

# ESPA Treatment Menu

## ESPA FACIALS

Our facials begin with a detailed consultation and in-depth skin analysis using SkinVision™ technology to identify skin conditions not visible to the naked eye. Your facial is specifically tailored to you, to include cleansing, exfoliation, steam and extraction where necessary, and a treatment specific massage, mask and intensive serum. Finally, skincare products are chosen for your individual needs to achieve the best possible results.

To maintain the ultimate in healthy radiant skin we recommend a facial once a month.

## ESPA SKIN SOLUTIONS FACIALS

### ESPA PERSONALISED FACIAL

55 mins, €100

This expert facial is specifically tailored to you, and will include deep cleansing, exfoliation, steam and gentle extraction where needed, and a treatment specific massage and mask.

### ENZYME FACIAL

55 mins, €100

This powerful and highly effective natural facial peel dramatically smoothes, softens and evens skin tone.

## ESPA INTENSIVE & AGE DEFYING FACIALS

### LIFESTAGE FACIAL

55 mins, €115

A targeted and rejuvenating facial for maturing skin to address the most visible signs of ageing, specifically focusing on eyes, neck, lips and jaw line.

### AGE-DEFYER FACIAL

55 mins, €115

A luxurious and regenerating facial for maturing skin to help minimise lines and wrinkles around the eyes, neck, lips and jawline to help combat the signs of ageing.

### ESPA ADVANCED SKIN RADIANCE

85 mins, €145

Restore skin's vitality and reveal a bright, smooth and radiantly youthful-looking complexion with our advanced new facial treatment.

### ADVANCED ENZYME FACIAL

85 mins, €145

A powerful and highly effective facial to boost cell regeneration and give an instantly smooth, radiant complexion.

## **ESPA BODY TREATMENTS**

We offer a huge range of solution led ESPA body treatments and massages, each one designed and tailored specifically to ensure you experience the best physical and emotional therapeutic benefits depending on your needs.

### **BACK, FACE & SCALP TREATMENT**

with or without hot stones

85mins, €125 / 115mins, €145

Renowned as our 'Hero' treatment and loved by all; this ESPA experience delivers triple results by targeting three key areas – the back, the face and the scalp, making it the ideal treatment for anyone.

### **PERSONALISED MASSAGE**

55mins, €95 / 85mins, €115

After a detailed consultation our therapists will determine the most suitable massage for you, choosing from the following; Aromatherapy, Hot Stone, Deep Muscle, Swedish or Balinese.

### **AROMATHERAPY MASSAGE**

55mins, €95 / 85mins, €115

ESPA aromatherapy massage is essential, professional and specific, using a blend of individually chosen oils.

### **HOT STONE MASSAGE**

85 mins, €125

A therapeutic full body massage using aromatherapy oils and warm volcanic stones to relieve deep muscle tension.

### **SWEDISH MASSAGE**

55mins, €95 / 85mins, €115

A traditional full body massage using firm pressure to promote relaxation and ease muscle tension.

### **DEEP MUSCLE MASSAGE**

with or without hot stones

55mins, €95 / 85mins, €125

A powerful massage designed to alleviate deep-seated tension and muscular stress.

### **BALINESE MASSAGE**

55mins, €95 / 85mins, €115

This massage uses long, warming strokes to encourage complete calm and wellbeing.

## **ESPA MATERNITY**

### **PRE & POST NATAL TREATMENT**

55mins, €95 / 85mins, €115

A deeply nourishing body massage designed to target areas prone to stress and tension during or after pregnancy.

## **ESPA FOR MEN**

Our ESPA face and body treatments for men are specifically tailored to your skin type, each one designed specifically to ensure you experience the best physical and therapeutic benefits depending on your needs.

### **AGE REBEL FACIAL**

55mins, €100

An effective, age-defying facial designed to deliver immediate results to tired looking skin, and reduce fine lines and wrinkles.

**MEN'S SHOULDER,  
NECK & FACE MASSAGE**

55mins, €95

Whether your skin needs a deep cleanse, a healthy glow, soothing or hydrating, we encourage our male guests to experience this personalised treatment that combines a relaxing shoulder, neck, face and scalp massage with a tailored solution to your skin's needs.

**BACK, FACE & SCALP TREATMENT**

with or without hot stones

85mins, €125 / 115mins, €145

Renowned as our 'Hero' treatment and loved by all; this ESPA experience delivers triple results by targeting three key areas – the back, the face and the scalp, making it the ideal treatment for anyone.

**PERSONALISED MASSAGE**

55mins, €95 / 85mins, €115

After a detailed consultation our therapists will determine the most suitable massage for you, choosing from the following; Aromatherapy, Hot Stone, Deep Muscle, Swedish or Balinese.

**ESPA EXPRESS**

Why not complement your treatment with a:

**PERSONALISED EXPRESS FACIAL**

25 mins, €60

Your therapist will select the most suitable facial for your skin.

**LIFT & FIRM EYE TREATMENT**

25 mins, €60

Perfect for those who are concerned with the first signs of ageing around the eyes.

**SHOULDER, NECK & SCALP  
MASSAGE**

25 mins, €60

This massage focuses on the key areas of tension using an ESPA Body Oil chosen for your specific needs.

**BACK, NECK AND SHOULDER  
MASSAGE**

25 mins, €60

This massage is tailored to address any areas of concern and uses the most appropriate massage techniques.

**SALT & OIL SCRUB**

25 mins, €60

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished.

**INVIGORATING FOOT  
TREATMENT**

25 mins, €60

This revitalising treatment for tired feet and heavy legs helps reduce puffiness and soothe aches and pains.

**PRE & POST NATAL TREATMENT**

25mins, €60

A deeply nourishing body massage designed to target areas prone to stress and tension during or after pregnancy.

\*Beauty Treatments available on request.