

 **Tranquillity**
spa & wellness centre

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Tranquillity
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Welcome to



Our spa consists of 9 treatment rooms and a thermal suite.

We recommend you enjoy our thermal suite before any treatments, to encourage maximum relaxation.

Thermal Suite

This thermal experience is complimentary with every treatment of 55 minutes and over or is available for hotel residents at €20 or non-residents at €35. The thermal suite is available to be enjoyed for an hour at a time and we recommend that you use the full time allotted to really benefit from the experience.

The thermal experience is made up of 6 components; a hydrotherapy pool, steam room, sauna, laconium, heated loungers and life style showers, i.e. rainforest showers and ocean mist. Use of Thermal Suite is not permitted during pregnancy.

Hydrotherapy Pool

This incorporates a variety of body jets to ease away any aches and pains. The spacious pool is heated and the waters are mineral rich for your skin's needs.

Steam Room

Relax in this 45+ ° C wet heat infused with aromatherapy and herbal extracts to enhance your complexion and hair. We recommend a maximum of 10 minutes here.

Sauna

This classic Finnish sauna has a temperature of 76+ ° C and has a purifying and cleansing effect on the body. We recommend a maximum of 10 minutes here also.

Laconium

This is a dry heat Roman sauna with warm tiled seating contouring your body to relax and soothe muscles.

Life Style Showers

This is a light mist of scented rain over the body to awaken your senses. Enjoy the fragrant tropical rain or invigorating ocean fresh scents.

Tepidarium/ Heated Loungers

These are individual thermal couches contoured to the shape of your body. Lie back and feel the heat release and ease any pain or tension in muscles and joints.





About our Products

At Tranquillity Spa we use some of the best product ranges in the world to cater for all ages and all skin types.

Phytomer was created in 1972, marking the invention of marine cosmetics: a new form of skin care offering incredible diversity from the marine world as a solution for the world of beauty. Beyond the results that they provide, Phytomer face and body treatments are an invitation to well-being. Innovative, intensely relaxing and deeply holistic, they create a relaxing atmosphere from the very first Marine Immersion Phase. This complete care approach continues with relaxing massages featured in all of the treatments, notably the Relax Back Module. Numerous exclusive signature products, including Self-Heating Marine Mud, provide the sensation of "letting go" for a prolonged sensory experience.

Equavie is a natural yet modern brand, which is environmentally conscious, without neglecting enjoyment and performance. Equavie utilises a variety of ingredients and offers 100% sensory bliss. Inspired by both the richness of the Mediterranean gardens and the exceptional properties of fruit and grains, Equavie incites clients to a land of reassuring and authentic natural ingredients that encourage well-being. Discover a new beauty concept that unites cosmetic expertise, natural ingredients, sensory bliss, and respect for the environment.

Mama Mio is our special programme of skin salvation, indulgent spa treatments designed to take you through every stage of pregnancy. Remember, take good care of yourself and find joy in your amazing achievement.



Phytomer Ladies Facials

Radiant Mini-Facial – 25 minutes

€40

This is an express facial that incorporates skin cleansing, exfoliation, a mask and moisturising treatment. Perfect for a quick skin rejuvenation for those short on time.

Hydra Blue Moisturising Facial – 55 minutes (For dry/dehydrated skin)

€70

Like a bath for the skin, this treatment will replace lost moisture leaving skin hydrated, comfortable and radiant. For all skins suffering from dehydration or dryness.

Youth Intervention Facial – 55 minutes (Anti-ageing)

€70

This facial fights the effects of ageing so that you feel good and look younger. It visibly corrects wrinkles and firms the skin. A moment of relaxation and well-being just for you.

Marine Softness Facial – 55 minutes (For Sensitive skin)

€70

A veil of softness for sensitive skin. This is a cocoon facial that softens the skin and heightens its protection system. The result is soothed and ideally hydrated skin.

Marine Breeze – 55 minutes (For combination, oily or clogged skin)

€70

A breath of oxygen for combination, oily or clogged skin. An oxygenating and purifying facial to reduce shine and blemishes. The face regains all of its luminosity, is deeply cleansed and detoxified.

Radiant Eye Contour – 25 minutes

€45

A burst of radiance for the eyes. This is a short spa treatment that energises filters and rejuvenates the eyes.



Equavie Organic Facial

Equavie Organic Depolutting Facial – 45 minutes

€50

An organic facial that uses textures and fragrances to de-pollute, oxygenate and intensively nourish and moisturise the skin. Radiance is restored, stress is eliminated and the effects of every day elements are abolished leaving the skin supple and smooth.

Facial add on treatment option

Relax Back– 15 minutes

€20

A complete back massage combined re mineralizing and detoxifying effects. A targeted module that can be added to all facial treatments for maximum relaxation.

Courses available for Facials please ask at Tranquillity Spa reception for details.

Gents this is for you

Hot Towel Shave -25 minutes

€35

A ritual of masculinity, includes nasal, ear and eyebrow trim.

Hot Towel Shave & Facial Massage - 40 minutes

€50

For complete relaxation and total 'me time' a hot towel shave that lasts up to 40 minutes is highly recommended. A shave is a wonderful decadence that can turn a regular day into a day to remember.

Radiant Mini- Facial – 25 minutes

€40

This is an express facial that incorporates skin cleansing, exfoliation, a mask and moisturising treatment. Perfect for a quick skin rejuvenation for those short on time.

Skin Escape for Men – 55 minutes

€70

Customized facial, tailoring to the clients skin needs.

Phytomer Body Treatments For Him and Her

Satin Exfoliating Body Treatment – 30 minutes €50

Salt Crystal Exfoliation. More than an exfoliating beauty treatment: total body care that includes dry body brushing, full exfoliation and intense moisturization. 30 minutes to "renew" the skin.

Leg Revival – 45 minutes €50

A targeted beauty treatment to comfort and ease tired legs. Intense relaxation combined with visible embellishment.

Balancing Back Treatment – 40 minutes €65

Clarify problematic skin for a healthy even finish with this purifying balancing back treatment. Hot towels and a clay mask are applied to purify the skin while gentle massage movements stimulate lymphatic flow helping to deep cleanse, detoxify, and de-stress.

Thermal Mud Therapy - 60 minutes €100

Aches and pains simply melt away with this soothing stress-pack treatment. Warm, mineral rich mud, originally designed for use by physiotherapists, is applied in compress form, to any areas of the body suffering from pain or fatigue, due to increased physical activity, or from any chronic condition. It is highly recommended for the treatment of over exertion, tendonitis, joint pain and muscle stiffness. This treatment combines massage in key areas of the body.

Sea Holistic Radiance Spa Treatment– 70 minutes (Face & Body) €105

Inspired by traditional Thai medicine with unique massage techniques to create harmony between mind and body. Using hot sachets filled with a blend of warming sea salt crystals and ocean spray lavender this treatment melts away tension, restoring balance and inner warmth. This treatment includes a luxurious facial to make you feel completely pampered. Awaken your senses and capture a moment in time.

Oligomer Spa Replenishing Holistic Treatment – 90 minute €120

Starts with a full body exfoliation and is followed by a medium pressure specific Phytomer massage. The products used are rich in Oligomer – 100% freeze dried, salt reduced seawater. This will relax and rebalance the body leaving you feeling revived and refreshed. Two sea plants with nourish and moisturise your skin. Three homecare products are available to continue these effects.

Treatments

Oligomer Holistic Massage – 55 minute

€85

A medium pressure, specific Phytomer massage that takes you on a journey, calming your inner sea. Emerge feeling completely energised with skin that feels soft, firm and hydrated.

Choose from the following four luxurious wraps:

Sea Essential Detoxifying Body Wrap – 55 minutes

€85

This warming cocoon body mask, together with powerful deep cleansing and contouring serums, stimulates the body's metabolism and encourages the natural breakdown of excess fat. It will leave you feeling perfectly contoured.

Sea Essential Contouring Wrap – 55 minutes

€85

The perfect compliment to any weight loss or body contouring programme. Lie back and enjoy the refreshing aroma and soothing texture of this iodine free gel that envelopes your body using the best of sea and science.

Sea Essential Remineralising Wrap – 55 minutes

€85

This cocooning wrap treatment is a real stress reliever, bringing balance to your body and a sense of well-being.

Essential Sculpting Care – 55 minutes

€85

The Ultimate contouring performance: lose up to one size after 5 treatments. Intensive massages for complete contouring and cellulite action and significant results after the first treatment.

Equavie Organic Body Treatment – 45 minutes

€50

Intensely relaxing and rejuvenating, this organic body treatment combines the delights of an invigorating top-to-toe exfoliation with a customised full body massage incorporating honey and sesame. Balance is restored to the body and mind whilst the skin is left silky soft and smooth.







Mama Mio Maternity Body Treatments

Yummy Tummy – 55 minutes €65

This is a facial for your tummy, because it's your tummy that needs the attention to maximise skin strength, health and elasticity. Combined with the luxury of an upper back, neck and head massage to ensure it is a full-on stress banishing treat.

Lighten Up – 30 minutes €40

A mineral-rich foot soak, exfoliation and massage for the lower legs and feet to help with circulation, water retention and the tiring effects of carrying an extra load. They don't call it maternity marathon for nothing.

Mellow Mama – 55 minutes €65

A completely relaxing full body massage using our safe but effective pre-natal techniques to relax those specific lower back muscles that are carrying that beautiful bump.

4th Trimester Healing Hour - 60 minutes €65

Your baby is here and you are in need of a little rejuvenation? This restorative massage treatment helps your body realign as you remember how to be one person again. Sometimes new mothers need a little mothering too! This is the perfect present for new mama's.



Massage

Tranquillity Massage Treatments

Tranquil Indian Head Massage - 25 minutes	€40
Tranquil Swedish Back Massage – 25 minutes	€40
Tranquil Leg and Foot Massage – 25 minutes	€40
Tranquil Hot Stone Back Massage – 25 minutes	€50
Tranquil Hot Stone Therapy – 55 minutes	€85
Tranquil Full Body Massage – 55 minutes	€65
Tranquil Aroma Full Body Massage – 55 minutes	€75

Courses available for Massage please ask at Tranquillity Spa reception for details.

Tranquil Reflexology – 50 minutes €60

This ancient treatment works on the pressure points on the feet to clear and relax the entire body. The philosophy behind reflexology is that every gland and organ in the body is mirrored in acupressure points in the feet. Your reflexologist will do a complete treatment on the entire body's points and will focus on any weak areas. This treatment is very relaxing and acts like a mini-detox for the body by clearing any blocked energy that may be hindering the bodily functions.



Hands and Feet

Creative Manicure – 30 minutes €30

Grooming of the hands including; cuticle work, a hand massage, exfoliation and file.
Nail paint not included but can be an added for €7.50

Tranquillity Spa Deluxe Manicure – 55 minutes €55

A Deluxe Manicure includes exfoliation, cuticle work, nail file, hand massage and nails polished in a colour of your choice & mask.

Creative Pedicure – 30 minutes €40

Grooming of the feet including; cuticle work, a foot massage, exfoliation.
Nail paint not included but can be an added for €7.50

Tranquillity Spa Deluxe Pedicure – 55 minutes €65

The deluxe pedicure includes exfoliation, cuticle work, nail file, foot & leg massage and nails polished in a colour of your choice.

Nail File & Polish €15

Nail File & French Polish €20

Shellac Paint – 2 week nail polish. On like polish. Wears like Gel. Off in minutes!! €25

Make Up Application for that special occasion €35

The most beautiful cosmetic you can wear is a healthy skin. That's why everything we develop is a true extension of skin care. Our makeup is not just a refinement of conventional makeup; it's a new technology. It's so effective it is recommended by plastic surgeons, dermatologists and skin care professionals.

All Jane Iredale products are **free** of artificial preservatives, perfumes, fillers or parabens and provide protection from both UVA and UVB rays and are formulated with chemical-free sunscreen actives. What makes it so popular is its natural healthy glow you have only dreamed of on your Wedding Day or any special occasion. Recommended by the Skin Cancer and Breast Cancer Foundation.

Bridal packages available – tailored to suit your needs on your “Special Day”
Please ask at Spa Reception

Threading

Eyebrow / Lip / Chin €12

Spray Tan

Full Body €30

Half Body €20

Exfoliation with Full Body Spray Tan – 40mins €60

Waxing (Patch test essential)

Eyebrow / Lip Wax / Chin Wax €9

Lip & Chin Wax €17

Underarm €13

Arm €20

Bikini €15

Half Leg €20

Full Leg €30

Back Wax €35

Advance Waxing

Californian €25

Brazilian €45

Hollywood €60

Waxing Combinations

Full Leg & Californian Regular (4/6 wks) €45 €55

Full Leg & Brazilian €65 €75

Full Leg & Hollywood €80 €90

Eyes (Patch test essential)

Eyebrow Tint €9

Eyelash Tint €13

Eye Lash & Brow Tint €20

Lash Tint, Brow Tint & Shape €25



Spa Guidelines

Spa Reservations

For bookings please call +353 (0) 53 9174291.

Or email us at tranquillity@whitesofwexford.ie.

We recommend that bookings are made well in advance to ensure availability.

Arriving at the Spa

We recommend you arrive one hour prior to your treatment time to enjoy the exclusive facilities in the thermal suite. These facilities are unisex and include the hydrotherapy pool and heat experiences. We have separate male and female changing rooms and we provide you with robes, slippers and towels for your comfort in the spa. We also offer refreshments in our comfortable relaxation area after your treatments. Please understand that late arrivals may mean that the scheduled treatment time is reduced or is unable to be honoured.

Spa Etiquette

Please arrive 15 minutes prior to treatment booking time, to allow for time to fill out client consultation cards etc.

Please bring swimwear for the thermal suite and dry undergarments for after your treatments.

The Treatments

All treatments and packages are available to both residents and non-residents. Certain packages are only available mid-week, please confirm with the Spa reception.

The thermal suite is complimentary with every treatment of 55 minutes or more or is available at €20 for hotel residents and €35 for non-residents.

Health Concerns

On arrival at the Spa you will be given a health consultation card to fill in. Please advise the Spa of any allergies or medical conditions, i.e. pregnancy, high blood pressure, asthma etc. Some treatments are cautioned for certain conditions, the Spa can tailor a programme to individual needs. Use of Thermal Suite is not permitted during pregnancy.

Cancellation Policy

Should you need to cancel your appointment, please let us know as soon as possible. Appointments cancelled 24 hours in advance will incur a 50% charge. Cancellations within 12 hours of the scheduled treatment will incur a 100% charge.

Age Restriction

Clients must be over 18 years to use the thermal suite and to avail of treatments. Some treatments may be available to persons under 18, when accompanied by an adult. Please check with the spa before booking.







Gift Vouchers

Our beautifully presented gift vouchers make the perfect gift.
They can be redeemed against any Spa
treatment or products from the Spa Shop.

Purchase on line at www.whitesofwexford.ie