



THAINSTONE
HOUSE
— INVERURIE —

ishga

Organic Seaweed Skincare



THAINSTONE HOUSE

Thainstone House is delighted to be the first hotel in the north east to offer a range of 15 invigorating treatments from Scottish organic skincare brand, ishga. Holistic and beauty treatments are also on offer for a well-rounded spa experience that leaves you looking and feeling your best. Whatever treatment you choose, you'll be in good hands with our expert spa therapists. Perhaps that's why our motto, "Quod Petis Hic Est," or "what you seek is here," is so fitting.

Sumptuous treatments are just the beginning when you join us on a spa day or break. With use of our leisure club, you can sink into the bubbling outdoor hot tub, bask in the dry heat of the sauna or stretch out in the indoor pool before or after your treatments.

Elegant Thainstone House is an idyllic location in which to combine relaxing spa therapies with indulgences like afternoon tea or a night in one of our stylish rooms. Hidden away amongst 44 acres of woodland, guests will find our outstanding 2AA Rosette restaurant and comfortable rooms make it that much easier to let go of the everyday.



ishga

Organic Seaweed Skincare

ISHGA IS DERIVED FROM THE GAELIC WORD FOR WATER.

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.

Recent scientific research shows the seaweed extract used in ishga preserves the skin's 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.





EXPERIENCES

ISHGA MARINE EXPERIENCE

A top to toe package to awaken the senses and leave the skin feeling soft and fresh on the face and body. Begin with an all over body exfoliation with our pure sea salt and oil scrub infused with seaweed and lemongrass to remove dead skin, followed by a full body invigorating massage to soothe aching, tired muscles and hydrate the skin.

Finish the ultimate relaxation with an express facial to brighten, firm and tone the face and relaxing scalp massage to complete the experience.

ISHGA FACE AND BODY SENSATION

An invigorating yet relaxing back, neck and shoulder massage to target and soothe any tension using organic seaweed body oil combined with the healing oils of lavender, lemongrass and juniper. Follow with an express ishga facial to rejuvenate and brighten all skin types using a powerful blend of organic seaweed high in antioxidants and anti-ageing benefits.



MASSAGE

ISHGA INVIGORATING MASSAGE

A medium pressure massage combining a powerfully detoxing seaweed body oil with lemongrass, juniper and rose geranium. The treatment is designed to be invigorating but equally relaxing with a focus on removing tension to re-energise the body. The seaweed body oil used regenerates, firms and tones the skin and is particularly useful for eliminating toxins.

ISHGA HOT STONE MASSAGE

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 chakras to open up energy pathways. A seaweed base oil with lemongrass, lavender and juniper will detoxify and regenerate the skin.

ISHGA HOT POULTICE MASSAGE

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. 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. The poultices can be taken away and used as a detoxifying seaweed bath experience at home.

ISHGA BACK TREATMENT

The ultimate back facial designed to rejuvenate and exfoliate, while treating any congestion and revealing a brighter and smoother skin. Beginning with a cleanse, tone and exfoliation, a powerful Moroccan seaweed lava 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 legs is also included to send you to a place of peace and relaxation.

ISHGA EXPRESS MASSAGE

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, warms and nourishes the skin. Your therapist can adapt pressure to suit.



BODY TREATMENTS

ISHGA SALT AND OIL SCRUB

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.

ISHGA SEAWEED BODY WRAP

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.

FACIALS

ISHGA ANTI-AGEING FACIAL

A rejuvenating facial designed to revitalise and repair. It is particularly useful for toning, firming and 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 skin's natural collagen with powerful anti-ageing properties. Suitable for all skin types.

ISHGA EXPRESS FACIAL

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



HANDS AND FEET

ISHGA FOOT RECOVERY

Relax as your feet and lower legs are scrubbed with ishga Scottish seaweed foot scrub. This is followed by a wonderfully relaxing foot massage then an application of a cooling foot mask. Of course this treatment is also deeply relaxing.

ISHGA LUXURIOUS SEAWEED FOOT EXPERIENCE

Transform and re-energise tired, achy feet. Begin with a soothing foot bath filled with nutrient rich salts and pure essential oils.

As you sit back and relax, the skin on your feet and lower legs will be softened with our indigenous Scottish seaweed foot scrub, followed by a relaxing foot massage to hydrate and nourish the skin and then a detoxifying seaweed gel mask will be applied. Nails shaped, cuticles conditioned and finished with your choice of nail polish or shiny buff.

MEN'S TREATMENTS

These treatments are perfect for both men and women, however the experiences below have been created specifically for our male guests.

These treatments vary, offering everything from an introduction to the spa experience to results driven treatments, concentrating on releasing stress, tension and targeting aches and pains.

ISHGA MEN'S STRESS RELIEVER MASSAGE

An individually tailored full body treatment combined with scalp massage. It is designed to detox and balance the body whilst removing any particular areas of tension and stress. The seaweed-based oil nourishes and protects the skin.

ISHGA MEN'S BESPOKE FACIAL

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.

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Email: spa.eightacres@crerarhotels.com

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Tel: 01667 452 301

Email: spa.golfview@crerarhotels.com

ISLE OF MULL HOTEL & SPA

Craignure, Isle of Mull PA65 6BB

Tel: 01680 812 544

Email: leisure.isleofmull@crerarhotels.com

LOCH FYNE HOTEL & SPA

Argyll PA32 8XT

Tel: 01499 302 980

Email: spa.lochfyne@crerarhotels.com

OBAN BAY HOTEL

Oban PA34 5AE

Tel: 01631 564 395

Email: spa.obanbay@crerarhotels.com

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