

## BODY THERAPY

### WILD ATLANTIC WRAP

Full body scrub with salts to exfoliate dry skin & reduce water retention, followed by a seaweed wrap & concludes with a face & scalp massage.  
 €90 ( 60 mins )

### LEMONGRASS & LIME SCRUB

Body scrub of organic lemongrass & lime to exfoliate dry skin & reduce water retention. - €60 ( 30 mins )

### CHOCOLATE & COCOA BEAN WRAP

Full body exfoliation followed by a self-heating cocoa bean wrap for pure relaxation and a face & scalp massage.  
 €90 ( 60 mins )

### SEASONAL SALT SCRUB

Full Body Buff to leave the skin polished smooth & hydrated.  
 €60 ( 30 mins )

## MASSAGE THERAPY

### SWEDISH MASSAGE

Full body stimulating massage designed to ease tension in the muscles. - €95 ( 60 mins )

### AROMATHERAPY MASSAGE

Full Body Massage using pure essential oils to soothe the mind & body.  
 €95 ( 60 mins )

### HOT STONE MASSAGE

Full body massage using hot basalt stones and a blend of aromatherapy oils to melt away aches and pains.  
 €95 ( 60 mins )

### REFLEXOLOGY TREATMENT

An ancient technique that stimulates pressure points on the feet to re-balance the body's energy. €80 ( 55 mins )

## SPA PACKAGES

### FULL WELLBEING

Aromatic body scrub, Dermalogica facial, back and scalp massage.  
 €145 ( 100 mins )

### TOTAL RELAXATION

Hot oil full body massage, mini prescriptive facial and a scalp massage  
 €135 ( 90 mins )

### BODY BUFF & FACIAL

Body buff to exfoliate the skin, followed by a hydrating calming facial.  
 €90 ( 60 mins )

### SCRUB WRAP & RUB

Full body buff with salt scrub, detoxifying Connemara Seaweed Wrap followed by a back massage.  
 €135 ( 90 mins )

### REGENERATING BODY BUFF & FACIAL

Full body exfoliation with aromatic scrub and facial treatment to leave skin dewy and replenished.  
 €130 ( 90 mins )

## SKIN THERAPY

### HYDROFACIAL

This unique facial machine uses a range of techniques to clean & exfoliate the skin using acids, serums to hydrate, and RF to tighten & firm skin. Glowing skin after one treatment. - €95 ( 75 mins )

### AGE SMART FACIAL WITH BACK MASSAGE

This treatment begins with a relaxing back massage. Reduces the signs of ageing, improves stressed & tired skin & promotes collagen formation.  
 €120 ( 80 mins )

### AGE-SMART FACIAL

This helps to reduce signs of aging & improves stressed & tired skin. Proven to stimulate collagen formation, improve firmness & tone. - €85 ( 60 mins )

### HYDRATING FACIAL

Deeply hydrating facial for dehydrated skin, tightness and fine lines; double cleanse & exfoliation, hydrating booster, oxygenating serum, and essential oils of lavender and sandalwood to calm and hydrate the skin. - €85 ( 60 mins )