



THE
MACHRIE

ISLAY

ishga

Organic Seaweed Skincare

Treatment Menu



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The name ishga is derived from the Gaelic word for water.

The pure, clean waters of the Hebridean Islands off the north west coast of Scotland is home to ishga, and where we sustainably hand harvest the seaweed that's at the heart of our skincare.

Hebridean seaweed contains natural antioxidants with properties which transform and protect the skin.



MASSAGE

EXPRESS MASSAGE 25 minutes £45.00

A massage focusing on the back, neck and shoulders to target areas of tension, release everyday stress and relax the nervous system. The seaweed based body oil used contains lemongrass, lavender and juniper to regenerate and nourish the skin, with anti-inflammatory properties to soothe aching muscles.

DEEP TISSUE MASSAGE 55 minutes £95.00

Powerful, deep and specifically placed techniques make this customised massage essential for relief of aching muscles. Using a stimulating muscle recovery oil containing fucus serratus extract, a natural anti-inflammatory to relieve physical fatigue and rosemary to ease muscle pain. The Therapist will work on one to two body areas of your choice using remedial massage techniques, Thai stretching and localised deep tissue and myo-facial release.

FULL BODY MASSAGE 55 minutes £85.00

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.

Choose from:

Invigorating

An uplifting, detoxifying seaweed body oil with lemongrass, juniper, lavender and rose geranium. Particularly useful for improving fatigue and eliminating toxins.

Relaxing

The luxurious scent of nurturing rose geranium to aid stress relief, relax, soothe and balance a tired mind and body. A silky base of sweet almond and jojoba oil to hydrate and tone skin.

Warming

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

HOT STONE MASSAGE 55 minutes £99.00

A full body massage incorporating heated Basalt stones which instantly relax the muscles, allowing the treatment to work at a deeper level. Hot stones work to relax the mind, ease muscle tension, reduce aches and pains and are placed along the chakras to open up energy pathways. A seaweed based oil with lemongrass, lavender and juniper will detoxify and regenerate the skin.

BODY TREATMENTS

MARINE BACK TREATMENT 55 minutes £105.00

The ultimate back facial designed to rejuvenate and exfoliate, while treating any congestion to reveal a bright and smoother skin. Beginning with a cleanse, tone and exfoliation, a powerful heated seaweed clay mask is applied to clarify and soften the skin while providing a deep moisturising treatment. Ideal for skin concerns such as acne on the back, dryness or skin conditions and for muscular aches and pains. A massage of the back and back of legs is also included to leave you feeling deeply relaxed.



FACIALS

EXPRESS FACIAL

25 minutes

£45.00

An express facial cleanses, tones and moisturises for essential skin maintenance. Includes an exfoliating mask and scalp massage to complete the experience.

FACIAL

55 minutes

£88.00

A rejuvenating facial designed to revitalise and repair. Suitable for all skin types, even sensitive. It is particularly useful for brightening dull, tired skin and balances skin tone and texture, protecting the skin from environmental damage. This treatment will cleanse, tone, exfoliate and moisturise the skin leaving it revitalised and hydrated.

ANTI-AGEING FACIAL

55 minutes

£95.00

Using our rich Marine Cleansing Balm packed with hydrating fatty acids and a lifting and firming gel face and eye mask to tighten and tone the skin. The high content of seaweed extract in the products used is scientifically proven to preserve the skins natural collagen, with powerful anti-ageing properties that repair damaged skin cells which results in smoothing fine lines and wrinkles.

MEN'S

MEN'S STRESS RELIEVER MASSAGE

55 minutes

£95.00

An invigorating full body treatment combined with scalp massage. A medium pressure massage designed to detox and balance the body whilst removing any areas of muscular tension and stress. The seaweed based oil nourishes and protects the skin with a masculine sandalwood and patchouli aroma.

MEN'S FACIAL

55 minutes

£88.00

The ishga men's products are designed to detox and draw impurities from the skin whilst stimulating collagen production and combat signs of ageing. This treatment will cleanse, tone and moisturise the skin leaving it revitalised and hydrated leaving a protective layer to prevent environmental damage. Great for outdoors, sports or harsh weather conditions.



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