



Our facial treatments

After a facial treatment you'll feel relaxed, experience a deep feeling of well-being and your mind, body and spirit will feel totally rejuvenated. Truly divine.

The ultimate facial experience

€125 (75 min)

This treatment gives you the best of both worlds! Start off with a relaxing massage that will soothe away all the stress and then turn face up to receive an amazing facial treatment, leaving you radiant, lit up and full of energy.

Revitalising customised facial

€105 (60 min)

A tailor made facial created specifically to your skin's unique needs, natural active formulas cleanse, rebalance and hydrate while aromatic essential oils capture your mind, leaving you looking and feeling relaxed and radiant.

Age smart facial

€115 (60 min)

A youth-enhancing, deep-firming and lifting facial. Thanks to the regenerating action of collagen and other active ingredients, the appearance of fine lines and wrinkles will be reduced and will leave your skin looking youthfully radiant and relaxed.

Seo'd
SPA

Specialised IMAGE facials

Clinical results-driven facials designed to give beautiful luminosity, radiance, and glow.

Illuminating facial

€105 (55 min)

Clarity in an instant. Ideal as a quick fix pre-event facial or as an incentive to commence the skin health journey.

Antioxidant anti-ageing facial

€105 (55 min)

This cleansing and invigorating vitamin-infused treatment will deliver tightening, lightening, brightening and nourishing hydration to leave you feeling fully refreshed and renewed.

The max stem cell facial

€105 (55 min)

This treatment strikes the ideal balance between a gentle peel and a therapeutic facial, and is designed to really target those pesky wrinkles, elasticity concerns and combat generally lethargic and dull skin. All the latest anti-ageing stem cell technology is used to guarantee immediate and long-lasting results.

IMAGE facial peels

Visibly reverses the effects of skin damage.

Ormedic lift

€105 (45 min)

This non-chemical peel naturally rebalances, regenerates, restores and soothes your skin with organic ingredients.

Signature face lift

€105 (45 min)

This revolutionary 4-layer face lift treatment will change the image of your skin in just one application. Quench your skin with high doses of the most sophisticated forms of Vitamin C for extreme rejuvenation. Glycolic acid and gentle but highly active enzymes speed up cellular turnover to brighten, tighten and lighten your skin in just one treatment.

Wrinkle lift

€105 (45 min)

This ultra-resurfacing glycolic and retinol treatment exfoliates dead surface skin cells and improves circulation leaving skin firmer and healthier. Visibly reduces the appearance of fine lines.

Lightening lift

€105 (45 min)

Balance your complexion with this mega-lightening treatment that gently blends lactic acid and a cocktail of lightening and brightening agents to reduce sun spots, brown spots and redness caused by Rosacea. Receive silky smooth and supple skin with a noticeable healthy glow.

Acne lift

€105 (45 min)

A beta and alpha-hydroxy acid cocktail. This safe and outstanding resurfacing modality has a dual benefit. It reduces and treats all kinds of acne while resurfacing and smoothing the skin after just one treatment.



Massages

Each one of our treatments is hand-picked from centuries of therapies and techniques from around the world. They are performed by highly trained professionals.

Seoid signature mindful massage

€125 (75 min)

This deeply relaxing treatment incorporates guided breathing and visualisation combined with deeply therapeutic massage to release physical and emotional anxieties, relax the mind and restore a positive spirit.

Seoid personalised massage

€105 (60 min)

Personalised to your physical and emotional needs, carefully chosen aromatherapy blends Relax, Cleanse or Energise, while advanced massage alleviates muscular pressure, soothes anxiety and invokes profound relaxation leaving you in a state of total relaxation and emotional balance.

Candlelight caress massage

€115 (60 min)

As the candle slowly burns, warm aromatic oil is gently poured onto the body with slow massage movements providing a truly superb spa experience.

Hot stone massage

€115 (60 min)

This indulging massage will send your mind, body and spirit into a heavenly state. Traditional massage is already the ultimate form of relaxation, but when combined with the penetrating heat of volcanic basalt stones placed on key energy points of your body, you will simply drift into a world of pure bliss... a must-have experience.

Warm bamboo massage

€115 (60 min)

Using oil and warm bamboo to roll and knead the tissues and create an extreme sensation of relaxation and well-being, this massage, works at all levels to balance, calm and energise you physically, mentally and spiritually.

S

Poultice massage

€125 (60 min)

During this massage, the steamed herb filled poultices provide moist and nutrient-rich relaxation to the skin and muscles. While offering comfort, the poultices also work with the body's natural energy to promote harmonization of the body's energy flow by loosening energy blockages and stimulating blood circulation.

Seoid pregnancy massage

€115 (60 min)

This unique pregnancy massage is profoundly nurturing and tranquil, mothers-to-be are lulled and restored to optimum wellness.

Deep therapeutic massage

€115 (60 min)

A deep muscle massage with a focus to relieve deep-seated tensions, using powerful techniques with elbows, forearms, and hands to stretch and release tissue knots, promote blood flow and increase flexibility of the tendons. A perfect treatment for those who require a powerful massage.

Reflexology

€105 (45 min)

An ancient art of healing practiced over five thousand years. Pressure is applied to reflex points on your feet activating the nervous system to clear any blockages in corresponding areas of the body promoting deep relaxation.

Relaxing back, neck & shoulder massage

€60 (30 min)

Soothing head massage

€60 (30 min)



Body wraps & scrubs

Drift away, indulge & take your time to savour & enjoy.

Body exfoliation	€60 (30 min)
Buff away dead skin cells, allowing products applied afterwards to penetrate, hydrate and treat effectively.	
Body exfoliation with back massage	€110 (60 min)
Body exfoliation with full body massage	€135 (75 min)
Total relaxation & hydrating body wrap	€110 (60 min)
A sublime ultra-nourishing therapy which revitalises not only the skin, but also the body and spirit.	
Detox & toning wrap	€110 (60 min)
Ideal for poor and sluggish circulation, fluid retention and bloating.	

Seoid unique experiences

The hammam ritual	€110 (60 min)
Experience the ultimate feeling of purification with this ancient bathing ritual. Lay down on the warm table and the ritual starts with an invigorating full body exfoliation, followed by full body super-hydrating foam massage.	
Seoid crystal experience	€110 (60 min)
Selected crystals are placed on and around the body directing the crystals energy to the points were needed most, this will both balance and energise you. During this treatment the whole body is treated on all levels – physical and mental. There is no pressure to the body making it ideal for everyone.	
Rasul mud chamber	€35pp (30 min)
Probably the most fun treatment you can share with friends or a partner. Using muds infused with essential oils and minerals, aromatic steam will fill the chamber softening your skin and relaxing your muscles. Dry heat intensifies the muds before a tropical rain shower washes them away, leaving you feeling refreshed. Can be booked for two to four people at a time.	
Dry floatation bed	€35 (25 min)
A floatation experience where you don't get wet. Instead, the treatment bed becomes a mattress filled with warm water, allowing you to enjoy the feeling of complete weightlessness. This is the ultimate treatment for tired, stress or anxious bodies where 25minutes is the equivalent to 3 hours' deep sleep.	
Balneotherapy bath	€40 (25 min)
Immerse yourself in our balneotherapy bath with over 200 jets arranged accordingly to reflex zones which massage the body and relax the mind. This is an excellent treatment to boost the circulation and ease muscle tension. Choose between relaxing or anti-cellulite bath oils for a more personalised experience.	
Sabbia med beach experience	€35 (30 min)
Lying on a virtual beach of heated sand, this experience will take you from sunrise to sunset in 30 minutes. It stimulates the production of the happy hormone Serotonin and Vitamin D to strengthen your immune system and alleviate the condition S.A.D.	

Manicures & pedicures

A Spa manicure or pedicure keeps nails tidy and improves their appearance, the skin is cared for and high-quality products are used to promote strength and growth of the nails.

Spa manicure

File - cuticle work - exfoliation - soothing hand & arm massage. Vinylux or Shellac polish.

€65 (60 min)

Spa pedicure

File - cuticle work - hard skin removal with file - exfoliation - soothing foot & leg massage. Vinylux or shellac polish

€75 (60 min)

Callus peel

A fast & effective four step treatment to help you eliminate hard skin, leaving your feet soft & hydrated.

€35 (25 min)

Removal of the 15 day no chip nail polish

€15 (15 min)

Salon at Seoid Spa

Waxing

Lip or Chin	€10
Underarms	€15
Basic Bikini Line	€35
Brazilian/Californian/Hollywood	€50
Lower Leg	€25
Full Leg	€40

Eyebrows

Shaping	€13
Tinting	
Eyelash	€15
Eyebrow	€15
Eye Trio	€25

Spa etiquette

Spa etiquette can be a source of anxiety for first-time spa-goers, but it's easy once you know a few basics. Here are some basic rules to help you relax.

Arrive on time

Please arrive 15 to 20 minutes early, as you will need a few minutes to fill out your consultation form and change into a bathrobe. Should you arrive late, kindly note that the equivalent time may be deducted from your treatment.

Cancellation / Postponement

In case of cancellations, a minimum of 24 hours notice to avoid cancellation charges. If your treatment is cancelled within the 12 hours, a charge of 50% of the treatment price will be charged. If no notification is given, then a 100% cancellation charge will apply.

Attire

Don't forget to bring your swimwear if you intend to use the Thermal Suite before or after your treatment.

Turn off your mobile phone

You can't relax if you're answering calls, checking emails and texting. And neither can the person next to you.

Tell us your preferences

When you make an appointment, should you have a preference for a male or female therapist, kindly inform the reception when arranging your booking. During a massage, feel free to ask for anything you would like to be different, more or less pressure, quieter music etc... Your comfort is important to us.

Please note that SEOID Spa is adults only, children under 16 years of age are not permitted.

To make a booking

Please contact us directly on: 01 681 6534
or by email: seoid@dunboynecastlehotel.com

Follow us: [!\[\]\(12a8985c56a42f60f1792029977b51c5_img.jpg\)](#) [!\[\]\(217c78028deae647b8199a98a4a779e1_img.jpg\)](#)

