



EASANNA

Gaelic word for waterfalls.

The 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.

GROUND
wellbeing

ELEMIS

VOYA



GROUND WELLBEING TREATMENTS

At GROUND Wellbeing, we work with purpose and intention, delivering carefully developed massage rituals for face & body to bring relief from:

- Insomnia
- Anxiety
- Burnout
- Gut Health
- Pregnancy
- Menopausal Symptoms

Our passion lies in bringing balance to the body by stimulating the vagus nerve and transitioning the system into a deep rest and digest state.

We are deeply committed to the power of touch with our treatments featuring breathwork, lymphatic drainage, Gua Sha and acupressure point massage.

At GROUND Wellbeing, we are therapists, we understand how important it is to inspire and empower ourselves and our teams with the right support and knowledge. We aspire to train self-care from the inside out.

Inclusive Wellness lies at the heart of GROUND Wellbeing hands on therapy. As such, the GROUND ritual and treatment menu is non gender specific with the exception of the specialised GROUND Balancing ritual for menopause and the GROUND Comforting Ritual for pregnancy. The recent addition of the Barrog Rituals includes those going through cancer & fertility treatment.



MASSAGE RITUALS BY GROUND WELLBEING

The Grounding Ritual

60/90 minutes | €150/€200

Surrender in full and return to source: ideal to soothe mental anxiety & burnout.

Sacred time for you to allow healing in. This treatment will provide you with the space and time to tap into your body's ability to self-repair and re align and will leave you feeling replenished and grounded in your body. Focused especially on the back of the body and the areas that are prone to tightness and tension, your therapist will perform this treatment in long, flowing movements, working the full length of the body. The treatment is completed with special attention to reflex points in the feet. Feel your body and soul come together again with this medium to firm pressure points.



MASSAGE RITUALS BY GROUND WELLBEING

The Balancing Ritual

90 minutes | €200

Empowering & supporting through hormone change: Perimenopause & Menopause

Designed with women in mind, this hands-on approach to wellbeing is truly Holistic. Each massage is highly customised to the individual and includes Elements of Reflexology and Lymphatic Drainage. The treatment commences with an aromatherapy foot bath and breathwork and the option to include Marble Stone Massage Therapy and Gua Sha. This unique and purposeful massage will bring alignment and balance when going through this change and experiencing the symptoms of menopause at any stage.

The Restorative Ritual

60/90 minutes | €150/€200

Ease tension and stress in the Face, Head, Neck & Scalp.

Combining nurturing facial massage with soothing Gua Sha techniques, this slow flowing massage treatment works to reconnect mind and body. The focus within the treatment is on the face, neck, décolleté and scalp and as such will have a potent effect on tightness & tension, eyestrain, migraines, headaches, TMJ issues, sinuses and puffiness.



FACE RITUALS BY GROUND WELLBEING

At GROUND Wellbeing, we offer intuitive face rituals and adopt a 'forward to basics' approach by utilising hands-on massage techniques, plant-based aromatherapy, Gua Sha and breathwork.

The Mindful Face Ritual

60 minutes | €145

Comfort the skin & calm the mind.

Tune into the gentle rhythms of our deepest selves with this mindful face ritual designed to help restore balance and harmony, supporting your skin's natural ability to soothe and heal, making it the perfect choice for those seeking comfort and support during turbulent times or hormone fluctuations.

Optional add on:

- 30-minute back massage to ease tension & promote energy flow
- 30-minute abdominal massage to assist with cleansing and detoxification

The Awakening Face Ritual

60 minutes | €145

Stimulate the skin & uplift the mind.

Harnessing the power of nutrient-rich botanicals, lymphatic drainage & Gua Sha Techniques, this energising face ritual works to trigger the skin's natural function. Leaving the skin deeply cleansed, detoxified and invigorated while providing a sense of focus, clarity, and inner strength.



THE BARROG RITUALS BY GROUND WELLBEING

Carefully created for those living with and beyond cancer. Offering a menu with therapists fully empowered to modify and adapt for the individual needs of each client, GROUND believes in the importance of delivering heartfelt and meaningful bespoke treatments to those living with and beyond cancer. In the wise words of Christine Clinton 'We are not treating the cancer, we are treating the client'.

The Barróg Full Body Massage

75 minutes | €150

(60 Minutes active touch time, 15 minute consultation)

This highly customised and deeply relaxing massage was developed to not only bring comfort and relief, but to also support wellbeing, encouraging calm and rest at a time where care & minding is needed most.

The Barróg Calming Ritual

105 minutes | €200

(90 Minutes active touch time, 15 minute consultation)

This ritual consists of the deeply relaxing Barróg full body massage plus a calming scalp ritual. Utilising the benefits of GROUND's Calm Scalp Relief Oil & Nourish Super Seed Face & Body Oil this nourishing, relaxing treatment was created for the scalp & skin that may be feeling dry & delicate. It can support new hair growth and nourish the hair follicles therefore it is ideal for those who have lost their hair and are encouraging back the regrowth.



THE BARROG RITUALS BY GROUND WELLBEING

The Barróg Soothing Ritual

105 minutes | €200

(90 Minutes active touch time, 15 minute consultation)

This ritual consists of the deeply relaxing Barróg full body massage plus a calming scalp ritual. Utilising the benefits of GROUND's Calm Scalp Relief Oil & Nourish Super Seed Face & Body Oil this nourishing, relaxing treatment was created for the scalp & skin that may be feeling dry & delicate. It can support new hair growth and nourish the hair follicles therefore it is ideal for those who have lost their hair and are encouraging back the regrowth.

The Barróg Restful Ritual

105 minutes | €200

(90 Minutes active touch time, 15 minute consultation)

This ritual consists of the deeply relaxing Barróg full body massage plus a lymphatic support ritual. The therapeutic grade essential oils of Mandarin and Frankincense found in GROUND's Rest Skin Relief Face and Body Oil help to reduce anxiety and calm the mind. This ritual focuses on encouraging the lymphatic system & soothing the nervous system through breathwork & mindful massage to the decollete & abdomen to ease the body into a more restful state.



VOYA ORGANIC TREATMENTS

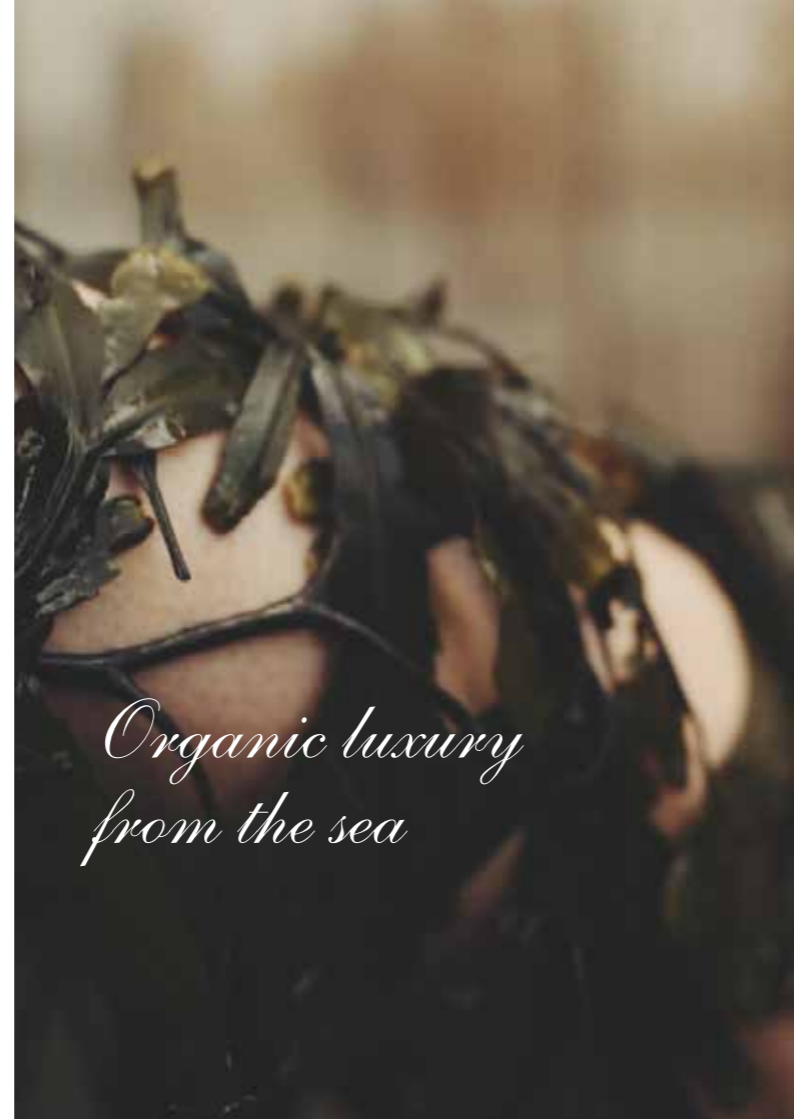
VOYA is a leading global lifestyle brand which promotes sustainable organic luxury. Grounded in science but inspired by the Atlantic Ocean and the ancient Irish tradition of seaweed bathing, wellbeing has always been at the heart of everything they do.

CORE VALUES

Organic / Tradition / Family / Innovation
Challenging / Curious

The ethos of Voya is of innovation, heritage and a belief that there must be a better way.

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.



*Organic luxury
from the sea*

VOYA BODY TREATMENTS

Voya Sugar Glow 45 minutes | €90

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 80 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 90 minutes | €145

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.

Organic Herbal Bag Massage 90 minutes | €200

A real sensory treat, warm steamed bags of orange, clove, ginger and Fucus Serratus seaweed are gently massaged into the body releasing precious seaweed oils. Your VOYA Therapist will use a combination of the finest organic ingredients and seaweed to massage your body, to gently exfoliate and nourish your skin.

VOYA BODY TREATMENTS

Mindful Dreams Sleep Ritual

60 minutes | €145

Discover the restorative power of wild, organic seaweed on the skin and let the wondrous scent of lavender and rosemary envelop body and soul and melt away any stresses, promoting relaxation, inner harmony and a peaceful night's sleep. Your therapist will exfoliate your full body with a VOYA lavender scrub and will then apply the warm oil. While the oils are soaking into the body, the therapist will perform a scalp massage. The treatment will finish off with a full body application of a lavender body butter to the skin to leave you feeling hydrated and renewed.



VOYA FACIAL TREATMENTS

Self-Discovery Radiance Facial

55 minutes | €135

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.

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.

Deluxe Facial Experience

90 minutes | €160

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 TREATMENTS

Bespoke Skin Wellness Powered by ELEMIS

A skin wellness brand with an aromatherapist's soul, an artist's spirit, and a scientist's commitment to results. An innovative and global British skincare brand with over 30 years of expertise and available in over 45 countries, Elemis believes in 'truth in beauty'.

Elemis is passionate about taking care of your skin, Their focus is delivering proven results with feel – good skincare products combines with cutting-edge patented technology. Elemis's award-winning skincare portfolio includes face and body skincare products with revolutionary formulas, spa treatments, supplements and more.

Nature powers all Elemis products: by sourcing natural extracts that catalyse each other and harnessing the power of the nature's finest active ingredient, they can deliver results that you can see and feel, both inside and out.

The four main beliefs of the Elemis branding are as follows:

- Skin Wellness
- Proven Results
- Feel Good Skincare
- Transparent Innovation



ELEMIS BODY TREATMENTS

Intensely Cleansing Salt Scrub **45 minutes | €90**

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

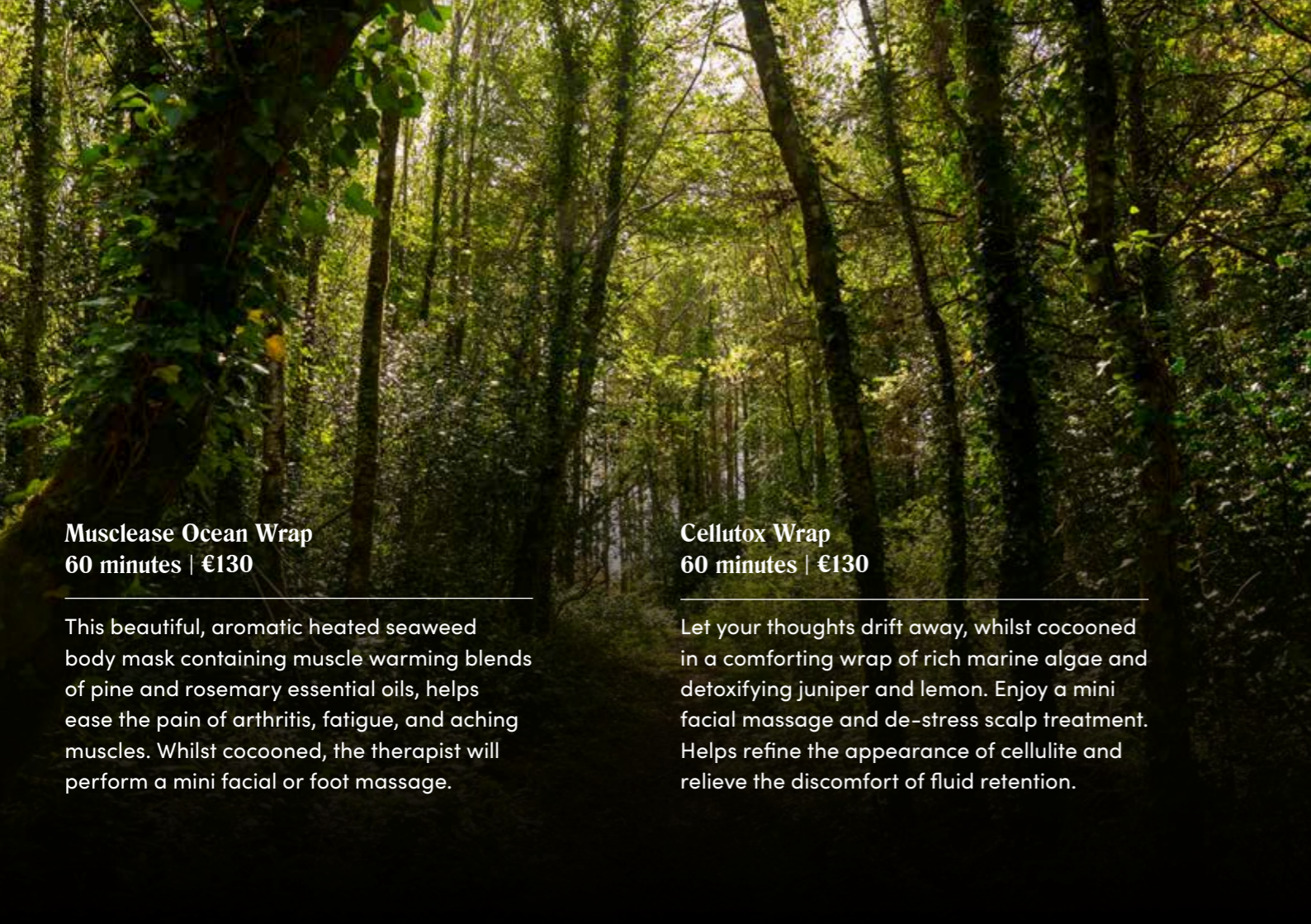
Tropical Sheen Glow **60 minutes | €135**

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, therapist performs a mini facial & scalp massage Suitable for clients with sensitive skin.

Choose from one of the following:

Lime & Ginger/Frangipani





Musclease Ocean Wrap 60 minutes | €130

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 60 minutes | €130

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 FACIAL TREATMENTS

Pro Glow Smooth Facial 50 minutes | €125

Powerful resurfacing technology lifts away dead skin cells to smooth, renew and refine, whilst improving the appearance of the skin tone and luminosity. Using the Elemis Pro collagen range skin is prepped for an infusion of hydration that will double its moisture content, leaving it feeling plump and hydrated, whilst delivering an immediate and visibly tightening effect. After one treatment, the complexion looks firmer, supremely smooth and rejuvenated.

Pro Glow Resurface Facial 50 minutes | €125

Purify and brighten with the Dynamic Resurfacing range as skins texture is transformed. With a spotlight on enlarged pores, blemishes, and blackheads, this unique facial powered by patented tri- Enzyme technology minimises the look of uneven tone, texture, fine lines, and pigmentation dull uneven tired looking skin will appear instantly brighter, smoother and renewed.

Pro Glow Brilliance Facial 50 minutes | €125

Turn up the brightness with our triple cleanse, melting away make-up, daily pollutants, and grime. Gentle resurfacing dissolves away dead skin cells to reveal healthy and clearer looking skin. A fusion of Superfoods and antioxidant rich facial oils plump the skin with moisture, whilst helping to nourish and protect. Immediately revealing an outdoor-fresh glow, skin is left feeling fresh, radiant, and healthy.



SHEEN SIGNATURE FACIAL

30/60 minutes | €70/€130

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



MASSAGE TREATMENTS

Personalised Deep Tissue Massage
60 minutes | €160

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 tension, encouraging optimum circulation.

Rejuvenating Massage
60 minutes | €150

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



MASSAGE TREATMENTS

Hot Stone Massage 60 minutes | €165

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

Indian Head Massage 45 minutes | €115

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

RITUALS

Marine & Wellness Ritual 90 minutes | €235

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



COUPLES TREATMENTS

Bliss for Two 90 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 | €260*

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.

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

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.



HAND & FOOT TREATMENTS

Reflexology

45 minutes | €115

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

Kenmare, Co Kerry, Ireland V93 HR27
+353 (0)64 6640003
easanna@sheenfallslodge.ie