body oil to complete the experience.

Marine Back Treatment

55 minutes



Transform any skin concerns on your back with the Marine Back Treatment, which rejuvenates and exfoliates to reveal brighter, healthier skin. Beginning with a cleanse, tone and exfoliation, a powerful heated seaweed clay mask is then applied to soften the skin while providing a deep moisturising and collagen-boosting treatment.

Ideal for skin concerns such as acne or dryness on the back as well as easing muscular aches and pains. A massage of the back and back of the legs is also included to leave you feeling deeply relaxed.



FACIALS

Facial 55 minutes



Revitalise and repair skin through the collagen stimulating properties of Hebridean seaweed. Suitable for all skin types, the ishga Facial will brighten and balance skin tone whilst improving texture and protecting skin from environmental damage with its potent antioxidant properties.

Anti-ageing Facial 55 minutes



Nourish the skin with a rich Marine Cleansing Balm packed with hydrating fatty acids, combined with a delicate eye massage to tighten and tone. The high content of seaweed extract 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



Indulge the skin with the regenerating and hydrating properties of Hebridean seaweed in the Ultimate Luxury Facial featuring three active masks to exfoliate, nourish and protect. Lifting facial massage, combined with warmed sea salt and seaweed poultices and lymphatic drainage techniques rejuvenate the skin, adding a host of vitamins and minerals into the face and upper body.

ISHGA SIGNATURE EXPERIENCES

Face & Body Experience 55 minutes



Balance the body with a reviving yet relaxing experience. Starting with a medium pressure massage using a carefully selected oil, followed by a facial to renew and brighten the complexion. ishga's unique skincare range contains potent antioxidant-rich seaweed extract which has been proven to stimulate hyaluronic acid and collagen production in the skin, transforming all skin types.

Marine Experience 120 minutes



Feel the power of the ocean with an ishga Marine Experience, combining a Hebridean Salt and Oil Body Scrub, tailored back Massage and Express Facial. Please see individual listed treatments for further information. Suitable for all skin types.

Luxurious Seaweed Foot Experience 55 minutes



This luxury foot experience begins with a soothing foot bath filled with antioxidant rich seaweed and essential oils, followed by a foot scrub packed with minerals from pure sea salt. Relax during the lower leg and foot massage which is then followed by a regenerating seaweed gel mask. Finished with a nail shape, cuticle condition and your choice of nail polish or shiny buff.

Luxurious Seaweed Hand Experience 55 minutes



This luxurious treatment begins with a soothing hand soak, filled with a blend of antioxidant rich seaweed and essential oils, followed by a hand scrub packed with minerals from pure sea salt. Relax during the hand and arm massage which is then followed by a regenerating seaweed gel mask. Finished with a nail shape, cuticle condition and your choice of nail polish or shiny buff.

PRE/POST NATAL

MUM-TO-BE MASSAGE 55 minutes

Our Mum-to-be Massage has been specifically designed to safely pamper and relax you and is suitable after the first trimester of pregnancy. This treatment focuses on comforting the changes in your body during pregnancy, helping to ease any aches and pains to enhance wellbeing and aid relaxation.

The treatment involves a nurturing full body massage to soothe aches, pains and general muscle fatigue often experienced during pregnancy. Designed by experts to help relax and calm the mind and body, ease leg cramps, reduce water retention and puffiness. Using ishga's comforting Nurturing Oil, it hydrates the skin and helps to improve elasticity and improve the look of stretch marks. The massage begins seated allowing the therapist to fully work the upper and lower back. Then, lying comfortably and supported in an upright position a therapeutic massage is completed to release a sense of wellbeing



EXPRESS ADD ON TREATMENTS

Add these 25 minute express treatments onto any other treatment for an enhanced experience. Please see individual treatment descriptions for further information.

Foot Recovery



Hand Recovery



Express Facial



Express Back Massage



Seaweed content dependant on chosen oil

Salt & Oil Scrub



ADVANCED TREATMENTS

Oncology

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 dependant on chosen oil per treatment.

Mini facial

Comforting foot & leg massage

Head and scalp massage

Reflexology

Face massage

Seaweed foot or hand treatment

Back massage

Back, Face & Scalp Sound Treatment 90 minutes



This 90-minute treatment works in harmony with the specifically designed immersive music, taking you on a journey to the Hebrides. 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 tailored back, neck and shoulder massage incorporated with hot stones and essential oils to relieve tension. Followed by a deep cleansing facial with lifting facial massage and finished 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, inner calm and clarity.





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