

FULL DAY PACKAGES

All full day packages and half day packages include the spa experience (excluding mums-to-be). All full day packages include lunch. All packages can be changed to suit individual clients.

Calm & Clear €225

European Seaweed Facial
Scalp Massage
Sea Escape Stone Full Body Massage
Honey Body Polish
Dry Flotation
Balneotherapy
Hydro Spa Experience

Beauty Bliss €185

Four Layer Facial
Scalp Massage
Sea Escape Stone Full Body Massage
Manicure
File & Paint on Toes
Hydro Spa Experience

Divine Detox €145 (5 Sessions €500)

Thalassotherapy Seaweed Body Treatment or Peppermint Sea Twist (both incorporating Dry Flotation)
Swedish Full Body Massage
Balneotherapy
Hydro Spa Experience
All with a healthy lunch.

Bride to be Package €195

Full Body Massage
Facial of your choice
Scalp Massage
Honey Body Polish or Peppermint Sea Twist
Manicure
Pedicure
Hydro Spa Experience

HALF DAY PACKAGES

Package 1 €140

Facial of your choice
Scalp Massage
Swedish Full Body Massage
Dry Flotation or Balneotherapy
Hydro Spa Experience

Package 2 €120

European Seaweed Facial
Scalp Massage
Indian Head Massage
Foot & Leg Massage
Hydro Spa Experience

Package 3 €115

Four Layer Facial
Scalp Massage
Manicure
File & Paint on Toes
Hydro Spa Experience

Package 4 €90

Full Body Massage
Balneotherapy or Dry Flotation
Hydro Spa Experience

Party Package €80

Express Facial
Scalp Massage
Back, Neck and Shoulder Massage
Hydro Spa Experience

Mum to Be Package €100

Back, Face and Scalp Massage - designed for pregnant & breastfeeding mums
Pedicure
File and Paint on your Fingers

Ocean Spa Glow & Aroma Massage (1 hour 20 mins) €100

Start your journey with a lovely spa experience, to relax all aching muscles. Your treatment begins on a heated bed where the therapist applies exfoliator which removes dead cells combined with essential oils which leave the skin feeling totally relaxed & revived. The scrub is then removed followed by a massage tailor made for your concerns.

ARRIVAL TIME / APPOINTMENTS

You are encouraged to arrive at least 20 minutes prior to your appointment time. Booking well in advance is recommended. All treatment times include consultation.

CANCELLATION POLICY

A 50% cancellation charge will be incurred for any treatment or Spa programme not cancelled at least 8 hours prior to appointment.

CLOTHING REQUIREMENTS

We advise that swimwear should be brought and worn for the Spa Experience, swim shorts for gentlemen. Own supportive flip flops may be worn.

HEALTH CONDITIONS / PREGNANCY

Kindly advise us of any health conditions, allergies or injuries, which could affect your treatment when making your Spa reservation. We have specially designed treatments for expectant mothers.

SPA ENVIRONMENT

Our Spa environment is one of relaxation and tranquillity. Please respect all Spa guests' right to privacy & serenity. We would appreciate you turning off your mobile phone while in the Spa. The Spa experience is only available to person's aged 18 years and upwards.

VALUABLES

We recommend that no jewellery be worn at the Spa. The spa management accepts no responsibility for the loss or damage of valuables brought into the Spa. No cameras allowed in the Spa.

GIFT VOUCHERS

Gift vouchers are available at the Spa reception. These are non refundable and must be presented at time of payment for treatment.

All Prices are quoted in Euro & subject to change without notification.

Hotel Packages available, which include accommodation and treatments. Enquire at hotel.



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Fáilte Ireland
National Tourism Development Authority




ocean spa
treatment menu

WHETHER IT'S FOR AN HOUR
OR AN ENTIRE DAY.

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HYDRO SPA EXPERIENCE €25 (Thermal Suite)

Enjoy the luxurious range of heat and cooling experiences, which cleanse the body and skin, relax and soothe aching muscles.

The Spa Experience includes the following:

Hydro Vitality Pool

The pool incorporates massage fountains, underwater seats and back massage jets.

Individual Hot Slabs

Ergonomically designed heated loungers.

Foot Spa

Relaxation starts from the feet up with our ultimate foot treat.

Salt Grotto

Infused with mineral salts to enhance breathing.

Outdoor Canadian Hot Tub

Treat the body and the eye at the same time. Relax in our Canadian tub while looking out over Sheephaven Bay.

Herbal Sauna

Awaken your senses with aromatic essences. This treatment has a purifying effect on the body.

Lifestyle Showers

Combine the heat treatments with this unique shower experience invigorating the mind, body and soul with its seasonal fragrances and alternating temperatures.

Ice Fountain

For cooling and refreshing. Soothes muscle aches & pains.

SPA FACIALS

(All facials include 10 min scalp massage or hand massage)

Renewal Facial (1 hour) €59

This is a refreshing treatment for dry, sun damaged skin. It leaves the skin supple and younger looking. Marine hydroxy acid & seaweed exfoliates and hydrates the skin. The Results are immediately visible.

Four Layer Facial (1 hour) €70

Suitable for all skin types, this is an anti-aging treatment. It is deep cleansing, deeply hydrating and nourishing. A seaweed based treatment consisting of four layers of pure seaweed for maximum results. "Best Facial of the Century" Cosmopolitan.

Express Facial (45 mins) €45

Express facial tailors to suit individual skin care needs. Products will be used to suit skin type.

Hydra Refine Facial (1 hour) €59

This is a pore perfecting facial which controls oil, rids the skin of impurities and helps to eliminate future breakouts (problem & oily skin).

European Seaweed Facial (1 hour) €65

This is an express ticket to healthy skin. Using a vitamin C enriched serum that leaves the skin feeling healthy and vibrant. A cool seaweed mask completes the facial.

Hydra 4 Facial (1 hour) €59

(Hyper sensitive skin)
Seaweed & olive leaf sooth & protects the skin, decreasing sensitivity & reducing redness.

Hydra Medic Facial (1 hour 15 mins) €70

Deep pore cleansing along with a mask that combats blackheads. Effectively treats problem skin.



SPA BODY TREATMENTS

Balneotherapy (20 mins) €20

Balneotherapy - promotes relaxation as it soothes away minor aches and pains, releasing tension and stress leaving you feeling healthier and more energetic.

Dry Flotation (45 mins) €35

A complete and virtually instant relaxation treatment, where the body is cocooned in a waterproof sheet and literally dry float with no pressure point on the body as it is suspended in warm water. (45 mins, equivalent to one night sleep).

Peppermint Sea Twist (1 hour) €65

This slimming body shaping treatment stimulates, rejuvenates and purifies the skin. It helps contour and firms the body making it great for reducing cellulite.

Honey Body Polish (1 hour) €65

Indulge the body with pure honey, almonds and natural yoghurt. This is a marvellous body cleanser. This is a complete face and body indulgence. Finally a luxurious seaweed cream is massaged into the body.

Thalassotherapy Seaweed Body Treatment (1 hour) €65

One of the best ways to mineralise and detoxify the body. Based on tradition of Thalassotherapy including all of the healthy elements.

Sea Spa Glow (30 mins) €35

Sea Spa Glow creates a deep pore cleansing from shoulder to toe, removing rough, dry skin, leaving it smooth and refreshed. The skin is left silky smooth.

Turkish Body Scrub (30 mins) €40

To freshen the skin. An enlivening exfoliation of mineral sea salt & peppermint are applied to form an invigorating scrub while relaxing on a heated marble bed.

MASSAGES

Sea Escape Stone Full Body Treatment (65 mins) €80
Stone Therapy Back Massage (35 mins) €50
Back, Face & Scalp Massage (45 mins) €50
Full Body Massage (55 mins) €65
Back Massage (25 mins) €35
Aromatherapy Full Body Massage (55 mins) €70
Reflexology (45 mins) €65
Scalp Massage (15 mins) €20
Indian Head Massage (45 mins) €55

Hand & Foot

Sea Spa Manicure (1 hour) €40
Sea Spa Pedicure (1 hour) €50
Foot and Leg Massage (20 mins.) €20
File and Paint €20

BEAUTY TREATMENTS

Tanning Treatments (Patch test necessary)

Tan, full body €45
Tan, half body €30

Make-Up

Day, evening make-up €35
Trial make-up €30

Eye Treatments (Patch test necessary for tint)

Eyelash tint & Eye brow tint €15
Eyebrow shape €8
Eyelash tint €12
Eyebrow tint €5

Waxing Treatment (Patch test necessary)

Full leg wax €28
Half leg wax €20
Underarm wax €10
Bikini wax €15
Brazilian Bikini wax €30
Eyebrow wax €8
Lip wax €5
Lip and chin wax €15
Back wax €35
Chest wax €30
Toe wax €5

Little Angels (ages 9-16)

Little Angels manicure €20

