



OSPREY  
SPA

DISCOVER YOU AGAIN

# OSPREY SPA

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Suitable after the first 12 weeks of pregnancy



We recommend these treatments for people healing from cancer

# DISCOVER YOU AGAIN AT OSPREY SPA

Set in an oasis of calm, our exquisite spa has a footprint of over 10,000 square feet and was designed by architect Hugh Wallace, best known from RTE's Home of the Year programme. Your visit promises an experience of complete relaxation and indulgence where we invite you to leave the outside world behind and focus on your own well-being. Stimulate your senses through beautiful aromas, soft music and luxurious treatments. Let the stresses and strains of modern living float away as our professional therapists pamper you with a truly restorative experience.

## Your Spa Journey

To make full use of your time in the spa, we request that you arrive at least 45 minutes in advance of your treatment time to complete your consultation form and to get changed into bathrobe and slippers. From here, you can make your way to the thermal suite or relaxation rooms. We ask that you return to the therapist meeting point at least 5 minutes before your treatment is due to commence. Post-treatment, you will be escorted to the relaxation rooms where you can enjoy complimentary fruit, flavoured waters and herbal tea.



# VOYA

VOYA comes from a 300 year old tradition based on the natural benefits derived from seaweed. Hundreds of seaweed baths were once dotted all over Ireland and seaweed bathing was traditionally known as "The Sailor's Cure". The word "VOYA" comes from the word "journey" as each VOYA organic treatment brings you on a journey through nature, tradition and history. VOYA offers a full range of facials, exfoliations, wraps, massage and rituals. These treatments once experienced never leave your memory. VOYA uses certified organic ingredients and is suitable for even the most sensitive of skins.



## OSPREY SPA SIGNATURE TREATMENTS

### Osprey Float Away

**55 minutes**

Friday – Sunday €95

Monday - Thursday €70

This luxurious treatment entails a full body brush exfoliation followed by an all over application of Warm Spiced Mud. We will then envelop you in the warmth and comfort of our dry floatation bed as you drift away in a sea of weightlessness.

### Osprey Revive & Harmonise

**120 minutes**

Friday – Sunday €145

Monday – Thursday €120

Let stresses, strains and tensions melt away with our Revive and Harmonise treatment. Starting with a peppermint foot soak, the treatment then involves a dry body brush and a signature body massage. Then enjoy a Voya express facial and hot oil scalp massage. Complete your treatment with a deep soak in our detoxifying seaweed bath. This wellbeing focused treatment evokes instant peacefulness and nurtures inner mindfulness, calmness and serenity.

### Osprey Body & Soul

**75 Minutes**

Friday - Sunday €170

Monday – Thursday €145

A top to toe treatment to revive every inch of the body. This treatment incorporates a lavender sugar glow body exfoliation, tailor made massage and Voya detoxifying seaweed bath.

## SCRUBS & WRAPS

### VOYA Sea Mineral Exfoliation

**55 minutes | €80**

The ultimate treat for tired and dull skin. This invigorating all-over body exfoliation refines skin texture and increases luster. Ground down seaweed combined with a melody of botanicals works to firm skin tone while removing dead skin cells helping to encourage cell regeneration and even skin tone. To finish, an all-over massage application of organic body cream is applied. Leave feeling awakened and re-energized with smooth silky polished skin.

#### **Choice of 4:**

- Organic lavender, seaweed & sugar scrub
- Organic peppermint, seaweed & sugar scrub
- Organic stimulating seaweed scrub
- Organic hydrating body scrub

### VOYA Organic Warm Spiced Mud Wrap

**70 minutes | €105**

Seaweed taken fresh from the ocean is combined with purifying elements of peat to produce a mud wrap rich in potent anti-oxidants, minerals and enhanced with organic ginger and cinnamon. For the results-driven client, this wrap has immediate and noticeable effects on the skin, including firming and toning. A serious detoxifier, metabolism stimulator and a natural anti-ageing boost.

### VOYA Ocean Essence Wrap

**70 minutes | €105**

An organic wrap treatment that stimulates blood and lymph flow, whilst detoxifying the skin and stimulating the renewal of damaged cells through a full body exfoliation with ground walnut shells, defining tone and increasing lustre. An excellent skin rejuvenator, combating cellulite and muscle fatigue with the smoothening and moisturising effects of two powerful seaweeds, finished with a relaxing scalp massage.

# BATHING RITUALS

## Detox Seaweed Bath

**30 minutes | €45**

Submerge your body into a bath of organic, hand-harvested Atlantic seaweed (Fucus Serratus) to remove unwanted toxins and alleviate aches and pains. This bathing ritual is the simplest and purest of all organic treatments using the natural power of organic seaweed to deeply moisturise the skin, increase circulation and promote healing. The renowned 'sailors cure'.

## Organic Warmed Spiced Mud Bath

**30 minutes | €45**

VOYA's Organic Warmed Spiced Mud Bath offers a potent detoxification, due to its trace elements, vitamins, lipids, polyphenols and humic acids from Irish peat. Infused with organic seaweed extracts, this treatment assists in reducing the appearance of cellulite and combats the signs of aging. This dark, deep relaxing bath can also soothe muscular aches and pains, relieve stress and fatigue and energize mind and soul.

## Organic Seaweed Aroma Bath Salts Therapy

**30 minutes | €45**

Seaweed taken fresh from the ocean is combined with purifying elements of peat to produce a mud wrap rich in potent anti-oxidants, minerals and enhanced with organic ginger and cinnamon. For the results-driven client, this wrap has immediate and noticeable effects on the skin, including firming and toning. A serious detoxifier, metabolism stimulator and a natural anti-ageing boost.

## Rasul Mud Treatment

**45 minutes | €50pp**

A traditional Arabian cleansing ritual that will leave you feeling calm and your skin nourished. The self-application of mineral enriched body mud detoxifies and rejuvenates. Warm steam envelops the room encouraging mineral absorption and relaxation. To finish a warm tropical rain shower will gently wash away the mud leaving your skin feeling cleansed and stimulated. The treatment is ideal for individuals or groups up to a maximum of 4 people.

# FACIALS

## VOYA Deluxe Facial Experience

90 minutes | €140

This indulgent seaweed facial begins with a back exfoliation and back massage. The crème de la crème of all facial treatments for all skin types, of benefit for mature, dry or dehydrated skins, alleviating fine lines and wrinkles. The double action masks aim to detox and nourish even the most troubled dry skin. Suitable for gents.

## VOYA Organic Anti-Ageing Restorative Facial

75 minutes | €120

Of benefit for maturing, dry or dehydrated skins using a combination of anti-oxidant algae complexes, pro-collagen extracts and restorative blend of organic ingredients to help fight the signs of ageing, reduce the appearance of fine lines and wrinkles.

## Voya Taster Experience

25 minutes | €50



Experience a taste of the Voya products. Our therapists will cleanse, tone and exfoliate your skin. They will then apply a mask to suit your needs, followed by a pressure point scalp massage.

## VOYA Marine Eye Treatment

Add On - 15 minutes | €25



The ultimate treat for refreshing and rejuvenating tired eyes. Using specific products rich in seaweed extract, green tea and vitamin c, this treatment combines relaxing and decongesting lymphatic massage movements to help reduce the appearance of fine lines and decongests the eye area.

## Self-Discovery Facial

55 minutes | €80

This incredible skin specific organic facial is deeply detoxifying, thoroughly revitalising and helps to even skin tone and increase clarity. This facial incorporates a relaxing facial massage that releases any build-up of toxins, to improve radiance and restore a glowing complexion. Allow us to tailor your facial specifically to your skin's unique needs. In the comfort of the treatment room, we will go through a comprehensive skin analysis and choose specific facial products to target your skin concerns. Using a combination of gentle exfoliators, serums and masks, this facial helps to transform your skin leaving it feeling purified, nourished and perfectly balanced.

**Choose from:** Purifying (Oily Skin)  
Ultra Calming (Sensitive Skin)  
Intensive Hydra Veil (Dry Skin)

# MASSAGE

## Hot Oil Back, Neck & Shoulder Massage with Taster VOYA Facial

**55 minutes | €80**

Warm oil is smothered over the back, neck & shoulders, followed by a mini VOYA tailored facial to brighten & refresh the skin.

## Voyager Massage Journey

**55 minutes | €90**

A complete top to toe relaxation journey, incorporating scalp massage, face massage, stretches and body massage that replicates the movement of the sea combining both gentle and stimulating movements. The ultimate luxury treatment to relieve aches and pains tailored to individual needs.

### Choose from:

Uplift – Angelicus Serratus

Relax – Mindful Moments

Muscle – Senergise

## Swedish Full Body Massage

**55 minutes | €80**

**70 minutes | €105**

## Swedish Back, Shoulder and Neck Massage

**25 minutes | €50**

Our Swedish Massage uses deep massaging techniques to ease and alleviate tension and stress.

## Deep Release Hot Stone Massage

**25 minutes | €50**

**70 minutes | €110**

Full body massage with Hot Stones to heat the body and reduce tension followed by a Swedish Massage using deep massaging techniques to ease and alleviate tension and stress.

## Seaweed Leaf Hot Stone Massage

**85 minutes | €120**

Our specially trained therapists will bring you to a new level of relaxation as warmed basalt river rocks are applied to release excess tension and help connect with the earth's energy. Aches and pains are replaced by warmth and tranquility. Our VOYA aroma will encompass the senses while the sensation of warmth combined with specific massage techniques will balance, soothe and invigorate your body and mind.

## HANDS AND FEET

### VOYA Organic Foot Retreat Ritual



**40 minutes | €70**

This treatment begins with a sea salt exfoliation from the knees to the feet. Followed by a deeply relaxing massage of the lower legs, a double action seaweed foot mask and fresh seaweed leaf wrap around the legs to reduce swelling and soften tired feet. This is an ideal treatment during pregnancy and for foot ailments of all kinds. As an extra treat, we include a relaxing scalp massage.

### VOYA Organic Hand Retreat Ritual



**40 minutes | €70**

This treatment is about nourishing, reconditioning and refining your hands and arms. Enjoy a VOYA Time to Shine exfoliation from the hand to elbow, followed by a deeply relaxing massage. Your hands are then wrapped in warmed Atlantic seaweed.

## DRY FLOATATION

### Dry Floatation Experience



**30 minutes | €45**

As the name suggests, you are floating on water but you stay dry. As you lie on the floatation bed, your body becomes suspended in warm water which soothes muscles, elongates the spine and relaxes the mind. A deeply relaxing and sleep inducing treatment; thirty minutes equals 3 hours of deep sleep for the body.



# BEAUTIFUL BEGINNINGS

For safety and wellbeing reasons, we cannot offer treatments to those within the first 12 weeks of pregnancy.

## Organic Precious Moments



55 minutes | €90

VOYA's Organic Precious Moments treatment is tailored specially to Mum and her growing bump. The growing bump is enveloped in a specialised mask helping to support connective tissue and prevent stretch marks. Your feet will be wrapped in Laminaria Digitata Seaweed leaves to help boost circulation, improve lymphatic drainage and reduce fluid retention. The hydrating organic mask works its magic while Mum enjoys a beautifully relaxing face, hand and arm massage. This is the perfect rejuvenating treatment to support the wonderful journey to motherhood.

## Organic Prenatal Voyager



90 minutes | €150

This organic wellbeing ritual promotes relaxation and a sense of tranquillity while deeply hydrating and nourishing your skin. A full body exfoliation will gently buff the skin, leaving you feeling radiant and renewed. Nourishing Mama Oil is used to gently ease stress and tension with a top to toe body, face and scalp massage. Melt away the aches and pains associated with pregnancy and feel comfortably cocooned, supported and restored.

## Organic Mum's The Word



120 minutes

Friday – Sunday €145

Monday - Thursday €120

**Choose any two treatments from the list below:**

Gentle Full Body Maternity Massage  
Full Manicure  
Pampering Pedicure  
VOYA tailored Facial  
Deluxe Leg Relief.

## HOLISTIC TREATMENTS

### Indian Head Massage

**40 minutes | €70**

Indian head massage is an ancient art based on a traditional system of medicine called Ayurveda. This has been practiced in India for over three thousand years. This sublimely relaxing head massage uses VOYA organic seaweed oil to relax taut, uncomfortable muscles, ease stiffness, stimulate blood circulation and drain away accumulated toxins which can in turn help to eliminate headaches and eye strain. You will finish the treatment feeling calmed, revitalized and with uplifted spirits.

### Reflexology

**55 minutes | €80**

This massage is based on the ancient belief that each organ of the body corresponds to a reflex point in the foot. Using gentle thumb and finger pressure point massage of the foot your therapist can release blockages and re-establish the body's energy flow. This then enables the body to heal itself. Suitable for expectant or nursing mothers.

## FOR GENTS

### VOYA Intense Gents Energy Facial

**55 minutes | €80**

Enjoy a refreshing warm towel compress facial to energise and revive tired skin before a rejuvenating face mask is applied to boost skin's natural defences. Our organic moisturiser locks in all the goodness, leaving you fresh faced and invigorated.

### VOYA Gents Back Treatment

**40 minutes | €70**

Specifically designed to bring purity and balance to the skin on the back, this will focus on cleansing, skin exfoliation, back massage and masque therapy. Ideal if you are having challenges with your back.

### Voya Muscle Recovery Massage

**60 minutes | €90**

Recharge your body with this powerful massage designed to alleviate deep seated tension and muscular stress.

## DAY PACKAGES

### Half Day Heaven | €140

This fabulous package includes an organic hydrating body exfoliation and a hot oil scalp massage, followed by a rasul mud treatment. Enjoy complimentary use of the thermal suite and relaxation rooms. To finish, enjoy afternoon tea in Herald & Devoy restaurant.

### Mindful Mornings | €120

The perfect way to spend your morning, especially if you've just dropped the little ones to school! Melt away in our therapist's hands with a luxurious back, neck and shoulder massage using warmed Senergise oil from the Voya range. Followed by a Voya Taster Facial and an Indian head massage to complete your ultimate relaxation package. Enjoy full use of the thermal suite and relaxation rooms. Meander over to the Osprey lobby for tea/coffee and freshly baked scones to complete your mindful morning experience.

### Seaweed Sereni-tea | €90

Our Seaweed Sereni-tea package includes a luxurious seaweed bath experience where your body will be submerged into warm water with organic, hand harvested seaweed to deeply moisturise the skin, improve circulation and promote healing. Enjoy some time in the thermal suite and relaxation rooms followed by afternoon tea in Herald & Devoy restaurant.

### Twilight Treats | €65

This twilight package includes a choice of any 25 minute treatment and complimentary use of the thermal suite and relaxation rooms. Complete your evening with a 2 course meal in Herald & Devoy restaurant.

#### Choose from:

- Swedish back, shoulder and neck massage
- Deep release hot stone massage
- Voya taster facial
- Dry floatation experience

### Walk In, Float Out | €70

Enjoy a wonderful dry floatation experience where you are floating on water but you stay dry. As you lie on the floatation bed, your body becomes suspended in warm water which soothes muscles, elongates the spine and relaxes the mind. A deeply relaxing and sleep inducing treatment; 30 minutes equals 3 hours of deep sleep for the body. Complimentary use of the thermal suite and relaxation rooms. Followed by afternoon tea in Herald & Devoy restaurant.

### Pamper Me & Afternoon Tea | €65



Bespoke mini facial and hot oil scalp massage followed by afternoon tea in Herald & Devoy restaurant. The perfect way to spend some time with friends.

## TREATS FOR TWO

Why not relax and unwind in our luxurious double treatment room with a friend or loved one for that special shared spa experience.

### Together Special

**90 minutes** | €125pp

Begin your day by relaxing in the warmth of our Thermal Suite. The real pampering then commences with a Full Body Massage followed by a detoxifying facial designed to lift, firm and tighten tired skin around the face, neck and décolleté. Enjoy this treatment side by side with your partner.

### Perfect Partners | 105 minutes

Friday – Sunday €160pp

Monday – Thursday €125pp

Enjoy a truly healing seaweed bath, side by side with a friend or partner in our beautiful couple's suite. Submerge your body into warm water with organic, hand harvested seaweed to deeply moisturise the skin, improve circulation and promote healing. Side by side with your partner in our couple's seaweed bath suite. Enjoy some time in the thermal suite and relaxation rooms followed by lunch in Osprey bar.









# SPA ETIQUETTE

**Osprey Spa is a retreat for your body, mind and spirit.**

**For the consideration of other clients, we request that noise is kept to a minimum.**

**We ask that you respect other client's privacy by speaking softly.**

**Mobile phones and electronic equipment should be switched off and left in your locker.**

## Attire

Lockers are provided for your personal belongings and all spa guests will be given a robe and slippers. Please bring swimwear if you wish to use the wet area. Swimming hats are required in the pool. Please note if you are visiting the salon only, robes and slippers are not provided.

## Special considerations

Guests must be at least 16 years old for facial treatments and over the age 18 years old for massage and body treatments.

We cannot give treatments if you have been drinking alcohol.

Massage or stimulating treatments are not recommended during the first 12 weeks of pregnancy. If you suffer from any medical conditions, we advise that you consult your doctor before booking any treatments. You will be asked to complete a confidential questionnaire before your treatment commences. If you have any concerns whatsoever, please let us know.

## Punctuality

To make sure all appointments run smoothly and to reap the benefit of your experience, we ask you to please arrive 45 minutes prior to your scheduled treatment. A late arrival will result in a shortened treatment time at the original price.

## Personal Property

The management and staff accept no responsibility for the loss of money or valuables of any kind. We recommend that guests do not wear jewellery when attending the spa.

## Payment

We accept cash and all major credit cards. If you are a hotel resident, it may be possible to charge your treatments to your room.

## Cancellation Policy

We require a minimum of 72 hours' notice for all cancellations. Failure to cancel within the required time frame will result in a 100% cancellation fee.

# OSPREY HOTEL - THIS IS YOUR PLACE

Welcome to Osprey Hotel, a luxury 4-star urban retreat in the heart of Naas town Co. Kildare just 35 minutes from Dublin. With our pleasing personality we aim to exceed your expectations. We surprise and delight with quirky details, expansive rooms and flexible service and by being all that Osprey is. Come for a wedding, discover a spa. Come for a conference, find yourself in an inspirational space. Osprey Hotel, somewhere truly different.

## Guest Accommodation

Offering 108 spacious and luxurious guest rooms with custom furnishings and an ergonomic desk. Our blissful bathrooms have a deep soaking tub and free standing rain shower.

## Osprey Leisure Club

Escape from the pace of everyday living at Osprey Leisure Club. Take a dip in our 20 metre deck level pool, retreat to the sauna or steam room, or work out in our fully equipped gym with the latest cardio and resistance equipment.

## Herald & Devoy Restaurant

Our gorgeous restaurant Herald & Devoy opened in 2017 and was designed by celebrity architect Hugh Wallace. Our Executive Head Chef's twist of imaginative genius is inspired using the freshest and best of ingredients. With menus tailored to suit all palettes and dietary requirements, all our sauces and soups are gluten-free. Our meat is sourced locally and of the highest quality.

## Osprey Bar

Enjoy a drink in Osprey Bar, from a perfectly chilled pint to an elaborate cocktail. Carvery lunch is available each day followed by an extensive bar menu with all the favourites from a Thai green curry to a hearty club sandwich. We have live music on Friday and Saturday nights. On warmer days, guests can relax in our outdoor courtyard.

## Events at Osprey Hotel

Whether you're planning your dream wedding or booking a boardroom for your next company meeting, we have the event space for you. With capacity for up to 350 in our stunning ballroom, our professional team are on hand to ensure your event is a complete success.

# OSPREY SPA

## Gift Card - Share the tranquillity

An Osprey Spa Gift Card is the perfect way to spoil that someone special. You can choose a monetary value or select a specific treatment on their behalf. Available from reception and at [www.ospreyspa.ie](http://www.ospreyspa.ie)

## Shop

Why not take a little piece of heaven home with you or buy a gift for a loved one. Choose from an extensive range of Voya products, complemented by official Osprey Spa merchandise including luxurious bathrobes, blankets and candles.

# DISCOVER YOU AGAIN

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