



TREATMENT MENU

Radiant Mini-Facial 25 minutes €50

This is an express facial that incorporates skin cleansing, exfoliation, a mask and moisturising treatment. Perfect for a quick skin rejuvenation for those short on time.

Hydra Blue Moisturising Facial 55 minutes (for dry/dehydrated skin) €85

Like a bath for the skin, this treatment will replace lost moisture leaving skin hydrated, comfortable and radiant. For all skins suffering from dehydration or dryness.

Youth Intervention Facial 55 minutes €85

This facial fights the signs of ageing so that you feel good and look younger. It visibly corrects wrinkles and firms the skin. A moment of relaxation and well-being just for you.

Marine Softness Facial 55 minutes (for sensitive skin) €85

A veil of softness for sensitive skin. This is a cocoon facial that softens the skin and heightens its protection system. The result is soothed and ideally hydrated skin.

Marine Breeze 55 minutes (for combination, oily or clogged skin) €85

A breath of oxygen for combination, oily or clogged skin. An oxygenating and purifying facial to reduce shine and blemishes. The face regains all of its luminosity, is deeply cleansed and detoxified.

Eye Perfection Smoothing & Lifting 45 minutes €55

A burst of radiance for the eyes. This treatment energises, filters and rejuvenates the eyes.

Radiant Men's Mini-Facial 25 minutes €50

This is an express facial that incorporates skin cleansing, exfoliation, a mask and moisturising treatment. Perfect for a quick skin rejuvenation for those short on time.

Skin Escape for Men 55 minutes €85

Customised facial, tailored to your skin needs. Helps to lift ingrown hairs and remove any impurities from the skin.

Leg Revival 45 minutes €60

Soothe the aches from being active or on your feet all day with this targeted treatment to comfort and ease tired legs.

Balancing Back Treatment 40 minutes €65

Clarify problematic skin for a healthy even finish with this purifying balancing back treatment. Hot towels and a clay mask are applied to purify the skin while gentle massage movements stimulate lymphatic flow helping to deep cleanse, detoxify, and de-stress.

Thermal Mud Therapy 60 minutes €110

Warm, mineral rich mud, originally designed for use by physiotherapists, is applied to any areas of the body suffering from pain or fatigue. It is highly recommended for the treatment of over exertion, tendonitis, joint pain and muscle stiffness. This treatment combines massage in key areas of the body.



Tranquil Indian Head Massage 25 minutes €50

Tranquil Swedish Back Massage 25 minutes..... €50

Tranquil Leg and Foot Massage 25 minutes €50

Tranquil Full Body Massage 55 minutes €85

Tranquil Full Body Aroma Massage 55 minutes €90

Tranquil Reflexology 55 minutes €75

This ancient treatment works on the pressure points on the feet to clear and relax the entire body. The philosophy behind reflexology is that every gland and organ in the body is mirrored in acupuncture points in the feet. Your reflexologist will do a complete treatment on the entire body's points and will focus on any weak areas. This treatment is very relaxing and acts like a mini detox for the body by clearing any blocked energy.

Hands & Feet

Creative Manicure 30 minutes €30

Grooming of the hands including cuticle work, a hand massage, exfoliation and file. Nail paint not included but can be an added for €7.50

Tranquillity Spa Deluxe Manicure 55 minutes €55

A deluxe manicure including exfoliation, cuticle work, nail file, hand massage and nails polished in a colour of your choice and mask.

Creative Pedicure 30 minutes €40

Grooming of the feet including cuticle work, a foot massage, exfoliation and file. Nail paint not included but can be an added for €7.50

Tranquillity Spa Deluxe Pedicure 55 minutes €65

A deluxe pedicure includes exfoliation, cuticle work, nail file, foot and leg massage and nails polished in a colour of your choice.

Nail File & Polish Nail File & Polish on Hands €15

Nail File & Polish on Toes €20

Nail File & French Paint on Hands €20

Nail File & French Paint on Toes €25

Shellac on hands €30

Shellac on toes..... €35

Shellac removal €8



Waxing (Patch test essential)

Eyebrow wax.....	€12
Lip wax.....	€12
Chin wax	€12
Lip and chin wax	€20
Underarm	€15
1/2 arm.....	€15
Full arm	€25
Bikini	€15
Half leg	€25
Full leg	€35
Back wax	€35

Advance Waxing

Californian	€25
Brazilian	€45
Hollywood	€60

The Thermal Suite experience is complimentary with every treatment of 55 minutes and over.

Use of the Thermal Suite is not permitted during pregnancy. Swimwear is necessary for the thermal suite and robes and slippers are provided. The Thermal Suite facilities are unisex.

Stand alone use of the thermal suite is unavailable due to social distancing and on the advice of the HSE.