

Massage treatments

Swedish Full Body Massage: 60min €35
This massage leaves the body totally relaxed and the skin firmed. It is specially designed to release muscle tension, improve blood circulation and provide relief from stress.

Swedish Massage with Exfoliation: 90min €45
Swedish massage as above combined with skin exfoliation for smooth, moisturised skin.

Therapeutic Massage: 60min €42
A deep tissue massage aimed at the deeper tissue and structures of the muscles. This massage uses the same movements and techniques as a Swedish massage but the pressure will generally be more intense.

Back, Neck & Shoulder Massage: 30min €27
To relieve stress and tension helping to soothe the pressures of everyday life.

Scalp Massage: 30min €19
Scalp massage is extremely effective for relieving pain and tension and also stimulates the lymphatic and circulatory systems.

Slimming & cellulite treatments

Cellulite Wrap: 30min €25
An ivy, nettle and hot paprika wrap improves blood circulation and removes toxins from the skin.

Anti-cellulite Massage: 30min €25
Helps to reduce or eliminate cellulite when paired with proper nutrition and exercise.

Anti-cellulite Cupping Therapy: 90min €45
Cellulite wrap as above is followed by cupping therapy and finished with massage to break down cellulite cells.

Dead Sea Mud Body Treatment: 35min €29
The best natural remedy for many skin ailments including cellulite, rheumatism, joint pains, psoriasis etc. Skin is left smoother, tighter and fully hydrated.



Organic facials

TREATMENTS FOR SENSITIVE SKIN

Rejuvenating Facial: 90min €42
Excellent for rosacea, this facial uses the **curry plant and blueberry** to gently renew cells whilst soothing & calming inflammation. A mask completes the facial. This treatment is hypoallergenic and contains sun protection. A short course of treatments will give maximum benefits.

Complete Facial Treatment: 120min €50
Deep cleansing facial followed by the rejuvenating facial treatment above.

TREATMENTS FOR INFLAMED AND ACNED SKIN

Clarifying Cleansing Facial: 90min €39
The face is cleansed using extracts of the plants **milfoil and stellaria** for their nourishing and antiseptic properties followed by a facial massage, steam & deep cleanse. After a skin tightening treatment, soothing gels and a calming mask are applied.

Adolescent Cleansing Facial: 90min €35
The treatment cleans the skin, reduces inflammation and hydrates without greasiness.

BRIGHTENING OXYGEN TREATMENTS

Brightening Facial: 90min €42
A mix of **pumpkin and St Maria thorn** regenerates tired skin and brightens age spots, freckles and other unwanted pigmentation giving a firm youthful skin tone.

Deep Cleansing & Brightening Facial: 120min €47
Deep cleansing facial followed by brightening facial above.

FIRMING & ANTIOXIDANT TREATMENTS

Anti-ageing Facial: 60mins €37
Coconut oil and aloe vera are used to deeply hydrate & rejuvenate the skin. This treatment has a strong lifting effect leaving skin toned and fresh looking.

Hydrating Facial: 30mins €29
Face and décolletage massage and hydrating mask. Firms and hydrates the skin.

Special massage treatments

Body Exfoliation: 30min €19
The combination of Parajd salt and grape-seed oil removes dead keratin cells and moisturises the skin.

Lymphatic Drainage Massage: 60min €37
This massage is a profound technique to help increase lymphatic flow. Harmful substances are removed from tissues and neutralized in the nodes.

Holistic healing treatments

Reflexology: 30min €25
Reflexology is based on the principle that there are reflexes in the hands and feet that relate to every organ, gland and system of the body. Correct manipulation provides stress & pain relief, increased blood circulation throughout the body and can decrease blood pressure and cholesterol levels.

Hot Lava Stone Massage: 70min €45
Warmed stones are placed on the body's energy points to aid relaxation and circulation. A brief full body massage using essential oils prepares the body which is then massaged using stones. Excellent for mind and body relaxation, balancing the body's energy centres and for improving bloodflow.

waxing

| | | | |
|-------------|-----|------------------|-----|
| Lip | € 3 | Under arm | € 5 |
| Half arm | € 7 | Full arm | €10 |
| Back | €15 | Chest | €15 |
| Half leg | €10 | Full leg | €15 |
| Bikini line | € 9 | Brow wax & shape | € 7 |

For the Final Touch

Make Up Application €19
A make-up session for that polished daytime or evening look. Special occasion make-up – from €27

Eyebrow Shaping € 3
Eyelash Tint € 7
Eyebrow Tint € 5
A patch test must be carried out 24 hours prior to tinting unless given previously