PREGNANCY TREATMENTS

RITUAL FOR MOTHER-TO-BE €100
Lighten Up Foot and Hand Treatment, followed by a relaxing Back, Neck & Shoulder Massage and finished with a Cleanse Your Mind Face, Neck and Head Ritual (60mins)

PREGNANCY MASSAGE €75
A complete soothing and calming body massage for mums to be (55mins)

BACK, NECK & SHOULDERS €60
A deeply relaxing massage focusing on the areas of most tension (45mins)

CLEANSE YOUR MIND €35
A hypnotic face, neck and shoulder massage to relax and unwind (30mins)

LIGHTEN UP FOOT & HAND TREATMENT €35
Relaxing foot soak with a gentle hand, foot and lower leg massage (25mins)

BEAUTY TREATMENTS

MAKE-UP
Make-up Application €25
Bridal Make-up €35

SPECIALISED TREATMENTS
Full Body Spray Tan €30
HD Brows €35
Threading from €10
Specialised Waxing from €40
Shellac Nails €30

PROFESSIONAL NAIL CARE TREATMENTS
Regenerating Spa Manicure (55mins) €50
Rejuvenating Spa Pedicure (55mins) €60
Callus Peel Pedicure (55mins) €60
Maintenance Manicure €30
Maintenance Pedicure €35
File and Polish Fingers or Toes €20

TINTING
Eye Lash Tint €15
(Requires a patch test 24hrs prior)
Eye Brow Tint €9
Eye Lash Tint, Eyebrow Tint, Eyebrow Wax €30

FINISHING TOUCHES
Full Leg Wax €25
Half Leg Wax €17
Half Leg & Bikini Wax €25
Bikini Line Wax €12
Underarm Wax €12
Lip Wax €9
Upper Lip Wax €9
Full Leg, Bikini, Underarm, Lip, Brow Wax €60

* Early and late appointments are available upon request.

Please be advised a cancellation fee of 100% will be included where a guest does not show for treatments or does not cancel at least 12 hours in advance.
Zen Signature Spa Treatments

Aromatherapy Ritual for Ladies €140
This unique ritual begins with an invigorating body exfoliation which leaves the skin radiant and glowing followed by a soothing aromatherapy massage with aromatic essential oils and a head massage to complete the treatment (2 hours).

Deep Tissue Massage
Targets deep seated tension with firm pressure and specific muscle releasing techniques (50mins)

Aromatouch Massage
The Aromatouch Technique is a simple yet powerful way to provide every individual with an essential oil experience (45mins)

Back, Neck & Shoulder Massage

Relaxing Back Massage (30mins) €40
With Hot Stone (50mins) €50
Deep Tissue Back Massage (50mins) €50

Body Exfoliation

Detoxifying body envelopment (80mins)
Energising lemon grass and apricot kernel body polish leave your skin feeling soft and radiant (25mins)

Sheer Bliss €80
An invigorating back exfoliation followed by a relaxing back, neck, face, head & shoulder massage, finishing with a hot stone foot massage (55mins)

Hydrating Cocoon €100
A moisture replenishing body wrap (80mins)

Detox Rejuvenator €100
Detoxifying body envelopment (80mins)

Face Treatments

Anti Ageing Facial €110
Rejuvenating for maturing skin (90mins)

Hydrating Facial €75
Nourishing for normal/dry skin (50mins)

Balance Facial €75
Deep cleansing and rebalancing for oil/combination skin (50mins)

Refresher Facial €45
A mini facial specifically for your skin type (30mins)

Combine any facial with a Relaxing Back Massage Add €30

Body Treatments

Swedish Body Massage €75
Therapeutic traditional European style massage, focusing on specific areas of concern (55mins)

Hot Stone Ritual €110/€70
A full or half body massage ritual utilising deeply warming and therapeutic basalt stones (80/40mins)

Lomi Lomi Massage €75
Hawaiian massage with flowing soothing rhythmic movements (50mins)

Holistic Massage €75
Full body massage for deep relaxation and stress relief (50mins)

Aromatherapy Massage €75
Gentle and soothing with the therapeutic benefits of pure essential oils (55mins)

Gentlemen’s Time Out €140
An invigorating body exfoliation, followed by a deeply relaxing therapeutic massage and finally a head massage to complete the treatment (2 hours)

Gentlemen’s Escape (50mins) €75

Therapeutic Body Massage (50mins) €75

Relaxing Back Massage (40mins) €40

Gentlemen’s Facial (50mins) €50

Reflexology

Foot Reflexology €60
A detoxifying and relaxing treatment which stimulates the whole system through massage of specific points on the feet (45mins)

Indian Head Massage €60
A head massage to focus on balancing the body's energy, eliminating tiredness, alleviate headaches, eye strain, stress and muscle tension (45mins)

Hopi Ear Candling €45
A gentle naturally cleansing treatment for the ear canal (30mins)

Dream Away Massage €60
A Relaxing Back Neck & Shoulder massage combined with a head Massage (45mins)

Melt Away Massage €60
A Relaxing Back Neck & Shoulder massage combined with a leg massage (45mins)

Suggestions for Men

Caribbean’s Facial (50mins) €75

Therapeutic Body Massage (50mins) €75

Relaxing Back Massage (40mins) €40

Gentlemen's Escape (50mins) €75

(1/2 massage - 1/2 facial)