

The image features a full-page background with a marbled pattern in shades of teal, green, and gold. In the center, there is a dark green rectangular box with a thin white border. Inside this box, the text "Spa Sula" is written in a white, elegant cursive script.

Spa Sula



WELCOME TO SPA SULA

It all begins with a warm, friendly smile. Step into Spa Sula, where luxury and tranquility come together in perfect harmony. Designed as a sanctuary for the body, mind, and spirit, Spa Sula offers an indulgent escape where you can relax and rejuvenate in a serene environment.

From the moment you arrive, you'll be enveloped in an atmosphere of peace and relaxation. Our dedicated team of skilled therapists will ensure that your every need is met with care and attention, guiding you through a journey of complete restoration.

Whether you're seeking to relieve stress, revitalize your body, or simply enjoy a few hours of quiet luxury, Spa Sula offers an experience like no other—one that will leave you feeling renewed, restored, and deeply connected to your sense of well-being.

Welcome to your personal temple of relaxation. Welcome to Spa Sula.

VOYA

A global lifestyle brand that champions sustainable organic luxury, blending science with the ancient Irish tradition of seaweed bathing. Rooted in the Atlantic Ocean, we combine natural seaweed with the purest organic ingredients and essential oils to create skincare products that harness nature's power for your well-being.

THERMAL SUITE

60 MIN €20

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. 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

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.

SPA VISITORS

Enjoy a complimentary one-hour use of the Thermal Suite when you book a facial, body spa treatment, or bathing ritual. please bring swimwear.

RASUL CHAMBER minimum 2 people 40 MIN €40 PP

1 hour thermal suite plus an exotic Arabic body treatment in a private chamber for up to four guests. A cleansing ritual involving steam and mud that will leave you feeling calm and relaxed with beautifully exfoliated soft skin.

VOYA DELUXE FACIAL

80 MIN €135

The ultimate VOYA facial experience, this treatment allows guests to experience the best of both worlds. The treatment starts with a back massage to induce relaxation and gently melt away muscular pain. The facial contains a 20-minute massage to deeply restore and recondition the skin followed by a dual action facial mask utilizing the exclusive re-mineralising Mermaid's Purse face mask and laminaria leaves. This indulgent facial leaves the skin rejuvenated and hydrated, softening the appearance of fine lines and reducing the skin's texture leaving the skin supple and plumped.

VOYA SKIN RENEWAL FACIAL

50 MIN €120

This specialized facial is the complete approach to results driven organic skin health. Using VOYA's first bio-tech skin specific serums, combined with the sonic pulses of the Haumea Brush technology, targeting various skin concerns for optimal skin health. Starting with VOYA's deep cleansing ritual to ensure your skin is prepared for the Resurfacing AHA peel that diminishes congestion and lackluster skin. Followed by a powerful age defying facial massage and shoulder massage, all to be polished off with VOYA's advanced serum and moisturiser tailored to your skin's needs.

VOYA DISCOVERY FACIAL

50 MIN €95

Allow VOYA to tailor your facial specifically to your skin's unique needs. This skin type-specific ocean inspired organic facial is deeply detoxifying, thoroughly revitalising and helps to smooth skin tone and increase clarity. It incorporates a relaxing facial massage used to release any build-up of toxins and toxic micro particles, to repair and nourish any skin cells damaged by pollution and chemical exposure. You will be left with a revived glowing complexion that is both enriched and strengthened.

VOYA MARINE EYE TREATMENT

50 MIN €65

ADD TO ANY 80 MIN TREATMENT

25 MIN €35

Organic Laminaria digitata Seaweed eye patches are hand harvested from the wild Atlantic ocean. This is an ultimate treat for refreshing and rejuvenating tired eyes. The Seaweed Marine Eye treatment combines relaxing and decongesting lymphatic massage movements with specialised products for individual concerns of aging which appear around the eye area.



BATHING RITUALS

AROMA BATH SALT THERAPY 40 MIN €60

A relaxing bath soak with a blend of VOYA organic essential oils, organic lemon, lime, clove, basil and mandarin combined with bath salts. This is a wonderful aromatic bath treat prior to further VOYA treatments.

LAZY DAYS DETOX SEAWEED BATH 40 MIN €60

Submerge your body into a bath of organic, hand harvested Atlantic seaweed (*fucus serratus*) to remove unwanted toxins and alleviate aches and pains. This bathing ritual is the simplest and purest of all organic treatments. With its organic status approved by the IOFGA, Lazy Days utilises the natural power of organic hand-harvested seaweed to deeply moisturise the skin, increase circulation and promote healing internally and externally.

ORGANIC WARMED SPICED MUD BATH 40 MIN €60

VOYA's Organic Warmed Spiced Mud Bath offers a potent detoxification, due to its trace elements, vitamins, lipids, polyphenols and humic acids from peat. Infused with organic seaweed extracts, this treatment assists in reducing the appearance of cellulite and combats the signs of ageing. This dark, deep relaxing bath will assist in soothing muscular aches and pains, relieve stress and fatigue and energise mind and soul.

VOYA ORGANIC HAND RITUAL 50 MIN €85

An exfoliation from hands to elbows, followed by a deeply relaxing hand and arm massage. A seaweed mask is applied and Warmed Atlantic Seaweed is wrapped around the hands to hydrate, ease aches and pains and detoxify whilst you enjoy a deeply relaxing scalp massage. To complete this treatment, nourishing hand cream is then applied.

VOYA ORGANIC FOOT RITUAL 50 MIN €85

An exfoliation from knees down, followed by a deeply relaxing massage of the lower legs and feet. A seaweed mask is applied and Legs are then wrapped in warmed Atlantic Seaweed to detoxify, increase circulation and nourish tired feet and legs whilst you enjoy a deeply relaxing scalp massage. To complete this treatment nourishing moisturiser is then applied to the lower legs.

VOYA ORGANIC 50 MIN €75

STIMULATING SEAWEED BODY BUFF

Letting us scrub your body head to toe with certified organic bladder wrack body buff (*Fucus Vesiculosus*) is the ultimate treat for tired and dull skin. The anti-oxidants from our mineral-rich bladder wrack seaweed combines with VOYA's signature seaweed massage oils to offer a powerful organic way to better skin.

This treatment includes: welcome ritual, exfoliation, application of body lotion, closing ritual.

VOYA WELLNESS & MENOPAUSE JOURNEY

FORTIFY FACE & BODY

80 MIN €145

This treatment is highly recommended to support your wellbeing during changes in your life, such as menopause or periods of stress & anxiety. Transform your inner and outer self with VOYA's balancing ritual which celebrates and supports you through the natural tides of life.

Using aromatherapy oils, stress and anxiety are washed away with massage to the back of the body to unwind. A grounding foot reflex massage anchors you to the present moment, while a soothing tummy massage eases bloating and aids digestion. Finish your treatment with a hydration boost to cool and calm your skin, easing irritation as busy minds are quietened with a blissful scalp massage.

This treatment includes: Back of body massage, Tummy massage, foot massage, facial & scalp massage

NOURISHING COCOON JOURNEY

80 MIN €130

Rebalance the body, hydrate the skin and calm the mind with this transformative experience. Your journey begins with a Voya's time to shine exfoliation which will leave skin looking radiant. Lavender body butter is then applied and you are cocooned in soft muslin. Slip into a deeper state of relaxation with a soothing mini facial and scalp massage whilst a calming mask hydrates your face.



EXCLUSIVE TO SPA SULA & SPA VEDA :

THE VOYA SIGNATURE JOURNEY 80 MIN €150

Tension melts away as warm steamed poultices of orange, clove and ginger glide over the skin releasing the precious seaweed oils while soothing muscle aches and pain, followed by a warm mud wrap infused with aromatic spices which also revive the senses, calms the mind and restores hydration.

This treatment includes: Poultice Back massage, mud wrap, scalp and face massage.

VOYAGER MASSAGE 80 MIN €140

A true grounding journey, incorporating scalp massage, face massage, stretches and body massage that replicates the movement of the sea combining both gentle and stimulating movements. The ultimate luxury treatment to relieve aches and pains tailored to individual needs.

Includes: body brush, body massage, application of body lotion, facial massage, scalp massage

CHOOSE FROM:

| UPLIFT – Angelicus Serratus

| RELAX – Mindful Moments

| MUSCLE – Serenergise

VOYA PRECIOUS MOMENTS

50 MIN €90

This is tailored especially to Mum and her growing bump. The growing bump is enveloped in a specialised mask helping to support connective tissue and prevent stretch marks. Your feet will be wrapped in Laminaria Digitata Seaweed leaves to help boost circulation, improve lymphatic drainage and reduce fluid retention. The hydrating organic masks work their magic while Mum enjoys a beautifully relaxing face, hand and arm massage.

MOTHER TO BE FULL BODY MASSAGE 50 MIN €90

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.

YLANG & LIME BLOSSOM SALT SCRUB 45 MIN €75

This heavenly treatment is designed to exfoliate your skin gently, leaving it radiant, smooth, and nourished. The salt scrub is followed by a nourishing body lotion that replenishes your skin's moisture, leaving it hydrated, silky smooth and glowing. Our Ylang & Lime Blossom Salt Scrub treatment not only revitalizes your skin but also uplifts your spirits, leaving you feeling refreshed and reinvigorated.

FIRM PRESSURE

50 MIN €105

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.

REFLEXOLOGY

50 MIN €85

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.

SWEDISH MASSAGE

50 MIN €90

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

HOT STONE MASSAGE

75 MIN €135

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.

VOYA TASTER

50 MIN €95

Renew and revive, choose one of the following tasters :

VOYA SPA SULA TASTER -

Back, Neck & Shoulder Massage & Express Facial

VOYA RELAXATION TASTER -

Back, Neck & Shoulder Massage & Indian Head Massage





WARM OIL ABHYANGA MASSAGE 50 MIN €90

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”.

LYMPHATIC DRAINAGE MASSAGE 50 MIN €85

This is a light flowing gentle massage technique that targets specific areas and encourages the lymphatic system to eliminate toxins from the body particularly helping conditions such as fluid retention, cellulite and chronic fatigue syndrome. This deeply relaxing massage is also recommended for insomnia.
Reducing stress and promoting vitality.

WARM BAMBOO ANMA 80 MIN €130

In the tranquil embrace of a Warm Bamboo Massage, one discovers not only relief from physical tension but also a profound sense of renewal and rejuvenation. This medium pressure full body treatment incorporates both Voya Hot poultices of orange clove and ginger with seaweed oils that help inflammation while soothing muscle aches and pain and warmed bamboo to help fight cellulite, tone muscles, stimulate lymphatic system and detoxify the organs.
Leaving you more energised and less stressed.

LUXURY MANICURE 50 MIN €60

LUXURY PEDICURE 50 MIN €60

With this fabulous luxury manicure or pedicure you will be polished & buffed to perfection.

|Add Semilac to Luxury Manicure or Pedicure €10

|Shellac removal €10

FILE & SHELLAC €30

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 €25

Lash, brow tint & shape €35



SPA ETIQUETTE





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Discover ...you

At Spa Sula, we believe that wellness is not just about pampering, it's a lifestyle. We are dedicated to providing our guests with a holistic and rejuvenating experience that nourishes the body, mind and spirit. Come and discover the magic of Spa Sula and discover the secret to true relaxation and inner peace.