



LOCH FYNE HOTEL & SPA

Ultimate relaxation on the calming banks of Loch Fyne is within easy reach. Travel to the edge of the quaint town of Inveraray and you'll find our four star AA-awarded hotel offering the best of Scottish hospitality and a range of 15 treatments from Scottish organic skincare brand, ishga.

ishga's sumptuous organic seaweed products offer an invigorating connection to nature. Combined with our spa therapists' expertise, you can discover personalised relaxation to suit your body's needs in our welcoming spa. A warm space where you can feel serene away from urban life, the spa offers a dual treatment room for those who wish to relax with a friend or partner.

One reason guests often extend their time with us to a spa day or spa break is use of our leisure club, which includes an outdoor hot tub and an indoor pool overlooking the dramatic scenery of the Loch. Elegant afternoon tea, the local seafood served in our AA Rosette awarded restaurant and traditional guestrooms with a twist of modern sophistication are all a draw too.

You may find choosing your treatment is just the beginning...



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

ISHQA 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.

ISHQA 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.

ISHQA 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.

ISHQA 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.

ISHQA 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.

ishga

Organic Seaweed Skincare

MORE CRERAR SPA & PAMPER HOTELS

EIGHT ACRES HOTEL & LEISURE CLUB

Elgin IV30 6UL

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GOLF VIEW

Nairn IV12 4HD

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ISLE OF MULL HOTEL & SPA

Craignure, Isle of Mull PA65 6BB

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OBAN BAY HOTEL

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