

Therapeutic Treatments

20/20 Bath & Back

Allow 50 mins €60.00
Relax in the hydro therapy bath, then enjoy a 20 minute therapeutic back, neck and shoulder massage

Swedish Massage

Allow 1 Hour €65.00
30 mins €35.00
Using soft tissue techniques to ease muscle tension, leaving you feeling relaxed yet invigorated by this truly therapeutic massage.

Aromatherapy Massage

Allow 1 Hour €65.00
30 mins €35.00
Experience a complete sense of well being and relaxation, using aromatic essential oils. A variety of therapeutic massage techniques are used, easing away stress and muscle tension, leaving you feeling deeply relaxed.

Full Body Aromatic Deep Tissue Massage

Allow 1 Hour 15 mins €75.00
First relax your muscles in a aromatic hydrotherapy bath, then enjoy a variety of intense massage techniques using essential oils, working deep into the muscular system and improving many of the bodies systems.

Hot Stone Massage

Allow 1 Hour 30 mins €90.00
A warm, purifying and relaxing treatment. using hot volcanic and marine stones, the heat of the stones work into those aching muscles, bringing about a sense of total relaxation and wellbeing

Reflexology

45 mins €55.00
Concentrating on reflex pressure points to the feet, This is an extremely relaxing treatment at the same time restoring a sense of balance to the mind, body and soul.

Indian Head Massage

45mins €55.00
Experience this wonderful mixture of massage techniques to the scalp, neck, shoulders and face, easing away aches, and tension.



Body Treatments

Thalgo Body Polish

30 mins €35.00
Exfoliate, revitalise & nourish the body

Hot Stones Exfoliation

30 mins €40.00
Ultimate exfoliation using 100% Algae, detoxifying and remineralising

Micronised Marine Algae Body Wrap

1 Hour 15 mins €80.00
Skin is exfoliation then warm Marine Algae is applied. you are then wrapped up in a lovely warm blanket. Totally cleansing and moisturising the skin. Relaxing your mind and body.

Marine Prelude

1 Hour 15mins €80.00
The ultimate in relaxation and exfoliation to smooth skin dryness.

Aromaceane Envelopment

Allow 1 hour 15mins €80.00
Start with a relaxing foot massage, warm marine algae combined with essential oils is then applied to your body, then cosseted in a warm blanket to relax and absorb the luxurious products.

Hydrotherapy Bath

20 mins
Sink into the therapeutic jets of the bath and completely de-stress the body and mind. The following ingredients can be added at the therapist's advice.

Thalgo Seaweed Bath	25mins	€30.00
Precious Milk Bath	25mins	€30.00
Aromatic Oils	25mins	€30.00

Gift Vouchers

Available at The Club Vitae Reception

Facials

Ocean Facial (For Men)

1 Hour €60.00
An anti – ageing, anti – fatigue and energising facial.

Micronised Marine Algae Facial MMA

1 Hour €60.00
All skin types, especially oily/combination skin.

Absolute Rehydrating Facial

1 hour 15mins €75.00
A facial designed to treat fine lines and dehydrated skin.

Collagen Velvet Facial

1 Hour €80.00
A luxurious treatment for moisture deficiency, fine lines and wrinkles. Ideal for sun damage & dehydrated skins.

Collagen eyes or neck patches also available, an SOS for those delicate areas €20.00

Hot Stones Facial

1 Hour 15 mins €80.00
A Marine Algae Mask combined with essential oils using hot and cold stones. A unique sensorial experience through which the face regains it's natural beauty.

Aroma Essential Facial

1 Hour €60.00
Combining the purest essential oils and plant extracts. The ultimate in relaxation for all skin types.

O2 Marine Facial

1 Hour €60.00
Booster facial for sluggish, tired skin.

Purity Mini Facial

30 mins €35.00
Skin revitaliser, includes exfoliate and mask to suit all skin types.

Gelatine Verbena Facial for the Eyes

45 mins €55.00
Revives, lifts, decongests & reduce puffiness around the eye area.

Thalgo Give Perfect Contour Facial

1 Hour 15 mins €75.00

Luxurious facial, featuring marine pro collagen to give mature skins dramatic firming, tightening, and lifting effects.

**Patch test required 24 hours prior to treatment*

Beauty Treatments

Hand and Foot Treatments

Using the Jessica Nail Range.

File and Polish	€15.00
Manicure (45 mins)	€40.00
Manicure with paraffin (1 hour)	€50.00
Pedicure (1 hour)	€50.00
Pedicure with paraffin (1 hour 15mins)	€60.00

Waxing

Half Leg	€20.00
Half leg and Bikini	€30.00
Full Leg (incl bikini)	€40.00
Underarms	€12.00
Bikini	€15.00
Lip Wax	€10.00
Lip & Chin Wax	€15.00
Chest & Back Wax	€50.00
Eye Brow Wax	€ 8.00
Eye Brow Shape	€12.00

Eye Care

*Eyelash Tint	€15.00
*Eyebrow Tint	€10.00
*Eyebrow Tint & Tidy	€15.00
*Eyebrow Wax, Lash & Brow Tint	€24.00

Day Pamper Package The Perfect Pamper Package

Treatments include:

- ❖ Hydrotherapy Bath Session
 - ❖ A one hour Therapeutic treatment
 - ❖ Finishing Touches Treatment
- (Choice of: Mini-facial, Manicure or Pedicure)

+

Full use of Leisure facilities throughout the day
(Gym, Pool, Sauna, Steam Room, Jacuzzi)

+

Mid morning tea break and 2 course luncheon in the
Coast Bar.

€10.00 Mon – Thurs, €130 Fri - Sun

Combination Packages Hot Stone Ultimate Spa Ritual

A combination of full body exfoliation, luxury Facial and Full Body Massage using hot volcanic and marine stones

2 hours 30 mins €200

Top to Toe

Body Polish, Back Massage

Hand Massage &

Purity Mini Facial

1 hour 15 mins €80

Blending Packages

Design your combination package

Combine any 1 beauty treatment with any 1 therapeutic treatment:

ie: 45 min facial with 30 min massage

or 45 min Reflexology with 30 min pedicure

1 hour 15 mins €80

Moms to Be Package

Pamper Hands, Feet, Back & Face

1 hour 30 mins €85

*A 50 % cancellation fee is enforced if 24 hour notice is not given prior to treatment
A screening form must be completed before treatments take place.*



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Extn 351 (Hotel Residents)

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