

ELEVATE YOUR TIME

Add one of the following to a 60 minute or more spa treatment:

SUNDĀRI INDIAN HEAD MASSAGE

Stimulate the scalp and hair growth, while expelling stress. Adapted from ancient Indian head massage, the treatment targets scalp, neck and décolletage with a blend of therapeutic oils.

15mins €20

WARM OIL FOOT MASSAGE

Take a load off and let us massage and stretch your tired feet. Dry or tired feet are treated with hot oil as you melt away into bliss as we massage away your stress..

15mins €20

REVITALIZING EYE TREATMENT

Soothe the delicate eye area with this cooling and revitalizing treatment. Lymphatic and pressure point massage techniques coupled with plant and flower based formulas reduce the appearance of fine lines, puffiness and dryness whilst at the same time rejuvenating tired eyes.

15mins €20

BACK, NECK & SHOULDER MASSAGE

This massage is perfect for taking away daily aches and pains in your back, neck and shoulder area.

15mins €20

BALNEOTHERAPY

This specialised bath with 252 powerful jets will massage your body from head to toe. The relaxing underwater massage jets increase circulation and strengthen muscle tone, while helping to eliminate toxins and reduce fluid retention. Aches and pains are eased making it a particularly suitable treatment for aching muscles or those with sports injuries. Choose one from the following:

- Seaweed (Detoxifying)
- Essential Oils (Relaxing)
- Cleopatra Milk Bath (Soothing)

15mins €20

DETOXIFYING BODY BRUSH

Dry brushing is a fantastic way to exfoliate the skin, this stimulates skin renewal that is super soft to the touch. Also renowned for combatting cellulite, strengthening the immune system and cleansing the lymphatic system.

15mins €20

