



Salthouse

— HARBOUR HOTEL AND SPA —

ishga

Spa Treatment Menu

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.

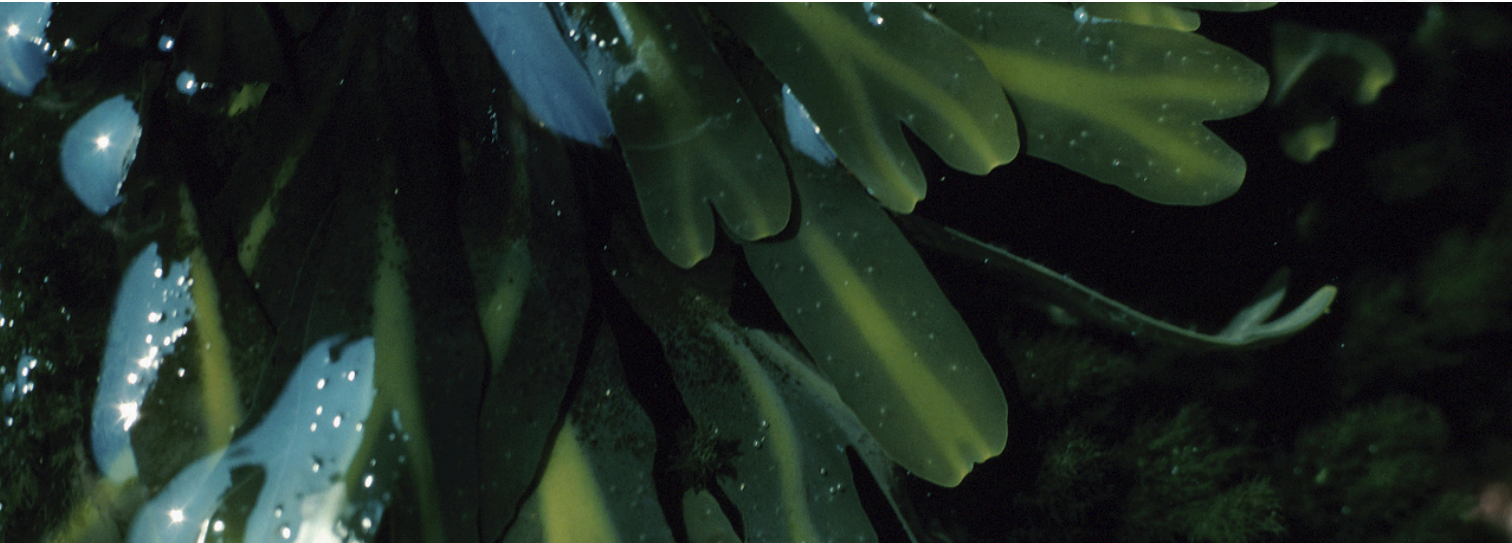
Indulge in the restoring powers of the ocean and allow our marine skincare to connect your mind, body and soul back to nature.



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

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.

Ascophyllum Nodosum

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.

Fucus Vesiculosus

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.

Pelvetia Canaliculata

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.

THE PILLARS OF ISHGA

PROVENANCE

Made on the Isle of Lewis, Outer Hebrides, with pure, antioxidant-rich, hand-harvested seaweed and local mineral-rich spring & sea water. We never use tap water in our products.

SCIENCE

Derived from the ocean, backed by over ten years of expertise in seaweed, science, and skincare. Co-founded by a Scientist, Malcolm Macrae, research and science still underpins all of our formula development.

BENEFITS

Results-driven organic seaweed skincare, proven to regenerate, nourish, and protect all skin types. Our range is award-winning and has shown remarkable improvements in skin appearance and health.

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.



Detox Body Wrap 55 minutes

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.



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.



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

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

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

Muscle Recovery

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 45 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.

Lava Shell Massage 55 minutes

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

