

HOT POULTICE TREATMENTS

A poultice is a muslin cloth filled with 100% natural herbs, roots and flowers, which is steamed hot and massaged onto the body.

SAMUNPRAI, THAI HERBAL HEAT ENERGISER

Ease tensions while enjoying this unforgettable traditional hot Thai massage. A steamed herbal poultice soaked with essential oils of mandarin and peppermint brings a deep medicinal heat to your muscles to release every ounce of tension and re-energise your mind.

75mins €90

MOHOM, INDIGO ART OF HEALING

Experience the ancient healing art of Hmong Shamans, used to treat muscular aches and pains. A steamed indigo herbal poultice filled with pure remedial ingredients; eucalyptus, clove and black pepper essential oils is thoroughly pounded over your body. Surrender to a deep tissue massage using palms, thumbs and elbows to loosen muscles and stimulate blood circulation.

90mins €100

ANAMAI – IMMUNE BOOSTER

This is a unique healing massage using a combination of acupressure, gentle stretching, heat therapy and oil massage. Whilst relaxing and unwinding, warm herbal cushions filled with therapeutic botanical ingredients are placed on your back infusing healing powers into your system. This treatment will help to boost your immune system, reduce stress and improve posture giving you enhanced vitality.

90mins €100

HEATED TREATMENTS

HOT STONE MASSAGE

Ease those knots away with a combination of deep heat from basalt stones, relaxing body oils and a flowing massage to heal and balance your body's needs.

75mins €100

30mins €60

BALNEOTHERAPY

This specialised bath with 252 powerful jets will massage your body from head to toe. The relaxing underwater massage jets increase circulation and strengthen muscle tone, while helping to eliminate toxins and reduce fluid retention. Aches and pains are eased making it a particularly suitable treatment for aching muscles or those with sports injuries. Choose one from the following:

- Seaweed (Detoxifying)
- Essential Oils (Relaxing)
- Cleopatra Milk Bath (Soothing)

15mins €30

CANCER CARE TREATMENT

Our specialised cancer care treatment is individually tailored for every cancer care client. Our qualified staff have been trained to provide comfort and relief from the symptoms of chemotherapy, radium and related medications. Each one hour treatment may encompass a combination of light touch massage with facial, hand and foot treatments helping to alleviate symptoms, making it invaluable to cancer care patients. Consult with Spa for more information

60mins €50

