

## HYDROTHERAPY BATH

Our Hydrotherapy Bath jets induce relaxation with the union of heat buoyancy and massage creating a relaxing and healing experience.

Time: 40 min ..... €40

## ...INISHBOFIN VOYA FACIAL EXPERIENCE ...



### INISHBOFIN DELUXE FACIAL

The crème de la crème of facials. It will deeply renew, revive and soften dry or dehydrated skin. After a back brush and massage a mask of organic seaweed leaves is placed on your face, alleviating fine lines and wrinkles.

Time: 90 min ..... € 85

### VOYA ANTI AGEING RESTORATIVE FACIAL

This is of particular benefit to mature, dry or dehydrated skin types. A facial using VOYA's restorative blend of ingredients to fight the signs of ageing

Time: 75 min ..... €75

### VOYA OCEAN FRESH FACIAL & MARINE EYE EXPERIENCE

Suitable for all skin types, refreshing tired skin and signs of aging around the eyes, of particular benefit to facial puffiness and fine lines around the eyes

Time: 55 min ..... €60

### BRIGHT EYES

Designed to combat tired eyes, this Marine eye treatment uses a combination of lymphatic and pressure point massage on the face and scalp.

Time 45 min ..... €40

## VOYA FACIAL FOR MEN

Excellent to alleviate stressed or dehydrated skin. Includes a moisturising mask to hydrate plump tired skin.

Time: 30 min ..... €40

### SPA ETIQUETTE

- » We advise you to arrive 10-15 minutes prior to your treatment.
- » A complimentary robe and slippers will be provided by the Spa
- » When booking, please notify us if you are pregnant, have any allergies or health conditions.
- » To Book a treatment please contact reception.

### SPA OPENING HOURS:

Monday to Friday..... 11am - 7pm

Saturday & Sunday ..... 10am – 6 pm

### CANCELLATION POLICY

Cancellations must be made a minimum of 24 hours prior to your scheduled treatment time. In the event of a treatment not being cancelled, full charge for the treatment will be processed from your credit card.

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INISHBOFIN HOUSE HOTEL  
& MARINE SPA



# SPA BROCHURE



## VOYA SEAWEED OIL MASSAGE

Energise your body with the world's only organic Seaweed Oil renewing damaged skin, helping combat cellulite and aid lymphatic drainage

## ...BODY TREATMENTS...

### DEEP TISSUE MASSAGE

A deep tissue massage to disperse toxins Restoring balance

Time: 55 min ..... €65

### RELAXING MASSAGE

Excellent to improve circulation and boost the metabolism leaving your skin soft and nourished.

Time: 55 min ..... €60

### BACK, NECK & SHOULDER MASSAGE

Concentrating on problem areas of the back, neck and shoulder relieving muscle stress and fatigue.

Time: 30 min ..... €40

### REFLEXOLOGY

Using pressure techniques on points on the feet which correspond to organs and systems of the body restoring balance.

Time: 55min ..... €60

### NON CONTACT CHAIR MASSAGE

Sit back in our muscle melting massage chair while your feet enjoy a burst of freshness in a Voya warm foot bath.

Time: 30 min ..... €35

## ...REVITALISING & DETOXIFYING...

### LUXURY HYDRATING BODY SCRUB

An exfoliation with finely ground walnut shells, nourishing your skin with a blend of oils. Then a shower and relaxing massage with VOYA's 'softly does it'.

Time: 55 min ..... €60

### PURE ORGANIC PEPPERMINT AND SEAWEED SUGAR GLOW

A refreshing, cool-feeling, exfoliation. Awakening the skin using organic peppermint leaf. Then a shower and relaxing massage with VOYA's 'softly does it'.

Time: 55 min ..... €60

### SALT GLOW

This detoxifying salt-exfoliation removes dull skin while improving blood and lymph flow, leaving you velvety soft. Then a shower and relaxing massage with VOYA's 'softly does it'.

Time: 55 min ..... €60

**Please note all exfoliation treatments can be adjusted to a 30 min treatment when preceding other treatments**

Time: 30 min ..... €35

## ...PURELY ME TIME...

### ORGANIC WARM SPICED MUD WRAP

#### NEW ... PURIFYING

Organic Seaweed is combined with purifying elements of peat to produce a mud wrap rich in anti-oxidants, detoxifying the body.

Time: 75 min ..... €75

## ATLANTIC OCEAN ESSENCE WRAP .... DETOXIFY AND HYDRATES

Stimulating the blood and lymph flow, it assists cell renewal and boosts tone, combating cellulite and muscle fatigue.

Time: 75 min ..... €75

## FOOT RETREAT

Relax in our massage chair then enjoy a relaxing exfoliation and massage of the lower legs and feet followed by a seaweed leg mask to reduce swelling and freshen tired feet.

Time: 55 min ..... €60

## REVITALISING HAIR RITUAL

While an application of Voya hot oil to the hair and scalp works its magic, enjoy a relaxing upper back, hand, lower leg and foot massage finishing with a scalp massage.

Time: 55min ..... €60

## ...SEAWEED BATHS...

**Indigenous to Ireland, these have been practiced locally for Hundreds of years. This treatment is renowned for its healing properties.**

### LAZY DAYS SEAWEED BATH

Increases circulation and re-mineralises the body while combating cellulite and balances the metabolism. Assists healing of both problematic and dry skin.

Time: 40min ..... €40

### THE MARINE AROMATIC SALT THERAPY BATH

Infused with seaweed, mandarin, lemon, lime, patchouli, clove and basil to uplift the mind and body.

Time: 40min ..... €40