



THE  
**SPA**  
PORTMARNOCK



## GOLFER'S SPA PRICE LIST

### MASSAGE TREATMENTS

#### GOLF 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)

#### HIT THE BALL FURTHER 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)

### HOLISTIC TREATMENTS

#### CLUB HOUSE HEAD 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)

#### 19TH HOLE FOOT REFLEXOLOGY €90

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 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)

#### TEE TIME 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)

### MEN'S ELEMIS BIOTEC FACIALS

#### FIRM & 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)

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

### VOYA TREATMENTS

#### VOYA SEAWEED BATHS €330

Submerge your body into a bath of organic, hand-harvested Atlantic seaweed (fucus serratus) to remove unwanted toxins and alleviate aches and pains while listening to guided meditation.

Enjoy some guided meditation in the seaweed bath, receive a complimentary head massage while relaxing in the bath, a VOYA Seaweed Eye Treatment, a selection of homemade Seaweed delicacies, VOYA Tea or Prosecco and a take home seaweed package. **This treatment is for two people.** (90 minutes)

### 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.