

MASSAGE THERAPY

SWEDISH MASSAGE

Full body stimulating massage designed to ease tension in the muscles.

€110 (60 mins)

HOT STONE MASSAGE

Full body massage using hot basalt stones and a blend of aromatherapy oils to melt away aches and pains.

€115 (60 mins)

AROMATHERAPY MASSAGE

Full Body Massage using pure essential oils to soothe the mind & body.

€110 (60 mins)

INDIAN HEAD MASSAGE

Tension relieving massage of the head, neck, shoulders and face. Excellent for stressed and busy minds.

€75 (45 mins)

SPA PACKAGES

FULL WELLBEING

Aromatic body scrub, Dermalogica facial, back and scalp massage.

€150 (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.

€105 (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

LED PRESCRIPTIVE FACIAL

LED light to naturally stimulate skin rejuvenation and healing. Excellent for fine lines, complexion and texture. In conjunction with Dermalogica skincare the complexion appears more dewy and radiant.

€90 (60 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)