



THE SPA  
AT SLIEVE DONARD

Treatment Tariff

## SIGNATURE HOT STONE THERAPIES

<b>Holistic Back, Face and Scalp Massage with Hot Stones</b> 1 hour 50 mins .....	£140
<b>Chakra Balancing with Hot Stones</b> 1 hour 50 mins .....	£140

## AYURVEDIC INFLUENCE - HOT STONE MASSAGE & BODY WRAPS (DOSHA SPECIFIC)

<b>Pitta Pacifier</b> 1 hour 50 mins .....	£140
<b>Kapha Stimulator</b> 1 hour 50 mins .....	£140
<b>Vata Comforter</b> 1 hour 50 mins .....	£140

## FACIAL TREATMENTS

<b>ESPA Age Defyer</b> 1 hour 20 mins .....	£95
<b>Skin Brightener</b> 55 mins .....	£65
<b>Oil Controller</b> 55 mins .....	£65
<b>Soother</b> 55 mins .....	£65
<b>Re-Hydrator</b> 55 mins .....	£65
<b>De-Sensitiser</b> 55 mins .....	£65
<b>Firming Eye Lift</b> 25 mins .....	£35
<b>Firming Eye Lift plus any Facial</b> 1 hour 20mins .....	£95

## BODY TREATMENTS

<b>Pre/Post Natal Indulgent Treatment</b> 1 hour 20 mins.....	£95
<b>Stimulating Hip and Thigh Treatment</b> 55 mins.....	£65
<b>Detoxifying Massage</b> 55 mins.....	£65
<b>Body Toning Massage</b> 55 mins.....	£65
<b>Muscle Relaxing Massage</b> 55 mins.....	£65
<b>Stress Relieving Massage</b> 55 mins.....	£65
<b>Immune Boosting Massage</b> 55 mins.....	£65
<b>Jet-Lag Eliminating Massage</b> 55 mins.....	£65
<b>Aromatherapy Back, Neck and Head Massage</b> 40mins.....	£50
<b>Full Body Salt and Oil Scrub</b> 25mins.....	£35
<b>Full Body Salt and Oil Scrub plus any Body Massage</b> 1 hour 20mins.....	£95

## BODY ENVELOPMENTS

<b>Detoxifier</b> 55 mins.....	£65
<b>Body Toner</b> 55 mins.....	£65
<b>Skin Hydrator</b> 55 mins.....	£65
<b>Muscle Relaxer</b> 55 mins.....	£65
<b>Stress Reliever</b> 55 mins.....	£65
<b>Immune Booster</b> 55 mins.....	£65
<b>Energy Booster</b> 55 mins.....	£65
<b>Jet Lag Reviver</b> 55 mins.....	£65

## MOSTLY FOR MEN

<b>Golfers Recovery</b> 1 hour 50 mins.....	£140
<b>Celtic Recovery</b> 1 hour 20 mins.....	£95
<b>The Irish Man</b> 55 mins.....	£65
<b>Gentleman's Hand and Nail Treatment</b> 55 mins.....	£50

## HALF DAY SPA RITUALS

<b>Detoxifier</b> 2 hours 15 mins.....	£155
<b>Body Toner</b> 2 hours 15 mins.....	£155
<b>Muscle Relaxer</b> 2 hours 15 mins.....	£155
<b>Stress Reliever</b> 2 hours 15 mins.....	£155
<b>Immune Booster</b> 2 hours 15 mins.....	£155
<b>Energy Booster</b> 2 hours 15 mins.....	£155
<b>Jet-Lag Reviver</b> 2 hours 15 mins.....	£155

## FULL DAY SPA RITUALS

<b>Complete Luxury</b> 4 hours.....	£245
<b>Total Relaxation</b> 3 hours 15 mins.....	£200
<b>Ultimate Revival</b> 3 hours.....	£190
<b>Modern Man</b> 3 hours.....	£190

## ESPA HOLISTIC HAND AND FOOT TREATMENTS

<b>Holistic Hand and Arm Treatment with Hot Stones</b> 55 mins.....	£50
<b>Holistic Foot and Leg Treatment with Hot Stones</b> 1 hour 10 mins.....	£65

## MANICURE AND PEDICURE

<b>Luxury Manicure</b> 50 mins.....	£50
<b>Luxury Pedicure</b> 50 mins.....	£55

## FINISHING TOUCHES

### MAKE- UP

<b>Day or Evening Make-Up</b> 40 mins.....	£45
<b>Make-Up Lesson</b> 50 mins.....	£50
<b>Bridal Make-Up Including Trial</b> 40 mins x 2 sessions.....	£75

## WAXING

<b>Full Leg Wax</b> 40 mins.....	£40
<b>Half Leg Wax</b> 25 mins.....	£25
<b>Bikini Wax</b> 10 mins.....	£15
<b>Underarm Wax</b> 10 mins.....	£15
<b>Lip and Chin Wax</b> 10 mins.....	£15
<b>Eyebrow Shape</b> 10 mins.....	£15

## LASHES AND BROWS

24 hour patch test required. Choose from:

<b>Eyelash Tint</b> 20 mins.....	£20
<b>Eyebrow Tint</b> 10 mins.....	£15
<b>Eyelash/Eyebrow Tint</b> 25 mins.....	£25

## FACILITY CHARGE

Use of the state of the art Fitness Studio with Technogym equipment, inviting indoor Pool, Poolside Heat Experiences - Rock Sauna, Amethyst Steam Room, Lifestyle Shower, Rain Shower, Vitality Pool and Relaxation Loungers.

<b>Full Day</b> (Light lunch included in Juice Bar).....	£75
<b>Half Day</b> .....	£50



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