

# THE SPA

PORTMARNOCK

## SPA PACKAGES

Packages are available Monday – Friday

Ultimate Face & Body Experience (180 minutes)	€320
Couples Day Out (90 minutes)	€330
Pampernoon Half Day Spa (120 minutes)	€200
Half-Day Haven (90 minutes)	€160
Detox Seaweed Wrap & Facial (90 minutes)	€150
Mother To Be (180 minutes)	€220

## ELEMIS BIOTEC

Firm & Lift Pro Glow Facial	€135
Line Eraser Pro Glow Facial	€135
Radiance Renew Pro Glow Facial	€135
Sensitive Skin Smoother Pro Glow Facial	€135
Skin Resurfacer Pro Glow Facial	€135
Elemis Biotec Facial course (5 treatments)	€500

## HOLISTIC TREATMENTS

Holistic Healing Therapy (90 minutes)	€170
Hopi Ear Candling (30 minutes)	€75
Indian Head Scalp Massage (30 minutes)	€125
Reflexology (60 minutes)	€125
Frangipani Foot Scrub and Mask followed by Reflexology (60 minutes)	€125
Intensely Cleansing Salt Scrub (30 minutes)	€75

## MASSAGE TREATMENTS

De-Stress Massage (60 minutes)	€125
Deep Tissue Massage (60 minutes)	€135
Lava Shell Relaxing Massage (60 minutes)	€125
Sports Therapy Massage (60 minutes)	€135
Swedish Massage (60 minutes)	€125
Pregnancy Massage (60 minutes)	€125

## ELEMIS FACIALS

Elemis Dynamic Resurfacing Facial (60 minutes)	€125
Elemis Pro-Collagen Facial (60 minutes)	€125
Elemis Superfood Pro-Radiance Facial (60 minutes)	€125
Elemis Visible Brilliance Facial (60 minutes)	€125

## EYES & BROWS

Eyebrow & Eyelash Tint (30 minutes)	€30
Eyebrow Tint (15 minutes)	€15
Eyebrow Wax (15 minutes)	€15
Eyebrow Wax & Tint (30 minutes)	€25
Eyebrow Wax & Tint with Eyelash Tint (35 minutes)	€40
Eyelash Tint (20 minutes)	€20

## VOYA TREATMENTS

VOYA Seaweed Baths (90 minutes)	€330
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## EXPRESS TREATMENTS

Elemis Dynamic Resurfacing Facial (30 minutes)	€75
Elemis Pro-Collagen Facial (30 minutes)	€75
Elemis Superfood Pro-Radiance Facial (30 minutes)	€75
Elemis Visible Brilliance Facial (30 minutes)	€75
Elemis Express Facial (30 minutes)	€75
Express Massage (30 minutes)	€75

## WAXING

Chin Wax (15 minutes)	€20
Lip & Chin Wax (20 minutes)	€20
Lip Wax (15 minutes)	€15

## SPA OPENING HOURS

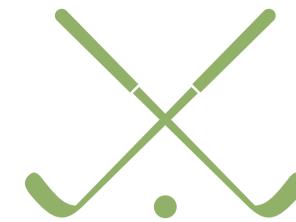
Monday & Tuesday 10:00am - 6:00pm | Wednesday - Friday 10:00am - 7:00pm | Saturday 9:00am - 6:00pm | Sunday 11:00am - 5:00pm

We will accommodate any customers requests outside these hours once given advanced notice. All subject to availability.

A 100% charge will be incurred for treatments not cancelled within 24 hours of your scheduled treatment time. Late arrival will shorten your treatment time.



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## GOLFER'S SPA PRICE LIST

### MASSAGE TREATMENTS

#### DEEP TISSUE MASSAGE €135

Following an in-depth consultation, your therapist will select an aromatic oil according to your body's needs, including muscle pain, stress relief, relaxation, or balance. The intensely deep and powerful flow of the massage works deep into the tension using customised techniques including stretching and localised myo-facial release encouraging optimum circulation to help heal tired aching muscles. (60 minutes)

#### LAVA SHELL RELAXING MASSAGE €115

Self-heated porcelain shells bathed in Frangipani Monoi Body Oil are then worked deep into the muscles alongside the use of traditional manual movements, targeting areas of tension otherwise unreached without the use of the heat from the shells. Balancing the body's chakras opens up energy pathways, easing out tension and reducing aches and pains as well as leaving the skin intensely hydrated. (60 minutes)

#### SPORTS THERAPY MASSAGE €135

Powerful, deep, and specifically selected techniques are customised for each step throughout our pre-event, post-event, and maintenance massages. Completely bespoke to each individual client your therapist will use an in-depth consultation to create a treatment that will aid the body's potential to eliminate lactic acid and relief the body from tight ligaments and muscles, strengthening the body's optimum performance. (60 minutes)

#### SWEDISH MASSAGE €125

This treatment includes the use of long, medium and kneading strokes as well as fast movement tapping techniques to leave you feeling refreshed, uplifted and full of energy (Medium pressure). (60 minutes)

### HOOLISTIC TREATMENTS

#### DETOX SEAWEED WRAP AND FACIAL €150

Our Detox Seaweed Wrap treatment helps eliminate toxins and excess water that builds up within your body. Seaweed body wraps contain sea salt, seaweed, amino acids and vitamins that are essential to good skin care and skin maintenance. (90 minutes)

#### HOOLISTIC HEALING THERAPY €170

Combining the powerful health therapies of both massage and reflexology alongside the healing properties of our naturally powerful oils encourage the body to naturally heal itself and maintain a balanced state of health and well being. Your therapist will create a bespoke 60-minute massage tailored to your every need finished off with 30 minutes of reflexology using ancient techniques and practices to ensure the mind, body and soul reaches optimum equilibrium. (90 minutes)

#### HOPI EAR CANDLING €70

Practised for centuries, Hopi ear candling is a gentle and relaxing therapy that encourages natural healing and mental clarity. Infused with honey, natural essential oils and beeswax to help break down and extract impurities, wax and other debris from the ear. This treatment is perfect for those who suffer from excessive earwax, congestion, migraines, headaches, sinusitis, hay fever etc. (30 minutes)

#### INDIAN HEAD SCALP MASSAGE €125

Our warmed Frangipani Monoi Oil is applied with a deeply relaxing head, neck and shoulder massage designed to focus on specific pressure points and relieve built-up stresses and tensions. Particularly beneficial to those who suffer from tension headaches, migraines, and insomnia. (30 minutes)

#### REFLEXOLOGY €125

Your reflexologist will tailor this powerful health therapy by applying ancient techniques and practices with the use of natural oils to the reflexes in the feet and hands, encouraging the body to naturally heal itself and maintain a balanced state of health and well-being. This gentle and relaxing treatment eases stress, and anxiety boosts circulation, aids fatigue and treats other known ailments. (60 minutes)

### MEN'S ELEMIS BIOTEC FACIALS

#### FIRM AND LIFT PRO GLOW FACIAL €135

Elemis' signature deep cleansing skin wellness facial harnesses the goodness of Prebiotics and antioxidants to deliver a healthy-looking, lit-from-within glow. Skin looks visibly refreshed and rebalanced after just one treatment. (50 minutes)

#### LINE ERASER PRO GLOW FACIAL €135

Clinically proven intelligent skincare and our triple-level approach to skin hydration results in transformative results for younger-looking skin. Powered by our ULTRA-SMART technology, with a spotlight on deep-set wrinkles for maximum, multi-faceted facial rejuvenation and skin hydration, the skin will be visibly smoother, resilient, and firmer. (75 minutes)

#### RADIANCE RENEW PRO GLOW FACIAL €135

Powerful resurfacing technology lifts away dead skin cells to smooth, renew and refine, whilst improving the appearance of skin tone and luminosity. Skin is prepped for an infusion of hydration that will double its moisture content, leaving it feeling plump and hydrated, whilst delivering an immediate and visibly tightened effect. (50 minutes)

#### SENSITIVE SKIN SMOOTHER PRO GLOW FACIAL €135

Experience our ultrasonic peel technology and brightening enzymes to deep clean and remove visible pollutants, make-up, and city grime for happy, healthy skin. Hydrating technology and antioxidant-rich Superfoods will plump and smooth with a supercharged air massage to breathe life into your skin. (50 minutes)

#### SKIN RESURFACER PRO GLOW FACIAL €135

Purify and brighten as skin's texture is transformed. With a spotlight on enlarged pores, blemishes, and blackheads, this unique facial powered by patented Tri-Enzyme technology minimises the look of uneven tone, texture, fine lines, and pigmentation. (50 minutes)

To book an appointment, please call  
The SPA on +353 (0) 1 866 6564 or  
email [thespa@portmarnock.com](mailto:thespa@portmarnock.com)

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