

EASANNA
WELLNESS & SPA



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

ELEMIS

SEABODY™



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.



SEABODY TREATMENTS

At SEABODY integrity and impact are at the core of marine-powered cosmetics and nutraceuticals. Carefully designed to deliver visible benefits to you without harm to our precious planet.

CORE VALUES

Organic / Integrity / Impact / Innovation/ Sustainability

The ethos of SEABODY is of innovation and a belief that there must be a better way. To deliver on this only sustainably cultivated and hand-harvested seaweeds are used, from which SEABODY's potent marine bioactive molecules are isolated. Their passionate Kerry team of biotechnologists take cues from nature to develop formulations combining SEABODY bioactive with key micronutrients which support the cellular pathways of health and beauty.



SEABODY TREATMENTS

Seabody Touch Facial

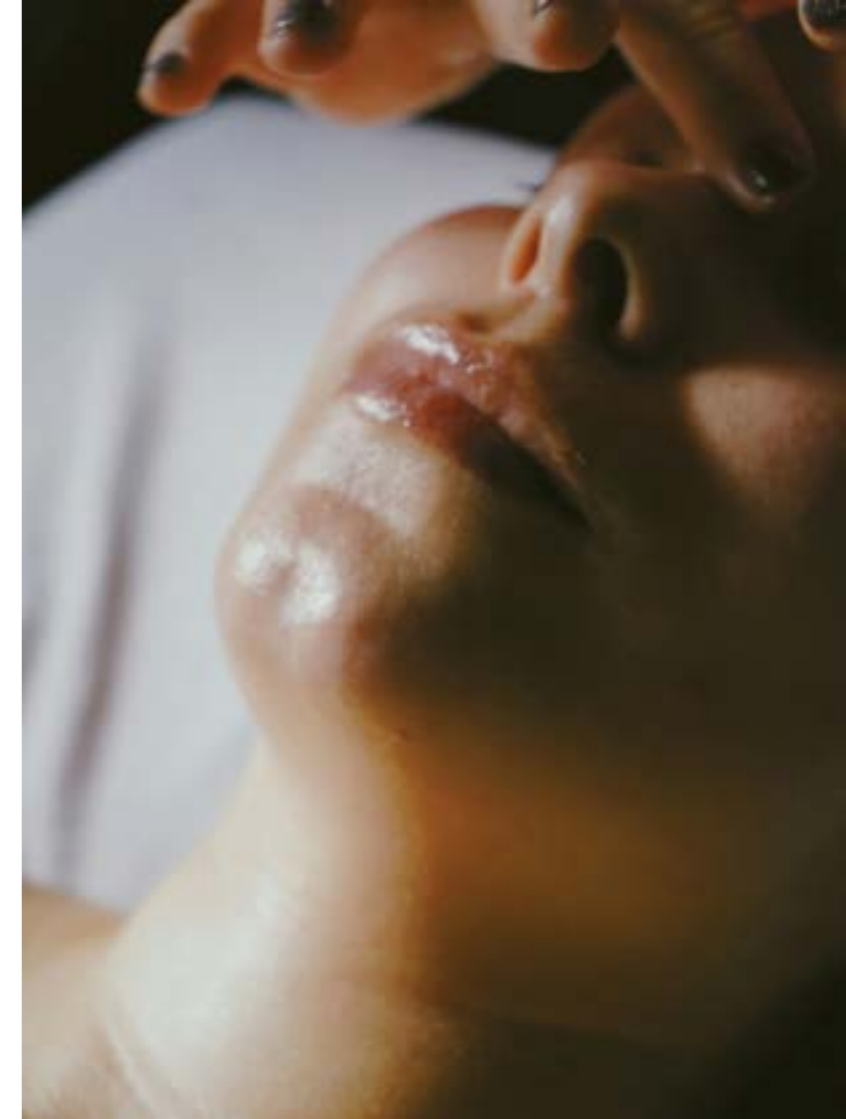
60 minutes | €145

At the heart of this luxurious therapy lies a fusion of cutting-edge bio-actives from the ocean's depths, meticulously crafted for their unparalleled ability to rejuvenate the skin at its deepest matrix.

Our proprietary blend, honed through biotech innovation, is a testament to the synergy between nature and science, delivering unparalleled efficacy. This holistic approach to skincare begins with a specialised Gua Sha sequence, expertly designed to harmonise with a sculpting massage. Together, they stimulate circulation, gently releasing fascia and initiating cellular renewal, fostering collagen and elastin synthesis for a firm, supple complexion. The journey continues with a biotech mask and serum infusion tailored to amplify the skin's cellular pathways, fostering the essence of youthful and vibrant skin.

As you luxuriate in the treatment, a state of total relaxation envelopes you. At the same time, the carefully curated ingredients continue to work their magic, ensuring sustained and visible results that transcend beyond the treatment session.

- Scientifically validated marine bioactive's prevent and treat the signs of aging, supporting healthy and youthful skin. Active ingredients continue to deliver results post-treatment.
- Stimulates collagen and elastin synthesis.
- Skin is left visibly firmer, smoother, and brighter after one treatment.
- Promotes healthy circulation while smoothing facial contours and reducing puffiness.
- Skin is instantly hydrated and more supple.
- Powerful antioxidants protect against free radical damage.
- Improves the skin barrier function preventing trans epidermal water loss.



SEABODY BODY TREATMENTS

Connect Full Body Massage 60 minutes | €160

Connect mind & body to enhance health and well-being. Wave-like massage techniques increase blood circulation and lymphatic flow while promoting deep relaxation. The therapist works gently and firmly using their forearms, elbows, and thumbs to relieve tension in all body parts. It primarily benefits the legs, back, neck and shoulder muscles. The treatment provides targeted relief from tightne ylang ylang leave you feeling refreshed and rebalanced.

- Improves lymphatic drainage.
- Targets areas of deep tension while unlocking a busy mind.
- Boosts circulation.
- Stimulates the deep relaxation of the parasympathetic nervous system.
- Promotes healthy and restful sleep.
- A sensory aromatherapy experience that grounds, uplifts, and re-energises.

SEABODY BODY TREATMENTS

Rebalance Body Wrap 70 minutes | €180

This transformative rebalance wrap begins with breathwork and a grounding ceremony to create balance. The treatment starts with body exfoliation to whip away dead skin. A detoxing cold-pressed sea gel body mask with potent health and wellness benefits follows. A hot stone back placement delivers heat, tension release, and relaxation. The treatment is completed with a facial cleanse and scalp massage. A genuinely therapeutic experience that promises to leave you feeling rejuvenated and energised.

- Treatment includes using sea gel, a 100% organic cold press seaweed gel that is super enriched in marine bioactive active science-backed skin benefits such as supporting
- cell renewal, regeneration, brightening, healing, soothing, hydrating, skin barrier, and prebiotic benefits.

- A targeted skin treatment that benefits skin health and wellness.
- Clears away dead skin cells, leaving the skin soft, smooth, and radiant.
- Promotes healthy circulation to keep the skin looking healthy and retain its elasticity.
- Sea gel regenerates skin and promotes healing and detox.
- Aids muscle recovery and repair is the perfect treatment after physical exercise.
- The lipids, vitamins, and minerals in the cold-pressed sea gel are transported deep into the skin, promoting a healthy inner glow.
- An all-over anti-aging treatment for the face and body.



SEABODY BODY TREATMENTS

Scalp Release

45 minutes | €100

Release tension and stagnant build-up with this head, neck, and shoulder massage. The session includes a Gua Sha sequence to help reduce stress, promote relaxation, and stimulate circulation.

This treatment is focused on rebalancing energies and promoting well-being. It is perfect for offering relief from tension headaches while aiding restful sleep.

- The increased blood circulation to the head, neck and shoulders brings oxygen and nutrients helping to improve the condition of the hair and skin.
- Helps mental fatigue and improves concentration.
- Encourages a healthy sleep pattern while reducing stress.
- Aids a healthy lymphatic flow.
- Encourages a healthy sleep pattern while reducing stress.
- Aids a healthy lymphatic flow.

Seabody Elevate

60 minutes | €160

Elevate wellness with the ultimate skin and body therapy. This combo treatment includes a back massage and facial. The facial provides the skin with a booster concentration of skin-functional marine bio-actives and superhero co ingredients, which nourishes the skin and charges the pathways of skin regeneration & hydration. It is followed by a sensational back, neck and shoulder massage designed to relieve tension and induce deep levels of relaxation.

- Promotes relaxation and well-being.
- Refreshes and nourishes the skin.
- Stimulates the skin's cell cycle.
- Powerful antioxidants protect against environmental damage.
- Reduces tension and stress in the back, neck and shoulders.
- Promotes healthy circulation and lymphatic flow.
- Aids a healthy lymphatic flow.



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

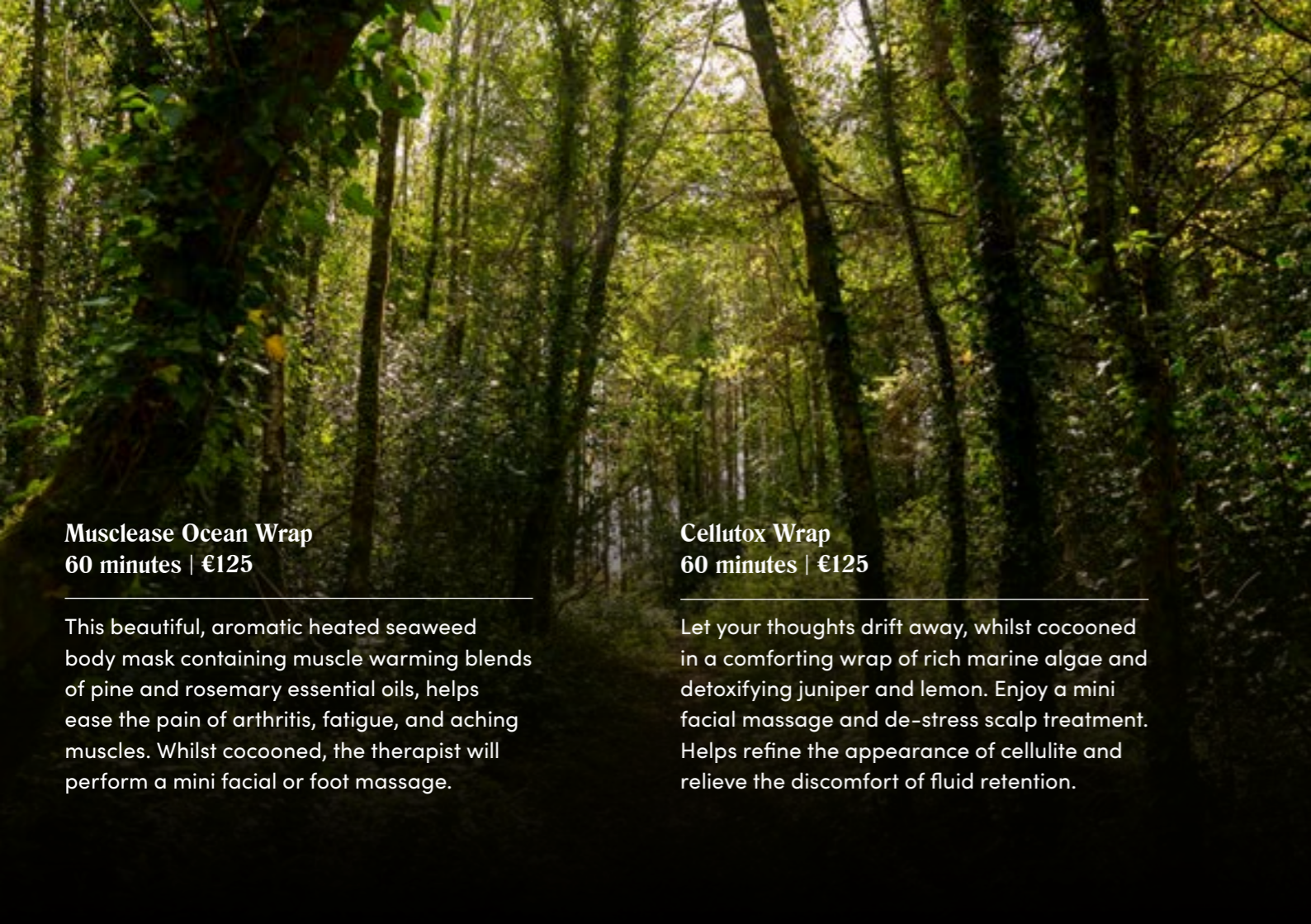
Tropical Sheen Glow **60 minutes | €135**

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 | €125

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 | €125

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.

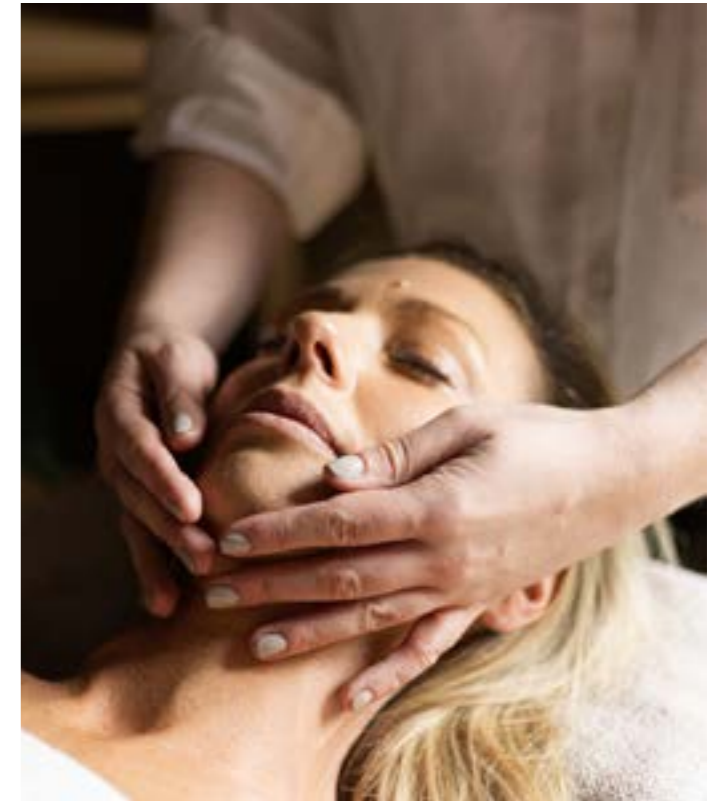
ELEMIS FACIAL TREATMENTS

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 | €120

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



MASSAGE TREATMENTS

Personalised Deep Tissue Massage
45 minutes | €130

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
45 minutes | €120

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



MASSAGE TREATMENTS

Hot Stone Massage 45 minutes | €140

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

Indian Head Massage 45 minutes | €105

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

Our therapists will focus on relieving tension and emotional weight to leave you feeling utterly revitalised. This treatment includes:

Includes:

- Gentle body brushing followed by oil treatment
- Basalt Lava Stone
- Personalised 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 | €110

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 our facials 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