



## Press Release

April 2022

# The Spa at Coworth Park welcomes sound therapy treatments by ishga

Dorchester Collection's luxury country house hotel and spa, Coworth Park introduces specialist sound therapy treatments by organic luxury seaweed skincare ishga.

Located within 240 acres of Berkshire parkland, The Spa at Coworth Park provides a contemporary eco-luxury setting in which to enjoy the ishga sound therapy treatment, created in partnership with sound wellness brand Swell. This unique partnership aims to harness the power of sound, translating this into a range of therapeutic sound treatments to accompany ishga's award-winning products.

Guests at Coworth Park can enjoy relaxation and rejuvenation through sound therapy designed to be transportive, calming and relaxing. Swell's unique approach to therapeutic sound was founded by international DJ and music psychology specialist Brian d'Souza and uses a combination Sound Therapy, Music Composition and Biophillia to ensure ishga Sound Treatments capture the essence of the ocean and its home in the Hebrides.

The 90-minute treatment is designed to work in harmony with the music as it takes the guest on a journey to the Hebrides. It begins with a seaweed foot bath, followed by the chimes of the Singing Bowl that will lead into a Balinese inspired massage, finishing with a warm oil pouring onto the scalp and a relaxing head massage, and concludes with a calming awakening at the end from the music of the Singing Bowl.

The unique sound compositions are based on the natural sounds of water, from the Ocean, the beaches and the seaweed habitat of the Isle of Lewis. The soundscapes also draw on the musical traditions and instruments found in the Hebrides played throughout the treatment.

The Dorchester, London | 45 Park Lane, London | Coworth Park, Ascot | Le Meurice, Paris | Hôtel Plaza Athénée, Paris  
Hotel Principe di Savoia, Milan | Hotel Eden, Rome | The Beverly Hills Hotel, Beverly Hills | Hotel Bel-Air, Los Angeles | The Lana, Dubai (opening 2022)

# Coworth Park

## Ascot

Dorchester Collection

Commenting on the partnership, spa director at The Spa at Coworth Park, Teresa O'Farrell said; "We have built a strong relationship with ishga and are thrilled to be welcoming this unique sound therapy treatment to our wellness offering here at Coworth Park. Relaxation is at the forefront of everything we do here at The Spa at Coworth Park so we are excited to introduce this new bespoke experience to our guests."

Hailing from Scotland's remote Hebridean Islands, ishga makes sustainable skincare products with pure organic Scottish seaweed, which for centuries has been prized for its natural antioxidant and therapeutic properties. It is this potent ingredient which makes their treatments the perfect way to revitalise, repair and nourish the skin. ishga is derived from the Gaelic word for water. The treatments use products that have been developed in the remote Outer Hebrides, combining the highest quality and purest Scottish seaweed with water from a natural spring situated on the beautiful Hebridean Isle of Lewis. Seaweed is one of the world's most naturally abundant sources of vitamins, minerals, amino acids, anti-oxidants and essential fatty acids.

For more information or to book visit: <https://www.dorchestercollection.com/en/ascot/coworth-park/spa/>

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### **Note to the Editors:**

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### **ishga**

Sustainably sourced, formulated and manufactured in the Hebrides, ishga is an award-winning skincare range that blends a mineral-rich potent seaweed extract with organic ingredients and essential oils, offering natural, results-driven products and professional spa treatments. Combining the natural resources of the pure, pristine shores of the Hebrides with locally sourced, nutrient-rich and sustainably harvested seaweed, the organic range (certified by the Soil Association) is found in some of the UK's leading spas and retail stores around the world. ishga is derived from the Gaelic word for water and infuses healing spring water with a potent extract of Hebridean seaweed with scientifically proven results. Renowned for its potent polyphenols, Hebridean seaweed contains a host of antioxidants, vitamins, minerals, trace elements and amino acids which nurture and protect the skin. Respecting the natural environment, ishga has an exclusive licence to harvest seaweed throughout the Western Isles and works in conjunction with Scottish Natural Heritage and SEPA (Scottish Environment Protection Agency) to ensure the harvest (both manual and mechanical) is sustainable and environmentally friendly.

### **Coworth Park**

Coworth Park is a 71-room luxury country house hotel with Michelin starred dining set in 240 acres of picturesque Berkshire parkland. Restaurant Coworth Park is led by Adam Smith, considered one of the UK's most talented executive chefs with a reputation for accomplished, classically-based cooking with modern presentation. The estate includes a luxury spa with indoor pool and is the only UK hotel to feature its own polo fields and a full programme of polo tournaments, managed by Guards Polo Club. In addition to Restaurant Coworth Park, the hotel offers relaxed dining in The Barn and award winning afternoon tea in the Drawing Room.

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# Coworth Park Ascot

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The Spa at Coworth Park was voted Best Hotel Spa UK 2012 in the Condé Nast Traveller UK Readers Spa Awards, and was voted Best UK & Ireland Destination Spa 2019 and the Best UK & Ireland Hotel Spa 2021 at the Conde Nast Johansens awards. The Spa at Coworth Park also ranked 5th in Condé Nast Traveller's World's Top 30 spas, the first UK spa to be listed within the round-up.

## Dorchester Collection

Dorchester Collection is a portfolio of the world's foremost luxury hotels and residences. The unique properties are all legendary in their own right, with rich heritages and worldwide reputations as places offering the most sought-after experiences of good living, charm, elegance, and unparalleled standards of service.

The current portfolio includes the following hotels: **The Dorchester**, London; **45 Park Lane**, London; **Coworth Park**, Ascot, UK; **Le Meurice**, Paris; **Hôtel Plaza Athénée**, Paris; **Hotel Principe di Savoia**, Milan; **Hotel Eden**, Rome; **The Beverly Hills Hotel**, Beverly Hills; and **Hotel Bel-Air**, Los Angeles; **The Lana**, Dubai (opening 2022). Luxury residences include **Mayfair Park Residences**, London; **The Residences**, Dorchester Collection, Dubai and **One at Palm Jumeirah**, Dorchester Collection, Dubai.

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