

*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. More 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.*

**Facials**

**ANTI-AGING REJUVENATOR FACIAL 55MIN £79**

A rejuvenating facial designed to revitalise and repair. It is particularly useful for toning, firming, nourishing but also repairing and protecting the skin from environmental damage. This treatment will cleanse tone and moisturise the skin leaving it revitalised and hydrated. The high content of seaweed extract in the products used is scientifically proven to preserve the skins natural collagen with powerful anti – aging properties. Suitable for all skin types.

**EXPRESS FACIAL 25MIN £45**

An express facial using our organic product range combines a cleanse, tone and moisture for essential skin maintenance. Includes and exfoliating mask and scalp massage to complete the experience.

**Body**

**DETOXIFYING SEAWEED WRAP 60MIN £85**

A powerful 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.

**SALT AND OIL SCRUB 25MIN £45**

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.

**Massage**

**HOT STONE MASSAGE 60MIN £85**

A full body massage incorporating heated Basalt stones which instantly relax the muscles, allowing the treatment to work at a deeper level. Hot stones are useful for easing out tension, reducing aches and pains and are placed along the chakra's to open up energy pathway's. A Seaweed base oil with lemongrass, lavender and juniper will detoxify and regenerate the skin.

**INVIGORATING FULL BODY MASSAGE 55MIN £79**

This invigorating treatment works by combining marma massage, lymphatic drainage and traditional Swedish massage techniques. It is designed to detox and balance the body whilst removing any particular areas of tension and stress. The seaweed-based body oil nourishes and protects the skin. Your therapist will adapt the pressure to suit your needs.

**EXPRESS MASSAGE 25MIN £45**

A massage focusing on the back, neck and shoulders to target areas of tension, release everyday stress and relax the nervous system. Our seaweed body oil regenerates, firms and nourishes the skin.

**Mens**

**MEN'S BESPOKE FACIAL 55MIN £79**

Your therapist will select the most suitable products from the ishga range to create a personalised facial. The ishga products stimulate collagen production and combat signs of ageing. This treatment will cleanse, tone and moisturise the skin leaving it revitalised and hydrated



**ishga**  
Scottish Seaweed Skincare

