

MASSAGE THERAPY

SWEDISH MASSAGE

Full body stimulating massage designed to ease tension in the muscles. €100 (60 mins)

HOT STONE MASSAGE

Full body massage using hot basalt stones and a blend of aromatherapy oils to melt away aches and pains. €105 (60 mins)

AROMATHERAPY MASSAGE

Full Body Massage using pure essential oils to soothe the mind & body. €100 (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 (90 mins)

DESTRESS TONIC

Hot oil full body massage followed by a hydrating facial. €180 (110 mins)

TOTAL RELAXATION

Hot oil full body massage, mini prescriptive facial and a scalp massage. €145 (90 mins)

BODY BUFF & FACIAL

Body buff to exfoliate the skin, and a hydrating calming facial. €95 (50 mins)

WILD ATLANTIC WRAP

Full body scrub with salts to exfoliate dry skin and reduce water retention. This is followed by a seaweed wrap and concludes with a face and scalp massage. €100 (60 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

This helps to reduce signs of aging & improves stressed & tired skin. Proven to stimulate collagen formation, improve firmness & tone. €90 (60 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)

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. €90 (60 mins)