

CHOOSE YOUR TREATMENT

AROMATHERAPY MASSAGE _____ (55MIN) **€65**

Essential oils extracted from plants are used as a treatment in complementary medicine to relieve tension and cure certain minor ailments.

SWEDISH MASSAGE _____ (55MIN) **€70**

This soothing massage reduces tension and enhances circulation throughout the body. It is renowned for both its soft, long kneading strokes designed to relax the entire body improving circulation and flexibility.

HOT STONE MASSAGE _____ (25MIN) **€40** (55MIN) **€75**

The therapist places warm stones on acupressure points, to instantly release physical muscle tension and calm the nervous and joint pain.

DEEP TISSUE MASSAGE _____ (55MIN) **€75**

This massage is used to treat chronic muscle pain and muscular injuries, targeting specific muscles, as well as fascial, tendons and ligaments. A sustained slow pressure is applied, gradually working into deeper tissue. Joint mobilisation and stretches are also used.

ELEMIS PRO-DEFINITION LIFT & CONTOUR _____ (55MIN) **€89**

Powered by breakthrough technology, this facial helps restore the architecture of the face using the potent nutrients in plant actives found to help support the extra-cellular matrix. Creates a profoundly sculpted, youthful effect.

ELEMIS PRO-COLLAGEN AGE DEFY _____ (55MIN) **€89**

Tackle fine lines & wrinkles with the clinically proven age-defying benefits of marine-charged Padina Pavonica & red cora). This targeted massage encourages optimum cellular function for nourished, younger looking skin.

ELEMIS PRO-RADIANCE _____ (55MIN) **€89**

A nutritional boost rich in superfoods & essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven to leave skin plumper and radiant.



IKONIKA
SPAS