

# FOR HIM

## FACE

### MANAO, HEAD AND FACIAL TREATMENT

Enjoy a deep exfoliation to remove impurities and help lift ingrown hairs, followed by a quenching facial mask to re-hydrate the epidermis. This advanced treatment incorporates a vital energy point massage through the application of a cranial herbal poultice over the back, neck, shoulders and head, which ease away stress and tensions.

60mins

€80

### AKARSHAN FACIAL TREATMENT

A targeted treatment for the unique needs of men's skin using the healing power of neem. It keeps skin fit with enzyme exfoliation; soothes and heals shaving rash with neem and avocado based moisturisers; leaves skin cleansed, soothed and fresh.

60mins

€70

## BODY

### SUNDĀRI INDIAN HEAD MASSAGE

Stimulate the scalp and hair growth, while expelling stress. Adapted from ancient Indian head massage, the treatment targets scalp, neck and décolletage with a blend of therapeutic oils.

30mins

€55

### NUAT NAMMAN, BODY OIL MASSAGE

Experience the healing effects of Asian aromatherapy in a relaxing and restorative full body massage that combines the sense of tropical aromas with the soothing value of acupressure massage.

**Relaxing:** lemongrass and orange essential oils that will allow you to embark on a journey of ultimate relaxation and wellness.

**Energising:** mandarin and peppermint essential oils that will ease away tensions and aching muscles to awaken your senses with a renewed vitality.

90mins

€100

### MOHOM, INDIGO ART OF HEALING MASSAGE

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

### BACK, NECK & SHOULDER MASSAGE

This massage is perfect for taking away daily aches and pains in your back, neck and shoulder area.

30mins

€55

We also recommend the following treatments for men:

- Spa Sula Swedish Massage
- Spa Sula Deep Tissue Massage
- Hot Stone Massage

