



SHEEN FALLS
LODGE

SPA TREATMENT MENU



VOYA FACIAL TREATMENTS

Self-Discovery Radiance Facial

€80.00

55 minutes

This incredible skin specific organic facial will deeply detoxify, thoroughly revitalize and help to even skin tone and increase clarity. The Self-Discovery facial will be customized to your skins needs.

Anti-Aging Restorative Facial

€95.00

70 minutes

Suitable for all skin types, although of particular benefit to mature, dry or dehydrated skin. This facial helps fight the signs of visible aging, reducing fine lines and wrinkles and hydrating delicate skin.

Deluxe Facial Experience

€120.00

90 minutes

This revolutionary Seaweed facial is the ultimate VOYA facial. The treatment will commence with a gentle aromatic body sugar scrub followed by a back, neck and shoulder massage that melts tired muscles while soothing and softening the skin. During this organic facial your therapist will use a double action mask which contains freshly harvested Laminaria organic seaweed leaves. The leaves are placed onto your face over the re-mineralizing Mermaid's Purse seaweed mask.

Re-Energise Facial

€55.00

30 minutes

Suitable for all skin types. This is a great treatment for ladies 'on the go'. Revitalise your skin with this express 30-minute facial using our VOYA organic skin care range.

ELEMIS FACIAL TREATMENTS

Superfood Facial

€95.00

60 minutes

A nutritional boost rich in super foods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. It leaves your skin plumper, radiant and lit up with good health.

Pro-Collagen Age-Defying Facial

€90.00

60 minutes

Tackle fine lines and wrinkles with the age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

Sheen Signature Facial

60 minutes

€80.00

30 minutes

€55.00

Choose from one of the following:

- Exotic Moisture Dew Facial
- Fruit Active Rejuvenating Facial
- Herbal Lavender Repair Facial

Customised to your skin type, this facial combines skin conditioning plant actives, a prescribed mask and unique eastern facial massage techniques. Your face is deeply cleansed to help renew radiance, nourish and balance your skin.

VOYA BODY TREATMENTS

Organic Seaweed Leaf Wrap

€125.00

80 minutes

This treatment begins with finely ground seaweed to exfoliate your skin, then continues using fresh leaves of Atlantic seaweed to cocoon the body to deeply detoxify, moisturise and soften your skin.

Warm Spiced Mud Wrap

€95.00

70 minutes

This wrap offers immediate and noticeable effects on the skin, including firming and toning the body, this is a serious detoxifier.

Peppermint & Seaweed Sugar Glow

€65.00

40 minutes

This treatment uses a medley of ingredients to invigorate, exfoliate and nourish the skin. Afterwards enjoy a light cleansing shower and short relaxing massage while your therapist applies your skin conditioning treatment.

Total Massage Journey

€115.00

80 minutes

This top to toe relaxation journey incorporates scalp massage, exfoliate, stretches and massage that replicates the movement of the sea, combining both gentle and stimulating movements.

ELEMIS BODY TREATMENTS

Musclease Ocean Wrap

€85.00

1hr 15 minutes

This beautiful, aromatic heated seaweed body mask containing muscle warming blends of pine and rosemary essential oils, helps ease the pain of arthritis, fatigue and aching muscles. Whilst cocooned, therapist will perform a mini facial.

Cellutox Ocean Wrap

€85.00

1hr 15 minutes

Let your thoughts drift away, whilst cocooned in a comforting wrap of rich marine algae and detoxifying juniper and lemon. Enjoy a facial massage and de-stress scalp treatment. Helps refine the appearance of cellulite and relive the discomfort of fluid retention.

Exotic Frangipani Glow

€85.00

1hr 15 minutes

The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

Intensely Cleansing Salt Scrub

€60.00

30 minutes

Lime and Ginger or Frangipani

Indulge your body with this decadently intensive & super skin softening scrub. A sumptuous blend of fragranced salts suspended in nourishing oils leaves limbs feeling perfectly polished & gorgeously moisturized for the ultimate skin treat.

Rejuvenating Massage

60 minutes

€80.00

30 minutes

€50.00

This is a relaxing massage, which uses medium pressure to ease and alleviate stress.

Personalised Deep Tissue Massage

50 minutes

€90.00

30 minutes

€60.00

Your therapist will select an aromatic oil according to your concerns, be it muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation.

Hot Stone Massage

60 minutes

€95.00

30 minutes

€55.00

Stone Therapy combines the use of the water-heated basalt lava stones, traditional massage, aromatherapy and oil treatment.

Indian Head Massage

€65.00

45 minutes

A holistic treatment that incorporates acupressure points and massage techniques. Relieves stress from upper back, shoulder, neck, head and face.

Peaceful Pregnancy Massage

€90.00

60 minutes Treatment/ 15 minutes Client Care

Mothers-to-be are restored to optimum wellness. An intuitive and relaxing massage hydrates skin that is expanding to accommodate a growing baby.

RITUALS

Body Detoxifier

€155.00

2 hours

This treatment will detox your mind, body and soul. Incorporating treatment for the whole body.

- Foot Cleansing Soak
- Full Body Exfoliation
- Full Body Detox Wrap

Marine & Wellness

€185.00

2 hours

This treatment uses harvested seaweed from the ocean.

- Foot Cleansing Soak
- Full Body Rejuvenating Massage
- Personalised VOYA facial

Massage Bliss for two

€290.00

1.5 hours

Relax in our couple's suite. Enjoy a relaxing shared experience with your loved one, in the same room. Start your treatment with a 60-minute rejuvenating massage followed by a personalized facial to meet your skin needs.

HAND AND FOOT TREATMENTS

Reflexology

45 minutes

€70.00

Your therapist will stimulate areas which correspond to organs, nerves, muscles and joints in the entire body, producing direct response by applying pressure in a form of massage to the appropriate area in the hands or feet.

Best Foot Forward

30 minutes

€40.00

Take a load off with this foot-focused tension releaser. Lower legs and feet are thoroughly exfoliated, bathed and massaged. Feet are left nourished, soft and smooth.

Restore Hand Treatment

30 minutes

€40.00

This is the last word in conditioning, restorative, anti-ageing hand treatments. Targets age spots and dryness.

MANICURE

€50.00

PEDICURE

€50.00

FILE & VARNISH

€25.00

ELEMIS MEN'S TREATMENTS

Men's Facial

60 minutes

€85.00

This is the hard-working facial for aging, stressed, dehydrated skin and tired eyes. Multi-dynamic facial massage sequences boost circulation, whilst targeted scalp and foot massage deeply relax. Finally, the uniquely nourishing Pro-Collagen Marine Cream for Men is worked to revitalize the skin.

Rejuvenating Massage

60 minutes

€80.00

30 minutes

€50.00

This is a relaxing massage, which uses medium pressure to ease and alleviate stress.

Personalised Deep Tissue Massage

50 minutes	€90.00
30 minutes	€60.00

Your therapist will select an aromatic oil according to your concerns, be it muscle pain, stress relief, relaxation or balance.

The flowing massage works deeper into the tension, encouraging optimum circulation.

BEAUTY TREATMENTS

A PATCH/ALLERGY TEST IS REQUIRED 24HR PRIOR TO ALL TINTING AND WAXING TREATMENTS

Full Leg Wax	€35.00
Half Leg Wax	€25.00
Bikini Line Wax	€20.00
Underarm Wax	€18.00
Lip/Chin Wax	€15.00
Eye Trio (<i>wax, shape, tint</i>)	€30.00
Eye Duo (<i>any two of the above</i>)	€25.00
Eyelash Tint	€15.00
Eyebrow Shape	€15.00

MAKE UP

Special Occasion Make Up	€40.00
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Wedding Make Up & Bridal Packages available on request.



PLANNING YOUR EXPERIENCE

To schedule a spa treatment at your preferred time and day we would recommend booking 7 days prior to your arrival. We cannot guarantee availability on late notice.

ARRIVAL & ETIQUETTE

Please allow suffice time prior to your treatment. We recommend arriving at least 20 minute prior your appointment. If you are late, your treatment will be shortened in consideration of the next guest. In this situation the full charge will be applied. Please arrive in your robe and slippers provided in your bedroom. For any guest who is not staying with us, a robe and slippers will be provided in the spa for your treatments. Disposable underwear is provided for your comfort during your treatment. Please wear your swimming suit if you wish to use our spa facilities. The minimum age requirement to have a treatment is 18 years. Anyone over 16 years may have their nails treated.

HEALTH CONDITIONS

When making your spa reservation, please advise us of any health conditions, allergies, or injuries you may have that could affect your desired treatment. If you have high blood pressure, heart conditions, are pregnant or have any other medical complications, may we advise you to consult your doctor before signing up for any spa services. Please make your spa therapist aware of any medical conditions.

CANCELLATION POLICY

Please be advised that a fee of 50% will be applied where the treatment is not cancelled at least 48 hours in advance. If there is a no show for a treatment a fee of 100% will be charged.



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