



harmony
wellness suite



Facials

Hydra Blue Moisturising Facial
(dry and dehydrated skins)

Comforting Soothing Facial
(sensitive/red/blotchy skins)

Marine Breeze Purifying Facial
(oily and congested skins)

Pioneer Youth Revealing Facial (mature skins)

Discovery Facial 30 mins €50
This mini facial will include products chosen for your skin type to cleanse, tone, exfoliate and moisturise your skin.

Deluxe Facial 55 mins €80
This facial will include a deep cleanse, exfoliation and a luxurious massage of the face, neck and shoulders. While your treatment mask concludes the treatment, you will enjoy a hand and arm massage.

Radiant Eye Contour 25 mins €25
Treatment for tired eyes, shadows, puffiness, lines and wrinkles. The eye contour will feel awake, brighter, with lines and wrinkles less visible.

Relaxing Back Treatment 15 mins €20
This treatment can be added to any facial for an ultra relaxing experience.
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 relaxation.

Body Treatments

Ocean Glow Body Exfoliation 40 mins €55
Includes dry body brushing, full salt crystal exfoliation leaving the skin feel infinitely soft, smoothed and moisturized.

Sea Essential Detoxifying Body Wrap 55 mins €80
Powerful deep cleansing and contouring serums, stimulate the bodys metabolism & encourages the natural breakdown of excess fat, leaving you feeling perfectly contoured.

Sea Essential Contouring Body Wrap 55 mins €80
Course of 6 treatments €340
Lie back and enjoy the refreshing aroma and soothing texture of this iodine free gel that envelopes the body using the best of the sea. Perfect complement to any weight loss programme.

Oligomer Spa Replenishing Holistic Treatment 90 mins €100
(includes Full Body Exfoliation, followed by an Oligomer Spa Massage that releases tension, creating a feeling of complete relaxation)

Massage

Tension Melt 30 mins €50

Deep Tissue 30 mins €45
55 mins €80

Relaxing Body 55 mins €75

Indian Head Massage 55 mins €65

Hot Stone Massage Therapy 40 mins €55
75 mins €95

Harmony Foot and Leg Massage for tired feet 30 mins €45

Day Packages

The Detox* 2 hours €150
Includes Sea Essential Detoxifying Wrap, followed by deep tissue massage and a deep cleansing facial.

Top to Toe Indulgence* 2½ hours €150
Toning and Smoothing ocean glow body scrub, with a 60 minute facial of your choice and an O.P.I. Pedicure.

Mellow Mama "Skin Smoothie" 75 mins €100
A tailored pampering package treat for Moms to be...

Enhancements

Manicure 1 hour €40

French Polish 1 hour €45

Pedicure 1 hour €40

French Polish 1 hour €45

File and Polish For Twinkle toes or Fingertips 30 mins €15

2-week Gel Polish €25

Tanning, Fake Bake

Half Body €30

Full Body €40

Make-Up

Make-Up Application 30 mins €30

Advanced Waxing

Californian Bikini Wax (ultra tidy) €25

Brazilian Wax (landing strip) €35

Hollywood Wax (all gone) €45

Eyecare

Eyebrow wax / shape €8

Eyebrow Tint €6

Eyelash tint €12

Lash & Brow Tint €15

Brow & Lash Tint and Shape €25

*24-hour patch test required for first time clients

Waxing

Full Leg €30

Full Leg & Bikini €40

Half Leg €20

Bikini €15

Underarm €12

Lip €7

Chin €7

Lip & Chin €10

*24-hour patch test required for first time clients





harmony
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tailored

Gift Vouchers

available

The Harmony Wellness Suite

at the Manor West Hotel provide an exclusive range of treatments from Phytomer, the uncontested expert in marine-based cosmetology. Phytomer shares its passion for beauty, the ocean and well-being around the world as the leading marine based brand in the beauty industry.

Our highly trained therapists will tailor Phytomer's treatments to suit your individual needs, leaving you to surrender to blissful relaxation and pampering. Feel cocooned in an oasis of calm, designed to balance your inner harmony.

Prior to your treatment we hope you take advantage and avail of the harmony leisure centre, where you can swim in our 18 metre pool, surrender to underwater loungers, swan jets, jacuzzi, steam room, sauna and therapy pool.

Please note that we require a 24-hour cancellation notice on all treatments.



MANOR WEST HOTEL

Harmony Wellness Suite at the Manor West Hotel

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