

FACIALS

Hydra Blue Moisturising Facial

(Dry and dehydrated skins)

This treatment perfectly balances effective moisturising and intense relaxation. It combines signature products with ultra-sensory textures and a relaxing massage to moisturize and comfort the skin.

1hr €80

Comforting Soothing Facial

(Sensitive/red/blotchy skins)

A veil of softness for sensitive skin. This facial immediately fight redness and rosacea, providing an even and smooth complexion without drying or over stimulating your skin. **1hr €80**

Marine Breeze Purifying Facial

(Oily and congested skins)

A breath of oxygen to detoxify and purify problematic skin, reduce shine & blemishes. Leaving the skin feeling bright, radiant and luminous.

1hr €80

Extended Youth Facial

(Mature skins)

This unique treatment will smooth lines and wrinkles, firm and lift the contours of the face. **1hr €80**

Express Discovery Facial

(All skin types)

Give your skin a quick boost with this express facial tailored to your skin type. Products will be chosen to cleanse, tone, exfoliate and moisturise your skin, leaving you with a healthy glow. **30mins €50**

FACIAL UPGRADES

Only available in combination with a facial for an ultra relaxing experience

Radiant Eye Contour

Treatment for tired eyes, shadows, puffiness, lines and wrinkles. The eye contour will feel awake and brighter, with lines and wrinkles less visible.

25mins €30

Relax Back Treatment

A specific pressure point massage, followed by an application of self-heating mud which gently heats and bubbles, massaging nerve endings, relaxing muscles, detoxifying and remineralising the body.

Complete bliss and relaxation. **20mins €25**

BODY TREATMENTS

A Phytoneer detox or contouring wrap contain a blend of active ingredients. Each start with body brushing to boost circulation, followed by an application of specially selected body masques before a thermal cocoon wrap ensures maximum absorption of the active ingredients. After a refreshing shower your therapist will apply serums and treatment creams suited to your specific needs.

CHOOSE FROM

Detoxifying Body Wrap

A luxurious seaweed wrap to deep cleanse, detoxify and eliminate toxins. Leaving you beautifully relaxed and rehydrated.

1hr €80

Contouring Body Wrap

A unique seaweed wrap that stimulates the metabolism, reduce fluid retention and encourages the breakdown of excess fat. Followed by lymphatic drainage massage to help the body eliminate toxins and tone the skin. Specifically for weight loss, this treatment combined with diet and exercise, will give your programme a definite boost.

1hr €80

(Course of 6 Treatments €340)

Ocean Glow Body Exfoliation

Exfoliation with salt crystals combined with a moisturising massage for an express beautifying treatment that leaves the skin soft, smoothed and moisturised.

40mins €55

INDIVIDUALLY TAILORED
GIFT VOUCHERS
AVAILABLE

MASSAGE THERAPY

Tension Melt

Back, neck and shoulder targeted massage, melts away stress, tension and anxiety, leaving you feeling rejuvenated.

30 mins €50

Deep Tissue Massage

This massage helps loosen muscle tissues, releases toxins from muscles and improves your circulation. It will ease muscle tension and improves flexibility.

1hr €80

Relaxing Body

Experience this full body massage which will leave you feeling relaxed and rejuvenated.

1hr mins €75

Indian Head Massage Therapy

Releasing stress, aches and pains, the Indian Head massage is a wonderfully relaxing therapy, concentrating on the upper back, arms, face & scalp. This gives instant relief from tension & stress while promoting well being.

55mins €65

HARMONY ESCAPE PACKAGES

The Detox

Eliminate those toxins and feel wonderful invigorated. Immerse in a Phytoneer detoxifying body wrap, followed by a lymphatic deep tissue massage and a deep cleansing facial.

2hrs 30mins €150

Top to Toe Indulgence

Achieve a toning and smoothing ocean glow. Full body exfoliation, with a 1hr facial of your choice and an O.P.I pedicure.

2hrs 30 mins €150

Mellow Mama "Skin Smoothie"

A tailored pampering package of your choice.... A real treat for Mums to be....

1hr 15 mins €100

**Expectant Mums must be over 14 weeks in order to avail of treatments **

EYE CARE

Eyebrow wax / shape **€8**

Eyebrow **€6**

Eyelash tint **€12**

Lash & Brow Tint **€15**

Brow & Lash Tint and Shape **€25**

*48hr patch test required for all first time waxing and tinting

WAXING

Full Leg **€30**

Full Leg & Bikini **€40**

Half Leg **€20**

Bikini **€15**

Arms **€15**

Underarm **€12**

Lip **€7**

Chin **€7**

Lip & Chin **€10**

ADVANCED WAXING

Californian Bikini Wax (ultra tidy) **€25**

Brazilian Wax (landing strip) **€35**

Hollywood Wax (all gone) **€45**

NAIL THERAPY

Manicure 1hr **€40**

Manicure with french polish 1hr **€45**

Pedicure 1hr **€40**

Pedicure with French polish 1hr **€45**

File & Polish for toes or fingers 30 mins **€15**

2 week Gel Polish **€25**

TANNING

FAKE BAKE Spray Tan

A favourite with A-list celebrities, FAKE BAKE reacts with your own body chemistry; your tan will look very natural a golden glow, without the use of sunbeds or sun exposure.

Half body **€30**

Full body **€40**

Full body with exfoliation **€50**