

**DERMALOGICA FACIALS** *Dermalogica facials are based on a unique system of analysis, allowing the skin therapist to design a personalised treatment for each client. Our Facials include specialised face mapping and aim to achieve the highest skincare results.*

**Environmental control facial** ..... €65  
A soothing, skin-protecting treatment designed to instantly soothe red, inflamed or very sensitive skin.

**Medicated clearing facial**..... €65  
This is the ultimate in acne management because it targets current blemishes while helping to prevent future breakout activity.

**Skin brightening facial**..... €70  
This facial balances uneven pigmentation from hormonal imbalance, UV exposure and pregnancy, by helping to regulate melanin production.

**Multivitamin power facial**..... €80  
Designed to treat prematurely-ageing skin conditions, this treatment includes a non-irritating vitamin power exfoliation and a vitamin recovery masque to noticeably improve skin elasticity, tone and texture.

**Age smart facial** ..... €80  
A revolutionary anti ageing system using the power of anti-oxidant vitamins and protective organic silicones. This treatment controls the biochemical triggers that lead to skin ageing.

**SPA PAMPER DAYS** - *Take a day out to enjoy complete luxury and total tranquillity, relax in a fluffy robe and slippers while you're taken to a new level of wellbeing.*

**Escape Pamper Day** ..... €175  
Relaxing Balneotherapy Bath, MATISPA Full Body Treatment or MATISPA Advanced Facial, Light Lunch, Luxury Manicure, Luxury Pedicure or Back Massage, Full use of pool, sauna and steam room.

**Pre – Holiday Package** ..... €90  
Full Body exfoliation and St Tropez spray tan, Full leg and bikini wax.

**Especially for Men** ..... €175  
Bath, Choice of Facial from Men's skincare menu, Light Lunch, Full Body Massage, Full use of pool, sauna and steam room for the rest of the day.

**Mums To Be**..... €150  
Energy Boost Facial, Indian Head Massage, Light Lunch, Relaxing Pedicure

**BRIDAL PACKAGE AVAILABLE**  
Tailor made to Suit Your Individual Needs



**SPA ETIQUETTE**

**ARRANGING YOUR VISIT:** We would suggest that all appointments are booked in advance to avoid disappointment.

**CHECK IN:** We ask that clients arrive at the spa 10 minutes prior to scheduled treatments.

**FOR YOUR HEALTH AND SAFETY:** Consultation with your doctor may be necessary prior to your visit to establish your suitability for certain treatments. We would strictly advise that clients, who may be pregnant, suffer from high/low blood pressure, allergies, heart conditions or diabetes would inform their dedicated therapist prior to commencement of any treatment.

**WHAT TO WEAR:** Gown and footwear will be provided upon arrival where required. Disposable underwear will be provided for body treatments. We recommend that no jewellery be worn at the Spa. Our management and staff accept no responsibility for loss of money or valuables brought to, or left at the spa.

**GIFT VOUCHERS:** Gift vouchers are available for friends or loved ones and may be redeemed against any spa treatment or retail product. They are non refundable and valid for one year from date of issue.

**CANCELLATION POLICY:** 24 hour notice of cancellation is required. We will endeavour to reschedule your appointment which will be subject to availability. Any cancellation within 24 hours will incur a 50% cancellation fee. Guests cancelling an appointment within 12 hours of the original appointment time will incur the full cost of the treatment.

**CHILDRENS POLICY:** We ask guests not bring children under the age of 12 into the Spa area.

**OTHER DETAILS:** To ensure full relaxation for all our clients, we request that all mobile phones are switched off upon entry to the Spa area.

Prices are subject to change without prior notice.

**OPENING HOURS**  
Sun/Mon Closed Tues 10 - 6 Wed 10 - 6 Thur 10 - 8 Fri 10 - 8 Sat 10 - 5



Eco Spa - unwind, relax, rejuvenate, refresh and take time out just for you!



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**ECO SPA FACIALS** *Step into the luxurious world of tranquillity where your journey begins with Eco Spa facial treatments combined with the very best ingredients from MatiSpa. Eco Spa use many natural sources including flower, plant and fruit bases to provide the ultimate relaxing and effective facial treatments.*

**MATISPA ANTI AGEING FACIALS UNIQUE FACIAL** ..... €95  
A regenerating, nourishing and anti ageing treatment like no other. Stimulates the skins natural functions and re-energises even the most tired skin, scarred by the ravages of time.

**TOTAL YOUTH FACIAL** ..... €85  
An anti aging treatment like no other, this treatment specifically targets lines and wrinkles with AHA & BHA treatment ampoules. Designed for skin showing signs of ageing and sun damage.

**MATISPA ADVANCED FACIALS  
PURIFYING FACIAL FOR PROBLEM SKINS** ..... €85  
Highly advanced skincare treatment to help purify and improve the appearance of problem skin. Ultra gentle and has an immediate impact on the clarity and purity of the composition.

**DELICATE AND SENSITIVE FACIAL** ..... €80  
This treatment is designed to deal with the problem of sensitivity. It not only diminishes redness but will also desensitise your skin. Unique ingredients calm even the most delicate of skins.

**WHITE BRIGHTENING FACIAL** ..... €75  
This unique brightening treatment uses white wild mulberry to rid the skin of pigmentation problems. An Ideal treatment for smokers or those with dull skin, a truly revitalising treatment.

**ENERGY BOOSTING FACIAL** ..... €65  
A real energy boosting programme which is the ideal antidote to a dull complexion.

**ECO SPA REFRESHER FACIAL 30 minutes** ..... €45  
Experience a MatiSpa "mini facial" which leaves your face refreshed and glowing. Ideal for lifeless skin.

**CRYSTAL EYE TREATMENT** ..... €30  
Why not put the sparkle back into your eyes with this lovely treatment which caters for all eye contour problems, wrinkles, fine lines, puffiness and dark circles. Combine with any any of our facials for only €20.

**MATISPA BODY THERAPY** ..... €95  
Embark on the absolute MatiSpa journey which begins with the Jasmine Salt Foot Exfoliation. In consultation with your therapist you will choose a fragrance such as Jasmine, Honey, Rose, Orange, Tea Vanilla or Tiare. This will be incorporated into your MatiSpa treatment to give you a sensory experience tailored to your needs.

**SOOTHING CRYSTAL DREAM – 90 minutes**  
This intensely relaxing treatment begins with a Crystal Peeling with Flower Petals, combined with a MatiSpa Self-Heating Soothing Mask that cocoons the body in a balm of soothing warmth. Indulge yourself in absolute serenity.

**ORANGE ZEST AWAKENING - 90 minutes**  
Gentle exfoliation with the delicate scent of orange to stimulate the senses. Combined with a draining and relaxing mud wrap. This program is ideal for detoxification and reduction of fluid retention.

**BLACK MUD ENERGISER – 90 minutes**  
Luxurious Body Exfoliation combining Marine and Plant Extracts, prepare to plunge to the depths of the Brittany Coast with this Mineral Mud Treatment and benefit from its revitalising and invigorating properties.

**MATISPA EXFOLIATION** ..... €50  
Full body exfoliation with two salt scrub to gently stimulate the circulation and remove dead skin cells. Followed by a light moisturising balm to sooth and moisturise.

**ECOSPA PURE RETREAT** *Bathing should be a quiet time of pure pleasure, sensual and serene, remote from all the noise and pressures of the day. Close your eyes, breathe slowly and deeply, and let your body and mind relax and retreat into a peaceful oasis of a pure aroma bath.*

**BALNEOTHERAPY BATH – 20 minutes** ..... €30  
Why not begin your spa journey with your choice from one of our bathing rituals. Fragrant salts or oils are combined with massage in warm bubbly water. This is the ultimate in bathing relaxation. Wonderful followed by a Massage or Body Treatment.



**HOLISTIC TREATMENTS** *Reduce tension and relieve the negative effects of everyday stress. Our expert massage therapists will restore your sense of well – being with customised combinations of massage techniques.*

**Full Body Massage – 60 minutes** ..... €65  
**Back, Neck Shoulders Massage – 30minutes** ..... €40

**Indian Head Massage – 30 minutes** ..... €40  
We focus on pressure points, we can promote relaxation, relieve head-aches and reduce stress by working on the upper back, head, forehead and shoulder area.

**Reflexology – 40 minutes** ..... €50  
This ancient pressure point treatment concentrates on a map of the body's organs and structures. This technique helps the body's natural healing process.

**Hopi Ear Candling – 40 minutes**..... €40  
A non-invasive treatment which is beneficial for stress, sinuses and migraines.

**Full Body Massage using Hot Stones – 60 minutes** ..... €85  
**Back Massage using Hot Stones – 30 minutes** ..... €50

**COURSE HOLISTIC TREATMENTS – SIX TREATMENTS FOR THE PRICE OF FIVE.**



## FINISHING TOUCHES

### TANNING

**St Tropez New Airbrush Tan**  
**Full Body** ..... €40  
**Half Body** ..... €25  
**Tan & Exfoliation** ..... €65

### EYE CARE

**Eyebrow Tint** ..... €10    **Eyelash Tint**..... €12  
**Eyebrow Wax, Tint and Eyelash Tint**.... €25    **Eyebrow Wax**..... €10  
**Threading**..... €20

### WAXING TREATMENTS

**Full Leg & Bikini**.....€40    **Full Leg** ..... €30  
**Half Leg & Bikini**.....€28    **Half Leg**..... €18  
**Lip Wax**..... €10    **Chin Wax** ..... €10  
**Lip & Chin Wax**..... €16    **Underarm Wax** ..... €15  
**Arm Wax** ..... €15    **Bikini Wax**.....from €15  
Advanced Waxing Available

**CLEANSE & MAKE UP** ..... €30

### JESSICA HAND AND FOOT CARE

**Jessica Luxury Manicure** ..... €45  
A customised and luxurious treatment designed to cultivate the natural nail.

**Jessica Zen Spa pedicure** ..... €50  
State of the art pedicure system that caters to your individual needs

**Finger Tip Treatment** ..... €20  
Nail shape and polish for fingers or toes using Jessica products to care for the nail.

**Jessica Geleration 3 Week Manicure** ..... €35

### GENTLEMEN'S SKINCARE & TREATMENTS

**ENERGISING FACIAL TREATMENT** *Provides all necessary ingredients for a healthy skin while improving all signs of vitality.*

**PURIFYING FACIAL TREATMENT** ..... €80  
Balances oily secretion, refines pores and fights blackheads. A facial treatment which brings an immediate improvement to the skin.

**DEEP CLEANSING BACK TREATMENT - 45 minutes** ..... €45  
A great treatment for problematic skin and great for this often neglected and hard to reach area.

**BACK, NECK & SHOULDER MASSAGE - 30 minutes** ..... €40

**INDIAN HEAD MASSAGE - 30 minutes** ..... €40