



sea  
spa



## FOR MIND AND BODY

Step inside and feel at once the serenity, calm and warmth of welcome; you have arrived at “SeaSpa” – a new concept in total wellbeing. Here, healing seawater, heat and steam experiences, blended with therapeutic lighting and textured surrounds will help service the body, mind and soul. The SeaSpa experience consists of three elements, thermal spa, holistic treatments and pure relaxation.

Inspired by the benefits of thalassotherapy and cultures worldwide, ESPA have helped create a treatment concept for “SeaSpa” which merges techniques and philosophies from around the world into a potent blend of treatments for our time.

## THERMAL EXPERIENCE SPA (OVER 18'S)

A unique blend of heat experiences to relax and prepare your body and mind while gaining maximum benefit from your treatment. Indulge from head to toe as you relax in the warmth of the Laconium or Salt Infused Steam Room. Try the dry heat of the Rock Sauna before cooling down in the Lifestyle Showers, Cold Plunge Pool or massage your body with flakes of ice from the Ice Fountain. Finally, relax in the Indoor/Outdoor Vitality Seawater Pool or on the warm Heated Loungers. The heat experiences have been carefully designed with heat generating and cooling therapies to cleanse and stimulate the body and aid relaxation.

This area is complimentary for ONE hour prior to treatments valued over €60 (excluding Finishing Touches and Waxing.) A visit to the SeaSpa includes the use of private locker, robe, spa sandals and iced water. All treatments are for Ladies and Gentlemen. The ESPA products have been formulated using only the highest quality organically grown or wild plants, known for their purity, potency and therapeutic qualities. Swimwear required in Thermal Suite.

### **Thermal Suite Charge (booking recommended):**

Hotel Guests: €15 per hour

Non Hotel Guests: €30 per hour

## THE SPA EXPERIENCE

### **ROCK SAUNA**

A classic Sauna with a temperature of 80 - 100 degrees having a purifying effect on the body.

### **LACONIUM**

A relaxing dry environment designed to recreate the atmosphere of a Roman Sauna.

### **LIFESTYLE SHOWERS**

Combine the heat treatments with this unique shower experience of Tropical Rain or Cool Mist.

### **ICE FOUNTAIN**

For cooling and refreshing between heat experiences.

### **SALT INFUSED STEAM ROOM**

Infused with aromatherapy extracts to enhance the complexion and hair.

### **PEBBLE WALK**

Massage the pressure points on the feet as you walk across polished pebbles in soothing water.

### **HEATED LOUNGERS**

Relax and unwind on heated loungers, contoured to the body.

### **SEAWATER VITALITY POOL**

Experience the indoor and outdoor seawater vitality pool with swan neck fountains, air loungers and water jets.

### **COLD PLUNGE POOL**

Submerge your body in cool invigorating seawater.



## HOT STONE AND AYURVEDIC TREATMENTS

Life giving rituals have been practiced in every culture since the beginning of time. Our Ayurvedic techniques and hot stones will achieve a deeper level of relaxation, while natural products work with your mind and body, to leave you totally relaxed, rejuvenated and re-balanced.

### **ESPA HOLISTIC BACK, FACE AND SCALP MASSAGE WITH HOT STONES**

1 hour 50 minutes €145

An all-embracing treatment incorporating a welcome foot ritual, a deep cleansing back exfoliation, hot stone aromatherapy back massage and full ESPA intensive facial, with acupressure, face and head massage.

### **ESPA CHAKRA BALANCING WITH HOT STONES**

1 hour 50 minutes €145

Therapeutic and holistic Chakra balancing begins with a welcome foot ritual, followed by a body exfoliation. After stone placement, express facial and scalp massage, the body is massaged with ESPA blended aromatherapy oils using volcanic hot stones. Gentle stretching helps release deep-seated tension around neck and shoulders while stones are positioned along the spine and on the energy points.

### **ADVANCED AYURVEDIC HOT STONE MASSAGE AND BODY WRAPS**

Dosha Specific - 1 hour 50 minutes €145

This traditional yet sophisticated Ayurvedic inspired treatment commences with a foot cleansing ritual followed by the salt and oil body exfoliation. Individually prepared warm oils, blended with Ayurvedic herbal concentrates, are massaged into the body and hot or warm stones are used for the Dosha specific massage.

The body is covered in a deeply penetrating warm marine algae or mud.

Your Therapist will customise the treatment to suit each individual needs.



### REFLEXOLOGY

55 minutes €78

An oriental foot massage that works on the pressure points of the foot that relate to certain parts of the body. This gentle therapy helps to ease tension, improve circulation and generally promotes a feeling of well-being.

### SHIROBHYANGA

25 minutes €49

A calming yet energising scalp-massage focusing upon vital energy points. If time is of the essence, this compact treatment will help to reduce tension, increase circulation and leave an improved feeling of well-being. An important part of any ritual.

### REIKI

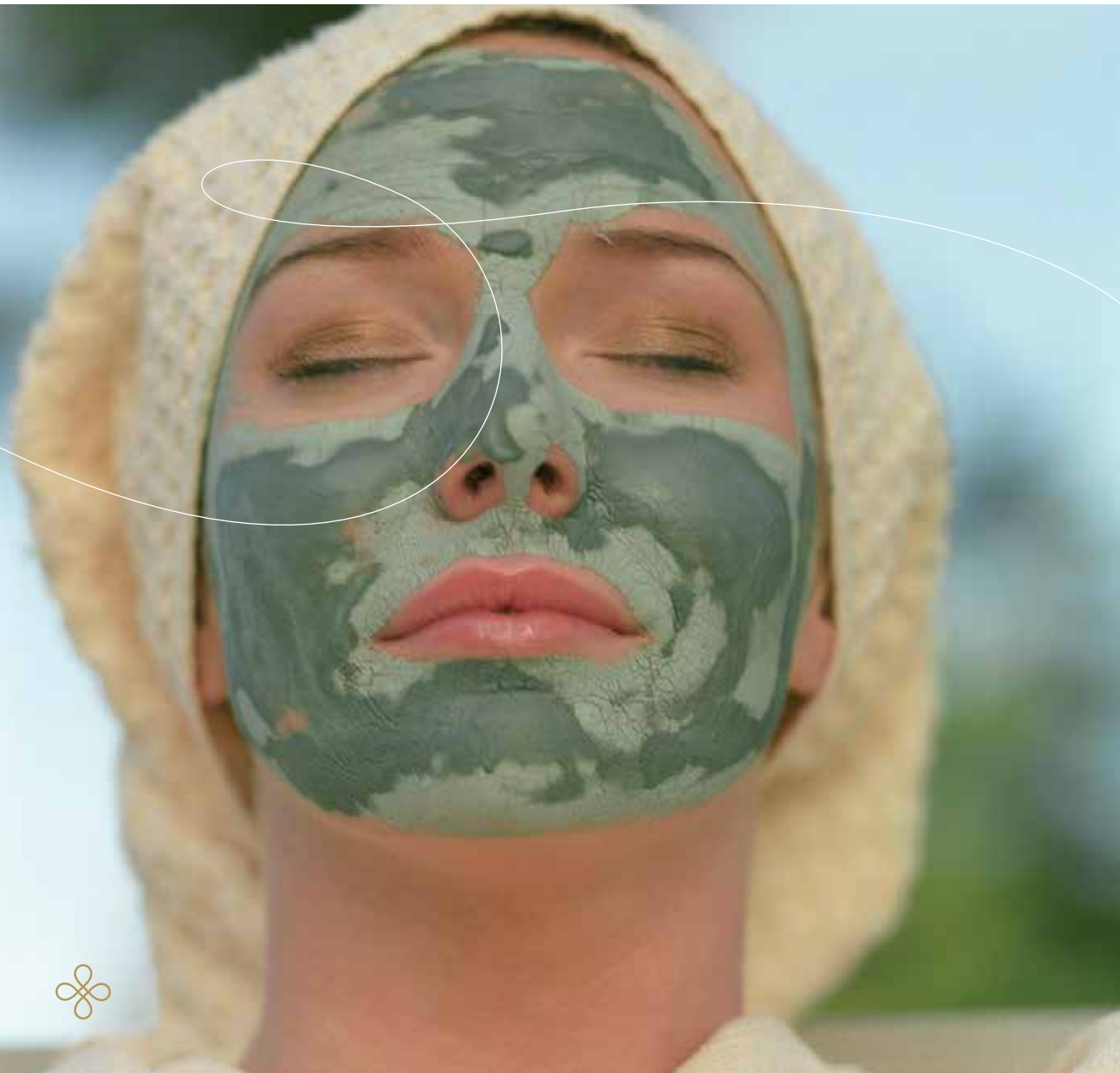
55 minutes €78

Reiki comes from two Japanese words, Rei which means Universal Life, and Ki which means energy. Reiki has been known to be deeply healing and relaxing and to help alleviate feelings of stress and tension. It can be used to maintain personal health. The recipient must be open to receive the energy and to experience your own personal journey.









## ESPA FACE

Choose from a wide selection of blissful facials designed to bring out the best in your skin, based on its individual needs - all intensive facials incorporate a deeply relaxing scalp massage.

### **THE ESPA INTENSIVE FACIALS**

55 minutes €78

Your Therapist will assist you in choosing the right facial to suit your skin.

### **ADVANCED RADIANCE FACIAL**

1 hour 25 minutes €105

This cleansing facial incorporates a clarisonic brush exfoliation, facial, arm and hand massage, Lifting and Soothing mask and scalp massage. It leaves your complexion smooth and looking radiantly healthy. Suitable for all ages and all skins types.

### **ESPA ADVANCED LIFTING AND FIRMING FACIAL**

1 hour 25 minutes €105

This outstanding treatment has been designed to release tension whilst naturally firming and lifting mature or stressed skin. This advanced treatment experience incorporates specific manual lifting and firming techniques, which will relax, tone and stimulate the skin bringing immediate and long term benefits.

### **THE ESPA AGE DEFYER**

1 hour 25 minutes €105

Suitable for anyone concerned with minimizing and protecting against the visible signs of ageing. A totally luxurious regenerating facial treatment especially created to help combat the signs of ageing, and sun damaged skin. The face neck and decollete are cleansed and massaged with gentle deep cleansing balm, rich in anti-oxidants. Oriental Head Massage techniques are incorporated to stimulate and lift the skin around the hairline and into the scalp, and to relieve tightness and tension.

### **MINI FACIAL**

25 minutes €49

An express facial which includes a cleanse, exfoliate and a mask.





## CAUDALIE FACE & BODY

Using the vine and grape extracts which have amazing anti-oxidants powers, Caudalie is an exciting story, whose heroes are the vineyard and its treasures.

*"I created Caudalie because I believe in beauty products that not only are effective but also natural and luxurious". Mathilde Thomas*

### VINOSOURCE HYDRATING AND NOURISHING FACIAL

55 minutes €78

A wonderful relaxing treatment to deeply moisturise the skin. This pampering facial starts with a gentle cleansing of the skin. A massage with fresh grapes and essential oil massage soothes dryness. The application of an intensely moisturising mask and the vinosource products restore moisture levels for a healthy, glowing appearance. Includes a massage of hands or feet.

### PREMIER CRU FACIAL

1 hour 25 minutes €105

This anti-aging facial will moisturise, smooth and plump the skin with innovative techniques and products from the premier cru range. This advanced treatment includes a facial massage, using a roller with a micro-point system, which improves the penetration of active ingredients thus stimulating the natural production of collagen and elastin. The application of an exclusive hydrogel mask will provide tightening and lifting effects to the face and jaw areas. Fine lines are visibly reduced, the skin is smoother and firmer, while a radiant glow enhances the complexion.

### WINE MAKERS MASSAGE

55 minutes €85

This invigorating massage recreates the steps of the wine making process on the body. The treatment alternates techniques using bare hands and pressure on the energy paths using bamboo. This massage activates blood circulation and muscle tone. You will leave feeling restored and balanced in mind and body.

### COMPLETELY CAUDALIE

1 hour 50 minutes €145

The ultimate treatment from Caudalie. Indulge in a full-body exfoliate using grape seed scrub, honey, brown sugar and essential oils. The Caudalie invigorating, express full-body massage follows, including a vinosource hydrating and nourishing facial. This top-to-toe treatment relieves tension, invigorates your mind and body, leaving a healthy and glowing appearance.



## ESPA RELAX BODY

Our body treatments and massages include a bespoke selection of products, aromatherapeutic oils and techniques to best meet your own skincare and wellbeing requirements

### **ESPA LUXURY HOLISTIC AROMATHERAPY 'STRESS BUSTER'**

1 hour 25 Minutes €110

This total body treatment takes an holistic approach by promoting total relaxation. Skin brushing and cleansing is followed by a full body massage and scalp treatment using oils known for their purity and potency and chosen to suit your requirements.

### **ESPA GOLFER'S TONIC**

1 hour 25 minutes €110

The treatment starts with a relaxing back massage to ease muscles tightened by a round of golf. This is followed by an holistic foot and nail treatment, including foot spa, deep massage with an appropriate aromatherapy oil to relieve those tired, aching feet.

### **ESPA AROMATHERAPY HOLISTIC FULL BODY MASSAGE**

55 minutes €85

A body massage complemented by blended aromatic essential oils selected by your personal therapist for their therapeutic properties, tailored to meet your specific needs.

*Ask for a Detox, Body Tone, Muscle Relaxing, Stress Relieving, Energising or Immune Boosting Massage.*

### **ESPA PRE/POST-NATAL TREATMENT**

1 hour 25 minutes €110

This total body treatment has been carefully designed for pregnant and nursing mothers. This treatment includes a back exfoliation, full body and scalp massage. The treatment is tailored to the client's needs.

### **FULL BODY ESPA SALT AND OIL SCRUB**

25 minutes €49

An experience that will leave your body refreshed and cleansed with your skin smooth and revitalised. As well as exfoliating, the oils will be slowly absorbed to help restore lost vitality and protect against dryness.

### **ESPA BODYWRAPS**

55 minutes €85

Your Therapist will help you choose from the following:

Detoxifier, Hydrator, Stress Reliever or Muscle Relaxer. Your treatment includes; Full Body Exfoliate and Scalp Massage.

### **SWEDISH BACK MASSAGE**

25 minutes €49

A truly traditional massage with regulated pressure, excellent for releasing knots and tensions in the body.



## BODY DETOX

Seaweed Baths and Serail Mud Chambers have an honoured place in our therapeutic history, Traditionally recommended for alleviating dry skin, relieving aches and pains and aiding body detoxification while leaving the body nourished and moisturised.

### SEAWEED BATH

45 minutes €35

Seaweed Baths and Serail Mud Chambers have an honoured place in our therapeutic history, Traditionally recommended for alleviating dry skin, relieving aches and pains and aiding body detoxification while leaving the body nourished and moisturised.

### SERAIL MUD CHAMBER

45 minutes €35

(Subsequent persons €17, Maximum 4)

The combination of radiant heat and the application of body and face muds create a rejuvenating yet relaxing experience. Highly effective ingredients such as mud, chalk and healing earth are applied over the whole body by your own hands. The soothing warm room temperature allows the mud to dry, thereby eliminating toxins and inducing relaxation. The chamber then fills with herb infused vapours to gently soften the muds and a warm shower completes the treatment.



## SPECIALISED HOLISTIC BODY TREATMENTS

Whether to purify, re-energise, rebalance, relax or sooth muscular aches and pains, at SeaSpa we will be able to design a programme to suit your individual needs.

### WELLNESS FOR LIFE

55 minutes €75

If you are preparing for cancer surgery, or are currently undergoing radiation and or chemotherapy, our specially trained therapists can help restore balance to your body. When your wellness is compromised, we customise a treatment which offers specific massage techniques to encourage relaxation

### ACUPUNCTURE

50 minutes €80

This is a traditional form of Chinese medicine. Needles are inserted into various points on the body to relieve pain or for therapeutic purposes. (Includes consultation)

### CANDLING & SCALP MASSAGE

50 minutes €80

Ear Candling is an ancient healing technique, It stimulates your energy points, reduces sinus, neck and head pain, while naturally cleaning ear channels.

### INDIAN HEAD MASSAGE

25 minutes €49

An ancient head & shoulder massage to relax the mind & body

### SPORTS THERAPY/DEEP TISSUE MASSAGE

55 minutes €88

To facilitate healing for a specific musculo-skeletal condition or injury. Helps to get relaxation and relief from pain. Ideal to prepare healthy muscles for strenuous sport activity.



## SIGNATURE TREATMENTS

We have created these signature treatments, exclusive to SeaSpa, incorporating the marine elements from the spa's origin.

### OCEANS INSPIRED RITUAL

1 hour 20 Minutes €110

This heavenly experience uses products from the Atlantic Ocean and The Dead Sea. This SeaSpa signature treatment starts with bathing of the feet while your therapist uses stretching and pressure techniques on your neck and shoulders.

This is followed by a back massage, mask and a foot and leg treatment, finishing with a tension releasing head and face ritual. This blissful programme brings you the benefits of the sea, which are known for their therapeutic values, while leaving your body relaxed and calm.

### SIGNATURE GOLF MASSAGE

55 minutes €85

A soothing foot soak including a foot and lower leg massage followed by a tension releasing back massage.

### “IN GOOD HANDS”

55 minutes €75

This treatment starts with a gentle skin brushing and exfoliation of the arms, which is followed by a luxurious massage of arms and hand, and finished with a blissful scalp massage. This treatment will leave you feeling relaxed and soothed.

### LUXURY FOOT MASSAGE

25 minutes €45

This 25 mins “pick me up” for tired feet includes a soothing foot soak followed by a relaxing foot and lower leg massage.





## SEASPA COUPLES EXPERIENCE

For total indulgence and comfort of clients who are accustomed to the very best, this specialised suite has been designed with friends and partners in mind. Containing a two-person steam shower and two treatment beds, this luxury surrounding is ideal to enjoy and spend time together.

### HARMONY

1 hour 30 minutes €195

Relax in the Thermal Suite for 1 hour followed by, up to 1 hour treatments of your choice for 2 people.

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## FINISHING TOUCHES

SeaSpa Manicure - 40 mins €59

SeaSpa Pedicure - 55 mins €64

Removal Of Shellac - 15 mins €19

Mini Manicure (File & Paint) €22

Mini Pedicure (Soak & Paint) €22

Eyebrow Shaping - 10 mins €11

Eye Lash Tint - 20 mins €22

Eye Brow Tint - 10 minutes €11

*(patch test required 24 hrs before)*

### WAXING

Full Leg Wax - 45 minutes €38

Underarm Wax - 10 minutes €17

Half Leg Wax - 25 minutes €28

Lip or Chin Wax - 10 minutes €11

Bikini Wax - 15 minutes €22

Lip and Chin Wax - 15 minutes €17

High Bikini Wax - 20 minutes €26

### THREADING

Lip - 10 mins €14

Eyebrow - 15 mins €20

## HOLISTIC HAND & FOOT

Transform your hands and feet with these luxury treatments. You will leave feeling nurtured and relax.

When you need a bit more pampering our manicures and pedicures are a must.

### **Holistic Hand And Nail Treatment Incorporating Hot Stones**

55 minutes €75

A holistic arm, hand and nail treatment which includes a gentle exfoliation, a therapeutic massage incorporating hot stone therapy with the appropriate aromatherapy massage oil, chosen for your individual needs.

### **Holistic Foot And Leg Treatment Incorporating Hot Stones**

55 minutes €75

A holistic leg, foot and nail treatment including gentle exfoliation, skin softening and a relaxing pressure point massage incorporating hot stone therapy, using the appropriate aromatherapy massage oil chosen for your individual needs.





## ESPA HALF DAY PROGRAMMES

### ESPA STRESS RELIEVER €160

An introduction to the Spa experience which combines several elements.

- Thermal Suite
- Welcome Foot Ritual
- ESPA Essential Massage
- ESPA Ultimate Wrap
- Oriental Head Massage

We can adapt the above to any of the following: The Muscle Relaxer, The Detoxifier, The Immune Booster, The Body Toner or The Energy Booster.

Allow 4 hours treatment time for this programme.

### LAZY BIRD (11AM START) €135

- Thermal Suite
- Full Body Massage
- Buffet Lunch
- ESPA Intensive Facial

Allow 4 hours for this programme, including lunch.

### EARLY BIRD (9AM START) €145

For the early riser, why not try our early spa programme. You will leave feeling totally refreshed and relaxed.

- Thermal Suite
- Full Body Massage
- ESPA Intensive Facial
- Buffet Lunch

Allow 4 hours for this programme, including lunch.

## ESPA FULL DAY PROGRAMMES

### THE SEASPA REVIVER €165

For the ultimate in detoxifying, this programme eliminates toxins, leaving you feeling completely cleansed and rejuvenated.

- Thermal Suite
- Seaweed Bath
- Buffet Lunch
- Welcome Foot Ritual
- Stress Buster : incorporating exfoliation and a full body and scalp massage

Allow 5 hours for this programme, including lunch.

### THE INDULGENCE RITUAL €225

Engage each of your senses with a selection of therapies.

- Thermal Suite
- Serail Mud Chamber/Seaweed Bath
- Buffet Lunch
- Welcome Foot Ritual
- Skin Brushing & Exfoliation
- ESPA Holistic Massage
- ESPA Intensive Facial and Eye Lift

Allow 6 hours for this programme, including lunch.

**All the above programmes; Half Day and Full Day, include the use of the Thermal Suite with seawater vitality pool, private lockers, robes, spa slippers and relaxation areas.**



## CACI

The award winning CACI facial toning treatment has been voted the most effective anti-ageing treatment available. Due to its dramatic lifting and toning effect, the CACI micro-current treatment has become known as the non-surgical face lift. CACI facials are the “Hollywood Secret” loved among others, by Madonna and Jennifer Lopez (who have purchased machines for their homes), Michelle Collins and many more.

### **THE ULTIMATE IN NON-SURGICAL FACE LIFT**

The award winning CACI Facial Toning treatment has been voted the most effective anti-ageing treatment available. The CACI Ultra combines CACI Non-Surgical Facial Toning with Skin Rejuvenation. Due to its dramatic lifting and toning effect, the CACI micro-current treatment has become known as the non-surgical face lift. The system incorporates 4 different technologies: Micro current, Ultrasonic Peeling, Hydra-tone and LED Light Therapy stimulation within one state of the art treatment device.

Results can be seen after the first treatment but we believe the best results will be achieved from a course of treatments followed by regular maintenance.

### **CACI ULTIMATE FACIAL** 1 hour 20 Minutes €120

This treatment works on combating the signs of ageing. It lifts the muscles of the face and includes microdermabrasion and lymphatic drainage. The treatment targets lines and wrinkles, skin pigmentation and rehydration.

### **CACI CLASSIC FACIAL**

55 Minutes €79

Targets lines and wrinkles for a more youthful look. This treatment softens lines and wrinkles and improves facial toning achieving dramatic results.

### **CACI MICRODERMABRASION**

55 Minutes €85

This is an intensive exfoliation treatment of the skin which helps to refine open pores and reduces the appearance of fine lines and wrinkles. Great to improve a dull complexion, instantly giving a brighter and fresher look.

### **CACI ULTIMATE EYE TREATMENT**

25 Minutes €48

Ideal for puffy and tired eyes, it lifts and tones while helping to smooth out fine lines of the eye area.

**Results can be seen after the first treatment but we believe the best results will be achieved from a course of treatments followed by regular maintenance.**

**Please enquire about our special package prices for 3 or more treatments.**



## SPA ETIQUETTE

### ON ARRIVAL

You are encouraged to arrive ONE hour prior to your appointment (valued over €60) to enjoy the exclusive facilities at the Spa (swimsuits required), which include separate male and female guests changing rooms, and unisex heat experiences and relaxation. Remember to bring dry undergarments for treatments. To make an appointment for the perfect treatment for you, call the Spa on Ext: 371 or telephone (053) 9132626

### GIFT VOUCHERS

An ideal present. Gift vouchers are available for any treatment, full day Spa programmes or product. Gift vouchers are non- refundable and must be presented at time of treatment or purchase.

### HEALTH

Please advise us if you are pregnant or if you have any medical condition such as high blood pressure, asthma, heart condition, pacemaker or any oncology concerns

### CANCELLATION

A 50% cancellation charge will be incurred for any treatment Spa programme not cancelled at least 24 hours prior to appointment. Cancellation within 12 hours will incur a 100% charge.

### THE TREATMENTS

It is advisable to book your treatments 4-6 weeks in advance. Bookings cannot be confirmed or secured without a credit card.

*Treatments and use of Thermal Suite are available to adults over 18 years only*



Kelly's Resort Hotel, Rosslare, Co. Wexford.

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