



SHEEN FALLS
LODGE

★★★★★

SPA TREATMENT MENU



FACIAL TREATMENTS

ELEMIS Pro-Collagen Age Defy Facial

60 minutes

€90.00

Tackle fine lines and wrinkles with the clinically proven* age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

**Independent Clinical Trials*

ELEMIS Super food Pro-Radiance Facial

60 minutes

€95.00

A nutritional boost rich in super foods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven* to leave skin plumper, radiant and lit up with good health.

**Independent Clinical Trials*

Sheen Signature Facial

60 minutes

€80.00

Choose from one of the following:

- Exotic Moisture Dew Facial
- Fruit Active Rejuvenating Facial
- Herbal Lavender Repair Facial

Customised to your skin type, this facial combines skin conditioning plant actives, a prescribed mask and unique eastern facial massage techniques. Your face is deeply cleansed to help renew radiance, nourish and balance skin.

ELEMIS High Performance Skin Energiser for Men

60 minutes

€85.00

This is the hard-working facial for ageing, stressed, dehydrated skin and tired eyes. Multi-dynamic facial massage sequences boost circulation, whilst targeted scalp and foot massage deeply relax.

Finally the uniquely nourishing Pro-Collagen Marine Cream for Men is worked to revitalize the skin.

MASSAGE & BODY TREATMENTS

ELEMIS Freestyle Deep Tissue Massage

60 minutes

€90.00

Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation.

ELEMIS Exotic Frangipani Wrap

60 minutes

€70.00

The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

Rejuvenating Massage

30 minutes

€50.00

60 minutes

€80.00

Involves deep massaging techniques to ease and alleviate tension and stress.

ELEMIS Aroma Spa Musclease Ocean Wrap

1 hour 15 minutes

€85.00

Muscle warming seaweed wrap. The power of aromatherapy combined with the riches of the ocean. This beautiful, aromatic heated seaweed body mask containing muscle warming blends of pine and rosemary essential oils, helps ease the pain of arthritis, fatigue and aching muscles. Whilst cocooned, let your thoughts drift away.

ELEMIS Cellutox Aroma Spa Ocean Wrap

1 hour 15 minutes

€85.00

Detoxify and kick-start your body. Let your thoughts drift away, whilst cocooned in a comforting wrap of rich marine algae and detoxifying juniper and lemon. Enjoy a facial massage and de-stress scalp treatment or soothing foot massage. Helps refine the appearance of cellulite and relieve the discomfort of fluid retention.

ELEMIS Intensely Cleansing Salt Scrub

30 minutes

€60.00

– Lime and Ginger or Frangipani

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

ELEMIS Peaceful Pregnancy Massage

60 minutes treatment / 15 minutes client care

€90.00

Mothers-to-be are restored to optimum wellness. An intuitive and relaxing massage hydrates skin that is expanding to accommodate a growing baby.

VOYA Warm Spiced Mud Wrap

70 minutes

€95.00

This wrap offers immediate and noticeable effects on the skin, including firming and toning the body, this is a serious detoxifier.

VOYA Total Massage Journey

80 minutes

€115.00

This top to toe relaxation journey incorporates scalp massage, exfoliation, stretches and massage that replicates the movement of the sea, combining both gentle and stimulating movements.

Hot Stone Massage

25 minutes

€55.00

55 minutes

€95.00

Stone therapy combines the use of water heated basalt lava stones, traditional massage, aromatherapy and oil treatment.

Indian Head Massage

40 minutes

€65.00

A holistic treatment that incorporates acupressure points and massages techniques. Relieve stress from the upper back, shoulders, neck, head and face.

HAND AND FOOT TREATMENTS

Reflexology

40 minutes

€70.00

Reflexology is one of the most powerful non-invasive health treatments you can experience. This ancient technique operates on the principle that reflexes in the feet or hands correspond to organs, nerves, muscles, and joints in the entire body. Your therapist will stimulate these areas and produce a direct response by applying compression and a form of massage to the appropriate area in the hand or foot.

ELEMIS Garden of England Rose Restore Hand Treatment

30 minutes

€40.00

This is the last word in conditioning, restorative, anti-ageing hand treatments. Targets age spots and dryness.

ELEMIS Best Foot Forward

30 minutes

€40.00

Take a load off with this foot-focused tension releaser. Lower legs and feet are thoroughly exfoliated, bathed and massaged. Feet are left nourished, soft and smooth.

Luxury Manicure

60 minutes

€50.00

Luxury Pedicure

60 minutes

€50.00

File and Varnish

30 minutes

€25.00

ADDITIONAL TREATMENTS

A patch/allergy test is required 24 hours prior to all tinting and waxing treatments

Full Leg Wax	€35.00
Half Leg Wax	€25.00
Bikini Line Wax	€20.00
Underarm Wax	€18.00
Lip/Chin Wax	€15.00
Eye Trio (wax, shape, tint)	€30.00
Eye Duo (any two of the above)	€25.00
Eyelash Tint	€15.00
Eyebrow Shape	€15.00

MAKE UP

Special Occasion Make Up €40.00

Wedding Make Up & Bridal Packages available on request

RESERVATIONS AND CANCELLATION POLICY

To book please ring extension 510 or call 064 6640003

Cancellation Policy: *Please be advised that a cancellation fee of 50% will be charged where the treatment is not cancelled at least 48 hours in advance. If there is a no show for a treatment a fee of 100% is charged. In the event of arriving late for an appointment, the treatment or activity time may be shortened but the full fee will be charged.*



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