

Massortherm Detox 1hr €80

Full body exfoliation followed by a treatment wrap specific to your requirements. The body is then cocooned in the Massortherm steam chamber to aid in the detoxifying process. The body is cleansed with a warm vichy shower and a light effleurage massage to moisturise and nourish the skin.

ESSENCE PACKAGES

The Full Body Balance 3hr €190

Includes Aquaroma Bath, Aroma Enveloppement and Aroma Plastique Facial

Essence Cleansing Ritual 3hr €210

Aroma Enveloppement, Aroma Massage Facial and Aroma Scalp Tranquillite

The Ultimate Relax 4hr €235

Aromatherapy Full Body Massage, Aroma Massage Facial, Essence Manicure and Essence Pedicure

Half Day Package 3hr €175

Back Massage, Aroma Plastique Facial, Mini Manicure, Mini Pedicure, light lunch

Essence Escape prices from €239

2 nights B & B and one evening meal, fresh fruit, robes and slippers in room, Aroma Plastique facial, Aroma Massage Relax, Aquaroma Bath, use of gym, swimming pool, jacuzzi, sauna and steam room. Contact reservations at 071 9119099

Essence Spa Taster 2.5hr €145

Aquaroma Bath, Aroma Plastique facial, Mini Manicure, Mini Pedicure

**Mums-to-be/Wedding packages/Hen Party or Group Parties catered for.
Contact 071 911 9037 for further details**

GENERAL INFORMATION

Open 7 days a week

Reservations

Treatments are only available to adults of 16years and over, and all treatments are subject to availability. Advance booking is essential.

Credit Card Details

Credit card details will be required to secure all appointments. Please have these details ready when making your booking.

Arrival

Ladies and gentlemen are requested to arrive 15 minutes before their appointment to allow time to change and relax prior to treatments.

Health

Please advise us of any health conditions that you may have. You will be required to complete a medical questionnaire which is confidential and for your safety.

Etiquette

In order to ensure the ultimate relaxation experience for you and others, we would ask clients to switch off mobile phones while in the vicinity of the spa.

Cancellations

Changes or cancellations of bookings may be made up to 24 hours in advance without incurring a charge. However, less than 24 hours notice of a cancellation or rescheduling of an appointment will result in a charge of 50% of the cost of the appointment. No shows will incur a 100% charge.



essence

DECLÉOR FACIALS

Aroma Plastique 1 hr €70

Decléor's signature treatment composed of a cocktail of vitamins, proteins, antioxidants and calming properties. It can be adapted to each skin type to target & meet specific needs. Your skin is visibly radiant after the very first treatment.

Aroma Massage Facial 1 hr €70

A unique treatment of facial massage for total relaxation. Decléor uses the art of pressure point drainage & relaxation massage techniques to let you drift into pure relaxation.

Aroma Matte and Pure 1.30min €85

Perfect solution for oily and clogged skin. This intensive treatment deep cleanses whilst its regulating and balancing complex absorbs excess sebum and prevents shine. Your complexion is left radiant and fresher.

Aroma Delice de Peau 1.30min €85

For the driest of skins to comfort and revive. This mixture of Cereal concentrates and Aromatic Nectar bring the soft supple sensation back to the driest of skins.

Aroma Harmonie Extreme 1.30min €85

Specially designed for VERY sensitive and reactive skin, Harmonie Extreme soothes, relaxes and calms with a refreshing and decongesting effect. It helps reconstruct the skin barrier, normalise tolerance levels and combat blotchiness.

Aroma Soins Evidence Lift 1.30min €95

This treatment offers the ultimate solution for mature skin. A unique formula composed of seaweed rich in trace elements and Vitamin C which regenerate tissues, stimulate collagen and restore radiance.

Aroma White 1.30min €85

Incorporating a unique diagnostic back massage, digito-pressure massage to the face and hands, using professional 100% natural White-Bright Extreme Aromatherapy Balm and intense acting Aroma-White Brightening Mask, your skin will be soft, smooth, radiant and bright and pigmentation marks begin to fade away.

iS CLINICAL FACIALS

iS Clinical Fire and Ice Facial 30min €80

A quick & effective way to keep skin healthy & hydrated all year long. A great results-oriented treatment, which is great for all skin types. It decongests pores, minimises lines & brightens complexion.

iS Clinical Red Carpet Facial 1hr €120

Known in Hollywood as the best! This intensive clinical treatment is designed to resurface the skin, thereby reducing fine lines and wrinkles & deep cleansing blocked pores. Precise combinations of two professional treatment masks are complimented by serums and creams with aromas of warm cinnamon and cool Peppermint.

iS Clinical Men's Refresher Facial 35min €80

This deeply cleansing therapeutic facial is designed specifically for the skincare needs of men, addressing ingrown hair and razor burn. Deep pore cleansing clears the skin.

iS Clinical Cancer Care Facial 1hr €120

A soothing & revitalizing facial providing specific skincare solutions for patients undergoing chemotherapy or radiation treatments.

MASSAGE

Aroma Scalp Tranquillite 30min €45

Inspired by Eastern techniques, this special massage of the scalp, back and shoulders will plunge you into a state of deep relaxation.

Aroma Massage Relax 1hr €70

A gentle body massage with 100% natural massage balm, and all your feeling of tension will slip away...



Hot Stone Massage 1hr €85

Experience a luxurious and relaxing massage combined with deep heat therapy. Basalt Lava Stones are heated and incorporated into a massage. The perfect treatment to loosen tight muscles, relieve stress, and ease tension.

Hot Stone Back Massage 30min €45

A relaxing massage, using heated stones and concentrating on the back.

Swedish Massage 1hr €75

Our Swedish massage is an invigorating massage, affecting the nerves, muscles, glands, and circulation, while promoting health and well being.

Indian Head Massage 35min €50

Indian Head Massage is a treatment based on techniques involving work on the upper back, shoulders, neck, scalp and face. Massage movements are used to relieve accumulated tension, stimulate circulation and restore joint movement.

Back Neck & Shoulder Massage 30min €40

Leg Massage 30min €40

Foot Massage 30min €40

ESSENCE FOR MEN

Intense Energy Facial 1.15min €85

The ultimate detoxifying treatment for clear, pure, fresh skin and a rebalanced, distressed complexion, with long-lasting results

Intense Energy Body 1hr €55

A revitalising treatment for a pure sensation of energy and deep relaxation.

WRAPS AND BODY TREATMENTS

Aroma Perfect Bust 45min €50

Aroma Perfect Legs 45min €50

The perfect antidote for heavy legs and tired feet.

Aroma Envelopment 1.30min €125

A gentle exfoliation, followed by a massage of the entire body using the appropriate aromessence balms to suit your requirement, followed by an application of a specific body mask to suit your concerns, then you are wrapped in heated blanket to reinforce the hydration action and intensify pure relaxation.

Aroma Perfect Contour 1.30min €110

Beginning with exfoliation, followed by a full body friction massage which helps boost blood circulation and stimulate skin tissue. Wrapped in a heated blanket to promote skin exchanges and the elimination of toxins and excess water, you will feel as if you were lighter than ever.

ESSENCE ESSENTIALS

Essence Manicure 50min €55

Full Leg Wax €35

Bikini / Underarm Wax €12

Sun FX Full Body Tan €25

EyeLash Tint €15

Essence Pedicure 1hr €65

Half Leg Wax €22

Lip & Chin Wax €15

Sun FX Half Body Tan €15

EyeBrow Wax / Tint €10

HYDROTHERAPY TREATMENTS

Aquaroma Bath 30min €20

Enjoy this water massage with specially selected aroma oils. Computerised water jets target specific body zones reenergising the body and releasing everyday stress.