

GOLF VIEW

— NAIRN —

HOSTING GOLFERS SINCE 1886

ishga

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Organic Seaweed Skincare



## GOLF VIEW

Golf View Hotel & Spa stands proud amongst private lawns leading to the lapping waves of the seashore. With remarkable views across the shimmering Moray Firth, time spent in its serene atmosphere can rejuvenate even the most tired minds.

Our spa therapists' expertise creates personalised relaxation to suit your body's needs, enhanced by the use of nurturing ishga organic skincare. ishga's thoughtful approach to nature and the care taken to create their handmade products reflects our own values of pride, authenticity and creativity.

Guests who visit for a full spa day or stay for a spa break will find that their treatment is just the beginning. Our leisure club has tennis courts, outdoor hot tub, gym equipment, a Jacuzzi, sauna, steam room and swimming pool with sea views.

In our AA Rosette-awarded restaurant, Hickory, locally sourced ingredients are crafted into mouth-watering dishes, complimented by a wide selection of whiskies, a bespoke wine list and the finest teas and coffees. Stay on a spa break in the restful surroundings of our elegantly decorated, spacious rooms and you can wake up refreshed, extending the feeling of invigoration from your treatments.



# 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

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## 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

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## 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

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### 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

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### 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

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### 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

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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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## MORE CRERAR SPA & PAMPER HOTELS

### EIGHT ACRES HOTEL & LEISURE CLUB

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### ISLE OF MULL HOTEL & SPA

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### LOCH FYNE HOTEL & SPA

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