



Inchydoney Island Lodge & Spa

A woman with long dark hair, wearing a blue one-piece swimsuit, is relaxing in a whirlpool. She has her eyes closed and a serene expression, looking upwards. A showerhead in the upper left corner is pouring a thick stream of water over her head. The water in the whirlpool is a vibrant turquoise color and is filled with white foam. The background is a soft, out-of-focus view of the ocean and sky.

SEAWATER TREATMENTS

Our range of **Seawater treatments** create a calming and sedative effect. Through the natural elements of the seawater, they provide essential minerals to cleanse and rejuvenate the body. In association with our design team at Les Luneides Paris, we have created a wide variety of treatments to relax, relieve tension and encourage detox.

Seawater Massage Bath (20 mins): €40

Seawater pumped directly from the ocean is heated to 34 degrees and added to our multi-massage bath. Top to toe massage jets in the bath will gently warm the muscles to improve circulation and re-energise the body.

📍 Detox Bath (20 mins): €40

Micronised Laminara Seaweed is added to the seawater bath to stimulate the elimination of lipids (fats) and toxins and detox the body.

Colour Light Therapy Bath (20 mins): €40

A micro bubble and jet bath which will de-stress and rebalance the chakras according to your individual needs. This treatment restores imbalances in the body by bringing energy and oxygen to the cells through colour. Colour Light Therapy has achieved excellent results in relieving migraine, back ache, stress management and depression.

📍 Milk & Honey Bath (20 mins): €40

This luxurious Cleopatra Milk & Honey bath is wonderfully relaxing and nourishing. The milk nourishes the skin while the honey is like a food for the skin & also acts as an antiseptic. The bubbles & jets help to boost the circulation.

📍 Enriching Chocolate Bath (20 mins): €40

Unwind in the silky combination of warm water combined with a rich chocolate cream. The active ingredients in the cocoa will stimulate the senses and promote a sense of wellbeing.

📍 Algae Leg Wrap (20 mins): €45

A specific cold marine algae is applied to the legs to refresh and invigorate them. This is an excellent treatment for varicose veins, poor circulation, fluid retention and cellulite.

📍 Specific Pain Relief Algae (20 mins): €45

This treatment uses red algae which is ideal for the relief of joint pain and arthritis. The algae is applied to the painful area of the body to relieve inflammation and discomfort. Excellent for sport injuries, muscle pain and back ache.

📍 Pressotherapy (20 mins): €40

A full leg treatment using specialist boots divided into pockets which fill with air. The stimulation created by the inflation and deflation is in harmony with the physiological requirement of the leg's circulatory system. This treatment improves both lymphatic drainage and circulation. A wonderful treatment for those who suffer with tired legs and fluid retention.



BODY WRAPS & POLISHES

Our **Body Wraps** can be enjoyed in a number of ways depending on your specific requirements.

Each wrap involves the application of your chosen algae or cream.

Your therapist will then envelop you in a warm blanket which allows the active ingredients to work and you to relax:

Body Wraps (20 mins): €50

Classical Algae will re-energise and rebalance the body and mind.

Slimming Algae will stimulate the elimination of lipids (fats) and toxins from the body.

Specific Re-Mineralisation will recalcify and remineralise the bones.

Sensual Chocolate will help to de-stress and promote a sense of wellbeing.

Milk & Honey Wrap helps to nourish, hydrate & soothe the skin.

 **Body Polishes (20 mins): €55**

Body Polishes will leave your skin feeling replenished, rejuvenated and silky smooth. Simply choose which scrub suits your needs:

Lavender Body Polish draws on the wonderful properties of lavender to relax both body and mind.

Chocolate Body Polish using a chocolate, orange and marine salt combination.

Vanilla Coconut Body Polish ideal for removing dead skin cells and impurities boosting cellular renewal.

Lemon, Orange and Lychee Body Polish will leave your skin nourished and revitalised.

Marine Body Polish with active seaweed ingredients to exfoliate and remove dead skin cells and impurities, leaving a soft and oxygenised skin.



ISLAND SPA SIGNATURE BODY TREATMENTS

Relaxing Back, Neck & Shoulder Massage (30 mins) €55

Swedish massage movements are used to gently relieve tension, soothe the skin and relax the mind. The perfect way to de-stress!

Indian Head Massage (30 mins) €55

A wonderfully relaxing therapy that involves massage of the soft tissues of the upper back, neck, shoulders, upper arms & scalp while you relax on a treatment couch. A range of massage pressures and techniques are used to stimulate these areas, helping to balance natural energies.

Island Spa Treat your Toes (30 mins) €55

This signature treatment begins with a soothing Cleopatra Milk & Honey foot soak, followed by the removal of dead skin. Skin is then moisturised using gently scented Marine Shea Butter and the ritual is completed with a file, buff & polish.

Reflexology (30 mins) €60

Proven to reduce stress, induce relaxation and improve circulation, reflexology will allow the body to balance itself. Using precise pressure techniques on the feet, treating specific points which correspond to all organs and systems of the body.

Pregnancy Back Massage (30 mins) €55

Using specialised positioning with a support pillow to ensure the ultimate in safety, comfort and relaxation, this massage helps to relieve tension in the back, while easing the mind and uplifting the spirit.



DAY SPA PACKAGES

We invite you to escape to the Island Spa to enjoy one of our Day Spa Packages. Each one includes access to the Heated Seawater Therapy Pool & Relaxation Areas. Please note that times in the pool must be booked in advance to allow us to adhere to current Social Distancing Guidelines.

Blissful Back Experience with Afternoon Tea in the Lounge - €80

This gorgeous treatment starts with a Lavender Back Exfoliation, followed by Specific Pain Relief Mask on the back. Following a relaxing Scalp Massage, your therapist will then leave the room to let you relax and unwind.

When the mask is removed, your back will be refreshed with Warm Compresses anointed with Lavender Essential Oils. This treatment will cleanse the skin, and reduce pain and inflammation in the muscles & joints even for the weariest of backs. After your treatment, you will enjoy Afternoon Tea in the Lounge.

Luxurious Leg Day with Afternoon Tea in the Lounge - €80

Nothing like Leg Day in the Gym! This delicious treatment will begin with a Marine Salt Exfoliation of the legs and is followed by a Marine Shea Butter Leg & Foot Massage. The treatment concludes with a Refreshing Marine Gel application. This treatment will replenish, relax and re-energise the legs & feet. After your treatment, you will enjoy Afternoon Tea in the Lounge.



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