



SPA SULA TASTER

55 MIN €80

Slow down to experience the heavenly ritual of tailored massage to relax the back, neck and shoulders. This treatment is completed with a prescriptive booster facial to leave your skin glowing.

Your Body - Back, Neck & Shoulder Massage

This massage will leave you feeling de-stressed and refreshed.

Your Face - Express [comfort zone]

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 €80

Your escape begins with a therapeutic massage on the back, working up to the neck and across the shoulders to release upper body tensions. Followed by a relaxing and renewing massage that incorporates the face and scalp.

Your Body - Back, Neck & Shoulder Massage

This massage is perfect for taking away daily aches and pains

Your Mind - Indian Head Massage

SWEDISH MASSAGE

55 MIN €75

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

WARM OIL ABHYANGA MASSAGE

55 MIN €85

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".

YTSARA WARM BAMBOO ANMA

1HR 25 MIN €115

To sculpt figure. Anma is a traditional method of massage from Japan and is also where Bamboo 'Take' has its roots. This medium pressure full body treatment incorporates both hot poultice and warmed Bamboo to help fight cellulite, tone muscles, stimulate lymphatic system and detoxify the organs. Leaving you more energised and less stressed

HYDRAMEMORY FACIAL

55 MIN €75

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.

SUBLIME SKIN ACTIVE FACIAL LIFT

60 MIN €90

The exclusive waterless bi-phasic mask with Vitamin PP and hexapeptide-8 helps to cosmetically oxygenate skin tissues and to give an instant firming effect. It smooths, illuminates and uniformes the skin tone. It stimulates the epidermal cells renewal and will improve the appearance of soft and premature wrinkles. Ideal for every epidermal condition with wrinkles and visible loss of tone and volume.

MOTHER TO BE YTSARA SAMSARA

55 MIN €75

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.

LUXURY MANICURE

55 MIN €55

LUXURY PEDICURE

55 MIN €55

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

|Add Semilac to Luxury Manicure or Pedicure €10

|Shellac removal €10

*FIRM PRESSURE

55 MINS €90

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 muscles tension or areas that simply ache.

*SPORTS RECOVERY MASSAGE

55MINS €90

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 tensions in the body, stimulating circulation, reducing lactic acid build-up, increasing flexibility and re-energizing the body

*with selected therapists only

IHF SPA SAFETY GUIDELINES

Please complete your health questionnaire form in your room and deliver to spa when you arrive for your treatment. A bathrobe can be delivered to your room, please ensure you are wearing it on your arrival for your treatment. View our spa policy at www.spasula.ie

SPA SULA

WESTPORT PLAZA HOTEL | CASTLECOURT HOTEL

DIAL "0" FROM YOUR ROOM TO RESERVE A TREATMENT