

Facials

Holistic Facial

60mins

€40

After cleansing & toning, a mask is applied to rejuvenate the skin along with a facial massage helps ease signs of fatigue, stimulates circulation, increases serotonin levels, improves muscle tone and promotes total mind and body relaxation.

Mini Facial

20mins

€15

Cleansed & toned, the face muscles are massaged leaving tired skin rejuvenated, improves mind and body relaxation

EquaVie

Eco Escape

This organic treatment is your escape to an authentic reassuring natural world that restores the benefits of nature to moisturize, depollute and recover skins natural radiance. Unwind and enjoy a relaxing facial massage. Let delectable textures and fragrances whisk you away to an orchard of summer fruits, fields of wheat, and an aromatic garden bathed in the summer fragrances of Provence.

Moisturizing & Depolluting Facial Treatment

60mins

€65

Massage

Deluxe Hot Stone Massage

Penetrating heat from smooth oiled and warmed stones is used to relieve tense muscles and sore joints. Combined with Ki-Massage techniques, this creates an unforgettable, thoroughly relaxing experience.

Full Body

90mins

€70

Back, Neck & Shoulders

50mins

€50

Deep Tissue Massage

A massage that focuses on the deeper layer of muscle tissues. Brilliant for anyone suffering from Chronic Stress

Full body

90mins

€70

Back, Neck, Shoulders & Legs

50mins

€45

Back, Neck & Shoulders

35mins

€35

Double Dessert

Double dessert is a holistic, organic body treatment that helps you escape to a delectable and natural world of gentle skin exfoliation and moisturization. Relax and enjoy a delightful exfoliation with sugar cane, delectable sculpting with sesame, and honey and let yourself be carried away by warm sweet notes that procure an exquisite sensation of comfort. A real treat for the skin.

Exfoliating & Moisturizing Body Treatment

60mins

€60

Complimentary Therapies

Ki-Massage Full Body

Tension, stress & pressure of modern day living all combine to diminish the flow of energy. Ki-Massage is designed to break down this resistance, so you are energised again. A therapeutic massage that promotes flexibility, can help reduce swelling, relieves muscle tension and alleviates muscle fatigue.

Full Body	60mins	€40
Back, Neck & Shoulders	30mins	€30
Back, Neck & Shoulders & Legs	40mins	€35
Full Body Massage	75mins	€70
With Facial Cleanse and Facial Massage		

Reiki

Reiki is a holistic, light-touch, energy-based modality. Working as a support mechanism to the body, Reiki re-establishes a normal energy flow of ki (life force energy) throughout the system, which in turn can enhance and accelerate the body's innate healing ability. Through a series of hand positions either directly on or just above the body, the energy worker allows for the flow of energy through their body.

Full Body	60mins	€40
Half Body	30mins	€25

Aromatherapy Massage

Essential Oils are blended to suit the mood or certain ailments, this light massage works on the lymphatic system to drain away toxins

Full Body	60mins	€40
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Reflexology

Helps improve the immune system by applying pressure to the feet. This is an old ancient Egyptian Treatment.

Full Body	60mins	€45
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Manicure/Pedicure

Foot Massage

30mins

€30

In a world where all we do is stand, run, walk and lift – our feet support us the entire way. While being stifled in shoes and socks all day, they have restricted circulation and air contact.

Hand Massage

30mins

€30

Our hands are one of the most overworked parts of our bodies; our hands take a beating day in and day out. Even the simplest of tasks puts a big strain on our hands. So a hand massage would ease the tension out of muscles and tendons.

Spray Tan:

Full Body- €18.00

Half Body- €12.00

Special Treatments

Sports Massage

Sports Massage is the most effective therapy for releasing muscle tension and restoring balance to the musculoskeletal system. A constant build-up of tension in the muscles from regular activity may lead to stresses on joints, ligaments and tendons, as well as the muscles themselves. Sports massage should play an important part in the life of any sportsman or woman whether they are injured or not.

Full Body

60mins

€70

Back Massage

30mins

€45

Shoulder, Neck & Head

30mins

€45