

EASANNA
WELLNESS & SPA



EASANNA

Gaelic word for waterfalls.

Provides a light, serene and stylish environment for your top-to-toe journey of relaxation. Wash away the day with a sauna and steam room, indoor Jacuzzi or simply recline around the stylish indoor heated pool.

WELCOME

The enchanting surroundings and cascading waters of Sheen Falls create a stillness which can open the door to healing from within.

A visit to Easanna Wellness & Spa will enhance your experience, allowing you to indulge from a wide range of holistic treatments or beauty therapies, leaving you feeling refreshed, revitalised and completely pampered.

Please note that all of our treatments are suitable for both ladies and gents.

ELEMIS
VOYA





Organic luxury from the sea

All VOYA products contain extracts of wild seaweed which is sustainably hand harvested from the cleanest waters of the west coast of Ireland. Seaweed naturally cleanses and purifies the skin.

VOYA FACIAL TREATMENTS

Luminosity Facial **25 minutes | €60**

Suitable for all skin types. This is a great treatment for ladies 'on the go'. Revitalise your skin with this express 25-minute facial using our VOYA organic skin care range.

Self-Discovery Radiance Facial **55 minutes | €125**

This incredible skin specific organic facial will deeply detoxify, revitalise and help to even skin tone and increase clarity. This self-discovery facial will be customised to your skin needs.

Deluxe Facial Experience **1 hour 30 minutes | €150**

The ultimate Voya facial experience, this treatment allows guests to experience the best of both worlds. The treatment starts with a 20-minute back massage to induce relaxation and gently melt away muscular pain. This facial deeply hydrates the skin by a dual action facial mask utilising the exclusive re-mineralising mermaids purse face mask laminaria leaves. This facial leaves the skin rejuvenated and hydrated, the appearance of deep-set wrinkles is reduced, and skin texture is left hydrated and plumped.

(For pregnant ladies over 12 weeks this treatment is also suitable, however we would apply an additional fee of €10.00 to allow for the specialised nature of the massage).

ELEMIS FACIAL TREATMENTS

Superfood Facial 45 minutes | €115

A nutritional boost rich in super foods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. It leaves your skin plumper, with a radiant glow.

Pro-Collagen Age-Defying Facial 45 minutes | €115

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



SHEEN SIGNATURE FACIAL

25/45 minutes | €60/€110

Customised to your skin type, it combines skin conditioning plant actives, a prescribed mask and uniquely eastern style facial massage techniques. After this treatment your face will feel deeply cleansed, renewed, nourished, and balanced.

Choose from one of the following:

- Exotic Moisture Dew Facial
- Herbal Lavender Repair Facial
- Revitalising Peptide Builder Facial



Musclease Ocean Wrap 1 hour | €120

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, the therapist will perform a mini facial or foot massage.

Cellutox Wrap 1 hour | €120

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

ELEMIS BODY TREATMENTS

Intensely Cleansing Salt Scrub 45 minutes | €85

Indulge your body with this decadently intensive and super skin softening scrub. A sumptuous blend of fragranced salts suspended in nourishing oils leaves body feeling perfectly polished and gorgeously moisturised for the ultimate skin treat. Choose from one of the following:
Lime & Ginger/Frangipani

Personalised Deep Tissue Massage 45 minutes | €125

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



ELEMIS BODY TREATMENTS

Tropical Sheen Glow **1 hour | €120**

Your therapist will exfoliate your full body with a scrub of your choice, then apply the warm oil. The velvety texture of our blend offers super hydration, quenching a thirsty skin. While oils are being absorbed, your therapist performs a mini facial & scalp massage. Suitable for clients with sensitive skin.

Choose from one of the following:
Lime & Ginger/Frangipani



Hot Stone Massage **45 minutes | €130**

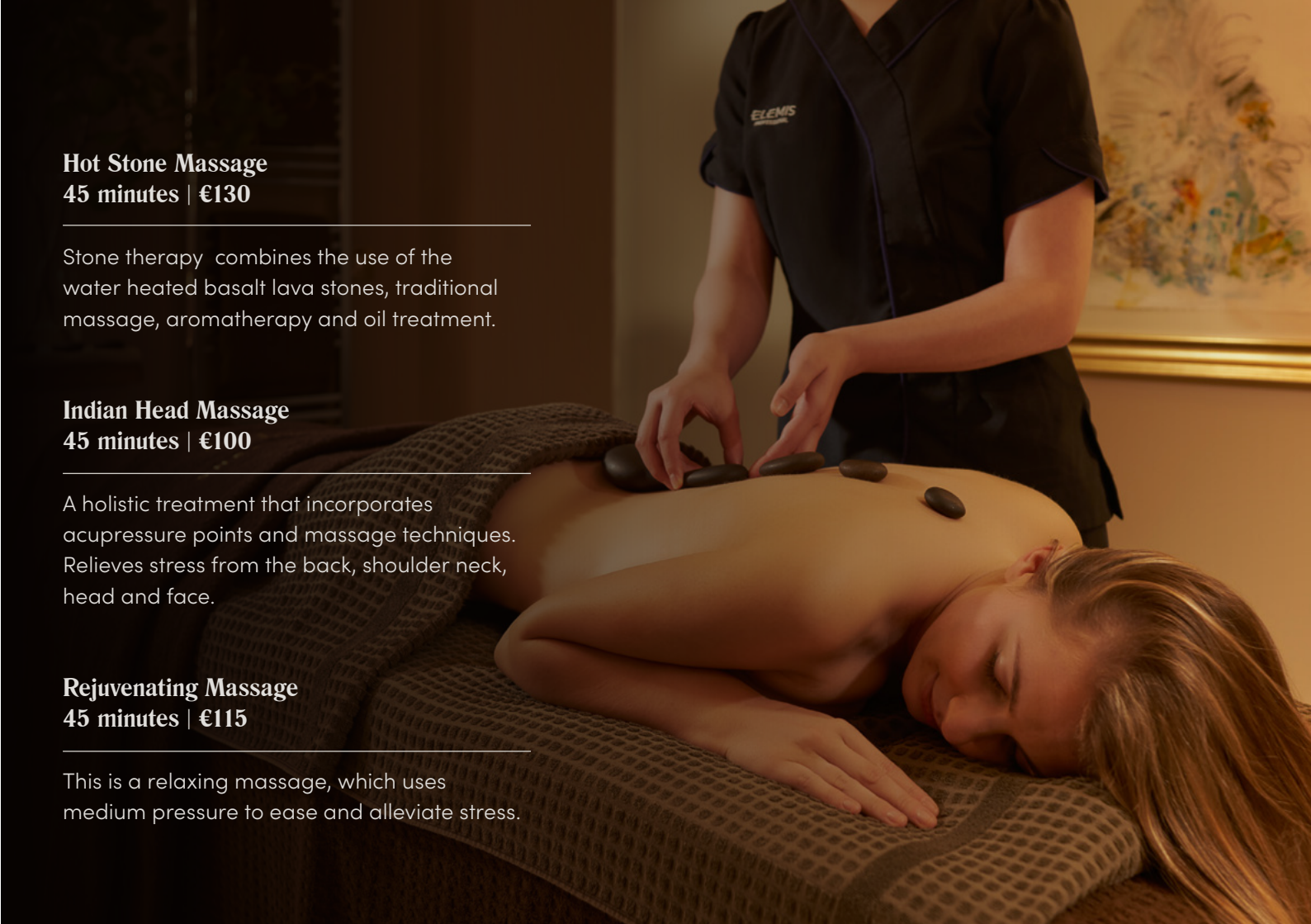
Stone therapy combines the use of the water heated basalt lava stones, traditional massage, aromatherapy and oil treatment.

Indian Head Massage **45 minutes | €100**

A holistic treatment that incorporates acupressure points and massage techniques. Relieves stress from the back, shoulder neck, head and face.

Rejuvenating Massage **45 minutes | €115**

This is a relaxing massage, which uses medium pressure to ease and alleviate stress.





A light, serene and stylish environment awaits you.

VOYA BODY TREATMENTS

Voya Sugar Glow
45 minutes | €85

This treatment uses a medley of ingredients to invigorate, exfoliate and nourish the skin. Afterwards, enjoy a light cleansing shower and short relaxing massage while your therapist applies your skin conditioning treatment.

Choose between either Lavender or Peppermint.

Total Massage Journey
1 hour 20 minutes | €200

This top to toe relaxation journey incorporates scalp massage, body brushing, gentle stretches and massage that replicates the movement of the sea, combining both gentle and stimulating movements. Uses light to medium pressure.

Organic Seaweed Leaf Wrap
1 hour 30 minutes | €140

This treatment begins with finely ground seaweed to exfoliate your skin, then continues using fresh leaves of Atlantic seaweed to cocoon the body to deeply detoxify, moisturise and soften your skin while your therapist performs a mini facial and scalp massage.



RITUALS & COUPLES TREATMENTS

Bliss for Two
1 hour 30 minutes | €480*

Relax in our couple’s suite. Enjoy a relaxing shared experience with your loved one, in the same room. Start your treatment with a 45-minute rejuvenating massage followed by a 45-minute personalised facial to meet your skin’s needs.

Time for Two
45 minutes | €250*

Indulge in one of the most relaxing massages with your loved one. Enjoy a rejuvenating Swedish massage using medium pressure to melt away the day-to-day stresses.

Deep Tissue Massage available as an option for these couples’ treatments at an additional €10.00 per person.

Hot Stone Massage available as an option for these couples treatments at an additional €15.00 per person.

Marine & Wellness Ritual
1 hour 30 minutes | €230

Dive into a world of relaxation at Easanna Wellness & Spa, away from the hectic pace of daily life. Our therapists will work on your body with your Voya products to release stress, emotional weight, and leave you with a sense of total rejuvenation.

Includes:

- Welcome touch
- Gentle Body Brushing followed by Oil Treatment
- Basalt Lava Stones Massage
- Personalized VOYA Facial
- Aromatherapy Foot Massage

** Prices are the total amount based on 2 people.*



HAND & FOOT TREATMENTS

Reflexology

45 minutes | €100

Your therapist will stimulate areas which correspond to organs, nerves, muscles and joints in the entire body, producing direct response by applying pressure in a form of massage to the appropriate area in the hands or feet.

Best Foot Forward

30 minutes | €70

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 / PEDICURE

1 hour | €70

Enjoy a relaxing foot soak scrub and massage, thorough nail and cuticle work along with a full OPI nail lacquer application.

Gel Polish Add On

15 minutes add on | €10

Builder Base Add On (BIAB)

20 minutes add on | €15

Gel Polish Removal

30 minutes | €30





MUM TO BE TREATMENTS

Please note that all of our facials from both Elemis and Voya are suitable throughout all stages of pregnancy, with a small omission of the use of essential oils. Massage is suitable for those 12 weeks and over. Manicures and pedicures would also be available for those expecting a baby.

Peaceful Pregnancy Massage

45 minutes | €130

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



BEAUTY TREATMENTS

Full Leg Wax	€35
Half Leg Wax	€25
Bikini Line Wax	€20
Underarm Wax	€18
Lip/Chin Wax	€15
Eye Trio (wax, shape, tint)	€30
Eye Duo (any two of the above)	€25
Eyelash Tint	€15
Eyebrow Shape	€15

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

Hair & Makeup

These services may be available upon request, subject to availability. Please note that we continue to work with external providers for these options.





Top to toe relaxation

PLANNING YOUR EXPERIENCE

To schedule a spa treatment, we would recommend booking seven days prior to your arrival. We cannot guarantee availability on late notice.

Arrival & Etiquette

Please allow sufficient time by arriving at least 20 minutes prior to your appointment to allow enough time to change and fill in a general consultation form.

Should you wish to avail of the facilities we invite you to attend your appointment at least 1 hour in advance. If you are late, your treatment will be shortened in consideration of the next guest. In this situation the full charge will be applied.

For hotel residents, please arrive in your robe and slippers provided in your bedroom. For any guest who is not staying with us, a robe and slippers will be provided in the spa for your treatments. Disposable underwear is provided for your comfort during your treatment.

Please wear your swimming suit if you wish to use our spa facilities. The minimum age requirement to have a treatment is 18 years, anyone over the age of 16 may have their nails treated.

Health Conditions

When making your spa reservation, please advise us of any health conditions, allergies, or injuries you may have that could affect your desired treatment.

If you have high blood pressure, heart conditions, are pregnant or have any other medical complications, may we advise you to consult your doctor before signing up for any spa services. Please make your spa therapist aware of any medical conditions. If you have had in the previous 12 months, or are currently undergoing treatment for cancer, we do require written GP / Consultant approval prior to booking a specific treatment.

Cancellation Policy

Please be advised that a fee of 75% will be applied 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% will be charged.



SHEEN FALLS

LODGE

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