



the oriel spa

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the Oriel Spa... just enjoy it!

YOUR GUIDE TO THE ORIEL SPA

There are no rules when you come to the Oriel Spa, but please read these guidelines to make sure you get the most from your time with us.

Medical Conditions

At the Oriel Spa, all treatments are booked subject to medical status, which must be disclosed on booking, to ensure that you receive the best treatment possible. If you have a medical condition (such as any form of cancer experienced in the last 3 years) and would like to discuss the options available to you, the Oriel Spa's highly trained staff are happy to offer guidance and assistance. Suitability of treatments will be reconfirmed on arrival at the Oriel Spa.

If treatments are unsuited to your individual needs, we will endeavour to offer alternatives where possible. Limitations on certain treatments are indicated for certain conditions. We use BABOR which is a skincare line found in the most prestigious spas worldwide. BABOR follows a holistic philosophy combining nature



with the latest scientific technology producing highly visible results for all skin types and concerns. However, BABOR is an active product so if undertaking a private treatment at the Oriel Spa, please inform your therapist prior to the treatment if you have a history of skin sensitivity in order for us to tailor-make your treatment accordingly.

Special Group Bookings

We will try to attend to your every need, if you're getting married or attending a party night, we will accept early and late group bookings to accommodate you. It is essential that these bookings are made in advance. These bookings are subject to availability.

Arrival Time

All clients with treatments of 55 minutes and over are advised to arrive at least 1 hour and 15 minutes before their treatment commences to avail of complimentary use of our communal Thermal Suite. All other clients are advised to arrive 15 minutes before their treatment commences. If clients are late, time will be deducted from the length of the treatment programme. Our spa is an adult only facility, clients must be 16 years or over to use the facility.

What to bring

Please bring your own swimwear. Swimwear is mandatory in the communal Thermal Suite area. Clients with treatments booked in excess of 55 mins will be provided with a luxury Oriel robe and slippers.

Privacy

Our Thermal Suite and Spa is gender neutral. There are no separate male and female areas in the communal Thermal Spa area. Dedicated male and female changing rooms are available.

Gift Vouchers

Treat yourself or that special someone to a gift voucher at the Oriel Spa. Gift vouchers for Residential, Day Spa Programmes and Spa Products can be purchased by calling us direct. These vouchers are valid for 6 months. Gifts vouchers must be presented on arrival at the Spa.

Prices

Prices are per person and correct at time of print, and are subject to alteration without prior notice. We reserve the right to raise prices and modify or discontinue treatments without prior notice to ensure that maximum standards of service and quality are met. All bookings are subject to the Oriel Spa's terms and conditions, available on request.

BOOKING INFORMATION

Spa Bookings

Guarantee by all major credit/debit cards will be required at the time of booking. Demand is high, to avoid disappointment for the treatments, we strongly recommend that you book well in advance.

If you are unsure of which treatments or programmes to book, our highly trained spa booking team will assess your individual needs and recommend the most suitable treatments.

On Site Bookings

Hotel guests are also welcome to book additional personal treatments, subject to availability, on site. Please contact the Oriel Spa reception on extension 444 for additional bookings.

Cancellations

We appreciate that juggling busy family and work schedules can be difficult at times. If you do need to change or cancel an appointment we would require at



least 24 hours notice, cancellations within 24 hours will incur a 50% cancellation fee. Clients cancelling an appointment within 12 hours of their treatment time will incur the full cost of the treatment. Simply email or call to let us know if you can't make it. All bookings will require credit card or laser card details in order to secure your booking.

Mobile Phones

The Oriel Spa is all about getting away from it all, so we ask that you switch off your mobile phone from the moment you arrive. We promise that not only will other clients appreciate this, you too will enjoy your day more.

Children

We do love them and have them ourselves.... However the spa is full of grown-up people doing grown-up things and little ones cannot be cared for at the same time - no matter how good they may be. In addition, it is a condition of our insurance that we do not allow children into the spa for their own safety.

Our Therapists

We believe our therapists are the best - the best at looking after you, the best communicators and the best at performing effective treatments that make you feel great. Our highly trained therapists will help you attain whatever outcome you seek, be it to address a specific health/wellness need (detox, firm, improve skin appearance, anti-ageing or post surgery recovery) or simply to help you rest, relax and rejuvenate.

Our Spa

We offer one of the most comprehensive range of spa therapies and treatments currently available. We have spent months trying the best spa products that have been recommended to us. After extensive consid-

eration, we selected BABOR spa products (made in Aachen, Germany for more than 50 years) with the most natural ingredients in the world. We believe they are the cream of the spa skincare world and deliver the most visible results for all skin types and treat a range of body concerns. Enjoy!

Please contact our spa reservation team to book any private treatments at the Oriel Spa.

T: +353 (0)21 4208444

F: +353 (0)21 4875880

E: spa@orielhousehotel.ie

Residential Spa Guests

Guests visiting us on residential spa packages have unrestricted access to the Swimming Pool and Gym.



THE ORIEL SPA SPECIAL CREATIONS

Specially Recommended

The vast array of spa treatments created by the Oriel Spa means that every need is catered for. If, however, this is simply too much choice to cope with, then select one of our specials. These are the treatments that scored a maximum rating during tests...a shortlist to send you to heaven!

Sea Creation Facial **85 mins €150.00**

Turn back time with this exclusive experience for eternally beautiful skin. The Sea Creation Facial is our most elaborate and luxurious facial. No detail has been spared and each facial uses an individually sealed Sea Creation box-set containing the precious ingredients. This treatment starts with a pressure point massage along your upper back and neck with Tiger Cowrie shells. The Cowrie shells then gently massage Sea Creation serum which penetrates deep into the skin and begins the magical, regenerating chain reaction.

After a meticulous cleansing routine, an enzyme mask gently prepares your skin while a relaxing scalp massage deepens your state of mind. Sea Creation serum is applied and allowed to penetrate deep into the skin to begin its magic.

A sublime facial massage using further sea shells works the luscious Sea Creation cream into the skin and the specially blended Ocifique Algae mask then seals in the elixir, allowing every cell to be infused with the spirit and energy of the deepest, most powerful oceans.

A soft, soothing foot and hand massage releases any remaining tension as you float further away from reality and then, ever so slowly, a final veil of Sea Creation cream nourishes your face and hands before you are gently brought back to life with a Cowrie Shell back massage to finish.

Oriel Spa Collagen Booster Facial 75 mins €85.00

If you are concerned about premature ageing then this facial is for you. A fitness work out for your skin. Beginning with a deep cleanse and exfoliation, a specialist massage technique designed specifically to encourage the collagen and elastin to rejuvenate the skin, finishing off with a Collagen Mask made of 99% Collagen to plump out fine lines and wrinkles leaving your skin feeling toned and looking beautiful.

ScenTao of Asia Hot Stone Massage Ritual

85 mins €100.00

This exotic treatment brings Far Eastern philosophy to you. An exotic treatment based on the principle of eastern ShiTao massage, elemental warmth and aromatherapy essences to create an unusual and incredibly relaxing experience. Using smooth, hot volcanic stones and warm oil, warmth radiates throughout your body as the pressure point massage and active ingredients (green tea, ginkgo and ginseng) start to dissolve tension and stress. Starting with the feet we continue up the body to a luxurious facial massage and end on the back using the hot stones and shiatsu to melt away stress. The comfort

from the warmth of the stones, the incredible fragrance of green tea, ginkgo and ginseng and the long massage combine to create the perfect anti-stress treatment.

Shadiva of India Ayurvedic Massage Ritual

85 mins €100.00

Surrender to the Ayurvedic Marma point massage as a warm infusion of oils is lovingly applied to the body focusing on vital energy centres of face and body, to gently release tension and restore vitality. This treatment releases congesting and restrictive toxins to free the flow of natural energy through the body and mind. A stimulating body exfoliation, gentle facial cleanse and full body massage, will leave you feeling energised and relaxed at the same time.

Khanya of Africa Massage Ritual 115 mins €125.00

Based on traditional African knowledge including special types of massage with the vibrating energy of African maracas and the power of stones and crystals. This treatment revitalises the life energies and restores balance. Beginning with an African foot welcome followed by a warm full body salt exfoliation, your skin

is left feeling silky soft and lightly fragranced. The Khanya Body Massage incorporates typical African massage techniques to make this an ideal therapy for guests who are feeling tired and worn out.

THE ORIEL SPA THERMAL EXPERIENCE

The Oriel Spa Thermal Experience is based on the ancient ritual of bathing where the body is treated by a series of heating and cooling experiences. The Oriel Spa Thermal Experience guides your body through a sensory journey with the ultimate aim of inducing deep relaxation. The experiences on offer have their roots in cleansing and beautifying the body and originate from cultures dating back thousands of years.

Useful Tips

Cool off in between each heat experience by using the ice fountain and showers provided. Drink plenty of water to re-hydrate the body during your stay. Swimwear is obligatory in the Thermal Suite area at all times. For hygiene reasons please shower before use

and between each 'Experience'. If in doubt please ask a spa assistant who will be happy to help you.

HEAT EXPERIENCE

Softsauna (Sanarium)

This is a luxurious timber chamber combining the traditional pleasures of the Scandinavian sauna with the added benefit of steam infusion, mood lighting and background music. The 'softer climate' will allow you to spend longer in the cabin so the heat can deeply penetrate the body and soothe joints and muscles.

Aroma Steam Room

Using pleasant aromas to cleanse the body of impurities and revitalise the mind by inducing a deep state of relaxation. Otherwise known as a Turkish or Roman Steam, this moist heat environment is particularly beneficial for the respiratory system.

Cooling Experience

It's important to cool down after using each of the heat experiences. Cooling the soft tissues not only moderates your body temperature, it also invigorates the body and stimulates the nerve endings leaving you feeling refreshed and energised.

Ice Fountain

Gently apply crushed ice onto the body to counteract the warming effects of the heat experience.

Experience Showers

Fabulous showers offering a multi-sensory experience to help cool the body, from soft scented tropical rain to invigorating ice rain.

Resting Zone

Lie back and relax as you take some time out in the 'Resting Zone'. Re-hydrate as you relax in anticipation of what you have to look forward to.

THE ORIEL SPA MUD CHAMBER TREATMENT 25 mins

1 Person	€45.00
2 People	€80.00
3 People	€100.00
4 People	€115.00

The term "fango" is derived from the Italian "il fango", which roughly translated means "healing mud". This chamber is a private chamber for up to 4 people to coat each other in Oriel's Eifel Fango Sauce - a combination of highly effective ingredients including fango, cleansing salt and mineral oils. It is applied to the body by hand. Eifel Fango mud is applied to exfoliate and nourish the skin, followed by a period in the chamber to allow the mud to work its wonders, before a herbal steam and tropical rain shower to cleanse and induce pure relaxation. During the initial relaxation stage, the pleasant healing herbal warmth in the room enables the ingredients to cleanse the skin fast and accelerate toxin removal. Your skin will feel as soft as silk and your state of mind will be both physically and mentally, completely at ease.



Hamam Treatments

Relax on a warm flat plinth while being treated by a therapist for any of the following highly effective treatments:

The Oriel Spa Brush **40 mins €50.00**

The body is invigorated using the BABOR body brush, then exfoliated and smoothed using specialist herbs. The skin is then treated with our Vitamin ACE moisturiser to complete.



HEAVENLY MASSAGE

The Oriel Spa Full Body Massage **85 mins €100.00**

Swedish massage has come a long way. Aromas affect our daily lives and a pleasant fragrance makes us feel at ease instantly. This massage works all of the major and minor muscle groups, relieving tension you didn't realise was there. Our aroma massage oils will soothe the soul and comfort the body with their infinite gentleness. The treatment will relax, balance or energise depending on the aromachological fragrance used. Your skin will be left beautifully soft and delicately fragranced. This treatment includes a salt body peeling before the massage.

Hot Stone Back Massage **45 mins €55.00**

The secret of Asian philosophy is balance for the mind body and soul. Give your back new vital energy with this treatment which combines the warming power of hot stones with the energy balancing effect of Shiatsu massage to ensure you feel calm and deeply relaxed.



Swedish Body Massage **55 mins €75.00**

This is a traditional massage, adaptable to your specific needs, whether it be firm and strong or lighter and more relaxing.

Swedish Back Massage **25 mins €40.00**

Indian Head Massage **45 mins €50.00**

Indian Head Massage is a wonderfully relaxing therapy that involves massage of the back, shoulders, neck, head and face. This treatment involves using massage techniques of shiatsu and acupuncture. This ancient Indian treatment will help relieve stress and tension and leave you feeling calm and relaxed, it's ideal for those of you who suffer from headaches and sinus problems.

Ear Candles with Scalp Massage **55 min €55.00**

This ancient native American therapy is very effective to help relieve tension headaches, sinus, congestion and other ailments brought on by the stresses of modern day life

EFFECTIVE BODY TREATMENTS

To firm and improve the appearance of the skin.

RELAX & ENERGISE

Cleopatra Milk Cocoon **70 mins €80.00**

A pampering treatment for velvety soft skin. This treatment calms and regenerates irritated skin, supplies moisture and leaves the skin feeling soft and supple. Your skin is treated to a full body exfoliation before the milk pack is applied, whilst any surplus is massaged into the skin.

Vitamin Body Cocoon **85 mins €85.00**

Relax and rejuvenate with this totally over-indulgent body treatment. After a full body exfoliation, velvety, vitamin-enriched cream is applied to your body and allowed to slowly melt onto the skin while you are gently cocooned in a wrap. A dreamy scalp massage is carried out during this time and is followed by a gentle, full body massage to work the cream into the skin, nourishing and hydrating, leaving you feeling like a silky smooth, sweet-smelling butterfly! Suitable for

all skin types, the specialist ingredients used will supply your skin with vitamins, strengthen its defences and protect against the ravages of light induced ageing.

DETOXIFY & SLIM

Anti Cellulite Treatment **55 mins €75.00**

Course of 6 **€390.00**

This intensive treatment, incorporating our self-heating Thermo Modelage mask, will remove dry, flaky skin and stimulate the circulation to help banish cellulite on those problem areas. This ensures the skin's tissue is left smoother and firmer. A course of treatments is recommended.

The Oriel Spa's Body Wrap Sensation

90 mins **€95.00**

Course of 6 **€510.00**

Our algae wrap sensation is an effective detoxifying treatment and is an excellent way to firm body contours by drawing out tissue waste. The key to this treatment is compression which helps to promote the

skin's natural tendency to shrink. Combining the wrap to tighten and tone the skin; with algae to eliminate toxins from the tissue, is an excellent way to firm contours and treat cellulite. For best effects, book a course of treatments.

Volcanic Heat Pack **55 mins €65.00**

Great for firming problem areas. A treatment which harnesses the power of the volcanic rock (zeolite) and warm Eifel Fango mud in order to relax the muscles and refine the appearance of the skin. This treatment stimulates the metabolism and improves circulation whilst eliminating waste products. This has an intensely firming and smoothing effect on problem zones.

FACIAL TREATMENTS

Our therapists are highly trained aestheticians who do magical things to your face. Whatever your face throws at us, we have a vast number of facial treatments to choose from. If it's some make-up tips, improvement in skin condition or help with skin problems, we offer free consultations for those

needing help. We advise 'facial virgins' to simply book a facial and then let the therapist diagnose on the day!

Oriel Spa Taster Facial **30mins €40.00**

This is perfect if you are short of time and will give you a taste of what we can do for you. The products used will be tailored to leave your skin looking revitalised, fresh and nourished. Time well spent!

Oriel Spa Custom Facial **55mins €65.00**

At Oriel Spa we understand the nature of your skin. This facial is the best place to start for personalized skincare tailored just for you. Your therapist will show you what your skin concerns are and choose the perfect combination of products to address your skins needs. So lie back, relax and enjoy the unique facial experience. This treatment will begin with a deep cleanse and exfoliation, enjoy a luxurious facial massage and specific treatment mask that will leave your skin feeling refreshed and revived.

Oxygenating Rose Quartz Facial 70mins €75.00

This oxygenating therapy uses highly active plant extracts to give you an incredible facial experience. After a thorough cleanse and exfoliation, an intensely oxygenating ampoule activates the energy centers of the skin, boosting cell function. Enjoy the heat from the warm lava stones under your shoulders to penetrate deeply whilst you enjoy a soothing facial massage using our polished Rose Quartz Stones. An oxygenating creamy mask deeply nourishes and revitalises your skin to leave your skin looking youthfully radiant.

High Skin Refiner Power Lift Facial 85mins €80.00

The ultimate in relaxation and anti-ageing combined, is the next generation in lifting skin care. The carefully coordinated massage utilizes multi-active ingredients to protect the elastin in the skin and prevent damage by environmental aggressors. Witness the visible difference- a facelift without surgery!

Sensational Eyes 15mins €25.00

Why not enjoy the added benefit of having a specialised eye treatment with your facial by adding this treatment onto any one of our facials.

Post-Facial Make-Up 10mins €12.00

After a facial which has returned your skin to its newborn condition and filled it with natural vitality. Why not allow us to apply one of our cosmetic range which will leave you with a natural, fresh-faced glow!

NURTURING MOTHER TO BE

Clients are advised to wait until at least 12 weeks into pregnancy before booking.

Healing Repair Treatment **55 mins €75.00**

Course of 6 **€390.00**

This special firming and beautifying treatment will help to promote the healing of scars and stretch marks.

This soothing experience will leave your skin feeling soft, supple and extremely smooth. A course of treatments is recommended. A lovely pre-natal or post-natal treatment to prevent stretch marks.

Nurturing Pregnancy Treatment **85mins €95.00**

During pregnancy your body goes through a journey of change. It is during this special time that the mother needs nurturing just as the baby does. At Oriel Spa we understand how to ease any pregnancy blues and prepare the body and skin whilst the baby is still growing. This treatment includes a soothing body and facial massage that lets you float away leaving you feeling ultra relaxed and revitalised.

HANDS & FEET

Hand & Nail Treatments

Our treatments will ensure those frequently neglected hands and feet look and feel their best. OPI nail polishes are easily applied and form a beautifully even film, are fast drying, scratch resistant and chip-proof to prevent splitting.

Hands or Feet File & Polish **15 mins €15.00**

Hands or Feet File & French Polish **25 mins €20.00**

The Oriel Spa Manicure **55 mins €55.00**

Hands age quickest of all, so give your hard-working hands a treat with this luxury treatment. Starting with a sugar crystal exfoliation and conditioning herbal mask, using the finest ingredients, we then massage, trim, nail shape and polish, restoring both hands and nails to a state of perfection. Nails are finished with a choice of polish or natural buffing. Price excludes French Polish.

The Oriel Spa Pedicure **55 mins €50.00**

Give your tired feet a treat with this luxury treatment. Starting with a refreshing 'foot bath and sugar peeling' your hard skin areas will be intensely treated with a specialised callous remover before a vitalising mask is applied to leave your skin feeling super soft. A relaxing massage will leave your feet tension-free whilst your cuticles are tidied, nails trimmed and then polished or buffed as you wish. Price excludes French Polish.



Luxury Hand & Foot Treatment **115 mins €90.00**

A combination of the Oriel Spa Manicure and the Oriel Spa Pedicure. The ultimate finishing treatments.

THE ORIEL SPA'S TOP TIP: Removing old polish before you arrive will mean that your therapist has the maximum time on producing a super result. Don't forget to wear open toe shoes or allow plenty of time to sit and wait for it to dry.

FOR HIM

The Oriel Spa Executive Facial 30 mins €40.00

Whizz in and out in a flash! Perfect for lunchtime grooming or hotel business visits for the high-flyer. This super effective facial cleanses, treats, protects and includes a pressure point massage to energise the skin and relax the mind.

Time Out Facial 75 mins €85.00

Refresh your tired, dull looking skin and stress-related dark circles with this dynamic facial treatment. The specialised buffalo horn neck massage helps you relax before you enjoy the uplifting effects of the facial. The Collagen Mask soothes & deeply moisturises the irritations caused by shaving. Lie back on the heated neck roll to ensure you feel refreshed & revitalised.

The Oriel Spa's Full Body Massage Experience 55 mins €75.00

This massage works all of the major and minor muscle groups, relieving tension you didn't realise was there. Our aroma massage oils will soothe the soul and

comfort the body with their infinite gentleness. The treatment will relax, balance or energise depending on the aromachological fragrance, leaving you beautifully soft and delicately fragranced.

Hand Energiser 20 mins €30.00

Give your hands a break with this conditioning hand treatment designed to treat your hands & nails using our intensively moisturising products & relaxing massage.

Feet Revitaliser 20 mins €30.00

Revitalise your feet with this special conditioning treatment for feet and nails. We use deeply hydrating products, combined with a relaxing massage, before your treatment is completed with a nurturing nail treatment to breath new life into your feet.

Male Grooming

Eyebrow tidy - for looking younger €10.00

Eyebrow re-shape - for unruly brows €14.00

FINISHING TOUCHES

Tint and Tidy

Please note for those of you who are not yet Oriel Spa regulars, that you need to do a patch test for tints 24 hours in advance of the following treatments:

Eyelash tint	€13.00
Eyebrow tint	€8.00
Eyelash brow tint and shape	€25.00

Smooth Finishes

Eyebrow shape or wax	€9.00
Back or chest wax	€25.00
Half leg wax	€17.00
3/4 Leg wax	€22.00
Full leg wax	€25.00
Bikini wax	€15.00
Extended Bikini wax	€20.00
Underarm wax	€11.00
Half leg & bikini wax	€25.00
Full leg & bikini wax	€35.00
Bikini & underarm wax	€22.00
Brazilian bikini wax	€30.00
Top lip or chin wax	€8.00



Make-up

Here at Oriel Spa we use a variety of award winning make-up brands from around the world, we are regularly updating colours and styles suitable for the big night out to a trip to the shops. These include brands such as Chanel, Yves Saint Laurent, MAC, Ester Lauder and many more.

We combine these cosmetics to achieve the look that you desire. We're all about highlighting, enhancing and savouring your natural beauty.

Make-up Lesson 55 mins €60.00

Perfect for those stuck in a rut or if you've never really been sure what to do with that box you got for Christmas! We'll show you how to make the best of your features and offer advice on how to improve your look. It's a fun and enjoyable session where you do the applications in a mirror (like at home) not just lie back and get worked on.

BRIDAL & SPECIAL OCCASION MAKE-UP

Make-up Trial 55 mins €60.00

We suggest you collect your inspiration before the appointment. Magazine snippets, colour swatches and anything else that will help us get things right for the big day. Try to wear something similar to the big day's outfit and keep it simple. Your therapist will work with you 'til you're happy, but if you want to bring a trusted friend or relative then that's fine!

Special Occasion Make-up 25 mins €30.00

Because of the trial beforehand, the application for the big day will be much quicker and we'll have you on your way to worry about other things! Our therapists are great at instilling confidence and calming nerves so relax. All the work in the trial means the results will be excellent and you won't need to worry about a thing.



SPA PACKAGES

According to your time, interests and needs, we have created a package for you. However, feel free to customise your own. All packages include unlimited daily use of the Spa and Leisure facilities. Packages must be completed and services may not be interchanged.

DAY PACKAGES

The Oriel Spa Taster €145.00

If this is your first visit to the Oriel Spa and you just can't decide which of our fantastic treatments to have, then this is the one for you. Take a dip in our pool and if you find this too energetic, get down to some serious chilling in our luxurious Thermal Suite. One of our highly skilled therapists will treat you to the Oriel Full Body Massage followed by the Oriel Custom Facial, a pampering and highly effective treatment to perfectly meet the demands of your individual skin. Round off your visit with a spot of lunch or afternoon tea (included) in the Powder Keg Bar, a perfect end to a perfect day! **Allow minimum 4 hours to include 2½ hours of treatments.**

Heavenly Half Day 9.30am-1.30pm €165.00

Heaven really is a place on earth! Make the most of this wonderful half day's pampering. First relax in our superb Thermal Suite which provides the perfect setting for you to completely relax. Enjoy our Vitamin Body Cocoon followed by our Collegan Facial which will leave you completely refreshed and revitalised. A well deserved morning brunch will be served after your treatments. **Allow minimum 4 hours to include 2½ hours of treatments.**

Two's Company €185.00 PP

Why have the time of your life alone, when you can share it with a friend? Here you can both spend quality time together in a luxurious environment. You will get to indulge in the Thermal Spa Experience while the therapist prepares muds for you to relax in your own private mud chamber. You will both retire to our special double treatment room where our therapists will pamper you with a full body Hot Volcanic Stone Massage and Oriel Spa Custom Facial. Finish off your morning with a light lunch in the Powder Keg Bar. **Allow minimum 4 hours to include 2½ hours of treatments per person.**

An Ultimate Pampering Day

€290.00

Everything you need to really make some time for yourself, all we ask is that you put yourself in our hands for the day and we promise to make it perfect. Your full 8 hour day with us includes full use of our luxurious leisure facilities followed by a light brunch. You can then go through and relax in the Thermal Suite. Your therapist will perform our relaxing hot stone massage which will help dissolve any tension and stress you may still have, followed by our signature Sea Creation Facial, which will leave you visibly smoother and toned. Then relax and enjoy a light lunch in The Powder Keg Bar. On returning to the Spa you will be polished and shined with an express manicure and pedicure to tidy and condition those hands and toes. At the end of the day your therapist will present you with your personalised programme so that you may continue to enjoy the benefits at home. **Allow minimum 6 hours to include 4 hours of treatments.**

Mother To Be

€220.00

Using our Nurturing Pregnancy Treatment, this is the complete maternity body treatment using specific pre-natal techniques to help relax, increase circulation, and reduce water retention, application of a soothing body mask will help to firm and diminish signs of stretch marks, and a facial massage will leave you feeling ultra relaxed. This treatment is followed by a relaxing lunch in the Power Keg bar, then back to the Spa for a Collagen Booster Facial to plump any fine lines leaving your skin toned and bright. To finish off your day a maintenance pedicure will tidy and condition your toes. This package is sure to leave you stress free and full of energy. **Allow minimum 6 hours to include 3½ hours of treatments.**