

Spa Sula





## OUR SPA

It all begins with a warm friendly smile. Step into Spa Sula and you enter a luxurious temple of harmony for body, mind and spirit – an indulgent sanctuary created exclusively for your pleasure and well being. Under the attentive care of our dedicated staff your experience at Spa Sula will leave your body, mind and spirit feeling revitalised, renewed and restored.

## OUR PRODUCTS

### YTSARA

Inspired by an Asian blend of healing and therapeutic remedies, Ytsara holistic spa treatments offer an original and global approach to age-old rituals and native Asian holistic healing practices for modern use.

Ytsara's herbs, roots, flowers and fruits are either cultivated on their organic farm in Thailand, or picked by hand in the forest, taking care to preserve the environment.

### [comfort zone]

Represents a complete system of care for the skin, body and soul. Our exclusive collection of products, treatments and rituals has been created with an unwavering commitment to finding the most powerful ingredients and delivering the most effective results.

We seek to promote a holistic, healthy and sustainable lifestyle, based in science and strengthened by passion. Comfort Zone products are free from silicone, parabens, mineral oils, artificial colours and animal derivatives.

# THERMAL SUITE

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This spacious, tranquil sanctuary is designed for guests to relax and luxuriate in. To enjoy the full benefit of the thermal suite it is recommended that you arrive 1 hour prior to your treatment. Enjoy the detoxifying, soothing warmth of the specialised dry and wet heat cabins as you voyage between the rock sauna, steam room and aroma grotto before refreshing under the tropical rain showers or cool yourself with the ice fountain.

## THERMAL SUITE

60 min €15

Our Thermal Suite includes the following:

### FOOT SPA

To enhance the thermal experience, feet can be warmed and soothed in two individual foot baths. A wonderful way to relax with a partner or friend.

### ROCK SAUNA

A classic sauna with a temperature of 80-100 degrees having a purifying effect on the body.

### ICE FOUNTAIN

Ice Fountain for cooling and refreshing between heated treatments.

### STEAM ROOM

With temperatures of approximately 43-46 degrees plus 100% humidity, the steam room is especially beneficial for cleansing the respiratory system.

## SALT GROTTTO

The salt grotto is decorated with mosaics and filled with mist containing mineral salts. The inhalation of the salts and aromas aid breathing and increase metabolism. It is especially beneficial for people with respiratory ailments such as asthma. Recapture the healing essence of the sea with each breath.

## LIFE STYLE SHOWERS

The showers simulate tropical rain or cool mist which cleanses and prepares your skin for further heated treatments.

## OUTDOOR ROCK POOL

Experience our exhilarating outdoor heated rock pool with massage jets in the calming oasis of our Zen Garden.

## GARDEN RETREAT

Complete your journey by relaxing in our own indoor garden sanctuary. Ease tired and aching muscles while gazing out at the Zen garden. Tailored for your utmost comfort, this room will take you into a world of ultimate relaxation.

## SPA VISITORS

Complimentary use of Thermal Suite with spa treatments booked.

## TOP TIP

- We advise to book in advance as availability is limited.
  - Swim wear required.
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# SULA SIGNATURE

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## REFRESH & REVIVE

1 hr 10 min €90

Enjoy the detoxifying, soothing warmth of the Thermal Suite. Experience the exhilarating outdoor heated rock pool with massage jets in the calming oasis of our Zen garden.

Choose THREE of the following luxury treatments:

Express **[comfort zone]** Facial | Back, Neck & Shoulder Massage

Detoxifying Body Brush | Ytsara Smooth Soles

Balneotherapy Bath | Indian Head Massage

## AFTERNOON TEA SPA RETREAT min 6 people 55 min €90

Enjoy the detoxifying, soothing warmth of the Thermal Suite. Experience the exhilarating outdoor heated rock pool with massage jets in the calming oasis of our Zen garden.

Choose ONE of the following luxury treatments:

Ytsara Body Contour | Hydramemory [comfort zone] Facial

Revive Body Polish | Swedish Massage

Afternoon tea, coffee or herbal tea served in the Plaza lobby accompanied by homemade scones with butter, whipped cream and preserves. Complete the afternoon tea party with a selection of mini cakes & desserts & a glass of bubbly.

## SPA SULA TASTER

55 min €75

Escape to Spa Sula and enjoy the use of our Thermal Suite, lifestyle pool and relaxation room.

### Your Body - Back, Neck & Shoulder Massage

This massage is perfect for taking away daily aches and pains in your back, neck and shoulder area to leave you feeling de-stressed and refreshed.

### Your Face - Express [comfort zone] Facial

Uniquely designed to give maximum results in minimum time. Formulated to refresh, renew and revitalize - this facial works with all skin types to reveal more youthful and healthy skin.

## RELAXATION TASTER

55 min €75

Escape to Spa Veda and enjoy the use of our Thermal Suite, lifestyle pool and relaxation room.

### Your Body - Back, Neck & Shoulder Massage

This massage is perfect for taking away daily aches and pains in your back, neck and shoulder area to leave you feeling de-stressed and refreshed.

### Your Mind - Indian Head Massage

Stimulate the scalp and hair growth, while expelling stress. Adapted from ancient Indian head massage, this treatment targets head, neck and face with 100% natural coconut oil.

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# [comfort zone] FACE

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## SUBLIME SKIN DELUXE LIFT

1 hr 20 min €95

**Sublime Skin is the new anti-ageing range from Comfort Zone. Suitable for all skin types and ages.**

A powerful lifting facial with retinol, hyaluronic acid and lacto proteins for a deep and visible wrinkle reducing action. Incorporating Comfort Zones advanced double peel to deeply renew and resurface for an instant smoothing and re-plumping effect. The advanced mask mimics the action of Botox, helping to oxygenate skin cells and gives an instant firming effect. Ideal for mature skin with visible signs of ageing, this firming facial stimulates cellular regeneration using the exclusive active lift massage technique to smooth and tone skin. The result is a beautifully nourished, illuminated, firmer lifted skin.

## SUBLIME SKIN ACTIVE LIFT

55 min €85

This facial is an anti-ageing, redensifying and lifting treatment for the face and neck. Combined with specific lifting massage moves and an innovative biphasic peel-off mask, this facial restores fullness to the skin and redefines the volume of the face. Suitable for all skin conditions with wrinkles and visible loss of tone and volume.

## ACTIVE PURENESS RE-BALANCING

55 min €80

An ultra effective purification treatment for all skins, but particularly good for rebalancing oily and acne prone skin types. The active sea minerals and algae in the spirulina mask used in this treatment deeply cleanse and rebalance the skin.

## SKIN RESONANCE

55 min €70

This facial is for sensitive and delicate skin in need of deep hydration. It calms and treats hypersensitive skin that is subject to high colouring and fragile capillaries. The skin retrieves its firmness, becomes nourished, tones and has a pleasant feeling of wellness.

## HYDRAMEMORY

55 min €70

24 hour deep hydrating, nourishing treatment for dull, dry skin on the face, neck and décolleté that results in renewed moisture and silkiness. Restores deep and lasting hydration, firmness, elasticity, tones and brings luminosity back into the skin. This treatment also returns hydro-balance to the epidermis.

## PURE PERFORMANCE FOR HIM

55 min €70

Specific treatment to remove impurities, rebalance excessive sebum production and leave the skin with a clarifying matte finish. Skin is deeply purified, healthy looking and toned.

## BACK FACIAL

40 min €55

Deep Cleansing Back Treatment. The back facial follows the same basic layout as a traditional facial. First, skin is cleansed and exfoliated. Next, impurities and imperfections are greatly reduced with the application of a purifying mask. Finally the back is moisturised to restore nutrients and hydrate. This treatment helps treat and prevent breakouts, leaving the skin incredibly smooth.

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# BODY MASSAGE

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## SWEDISH MASSAGE

55 min €70

This massage has a light to medium touch and is used to promote overall relaxation, stimulate circulation, reduce muscle tightness and enhance muscle tone.

## FIRM PRESSURE MASSAGE

55 min €85

This firm pressure massage is designed to stimulate and invigorate your muscles using slow strokes and firm pressure on areas of the body suffering from chronic muscle tension or areas that simply ache.

## YTSARA BODY CONTOUR

55 min €75

**For sculpting and contouring.** A stimulating massage that uses black pepper, cinnamon and ginger to help sculpt the figure and re-define the shape. An excellent way to drain and regenerate tissues while dispelling the tensions that have built up and attain a state of absolute relaxation. A regenerative mask targets the abdomen for a more intense effect on this key area.

## REFLEXOLOGY

55 min €70

This ancient pressure point foot treatment concentrates on a map of the body's organs and systems. This technique helps the body's natural healing process.

## SPORTS RECOVERY MASSAGE

55 min €85

A more intensive specialised massage intended for the active athlete, weekend warrior or individual wanting a more detailed bodywork on specific muscle groups. Emphasis is on relieving chronic patterns of tension in the body, stimulating circulation, reducing lactic acid build - up, increasing flexibility and re-energizing the body.

## LIGHTER LEGS

25 min €55

This pressure massage renews tired legs by improving circulation and reducing fluid retention.

## BACK, NECK & SHOULDER MASSAGE

25 min €55

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

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# HEAT TREATMENTS

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## YTSARA TRANQUIL JOURNEY 1 hr 25 min €110

**For total relaxation.** Slow, deep movements work in tune with your breathing whilst a warm and calming, herbal poultice melts away tension. Everything around you has slowed down. Your mind and body are reconnecting.

## YTSARA WARM BAMBOO ANMA 1 hr 25 min €110

**To sculpt figure.** Warm bamboo, called Take in Japanese, represents youth, prosperity and serenity in Asia. The warm bamboo is slowly rolled on target areas to break down fatty deposits at the same time increasing circulation and relaxing muscles. Used in combination with Ytsara sculpting oil, this treatment fights cellulite, tones muscles, stimulates lymphatic system and detoxifies the organs.

## HOT STONE MASSAGE

1 hr 10 min	Full Body Massage	€100
25 min	Back, Neck & Shoulder Massage	€60

Ease those knots away with a combination of deep heat from basalt stones, relaxing body oils and a flowing massage to heal and balance your body's needs.

## YTSARA MOHAM DEEP PRESSURE 55 min €85

**For muscle healing.** Designed to encourage blood flow, stretch muscles and ease joints. This deep massage conditions the whole body. Thai therapeutic massage and pure plant essential oils work synergistically together while a warm, herbal poultice provides a medicinal remedy for sore or overworked muscles.

## WARM OIL ABHYANGA MASSAGE 55 min €80

A rhythmic and gentle whole - body massage, considered to be one of the most rejuvenating massage therapies available worldwide. This unique massage promotes sleep, reduces tiredness and strengthens the body. This massage helps to pacify vata (that nervous feeling) in our bodies and create a sense of "grounding".

## INDIAN HEAD MASSAGE 25 min €55

A wonderfully relaxing therapy that involves massage of the soft tissues in the upper back, shoulders, head, neck and face. The therapist uses a range of different massage pressures and rhythms to help relieve tension, fatigue, insomnia, headaches and sinusitis. Using 100% warm natural virgin coconut oil which helps lock in moisture and conditions the hair whilst the strengthening scalp massage will promote hair growth.

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# HEAVENLY SKIN

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## YTSARA FLAT BELLY

55 min €70

**To refine the Waistline.** A slimming treatment targeted on the belly area. It starts with a stimulating scrub and is followed by Thai therapeutic and Taoist massage techniques to release fat, clustered deep in the area. A detoxifying wrap and hot cushion help to firm and sculpt the belly.

## BODY POLISH

55 min €65

A reviving ritual for renewed radiance - refining natural sea salts gently sweep away dull cells while nourishing body cream melts into the skin to deeply hydrate. Beautiful aromas invigorate the mind to leave your body feeling revitalized. Suitable for all skin types, but especially beneficial to those who have dry or rough skin. Choose ONE of the following:

- **Mojito:** Natural sea salts mixed with uplifting and exotic ingredients of fresh lime, mint and lemongrass.
- **Rose Absolute:** Natural sea salts mixed with balancing and relaxing oils of rose, geranium and lavender.

## YTSARA SMOOTH SOLES

25 min €40

A Himalayan salt exfoliation and soak to the feet softens the skin and soothes aches whilst the neck and shoulders are massaged. Lie back and enjoy further relief through a soothing foot and calf massage.

## YTSARA AGELESS HANDS FACIAL

25 min €40

Skin on your hands should be treated with care but is often neglected. Reveal beautifully soft and more youthful hands with a combination of mulberry, geranium and macadamia which helps to brighten and deeply nourish. A complete facial experience for the hands with a cleanse, exfoliation, mask and massage.

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# SPECIALISED TREATMENTS

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## RASUL CHAMBER min 2 people

40 min €30 pp

Enjoy the sensation of mud therapy in the intimate surroundings of your own private chamber with post shower and vanity area. The rasul treatment is a traditional Arabian cleansing ritual which leaves you feeling calm and your skin nourished. The ritual is experienced in a private room under a glowing canopy of stars. The self application of mineral enriched body mud detoxifies and rejuvenates the body. Warm steam envelopes the room and keeps the mud pleasantly soft, encouraging mineral absorption. To finish this luxury treatment a soft shower will commence which gently washes away the mud from the body leaving your skin feeling cleansed and stimulated. This treatment is ideal for couples or groups up to a maximum of 4 people.

## BALNEOTHERAPY BATH

20 min €30

Slow down in a symphony of relaxation and rejuvenation as 252 powerful jets act in synergy to soothe and tone your muscle tissue. It stimulates circulation and improves toxic elimination through lymphatic drainage whilst reviving and refreshing the whole body.

- **Detoxifying Seaweed:** Ultra rich in minerals and vitamins for healthy body and skin.
  - **Blue Lagoon:** This essential oil bath pebble is packed with powerful active ingredients to help the body and mind relax.
  - **Mineral Sea Salt:** Rich in magnesium with healing effects to relieve muscular aches and pains.
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# WELLNESS

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## YTSARA SAMBARA MOTHER TO BE

55 min €70

**To feel cocooned.** A gentle side-lying massage to release tensions in the back and the legs. Organic virgin coconut oil nourishes dry and sensitive skin. This treatment is designed to answer all the developing needs of you and your baby, giving the nurturing treatment you both deserve. Eases aches and pains of your whole body. Recommended after first trimester only.

## LYMPHATIC DRAINAGE MASSAGE 55 min €60

This is a light flowing full body massage which encourages the lymphatic system to eliminate toxins from the body particularly helping conditions such as lymphodema, cellulite and chronic fatigue syndrome. This deeply relaxing massage is also recommended for insomnia, reducing stress and promoting vitality.

## PREGNANCY BACK, NECK & SHOULDER MASSAGE 25 min €55

This back, neck and shoulder massage is designed to release tension and muscle fatigue on muscles responsible for supporting your pregnancy tummy. This is a superb boost to all skin types. Recommended after first trimester only.

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# SULA DAY

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## ME & MY LITTLE V.I.P

3 hours €150

As a beautiful pregnant woman, you especially need to be pampered while relaxing in luxury surroundings

FACIAL Choose ONE of the following

**[comfort zone]** Hydramemory Facial OR Ytsara Samsara Mother to be

RELAX - Indian Head Massage

BEAUTY - Luxury Manicure or Pedicure

YOUR TIME

Luxury and comfort awaits you in our beautifully appointed relaxation suite. As a beautiful pregnant woman, you especially need to stay hydrated. The water you drink carries nutrients through your blood to the baby and initially it also supplies the liquid needed for the amniotic fluid in the womb. Relax your mind and enjoy a glass of water and fruit.

## SERENITY PACKAGE 3 hr 30 min €150

Enjoy the detoxifying, soothing warmth of the Thermal Suite. Experience the exhilarating outdoor heated rock pool with massage jets in the calming oasis of our Zen garden

Choose TWO of the following luxury treatments:

Reflexology | **[comfort zone]** Hydramemory Facial

Abhyanga Massage | Spa Sula Reviving Body Polish

Followed by a 2 course lunch in the Plaza Bar with tea or coffee.

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# ELEVATE YOUR TIME

Add one of the following to a 55 minute or more spa treatment:

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## INDIAN HEAD MASSAGE

15 min €20

Stimulate the scalp and hair growth while expelling stress. Adapted from ancient Indian head massage, the treatment targets head, neck and face with 100% natural coconut oil.

## DETOXIFYING BODY BRUSH

15 min €20

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

## WARM OIL ARM MASSAGE

15 min €20

A massage relieves stress, pain and discomfort in the arms, hands & improves poor blood circulation.

## BACK, NECK & SHOULDER MASSAGE

15 min €20

Complete your spa experience by elevating your treatment with this massage. It's perfect for taking away daily aches and pains.

## REVITALIZING EYE TREATMENT

15 min €20

Soothe the delicate eye area with this cooling and revitalising 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.

## WARM OIL FOOT MASSAGE

15 min €20

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.

## BALNEOTHERAPY BATH

15 min €20

Enjoy a symphony of relaxation and rejuvenation as 252 powerful jets act in synergy to sooth and tone your muscle tissue. It stimulates circulation and improves toxic elimination through lymphatic drainage whilst reviving and refreshing the whole body.

Choose ONE of the following:

- **Seaweed** (Detoxifying)
  - **Blue Lagoon Bath Pebble** (Relaxing)
  - **Mineral Salts** (Healing)
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# EXPRESS BEAUTY

Thermal Suite is not included with below Beauty Treatments

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## MANICURES & PEDICURES

LUXURY MANICURE	55 min	€50
LUXURY PEDICURE	55 min	€50

With this fabulous luxury manicure or pedicure you will be polished & buffed to perfection. This treatment includes a soak, revitalising exfoliation and a nourishing mask with the use of thermal mitts/ booties followed by massage. Finish with a polish of your choice.

**Add Gelish to Luxury Manicure or Pedicure** €10

## NAIL CARE

File & polish	€20
File & french polish	€25
File & shellac finish	€25
Shellac removal	€10

## HANDS & TOES

All nails file & polish	€28
All nails file & french polish	€40
All nails file & shellac finish	€45

## WAX

Eye brow/Chin/Lip (each)	€15
Eye brow, Chin & Lip	€35
Underarm	€15
Bikini	€15
Half leg	€25
Full leg	€35
Back/Chest (each)	€35

## EYE CARE

Eyelash tint	€15
Eyebrow tint	€10
Eyebrow shape	€15
Lash tint & brow shape	€20
Lash, brow tint & shape	€35

## MAC MAKE-UP

Face Make up application	25 min	€30
False Lash Application		€10
Face Make up application with hand file & polish		€45

## TOP TIP

- Arrive with cleansed and make up free skin for face make up application.
  - Ensure to carry flip flops/sandals for pedicure/polish.
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# YOUR VISIT

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## TIME TO SPA

Sunday - Thursday 10 a.m - 7 p.m

Friday & Saturday 9 a.m - 9 p.m

Times may vary depending on business demands/seasons. To avoid disappointment please book in advance. Thermal Suite closes 1 Hour prior to closing time.

## SPA ETIQUETTE

To preserve the harmony within the spa, we kindly ask you to turn off your mobile phone to maintain a tranquil experience.

## RESERVATIONS

Advance bookings prior to your intended treatment is required. From your hotel room please dial "799" or "0" , our external number is 098 51999.

## ARRIVAL TIME

Please allow 15 minutes to fill a Health Screening Consultation questionnaire before enjoying your complimentary 1 hour in The Thermal Suite prior to your treatment.

## LATE ARRIVALS

In the event that you are running late we will endeavor to conduct your full treatment. However, the treatment will be shortened should there be a booking immediately after your treatment.

## PATCH TEST

24 hour patch test is required before tinting and waxing.

## CANCELLATIONS

Cancellations within 12 hours of treatment will incur a 100% charge and within 24 hours a 50% charge.

## MINIMUM AGE

To maintain a peaceful environment children under 18 years are not permitted in the spa.

## SPA WEAR

Swimwear is mandatory in the communal suites and outdoor hot tub area.

## GIFT VOUCHERS

An ideal present, treat yourself or that someone special to a gift voucher for any treatment. Gift vouchers are non refundable and must be presented at time of treatment or purchase of a product.

## PREGNANCY & HEALTH

When making your reservation please advise your therapist that you are:

- Pregnant
- Health Issues
- Receiving Medical Treatment

This will enable your therapist to guide you through the best and most suitable options available to you.

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**WESTPORT PLAZA & CASTLECOURT HOTEL**

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