



OSPREY
SPA

DISCOVER YOU AGAIN

OSPREY SPA

Discover you again at Osprey Spa	1
Voya	2
Signature Treatments	3
Scrubs & Wraps	4
Bathing & Cleansing Rituals	5
Facials	6
Massage	7
Hands and Feet	8
Dry Floatation	8
Beautiful Beginnings	9
For Gents	10
Treats for Two	11
Day Packages	11
Holistic Therapies	12
Beauty Lounge	13
Spa Etiquette	15



Suitable after the first 12 weeks of pregnancy



We recommend these treatments for people healing from cancer

DISCOVER YOU AGAIN AT OSPREY SPA

Set in an oasis of calm, our exquisite spa has a footprint of over 10,000 square feet and was designed by architect Hugh Wallace, best known from RTE's Home of the Year programme. Your visit promises an experience of complete relaxation and indulgence where we invite you to leave the outside world behind and focus on your own well-being. Stimulate your senses through beautiful aromas, soft music and luxurious treatments. Let the stresses and strains of modern living float away as our professional therapists pamper you with a truly restorative experience.

Your Spa Journey

To make full use of your time in the spa, we request that guests arrive at least 45 minutes in advance of their treatment time to complete their consultation form and to get changed into bathrobe and slippers. From here, you can make your way to the thermal suite or relaxation rooms. We ask that you return to the therapist meeting point at least 5 minutes before your treatment is due to commence. Post-treatment, you will be escorted to the relaxation rooms where you can enjoy complimentary fruit, flavoured waters and herbal tea.



VOYA

VOYA comes from a 300 year old tradition based on the natural benefits derived from seaweed. Hundreds of seaweed baths were once dotted all over Ireland and seaweed bathing was traditionally known as "The Sailor's Cure". The word "VOYA" comes from the word "journey" as each VOYA organic treatment brings you on a journey through nature, tradition and history. VOYA offers a full range of facials, exfoliations, wraps, massage and rituals. These treatments once experienced never leave your memory. VOYA uses certified organic ingredients and is suitable for even the most sensitive of skins.



OSPREY SPA SIGNATURE TREATMENTS

Osprey Float Away

55 minutes

Friday – Sunday €95

Monday - Thursday €70

This luxurious treatment entails a full body brush exfoliation followed by an all over application of Warm Spiced Mud. We will then envelop you in the warmth and comfort of our dry flotation bed as you drift away in a sea of weightlessness.

Osprey Revive & Harmonise

90 minutes

Friday – Sunday €145

Monday – Thursday €120

Let stresses, strains and tensions melt away with our Revive and Harmonise treatment. Starting with a peppermint foot soak, the treatment then involves a dry body brush and a signature body massage. Then enjoy a Voya express facial and hot oil scalp massage. Complete your treatment with a deep soak in our detoxifying seaweed bath. This wellbeing focused treatment evokes instant peacefulness and nurtures inner mindfulness, calmness and serenity.

Osprey Body & Soul

75 Minutes

Friday - Sunday €170

Monday – Thursday €145

A top to toe treatment to revive every inch of the body. This treatment incorporates a lavender sugar glow body exfoliation, tailor made massage and Voya detoxifying seaweed bath.

SCRUBS & WRAPS

VOYA Sea Mineral Exfoliation

55 minutes | €80

The ultimate treat for tired and dull skin. This invigorating all-over body exfoliation refines skin texture and increases luster. Ground down seaweed combined with a melody of botanicals works to firm skin tone while removing dead skin cells helping to encourage cell regeneration and even skin tone. To finish, an all-over massage application of organic body cream is applied. Leave feeling awakened and re-energized with smooth silky polished skin.

Choice of 4:

- Organic lavender, seaweed & sugar scrub
- Organic peppermint, seaweed & sugar scrub
- Organic stimulating seaweed scrub
- Organic hydrating body scrub

VOYA Organic Warm Spiced Mud Wrap

70 minutes | €105

Seaweed taken fresh from the ocean is combined with purifying elements of peat to produce a mud wrap rich in potent anti-oxidants, minerals and enhanced with organic ginger and cinnamon. For the results-driven client, this wrap has immediate and noticeable effects on the skin, including firming and toning. A serious detoxifier, metabolism stimulator and a natural anti-ageing boost.

VOYA Ocean Essence Wrap

70 minutes | €105

An organic wrap treatment that stimulates blood and lymph flow, whilst detoxifying the skin and stimulating the renewal of damaged cells through a full body exfoliation with ground walnut shells, defining tone and increasing lustre. An excellent skin rejuvenator, combating cellulite and muscle fatigue with the smoothening and moisturising effects of two powerful seaweeds, finished with a relaxing scalp massage.

BATHING & CLEANSING RITUALS

Detox Seaweed Bath

30 minutes | €45

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 using the natural power of organic seaweed to deeply moisturise the skin, increase circulation and promote healing. The renowned 'sailors cure'.

Organic Warmed Spiced Mud Bath

30 minutes | €45

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

Organic Seaweed Aroma Bath Salts Therapy

30 minutes | €45

Seaweed taken fresh from the ocean is combined with purifying elements of peat to produce a mud wrap rich in potent anti-oxidants, minerals and enhanced with organic ginger and cinnamon. For the results-driven client, this wrap has immediate and noticeable effects on the skin, including firming and toning. A serious detoxifier, metabolism stimulator and a natural anti-ageing boost.

Rasul Mud Treatment

45 minutes | €50pp

A traditional Arabian cleansing ritual that will leave you feeling calm and your skin nourished. The self-application of mineral enriched body mud detoxifies and rejuvenates. Warm steam envelops the room encouraging mineral absorption and relaxation. To finish a warm tropical rain shower will gently wash away the mud leaving your skin feeling cleansed and stimulated. The treatment is ideal for individuals or groups up to a maximum of 4 people.

FACIALS

VOYA Deluxe Facial Experience

90 minutes | €120

This indulgent seaweed facial begins with a back exfoliation and back massage. The crème de la crème of all facial treatments for all skin types, of benefit for mature, dry or dehydrated skins, alleviating fine lines and wrinkles. The double action masks aim to detox and nourish even the most troubled dry skin. Suitable for gents.

VOYA Organic Anti-Ageing Restorative Facial

75 minutes | €120

Of benefit for maturing, dry or dehydrated skins using a combination of anti-oxidant algae complexes, pro-collagen extracts and restorative blend of organic ingredients to help fight the signs of ageing, reduce the appearance of fine lines and wrinkles.

Voya Taster Experience

25 minutes | €50



Experience a taste of the Voya products. Our therapists will cleanse, tone and exfoliate your skin. They will then apply a mask to suit your needs, followed by a pressure point scalp massage.

6 |

VOYA Marine Eye Treatment

Add On - 15 minutes | €25



The ultimate treat for refreshing and rejuvenating tired eyes. Using specific products rich in seaweed extract, green tea and vitamin c, this treatment combines relaxing and decongesting lymphatic massage movements to help reduce the appearance of fine lines and decongests the eye area.

Self-Discovery Facial

55 minutes | €80

This incredible skin specific organic facial is deeply detoxifying, thoroughly revitalising and helps to even skin tone and increase clarity. This facial incorporates a relaxing facial massage that releases any build-up of toxins, to improve radiance and restore a glowing complexion. Allow us to tailor your facial specifically to your skin's unique needs. In the comfort of the treatment room, we will go through a comprehensive skin analysis and choose specific facial products to target your skin concerns. Using a combination of gentle exfoliators, serums and masks, this facial helps to transform your skin leaving it feeling purified, nourished and perfectly balanced.

Choose from: Purifying (Oily Skin)
Ultra Calming (Sensitive Skin)
Intensive Hydra Veil (Dry Skin)

MASSAGE

Hot Oil Back, Neck & Shoulder Massage with Taster VOYA Facial

55 minutes | €80

Warm oil is smothered over the back, neck & shoulders, followed by a mini VOYA tailored facial to brighten & refresh the skin.

Voyager Massage Journey

55 minutes | €90

A complete top to toe relaxation 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.

Choose from:

- Uplift – Angelicus Serratus
- Relax – Mindful Moments
- Muscle - Senergise

Swedish Full Body Massage

55 minutes | €80

70 minutes | €105

Swedish Back, Shoulder and Neck Massage

25 minutes | €50

Our Swedish Massage uses deep massaging techniques to ease and alleviate tension and stress.

Deep Release Hot Stone Massage

25 minutes | €50

70 minutes | €90

Full body massage with Hot Stones to heat the body and reduce tension followed by a Swedish Massage using deep massaging techniques to ease and alleviate tension and stress.

Seaweed Leaf Hot Stone Massage

85 minutes | €120

Our specially trained therapists will bring you to a new level of relaxation as warmed basalt river rocks are applied to release excess tension and help connect with the earth's energy. Aches and pains are replaced by warmth and tranquility. Our VOYA aroma will encompass the senses while the sensation of warmth combined with specific massage techniques will balance, soothe and invigorate your body and mind.

HANDS AND FEET

VOYA Organic Foot Retreat Ritual



40 minutes | €70

This treatment begins with a sea salt exfoliation from the knees to the feet. Followed by a deeply relaxing massage of the lower legs, a double action seaweed foot mask and fresh seaweed leaf wrap around the legs to reduce swelling and soften tired feet. This is an ideal treatment during pregnancy and for foot ailments of all kinds. As an extra treat, we include a relaxing scalp massage.

VOYA Organic Hand Retreat Ritual



40 minutes | €70

This treatment is about nourishing, reconditioning and refining your hands and arms. Enjoy a VOYA Time to Shine exfoliation from the hand to elbow, followed by a deeply relaxing massage. Your hands are then wrapped in warmed Atlantic seaweed.

DRY FLOATATION

Dry Floatation Experience



30 minutes | €45

As the name suggests, you are floating on water but you stay dry. As you lie on the floatation bed, your body becomes suspended in warm water which soothes muscles, elongates the spine and relaxes the mind. A deeply relaxing and sleep inducing treatment; thirty minutes equals 3 hours of deep sleep for the body.



BEAUTIFUL BEGINNINGS

For safety and wellbeing reasons, we cannot offer treatments to those within the first 12 weeks of pregnancy.

Organic Precious Moments



55 minutes | €90

VOYA's Organic Precious Moments treatment is tailored specially 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 mask works its magic while Mum enjoys a beautifully relaxing face, hand and arm massage. This is the perfect rejuvenating treatment to support the wonderful journey to motherhood.

Organic Prenatal Voyager



90 minutes | €150

This organic wellbeing ritual promotes relaxation and a sense of tranquillity while deeply hydrating and nourishing your skin. A full body exfoliation will gently buff the skin, leaving you feeling radiant and renewed. Nourishing Mama Oil is used to gently ease stress and tension with a top to toe body, face and scalp massage. Melt away the aches and pains associated with pregnancy and feel comfortably cocooned, supported and restored.

Organic Mum's The Word



120 minutes

Friday – Sunday €145

Monday - Thursday €120

Choose any two treatments from the list below:

Gentle Full Body Maternity Massage
Full Manicure
Pampering Pedicure
VOYA tailored Facial
Deluxe Leg Relief.

FOR GENTS

VOYA Intense Gents Energy Facial

55 minutes | €80

Enjoy a refreshing warm towel compress facial to energise and revive tired skin before a rejuvenating face mask is applied to boost skin's natural defences. Our organic moisturiser locks in all the goodness, leaving you fresh faced and invigorated.

VOYA Gents Back Treatment

40 minutes | €70

Specifically designed to bring purity and balance to the skin on the back, this will focus on cleansing, skin exfoliation, back massage and masque therapy. Ideal if you are having challenges with your back.

Voya Muscle Recovery Massage

60 minutes | €90

Recharge your body with this powerful massage designed to alleviate deep seated tension and muscular stress.



TREATS FOR TWO

Why not relax and unwind in our luxurious double treatment room with a friend or loved one for that special shared spa experience.

Together Special

90 minutes | €125pp

Begin your day by relaxing in the warmth of our Thermal Suite. The real pampering then commences with a Full Body Massage followed by a detoxifying facial designed to lift, firm and tighten tired skin around the face, neck and décolleté. Enjoy this treatment side by side with your partner.

Perfect Partners

105 minutes

Friday – Sunday €160pp

Monday - Thursday €125pp

Seaweed Bath followed by a 1 hr Full Body Massage in our Couples Suite, Followed by lunch in Osprey Bar.

DAY PACKAGES

Half Day Heaven

90 minutes | €140

Pamper yourself and enjoy organic hydrating body exfoliation, hot oil scalp massage followed by a Rasul mud treatment. To finish enjoy afternoon tea in Osprey Hotel.

Pamper Me and Afternoon Tea



25 minutes | €65

Bespoke mini facial and hot oil scalp massage followed by afternoon tea, the perfect way to spend a lazy afternoon.

HOLISTIC THERAPIES

Indian Head Massage

40 minutes | €70

Indian head massage is an ancient art based on a traditional system of medicine called Ayurveda. This has been practiced in India for over three thousand years. This sublimely relaxing head massage uses VOYA organic seaweed oil to relax taut, uncomfortable muscles, ease stiffness, stimulate blood circulation and drain away accumulated toxins which can in turn help to eliminate headaches and eye strain. You will finish the treatment feeling calmed, revitalized and with uplifted spirits.

Ear Coning

40 minutes | €60

A natural alternative treatment that clears excess earwax from a person's ear that may be causing hearing loss, dizziness or a ringing in the ear. The origin of Ear Coning is believed to be ancient Tibet, China, India and Egypt.

Reflexology

55 minutes | €80

This massage is based on the ancient belief that each organ of the body corresponds to a reflex point in the foot. Using gentle thumb and finger pressure point massage of the foot your therapist can release blockages and re-establish the body's energy flow. This then enables the body to heal itself. Suitable for expectant or nursing mothers.



OSPREY BEAUTY LOUNGE

MANICURES & PEDICURES

As the world leader in the professional nail care industry, OPI is committed to providing high-quality products and services. Known for its exceptional formula and fashionable colour's. OPI's heavily-pigmented lacquers are super rich, long-lasting, and chip-resistant.

OPI Luxury Manicure

60 minutes | €60

Exfoliate, revitalize and renew hands with this luxury treatment for instantly visible results that improve skin texture and moisture levels every time. Cuticle work and OPI Nail Lacquer application are included.

OPI Luxury Pedicure

60 minutes | €60

The ultimate pedicure treatment that refreshes and re-energises the spirit and mind as well as the feet. Effective botanicals are used to renew and restore soles to silky smoothness and the treatment is completed with cuticle work and your choice of OPI Nail Lacquer.

OPI Gel Manicure

30 minutes | €30

Goes on like polish, wears like gel, off in minutes...really!

MINI TREATMENTS

Resurfacing Radiance Facial

30 minutes | €55

This highly effective resurfacing facial targets congested, lacklustre and dull skin.

Using a combination of seaweed extract, naturally derived glycolic and lacticacids, blended with pineapple fruit enzymes, this facial will give your skin back its natural radiant glow.

Our advanced exfoliation trio assists in diminishing fine lines, reducing pore size and will brighten the skin's appearance.

This is the next generation of advanced organic skin care. Patch test required. (Not recommended for thermal use)

VOYA Marine Eye Treatment

15 minutes | €25

Add On

OSPREY BEAUTY LOUNGE

WAXING

We have chosen the unique Lycon Wax System, Australia's premium range used in over 60 countries worldwide giving you the best results, virtually PAIN-FREE! Lycon is the only ISO certified wax. It provides a nurturing and skin conditioning treatment for extra client comfort.

Half Leg Wax	€30
Full Leg Wax	€45
Full Leg & Bikini Wax	€70
Brazilian	€45
Hollywood	€60
Underarm Wax	€18
Lip Wax	€15
Eyebrow Wax	€15
Combined Lip & Chin Wax	€20
Men's Back/Chest	€35

Please note you will need to have a patch test at least 24 hours before your waxing. Avoid heat treatments (sauna, sunbed, jacuzzi, steam room) and swimming less than 8 hours before or 24 hours after your wax.

LASHES & BROWS

Eyebrow Tint	€10
Eyelash Tint	€15
Eyelash/Eyebrow Tint	€23
Eyebrow Wax	€10
Eye Combo (Shape Lash & Brow Tint)	€30

A 24 hour sensitivity test is required before eyebrow and eyelash tinting treatments. Please remove contact lenses.

TANNING

Full Body Spray Tan	€30
Half Body Tan	€15

We recommend that if you need to shave or wax, you do so at least 24 hours before your spray tan is applied. We also suggest that you exfoliate the day prior focusing on elbows, knees and ankles. You can shower as normal before your spray tan is applied but refrain from using moisturisers, body butters, deodorants or make up as they can react with the tanning solution. Remove any jewellery and wear dark, loose fitting old clothes. For best results leave your tan overnight and shower the following day.

SPA ETIQUETTE

Osprey Spa is a retreat for your body, mind and spirit.

For the consideration of other clients, we request that noise is kept to a minimum.

We ask that you respect other client's privacy by speaking softly.

Mobile phones and electronic equipment should be switched off and left in your locker.

Attire

Lockers are provided for your personal belongings and all spa guests will be given a robe and slippers. Please bring swimwear if you wish to use the wet area. Swimming hats are required in the pool. Please note if you are visiting the salon only, robes and slippers are not provided.

Special considerations

Guests must be at least 16 years old for facial treatments and over the age 18 years old for massage and body treatments.

We cannot give treatments if you have been drinking alcohol.

Massage or stimulating treatments are not recommended during the first 12 weeks of pregnancy. If you suffer from any medical conditions, we advise that you consult your doctor before booking any treatments. You will be asked to complete a confidential questionnaire before your treatment commences. If you have any concerns whatsoever, please let us know.

Punctuality

To make sure all appointments run smoothly and to reap the benefit of your experience, we ask you to please arrive 45 minutes prior to your scheduled treatment. A late arrival will result in a shortened treatment time at the original price.

Personal Property

The management and staff accept no responsibility for the loss of money or valuables of any kind. We recommend that guests do not wear jewellery when attending the spa.

Payment

We accept cash and all major credit cards. If you are a hotel resident, it may be possible to charge your treatments to your room.

Cancellation Policy

We require a minimum of 72 hours' notice for all cancellations. Failure to cancel within the required time frame will result in a 100% cancellation fee.

OSPREY SPA

Gift Card - Share the tranquillity

An Osprey Spa Gift Card is the perfect way to spoil that someone special. You can choose a monetary value or select a specific treatment on their behalf. Available from reception and at www.ospreyspa.ie

Shop

Why not take a little piece of heaven home with you or buy a gift for a loved one. Choose from an extensive range of Voya products, complemented by official Osprey Spa merchandise including luxurious bathrobes, blankets and candles.







OSPREY
SPA

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