





## 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 sea waters, 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 SPA EXPERIENCE (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 €65 (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 (must be pre booked):**

Hotel Guests: €15 per hour



## YOUR THERMAL 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.



## 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 €90

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

### NATURAL FACE LIFT

1 hour 25 minutes €120

Reveal visibly resilient, healthy-looking, youthful skin. This specialised facial is the complete approach to skin health using cutting edge pre and probiotic technology combined with the same benefits of physical exercise to detoxify, invigorate, sculpt and relax. Powerful age defying techniques inspired by Japanese Kobido Massage, along with stimulating jade rollers give instant results leaving skin firm, lifted and beautifully radiant.

### THE ESPA AGE DEFYER

1 hour 25 minutes €120

Suitable for anyone concerned with minimizing and protecting against the visible signs of ageing. The face neck and décolleté 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.

### ACTIVE NUTRIENTS GLOW FACIAL

55 minutes €100

This invigorating nutrient-rich treatment embraces ESPA's holistic approach to restoring radiance, feeding your skin and your mood so your face glows with vitality.

Dull, lethargic complexions are brightened and refreshed with the power of sweeping Gua Sha Massage which stimulates the lymphatic and circulatory systems, helping boost the flow of blood and nutrients to the skin. Concentrating on your scalp, face, neck and décolleté and combining steaming, exfoliation and multi-masking to maximise results.

#### ESPA EYE LIFT

25 minutes €60

Smooth, firm and hydrate with this instantly revitalising eye treatment. Targeted massage with proven Tri-Active formulas relaxes the mind while soothing fine lines, quenching delicate skin and diminishing puffiness and dark shadows.

#### MINI FACIAL

25 minutes €60

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 €90

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 €120

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. Fine lines are visibly reduced, the skin is smoother and firmer, while a radiant glow enhances the complexion.



## WINE MAKERS MASSAGE

55 minutes €95

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.

## COMPLETELY CAUDALIE

1 hour 50 minutes €160

The ultimate treatment from Caudalie. Indulge in a full body exfoliation 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 €125

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.

### SWEDISH BACK MASSAGE

25 minutes €60

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

### ESPA AROMATHERAPY HOLISTIC FULL BODY MASSAGE

55 minutes €95

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 €125

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.



## HOT STONE AND HOLISTIC TREATMENTS

Life giving rituals have been practiced in every culture since the beginning of time. Our holistic treatments 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 €160**

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 €160**

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.

### ESPA MINDFUL MASSAGE

**1 hour 25 minutes €125**

Soothe away stress and return body and mind to the present moment with this holistic and blissfully re-balancing experience.

Includes: Breathwork and visualisation – massage to metamorphic zones of the feet, full body and scalp massage with warm Rose Quartz Crystals.



### FULL BODY ESPA SALT AND OIL SCRUB 25 minutes €60

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 €95

Your Therapist will help you choose from the following:

- Muscle Relaxer
- Detoxifier
- Hydrator
- Stress Reliever

Your treatment includes; Full Body Exfoliate and Scalp Massage.

## 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 €40

Seaweed is concentrated seawater, which stores an abundance of minerals and trace elements as well as antibacterial agents such as iodine. Seaweed bathing helps reduce stress, eases aching muscles, relieves certain skin conditions and also helps in the treatment of some circulatory problems.

### SERAIL MUD CHAMBER

45 minutes €40

(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 €90

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

55 minutes €90

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)

### SPORTS THERAPY/DEEP TISSUE MASSAGE

55 minutes €100

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.

### CANDLING & SCALP MASSAGE

55 minutes €90

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





## REFLEXOLOGY

55 minutes €90

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.

## INDIAN HEAD MASSAGE

25 minutes €60

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

## REIKI

55 minutes €90

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.





## 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 €125

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.

### GOLFER'S TONIC 55 minutes €95

A tension releasing massage for tight muscles and congested skin on the back, neck or shoulders. The back is deep cleansed and exfoliated to help stimulate circulation and refresh the skin.

A marine mud mask is then smoothed onto the back to remove impurities, lower legs and feet receive a deeply relaxing massage while the mask takes effect. Finally soothe away tension with a calming back massage.

### "IN GOOD HANDS" 55 minutes €90

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 €60

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

## 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 €90

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 €90

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.







## 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 ULTIMATE FACIAL

1 hour 20 Minutes €130

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 MICRODERMABRASION

55 Minutes €95

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 CLASSIC FACIAL

55 Minutes €90

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

### CACI ULTIMATE EYE TREATMENT

25 Minutes €60

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.

## ESPA HALF DAY PROGRAMMES

### MORNING ESCAPE (9AM START) €175

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
- 2 course lunch in La Marine

***Allow 4 hours for this programme.***  
*(1 hour Thermal Suite followed by 2 hours of treatments plus lunch)*

### ESPA STRESS RELIEVER €205

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 3 hours for this programme.***  
*(1 hour Thermal Suite followed by 2 1/2 hours of treatments.)*



## ESPA FULL DAY PROGRAMMES

### THE SEASPA REVIVER €189

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

- Thermal Suite
- Seaweed Bath
- 2 course lunch in La Marine
- Welcome Foot Ritual
- Stress Buster : incorporating exfoliation and a full body and scalp massage

*Allow 5 hours for this programme.  
(1 hour Thermal Suite, 45 mins  
Seaweed Bath, Lunch followed by  
2 hours of treatments.)*

### THE INDULGENCE RITUAL €255

Engage each of your senses with a selection of therapies.

- Thermal Suite
- Serail Mud Chamber/Seaweed Bath
- 2 course lunch in La Marine
- Welcome Foot Ritual
- Skin Brushing & Exfoliation
- ESPA Holistic Massage
- ESPA Intensive Facial and Eye Lift

*Allow 6 hours for this programme.  
(1 hour Thermal Suite, 45 mins  
Seaweed Bath, Lunch followed by  
3 hours of treatments.)*

**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.**



## FINISHING TOUCHES

SeaSpa Manicure 55 mins €65  
SeaSpa Pedicure 55 mins €70  
Removal of Shellac 15 mins €20  
Mini Manicure (File & Paint) €25  
Mini Pedicure (Soak & Paint) €25

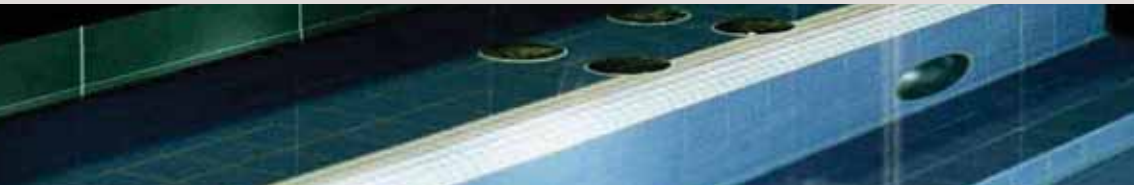
Eyebrow Shaping 10 mins €12  
Eye Lash Tint 20 mins €22  
Eye Brow Tint 10 Mins €12  
*(patch test required 24 hrs before)*

## WAXING

Full Leg Wax 45 minutes €40  
Underarm Wax 10 minutes €20  
Half Leg Wax 25 minutes €30  
Lip or Chin Wax 10 minutes €12  
Bikini Wax 25 minutes €25  
Lip and Chin Wax 15 minutes €20  
High Bikini Wax 25 minutes €30  
*(patch test required 24 hrs before)*

## THREADING

Lip 10 mins €15  
Eyebrow 15 mins €20



## SPA ETIQUETTE

### ON ARRIVAL

You are encouraged to arrive ONE hour prior to your appointment (valued over €65) 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/Half Day Spa Programmes or product. Gift vouchers are non- refundable and must be presented at time of treatment or purchase.

*You must be over 18 to have treatments at the SeaSpa*

### 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.



## SEASPA GIFT VOUCHERS

THE PERFECT GIFT. SURPRISE THOSE YOU LOVE.

Treat a friend or loved one to a revitalising spa treatment in the tranquil setting of our SeaSpa with our range of exceptional spa gift vouchers. We have everything you need to experience long-lasting well-being. Call today or buy online at [www.seaspa.ie](http://www.seaspa.ie)





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