



# SPA TREATMENT BROCHURE

## Opening Hours:

Wednesday – Monday 11.00am – 7:00pm

Tuesday - Closed

## sansanaSPA SIGNATURE TREATMENTS

### STRESS BUSTER

A massage treatment, designed especially to focus on three typical stress areas – back, feet and scalp.

*50 minutes - €95*

### SHIRODHARA

Indulge yourself with our signature treatment which relaxes the mind, body, and spirit. Commencing with our rose foot soak and head massage, followed by full body massage, facial massage and completed by the Shirodhara – mind flow – where warm oil is dripped on the third eye chakra to relieve the mind.

*80 minutes - €145*

### sansanaSPA's COMPLETE EXPERIENCE

Indulge yourself in a complete oasis of tranquility, starting with a full body massage to relax your muscles followed by a warm foot cleanse, foot massage & seaweed foot wrap to reduce swelling and tired feet. You will then be treated to a Voya facial to refresh and rejuvenate.

*125 minutes - €195*

## ALTERNATIVE THERAPIES

### REFLEXOLOGY

This treatment will re-balance and relax the body through a gentle pressure point massage to the feet. Every gland and organ in the body is mirrored in acupressure points on the feet. It helps to clear any blocked energy that may be hindering the bodily functions and acts as a mini detox for the body.

*50 minutes - €95*



## INDIAN HEAD MASSAGE

This treatment is an integral part of the Ayurvedic healing system that originated in India, millennia ago, and has been passed down through generations. The combination of a shoulder, neck and scalp massage will help reduce tension, increase circulation, and leave you with a feeling of complete wellbeing.

*35 minutes - €80*

## VOYA EXPERIENCES

### VOYA TOTAL MASSAGE JOURNEY

A complete top to toe relaxation journey including body brushing, a full body massage and moisturization. This is the ultimate luxury treatment to relieve aches and pains while leaving your skin feeling refreshed and revived.

*80 minutes - €145*

### LUXURIOUS SCRUB EXPERIENCE

Choose from: Salt Glow, Lavender Sugar Glow or Peppermint Sugar Glow.

A real body exfoliation experience, beginning with body brushing to stimulate the skin, your chosen scrub is massaged into the skin to reveal revitalised and glowing skin. The treatment is completed with full body moisturization for perfect skin.

*50 minutes - €95*

## BODY MASSAGE

### SWEDISH MASSAGE

Swedish massage is the most traditional form of Western massage, its therapeutic treatment that works the soft tissues and muscles to help restore health - creating a calming and balancing effect on the nervous system. With this personalised treatment, choose light, medium or firm pressure, as well as a length to suit your schedule and allow the relaxation to begin.

*65 mins (full body) - €105*

*50 mins (back of body, front of legs & arms) - €90*

*35 mins (back, neck & shoulder) - €70*



## DEEP TISSUE MASSAGE

Deep tissue massage is one form of massage therapy that focuses on the deeper layers of muscles and connective tissue in the body. Some of the same strokes as classic massage therapy may be used, but the movement is generally slower, and the pressure will be deeper and concentrated on the areas where the patient feels tension and pain.

*65 mins (full body) - €110*

*50 mins (back of body, front of legs & arms) - €95*

*35 mins (back, neck & shoulder) - €80*

## HOT STONE MASSAGE

The stone massage is a form of massage therapy and bodywork involving the placement of several heated basalt stones to the body for the purpose of pain relief and relaxation. Stone massages are primarily used to alleviate physical pain issues, however, are also used to promote emotional and spiritual wellbeing in practice.

*65 mins (full body) - €110*

*35 mins (back, neck & shoulder) - €80*

## PREGNANCY MASSAGE

A customised full body massage using safe pre-natal techniques. To help relax, reduce fatigue, release tension, aches, pains, swelling all associated with pregnancy. This massage will help increase circulation and benefit mum to be.

*65 minutes - €105*

## FACIAL TREATMENTS

### VOYA ANTI-AGEING SEAWEED FACIAL

Suitable for all skin types. Includes a deep cleanse, bamboo exfoliation, chest and face massage followed by hand harvested seaweed leaf mask whilst you indulge yourself with a relaxing scalp massage and hot foot cleanse.

*65 minutes - €105*



## VOYA CUSTOMISED FACIAL

Allow Voya to tailor your facial specifically to your skin's unique needs. Using a combination of gentle exfoliators, serums and masks, this facial helps to transform your skin leaving it feeling purified and nourished.

*50 minutes - €95*

## VOYA EXPRESS FACIAL

This express facial will prepare your skin for any event, including a cleanse, tone, exfoliation and a mask to suit your skin, before concluding with a facial massage and skin hydration.

*35 minutes - €80*

## HANDS AND TOES

### DELUXE PEDICURE\*

The ultimate indulgence for tired feet and legs. Beginning with a foot and lower leg exfoliation, this luxurious treatment includes a full pedicure to tidy nails and removal of hard skin.

*65 minutes - €85*

### DELUXE MANICURE\*

The ultimate indulgence for hard working hands. Beginning with a hand and arm exfoliation, this luxurious treatment includes a full manicure to nourish and tidy the nails.

*50 minutes - €70*

### CLASSIC MANICURE

A classic manicure to tidy and nourish the nails. Beginning with a hand and arm exfoliation, focus is then given to the cuticles and finished with your chosen custom colour.

*35 minutes - €55*



## CLASSIC PEDICURE

A classic pedicure to tidy nails and remove hard skin. Beginning with a foot and lower leg exfoliation, focus is then given to the cuticles and finished with your chosen custom colour.

*35 minutes - €55*

\*Add shellac to your deluxe manicure or pedicure for an additional €10

\* Shellac removal €10

## SELF GUIDED TREATMENTS

### SEAWEED HYDROTHERAPY BATH

The purest and organic treatment, our detoxifying seaweed bath utilises the natural power Voya's organic hand-harvested seaweed to deeply moisturise your skin, increase circulation and promote healing.

*30mins - €55*

### HYDROTHERAPY BATH

Hydrotherapy involves the use of water to sooth pain. Hydrotherapy helps to promote recuperation and healing because of its thermal effects on the skin. The deep impulses felt by the body in response to hot and cold water, as well as water pressure lead to a wide variety of health benefits including increased energy levels, improved digestion and circulation, a stronger immune system and reduced stress.

*30mins - €50*

### MUD CHAMBER JOURNEY

Self-applied mud deep cleanses and revives your body, followed by a tropical shower to wash away the mud, leaving your skin feeling silky smooth and radiant. A treatment for one or two people.

*45mins - €55 per person*



# sansanaSPA PACKAGES

Full use of the Relaxation Suite with all packages.

## FULL DAY PACKAGE

Back massage, express facial and deluxe manicure or deluxe pedicure, a choice of a self-guided treatment and finish with lunch.

*Treatment time 2.5 hrs - €199 per person*

## TOP TO TOE PACKAGE

Full body Swedish massage & Voya customised facial, followed by a choice of a self-guided treatment and finished with lunch.

*Treatment time 2.5 hrs - €199 per person*

## LUXURY DUO

Choose any two treatments:

Back massage/Minifacial/Foot massage/Head massage, finish with your choice of a self-guided treatment

*Treatment time 1.5 hrs - €159 per person*

## MUM TO BE PACKAGE

Pregnancy massage, deluxe pedicure and hydrotherapy bath.

*Approx. 2.5 hrs - €150 per person*

## COUPLES PACKAGE

Enjoy the mud chamber followed by an individual 35 minute back massage & finish with lunch.

*Approx. 1.5 hrs Price - €199 per person*

