



HYDRAMEMORY FACIAL

55 MIN €75

24 hour deep hydrating, nourishing treatment for dull, dry skin on the face, neck and décolleté that results in renewed moisture and silkiness. Restores deep and lasting hydration, firmness, elasticity, tones and brings luminosity back into the skin. This treatment also returns hydro-balance to the epidermis.

SUBLIME SKIN ACTIVE FACIAL LIFT

60 MIN €90

The exclusive waterless bi-phasic mask with Vitamin PP and hexapeptide-8 helps to cosmetically oxygenate skin tissues and to give an instant firming effect. It smoothes, illuminates and uniformes the skin tone. It stimulates the epidermal cells renewal and will improve the appearance of soft and premature wrinkles. Ideal for every epidermal condition with wrinkles and visible loss of tone and volume.

SKIN REMEDY FACIAL

55 MIN €75

This facial is for sensitive and delicate skin in need of deep hydration. It calms and treats hypersensitive skin that is subject to high colouring and fragile capillaries. The skin retrieves its firmness, becomes nourished, tones and has a pleasant feeling of wellness.

TASTER

55 MIN €80

Renew and revive, choose one of the following tasters :

SPA SULA TASTER - Back, Neck & Shoulder Massage & Express Facial

RELAXATION TASTER - Back, Neck & Shoulder Massage & Indian Head Massage

LUXURY MANICURE

55 MIN €55

LUXURY PEDICURE

55 MIN €55

With this fabulous luxury manicure or pedicure you will be polished & buffed to perfection.

|Add Semilac to Luxury Manicure or Pedicure €10

|Shellac removal €10

WARM OIL ABHYANGA MASSAGE

55 MIN €85

A rhythmic and gentle whole - body massage, considered to be one of the most rejuvenating massage therapies available worldwide. This unique massage promotes sleep, reduces tiredness and strengthens the body. This massage helps to pacify vata (that nervous feeling) in our bodies and create a sense of “grounding”.

SWEDISH MASSAGE

55 MIN €75

This massage has a light to medium touch and is used to promote overall relaxation, stimulate circulation, reduce muscle tightness and enhance muscle tone.

YTSARA WARM BAMBOO ANMA

1HR 25 MIN €115

To sculpt figure. Anma is a traditional method of massage from Japan and is also where Bamboo ‘Take’ has its roots. This medium pressure full body treatment incorporates both hot poultice and warmed Bamboo to help fight cellulite, tone muscles, stimulate lymphatic system and detoxify the organs. Leaving you more energised and less stressed.

MOTHER TO BE YTSARA SAMSARA

55 MIN €75

A gentle side-lying massage to release tensions in the back and the legs. Organic virgin coconut oil nourishes dry and sensitive skin. This treatment is designed to answer all the developing needs of you and your baby, giving the nurturing treatment you both deserve. Eases aches and pains of your whole body. Recommended after first trimester only.

*FIRM PRESSURE

55 MINS €90

This firm pressure massage is designed to stimulate and invigorate your muscles using slow strokes and firm pressure on areas of the body suffering from chronic muscles tension or areas that simply ache.

*SPORTS RECOVERY MASSAGE

55MINS €90

A more intensive specialised massage intended for the active athlete, weekend warrior or individual wanting a more detailed bodywork on specific muscle groups. Emphasis is on relieving chronic patterns of tensions in the body, stimulating circulation, reducing lactic acid build-up, increasing flexibility and re-energizing the body.

*LYMPHATIC DRAINAGE MASSAGE

55MINS €65

This is a light flowing full body massage which encourages the lymphatic system to eliminate toxins from the body particularly helping conditions such as lymphodema, cellulite and chronic fatigue syndrome. This deeply relaxing massage is also recommended for insomnia, reducing stress and promoting vitality.

*REFLEXOLOGY

55 MINS €75

This ancient pressure point foot treatment concentrates on a map of the body's organs and systems. This technique helps the body's natural healing process.

*with selected therapists only

EXPRESS FACIAL

25 MIN €55

Prescriptive facial designed specifically for your skin type. Skin is deeply cleansed and nourished to brighten and enhance your skin feeling fresh and pampered.

LIGHTER LEGS

25 MIN €55

This pressure massage renews tired legs by improving circulation and reducing fluid retention.

INDIAN HEAD MASSAGE

25 MIN €55

This deeply relaxing therapy incorporates the upper back, shoulders and face. Using 100% warm natural virgin coconut oil to relieve tension, fatigue, insomnia. Headaches and sinusitis. Hair is left moisturised & conditioned.

IHF SPA SAFETY GUIDELINES

Please complete your health questionnaire form in your room and deliver to spa when you arrive for your treatment. A bathrobe can be delivered to your room, please ensure you are wearing it on your arrival for your treatment. View our spa policy at www.spasula.ie

SPA SULA

WESTPORT PLAZA HOTEL | CASTLECOURT HOTEL

DIAL "0" FROM YOUR ROOM TO RESERVE A TREATMENT