



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 the Osprey Spa

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 45 minutes in advance of your treatment time to complete your consultation form and to get changed into a bathrobe and slippers. (If you do not wish to use the Thermal Suite please arrive 15 minutes prior to your treatment time.) Pre-treatment you can avail of the thermal suite, pool or relaxation rooms. Post-treatment, you will be brought to the relaxation rooms where you can enjoy light refreshments.

Signature Treatments

Osprey Revive & Harmonise

110 minutes | Friday - Sunday €165 | Monday - Thursday €145

Let stresses, strains, and tensions melt away with this Revive and Harmonise package.

The treatment involves a dry body brush and a signature body massage. Then enjoy a Voya-tailored facial and hot oil scalp massage. This well-being-focused treatment brings peacefulness and nurtures inner mindfulness, calmness, and serenity. Includes a warm spiced mud bath or upgrade for an extra €10 to a seaweed bath.

Wellness Escape

95 minutes | Friday - Sunday €155 | Monday - Thursday €135

Luxurious hot oil back, neck, and shoulder massage, detoxifying leg lymph drainage massage, followed by a Voya or dermalogica taster facial, scalp massage, and marine eye treatment. Includes dry floatation experience or Zenesse massage.

Voyager Massage Journey

80 minutes | €145

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. This treatment also includes a dry body brush exfoliation to help rejuvenate and invigorate the skin.

Sea Mineral Exfoliation

50 minutes | €95

The ultimate treat for tired and dull skin. This invigorating all-over body exfoliation refines skin texture and increases lustre. 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 reenergized with smooth silky polished skin.

VOYA Organic Foot Retreat Ritual

35 minutes | €75



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 face and scalp massage.





Massage

Deep Release Hot Stone Massage

50 mins | €110

A rhythmic massage sequence that incorporates Swedish massage movements with hot basalt stones to ease and alleviate tension and stress. Hot stone massage soothes the senses, relieves muscle tension, improves the function of internal organs, reduces stress, and boosts immunity, stimulates circulation. This type of massage gives complete relaxation and allows you to achieve inner balance and muscle relaxation.

Swedish Full Body Massage

50 mins | €95

This massage is the perfect remedy for specific problem areas, awakening the mind and unwinding achy muscles. Begin with a massage of your back and neck, followed by your legs, arms, hands, and feet to help reduce stress, enhance detoxification, and improve blood flow. A Swedish massage can be exactly what you need if you struggle with stress, need help relaxing, or want to ease away tensions, additionally, it can aid in your recovery from muscle strain and provide you with enhanced flexibility.

Swedish Back, Neck and Shoulder Massage

35 mins | €70

Concentrated on the back, neck, and shoulders, releasing the tension, and helping to soothe tight sore muscles. During this massage light pressure is used on the muscles to improve the oxygen flow in the blood and release toxins from tense areas.

Indian Head Massage

25 mins | €60

Indian head massage is an ancient art based on a traditional system of medicine. This sublimely relaxing head massage uncomfortable muscles, ease stiffness, stimulate blood circulation, and drain away accumulated toxins which can help eliminate headaches and eye strain.

Facials

VOYA Deluxe Facial Experience

80 minutes | €155

This relaxing treatment begins with a back scrub and back massage. After the exfoliation and facial massage, a warm seaweed mask is applied to the face, organic seaweed leaves are applied over the face mask followed by a hand and arm massage, and a soothing scalp massage. The dual-action masks are designed to detoxify and nourish even the most problematic dry skin.

This is the true crème de la crème treatment dedicated to all skin types, with benefits for mature, dry, or dehydrated skin, smoothing fine lines, and wrinkles. Also suitable for men.

Voya Organic Anti-aging Facial

70 minutes | €130

This facial treatment helps fight the signs of visible aging by reducing fine lines and wrinkles and hydrating delicate skin. Includes a relaxing hand and arm massage. A combination of antioxidant algae complexes, procollagen extracts, and a regenerating blend of organic ingredients provides benefits for mature, dry, or dehydrated skin.

Self-Discovery Facial



50 minutes | €95

Organic, deeply detoxifying, thoroughly revitalising facial, helps to even skin tone and increase clarity. This treatment 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. Using a combination of gentle exfoliators, serums, and masks, this facial helps to transform your skin leaving it feeling purified, nourished, and perfectly balanced.

Taster Facial (choose Voya or Dermalogica)



35 minutes | €70

Our bespoke facial incorporates a cleanse, tone, exfoliate, and moisturise. This ritual leaves the skin feeling nourished and pampered.

Add a luxurious 15-minute **VOYA Marine Eye Treatment** for €25

Dermalogica Osprey Spa Facial



50 minutes | €95

This facial is customised at every step by our therapists to target all of your skin needs. This is the ideal choice for those who want a comprehensive experience to address all skin concerns and achieve healthy glowing skin. It incorporates professional exfoliating to improve texture and tone, for deep treatment.



HydraFacial

Experience the rejuvenation your skin deserves with HydraFacial, A luxurious medical-grade facial treatment that will leave you feeling refreshed and radiant. The secret lies in the innovative HydraPeel Tip pen, designed to work its magic by cleansing, exfoliating, extracting impurities, and infusing nourishing serums into your pores.

Hydrafacial works wonders for all skin types, improving overall skin health and reducing fine lines and wrinkles as your skin's elasticity and firmness are revitalised. This treatment smooths out your skin texture and reduces hyperpigmentation, photodamage and enlarged pores. It's not just a facial, it's a journey to the best version of you.

Hydrafacial Treatment in **Simple Steps**:

HydraFacial Platinum

50 minutes | €160

Sculpt - lift and contour with lymphatic therapy

Cleanse - deep cleanse, and gentle peel

Extract -painless suction removes impurities

Rejuvenate - LED calms inflammation and soften wrinkles

Hydrate - saturate skin with intense moisturisers

Hydrafacial Deluxe

40 minutes | €140

Cleanse - deep cleanse, and gentle peel

Extract - painless suction removes impurities

Rejuvenate - LED calms inflammation and soften wrinkles

Hydrate - saturate skin with intense moisturisers

Hydra Facial Signature

30 minutes | €120.00

Cleanse - deep cleanse, and gentle peel

Extract - painless suction removes impurities wrinkles

Hydrate - saturate skin with intense moisturisers



Mum to Be

Organic Mum's The Word



75 minutes | €140

Indulge yourself with this relaxing full-body massage and facial. The therapist will tailor your treatment to your needs using our VOYA Mama Oil and VOYA skincare range. The Mama Oil is lightly scented with active ingredients to help prevent stretch marks, a beautiful experience for the expectant Mum.

Organic Precious Moments



50 minutes | €100

This 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 Seaweed leaves to help boost circulation, improve lymphatic drainage, and reduce fluid retention. The hydrating organic mask works it's magic while Mum enjoys a beautifully relaxing face, hand, and arm massage.

* For safety reasons, we cannot offer pregnancy treatments to those within the first 12 weeks of pregnancy. Firm pressure cannot be offered in pregnancy massages.

Pre-Natal Full Body Massage



50 minutes | €100

This full-body massage is modified through body positioning ensuring the safety and comfort of both mother and baby. The goal of a prenatal massage is to relieve discomfort and stress by using safe, gentle techniques that target typical problem areas, and improve circulation and overall well-being. Your therapist will focus on areas such as the lower back, neck, shoulders, arms, hands, and feet.



Non-Touch Spa Experiences

Zenese Massage Experience

20 minutes | €35

The Zenese Massage System offers an unforgettable massage experience. We provide you with earphones playing calming music, as well as a set of scintillating LED glasses that provide differing light settings during the show to ensure your mind relaxes. During the experience, the chair reclines to give you a sense of floating. It soothes, cradles, and massages you delicately, but can also give you a deeper massage to stretch and strengthen your muscles.

Detox Seaweed Bath

25 minutes | €55

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'.

** Not suitable for low blood pressure*

Organic Spiced Mud Bath

25 minutes | €45

Organic Spiced Mud Bath offers a potent detoxification, due to its trace elements, vitamins, lipids, polyphenols, and humic acids. This deep relaxing bath soothes muscular aches and pains, relieves stress, and energizes mind and soul.

Rasul Mud Treatment

20 minutes | €45 per person (2 person minimum)

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. mud leaving your skin feeling cleansed and stimulated.

Dry Floatation Experience



20 minutes | €40

The Dry Floatation system allows the body to enjoy the sensation of weightlessness and floating, as the water suspends the body allowing all the muscles of the body to relax and induce sleep. While you stay 20 minutes of dry floatation your body will get the feeling of deep sleep equal to 3 hours. It is the perfect way to switch off your mind and allow your troubles to float away.

Thermal Suite

90 minutes | €25

Includes Sauna, Stream Room, Salt Grotto, and Heated Relaxation Beds.



Treatments for Two

Together Special

75 minutes hands-on treatment | €295 for 2 people

Begin your spa experience 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.

Perfect Partners

75 minutes | €280 for 2 people

Enjoy a hot oil full body massage to help reduce tension and aching muscles followed by a truly healing seaweed bath, side by side with a friend or partner.

Time For Two

70 minutes | €260 for 2 people

Start your journey in our Thermal Suite where you can relax and unwind on our heated loungers side by side while enjoying the use of our Sauna/Steam room and salt grotto. You will begin your detoxifying Mud Rasul treatment together in the Steam Chamber while the mud works its magic on your skin. Your experience will finish with a tension-relieving full-body hot oil massage. Finish the perfect day in our dark relaxation room.

Osprey Spa Special

Trio of Treats

Three 25-minute treatments | €139

Choose one from each of the following groups:

Group 1: Hot Oil Back, Neck, and Shoulder Massage/ Indian Head Massage/ Foot Massage

Group 2: Voya or Dermalogica Taster Facial

Group 3: Dry Floatation Experience/ Zenese Massage Relaxation System/ Warm Spiced Mud Bath



Spa Etiquette

Punctuality

Arrival time at the spa is strictly 15 minutes before the treatment start times, late arrival will result in shorter treatment times. Use of our Thermal Suite is included with all spa treatments, 45 minutes prior to your treatments.

Age Restrictions

Guests must be over 18 years old for facial, massage and body treatments and use of our facilities.

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 being charged to your credit card.

Payment

We accept cash and all major credit cards. Credit card details must be given to secure bookings. 50% deposit required for bookings of more than 3 people.

Mobile Phones

The use of mobile phones are prohibited in the spa. We kindly request that mobile phones and electronic equipment should be switched off and left in your locker.

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

Special Conditions

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.

Opening Hours

Monday	10am-6pm
Tuesday	10am-6pm
Wednesday	10am-6pm
Thursday	10am-6pm
Friday	10am-6pm
Saturday	10am-7pm
Sunday	10am-6pm





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DISCOVER YOU AGAIN

