



# SPA TREATMENT MENU

## Opening Hours

Wednesday – Monday 11.00am – 7:00pm

Tuesday - Closed



ROYAL MARINE  
HOTEL

Contact sansanaSPA on +353 1 271 2563  
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[www.royalmarine.ie](http://www.royalmarine.ie)



A NEVILLE HOTEL

# 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 footcleanse.

70mins -€100

## 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.

55min -€90

## Dermalogica Multivitamin Power Facial

Using our AgeSmart range, receive deep cleanse, powerful exfoliation, relaxing facial massage to reduce the signs of aging and introduce vitamins into the skin.

70mins -€100

## Dermalogica Customised Facial

This prescriptive facial, using Dermalogica products customised for your skin type, includes deep cleanse, exfoliation, facial massage and mask.

55mins -€90



# MASSAGES

## Voya Total Massage Journey

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

90mins - €130

## Voya Deep Tissue Massage

Using a deep tissue pressure to help unwind tight muscles and release muscle tension using Voya Seaweed Oil.

40mins - €85 / 55 mins €100

## Indian Head

Wonderfully relaxing treatment which gives instant relief from tension and stress and provides a number of health benefits.

40mins - €85

## Reflexology

Reflexology involves specific reflex pressure point massage on areas of the foot to stimulate and relieve areas of congestion.

40mins - €85



# MASSAGES

## Swedish Massage

A classic Swedish Massage using light/medium/firm pressure, relieving muscular tension and stress.

40mins - €80 / 55mins - €90

## Stress Buster

Ease away everyday tension with focus on three typical stress areas: head, back and feet.

55mins - €90

## The Real Aromatherapy Experience

Ease away the day's stresses and strains and bring body and mind back into balance using a blend of effective essential oils for pure relaxation.

70mins - €110

## Hot Stone Massage

Heated Irish Basalt stones coated in aromatic oils are used directly to massage the whole body gently, to help induce a deep state of Relaxation.

40mins - €85 / 70mins - €110

## SIGNATURE TREATMENTS

### sansanaSPA's Complete Voya Experience

Indulge yourself in a complete oasis of tranquility, starting with a back massage to relax your muscles followed by a warm foot cleanse & seaweed foot wrap to reduce swelling and tired feet. You will then be treated to a Voya facial which will include a relaxing foot massage while seaweed eye masks are placed over the eyes to refresh and rejuvenate.

85mins -€139

### Shirodhara

Indulge yourself with our signature treatment which relaxes the mind, body and spirit. Commencing with our rose foot soak and Indian 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.

85mins -€139

## VOYA BODY RITUALS

### Luxurious Scrub Experience

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

All scrubs are followed by a back and head massage, including full body moisturising.

55mins -€85

## PREGNANCY TREATMENTS

### Pregnancy Massage

A massage to help mums to be to reduce stress, decrease swelling in the arms and legs, and relieve aches and pains in muscles and joints.

55mins -€90



## HANDS AND FEET

Deluxe Manicure	55mins	€60
Deluxe Pedicure	55mins	€70
Shellac Manicure	55mins	€65
Shellac Pedicure	55mins	€75

## PACKAGES

### Half Day Package

Back massage, mini facial and deluxe manicure or deluxe pedicure.  
Approx. 2 hours - €149

### Top to Toe Package

Full Body Swedish massage followed by Voya/Dermalogica customised facial.  
Approx. 2 hours - €149

### Luxury Combo

Choose any two treatments:

Back massage/ Mini facial/ Foot massage/ Head massage  
Approx. 1 hour - €100

### Mum To Be Package

Pregnancy massage, deluxe pedicure and dry floatation.  
Approx. 2.5 hours - €150



## Couples Package

Enjoy the mud chamber followed by an individual 25 minute back massage.

Approx. 1.5 hours - €150

## Self Guided Treatments

### Dry Flotation

During dry flotation therapy you lie floating in the soft embrace of a dry membrane that lets all your troubles float away with a feeling of weightlessness while keeping you totally dry. Gentle vibrations massage your body releasing muscle tension and taking you away to a transcendent state. 30 minutes in our dry flotation chamber is the equivalent of 3 hours sleep!

30mins - €50

### 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