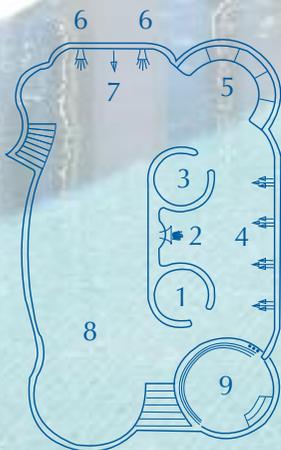




Inchydoney Island Lodge & Spa

- 1 - Air Spa (Relaxing)
- 2 - Waterfall
- 3 - Geyser Spa (Toning)
- 4 - Underwater Jets
- 5 - Massage & Bubble Seats
- 6 - Neck Showers
- 7 - Counter Current
- 8 - Swimming Area
- 9 - Children's Paddle Pool



A series of underwater jets, bubble seats and neck showers will help to soothe aching muscles while toning the body.



Complimentary access to the heated Seawater Therapy Pool, Sauna, Hammam, Gym and Relaxation Areas is offered to all resident guests and those having treatments in the Island Spa.



# SEAWATER POOL

Seawater is pumped directly from the Atlantic Ocean and is heated to 31 degrees in the pool. At this temperature, the pores of the skin open and absorb all of the nutrients, protein and minerals from the sea water.

A woman with long dark hair, wearing a blue swimsuit, is relaxing in a whirlpool. A showerhead is positioned above her, pouring a thick stream of water over her head and shoulders. She has her eyes closed and a serene expression, looking upwards. The water in the whirlpool is a vibrant turquoise color with white foam. The background is a soft, out-of-focus view of the ocean under a bright 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 Luneïdes 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 32 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.

### **Seawater Shower Massage (20 mins): €50**

Relax on top of a cushioned mat and enjoy a soft rain of heated seawater that will stimulate the back of the body. This combined with light massage oils promotes total relaxation and well-being while also helping to reduce stress, re-hydrate the body and improve all over circulation.

### **🕒 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.

### **Upgrade Your Body Wrap with A Booster Treatment: €10 each**

Cleanse, tone and mask

Scalp massage

Revitalizing eye treatment

 **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.



## SIGNATURE TREATMENTS

**The Diamond & Gold Skin Revival (60 mins): €130** Face, Décolletage & Hands

Gold is the symbol for inner light, the sun and vital energy, while Diamonds are known to be the door to the terrestrial unknown. The healing and anti-aging properties of Diamond and Gold combined, create a force that will stimulate and balance your skin and remove toxins from the body with their healing abilities. This rejuvenating treatment which includes rose-hip oil and pure gold flakes will leave your face, décolletage and hands revitalised and youthful.

 **A Taste of the Mediterranean (70 mins): €130**

A wonderful Face & Body Ritual which draws on the scents and aromas of the Mediterranean. Combining Lavender, Orange Blossom, Mandarin and Rosemary, this treatment is a treat for the body, mind and spirit.

The ritual begins with a **Lavender Foot Cleanse** followed by a **Lavender Body Polish** to relax the body and mind and prepare your skin. A **Mandarin & Rose Shiatsu Pressure Point Back Massage** will further encourage complete relaxation and relieve any tension or stress trapped in the muscles. Once you are in a state of deep relaxation, a **Chamomile and Ylang Ylang Milk Facial Cleanse** will soften and smooth the skin, while the ingredients in the milk promote skin elasticity. A **Rose Toner** will hydrate the skin. An **Algae & Gold Facial Mask** will be applied and while its nourishing & anti-ageing properties get to work, you will enjoy a wonderfully calming **Scalp Massage**. Finally, a **Neroli Oil Face and Neck Massage** will complete your Mediterranean journey while stimulating cellular activity to rejuvenate and regenerate the skin. To finish, a body spritz with **Orange Blossom & Rosemary** will revitalise & energise the body.

# INCHYDONEY BOTANICAL RITUAL

70 mins @ €135

Created in conjunction with our partners Les Luneides in Paris, this bespoke Ritual draws on rich marine botanics. The benefits of each element are numerous. Combined, the elements serve to detox, remineralize, regenerate, to firm and hydrate, as well as to relax and prevent skin ageing...

The Ritual begins with a **Marine Salt Body Exfoliation** to be followed by a nourishing **Laminara Algae Wrap**. While relaxing in the heated wrap the therapist performs a **Mini Flash Botanics Facial**, which includes a cleansing using a light, hydrating cleansing milk with Camomile & a natural Rose Toner. This is followed by a **Facial Massage** using Wheat Oil which contains Vitamin E to rejuvenate & decongest the skin. A **Precious Mask** of natural Clay, Comfrey & Plant Ceramides is applied to promote more radiant skin and the treatment concludes with a **Mini Body Massage** using Fucus Seaweed extracts, Meadowsweet & Horsetail to help detoxify the body.



# FACIALS

## **Elemis Pro Collagen Age Defy** (60 mins): €120

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

## **Elemis Superfood Pro Radiance** (60 mins): €100

A nutritional boost rich in Superfoods and essential minerals, designed to pack stressed, dull skin with energising and detoxifying actives. Leaves skin plump, radiant and in good health.

## **Elemis Deep Cleansing Facial** (50 mins): €90

Perfect for dry skin in need of a moisture boost or for combination/oily skin to improve skin congestion and helps to heal and repair. After a consultation your therapist will help you decide what you are in need of.





# BODY TREATMENTS

## Face and Body Indulgence (55 mins): €99

plus consultation & homecare advice.

This combination therapy uses extremes of temperature for the ultimate body awakening, whilst also addressing specific skincare concerns. Oil is then massaged into the skin and a Cooling Instant Refreshing Gel is applied over the soles of the feet and to the legs to reduce swelling and relieve muscle tension.

Powerful Hot Stones are introduced for applying deep pressure into congested areas, encouraging lymphatic decongestion and boosting circulation whilst the body relaxes.

Finally, an intensive 25 minute Anti-Ageing booster facial is performed.

This is a complete treatment for Body, Face and Mind.

## Elemis Re-energising Hot Stone Massage (60 mins): €110

plus consultation & homecare advice.

Harnessing the ancient healing powers for a completely new body experience. This full body massage begins with Hot Basalt Stones placed on key energy points, while signature massage techniques are combined with luxuriously warmed oils to deeply relax and rebalance the mind and body.

## Elemis Muscle Melt Massage (50 mins): €90 plus consultation & homecare advice.

Focusing on relieving tension and aching muscles, the fundamental elements of this treatment are experienced in a firm massage. Following a consultation with your therapist, one of the following blends will be chosen to suit your specific needs.

De-Stress Massage Oil

Cellutox Active Body Concentrate

Musclease Active Body Concentrate

## Sleep Tight Ritual (60 mins): €90

Using the wonderfully relaxing properties of Lavender, this ritual is the ultimate in relaxation. Beginning with a luxurious Lavender Foot Ritual to soothe and soften the weariest of toes followed by Back, Neck and Shoulder Massage with powerful lavender infused Elemis Oils. Allow the ingredients to de-stress the mind and body and leave skin nourished, soft and supple. A Herbal Lavender Repair Facial combines a soothing lavender cleanse, tone and mask, to gently draw out impurities, and refresh and revitalise the complexion, with a lavender facial massage which will stimulate the skin and leave it soothed and smoothed.

**1 Island Spa Tropical Ritual (50 mins):**

**€90**

Exclusive to Inchydoney Island Lodge & Spa, the Tropical Ritual aims to bring back the feel good factor. Our Exotic Vanilla & Coconut Exfoliation Ritual will invigorate and revitalise the skin. This treatment will deep cleanse, polish and soften the skin. We begin by applying the Vanilla and Coconut body polish to remove dead skin cells and impurities boosting cellular renewal. The journey continues with our Coconut envelopment, hydrating and nourishing the cells. Your truly tropical experience will be completed with a gentle massage using a blend of Jasmine & Vanilla leaving you with a sweet exotic fragrance.

**1 Diamond Ritual (50 mins):**

**€90**

A Body Exfoliation using the power of pure diamond powder followed by a softening Honey & Milk Body Wrap for shimmering silky skin. A Diamond Body Exfoliation will prepare your skin to absorb the nourishment from our Honey & Milk Body Wrap. The ritual is completed with an application of an Enriched Body Cream.

**1 Island Spa Foot Ritual (55 mins):**

**€70**

This unique treatment begins with a Milk & Honey Bath and Exfoliation on feet and lower legs to aid dead skin removal. Feet & Lower Legs are then treated to a Hot Stone Massage followed by a Refreshing Marine Leg Gel to improve circulation and completed with a File, Buff & Polish to finish.

**1 Island Spa Hand Ritual (50 mins):**

**€60**

This pampering treatment begins with a Hand & Arm Exfoliation, followed by a Hot Stone Massage of the Hands and Arms as well as a Milk & Honey Mask. The experience is completed with a File, Buff & Polish.





## RITUALS

### **Sunshine Experience (70 mins):**

**€110**

A great way to re-energise tired skin and breathe new life into the body. It begins with a Lemon, Orange and Lychee Body Scrub, which will leave your skin nourished and revitalised. The Lychee in this Body Scrub are rich in enzymes which allow for an extremely effective exfoliation. Next, your therapist will begin the Orange and Apricot Energising Body Wrap, where a warmed mixture is applied all over the body and you are wrapped in a blanket.

The experience is concluded with a Lemon and Orange Oil Application focusing on Shiatsu Pressure Points. This will promote a deep sense of relaxation which further hydrates the skin and nourishes the cells. Shiatsu is based on the balancing of meridian points in the body to release endorphins, thus creating a feel good factor. By working the Shiatsu points we immediately release the hormone endorphin which has a sedating effect and promotes the feeling of well being.



# THE COUPLE'S SUITE

A private haven of rest and relaxation to be enjoyed with a loved one or friend.

Away from the hustle and bustle, this private sanctuary is ideal for those wishing to completely escape. The suite boasts its own private treatment room for two with a private relaxation area. A simple pleasure to be enjoyed together.

## Time For Two Spa Ritual with Rasul Retreat: €250 per person

First we prepare your body with a **Couple's Rasul Treatment** in our Rasul Chamber. This is followed by a **Muscle Melt Massage** and an **Elemis Age Defying Facial** of your choice in the privacy of the suite.

Enjoy lunch together in our lounge.

The suite can be booked for either a morning or afternoon session and must be booked for two people.



**Special Rasul Delight For Two:**  
€120 per person

Combine a Rasul treatment with either an Elemis Deep Cleanse facial or a Muscle Melt Massage in the haven of The Couple Suite. Following your treatments enjoy a strawberry plate, fruit juice and herbal teas in your very own private relaxation area.

**Rasul (30 mins):**  
€80 for two people

The Rasul is a traditional Arabian ritual cleansing treatment which uses a steam temple and chakra muds. As you relax in the warmth of the chamber you will quickly begin to feel the benefits to your respiratory system and your skin as the steam and mud detoxify the body. Muds are applied to specific areas of the body while you relax under a sky of twinkling lights and allow the mud and steam combine to de-stress your mind and detox your body.



# MUMS TO BE

Make the most of the time prior to your new arrival and treat yourself to some indulgence.

## **Elemis Peaceful Pregnancy Massage: (70 mins): €120**

This inspirational therapy connects mother and baby through the power of touch, working with two heartbeats as one. Specialized positioning using a support pillow to ensure the ultimate in safety, comfort and relaxation. Helping to relieve tension in the back and alleviating swelling in the hands and feet, while easing the mind and uplifting the spirit.

## **Suggested Treatments for Expectant Mums**

We would like to suggest the following treatments, which are suitable for Mums to Be and will help you to relax, unwind and escape for a little while.

- Milk & Honey Bath (20 mins): €40
- Milk & Honey Wrap (20 mins): €50
- Algae Leg Wrap (20 mins): €45
- Island Spa Hand Ritual (50 mins): €60
- Island Spa Foot Ritual (50 mins): €70
- Diamond Ritual (50 mins): €90
- Golden Glow Ritual (70 mins): €165
- Your choice of Facial
- Pregnancy Massage (50 mins): €90

A close-up photograph of a man lying on his back, eyes closed, receiving a facial treatment. His hands are held near his face by a therapist. The background is softly blurred, showing a white towel and a person's hands.

# TREATMENTS FOR MEN

## **Elemis Men's Anti Ageing Facial: (60 mins): €120**

This facial is the ultimate overhaul for male skin. It is an anti-ageing booster for tired, stressed skin, which helps to calm irritation and minimise the signs of ageing as well as protecting against the harsh effects of shaving and environmental damage.

## **Elemis Men's Deep Cleanse Facial: (50 mins): €90**

This super-grooming facial decongests the skin, works overtime to eliminate blocked pores, rapidly accelerate skin repair and neutralises impurities. Fast-acting ingredients reduce sensitivity and provide long-lasting defence against the damaging effects of daily pollutants, leaving the skin visibly clear and squeaky clean.

## **Back Cleansing Treatment: (50 mins): €90**

Using specially designed products which will enhance your wellbeing and give a true sense of relaxation and detoxification, this exfoliation treatment will help your back with problematic and hard to reach areas. Following a deep exfoliation your therapist will treat you to a deluxe pressure point massage, offering soothing pain relief and helping to reduce any deep seated tension. This soothing and revitalizing treatment promotes cell renewal giving you visibly clearer and smoother skin, leaving you feeling refreshed and rebalanced.

# LUXURY DAY PACKAGES

## Pure Treats Packages

€150 (Mon - Thurs) €165 (Fri - Sun)

Arrive at 9am. Spend a carefree hour in our unique Seawater pool and traditional sauna and steamroom. Relax with a juice or herbal tea in our relaxation area. Treatments from your pre-chosen package will be booked from 10am and followed by lunch in our luxurious lounge from 1pm.

(or)

Arrive at 11.30am. Spend a carefree hour in our unique Seawater pool and traditional sauna and steamroom. Lunch is served in our luxurious lounge from 12.30pm. Relax in our Relaxation Area from 2pm when treatments from your pre-chosen packages will begin.

## Harmony

Sensual Chocolate Bath, Chocolate Body Wrap and an Elemis Deep Cleanse Facial

## Detox

Detox Bath, Classical Algae Wrap, Muscle Melt Massage

## For Him

Seawater Massage Bath, Specific Pain Relief, Men's Deep Cleanse Facial

All programmes are equally beneficial for both Men and Women;  
however they are not suitable for Expectant Mums.



## Elemis Absolute Experience: €190

A customised Face & Body treatment for the ultimate in holistic skin therapy. Enjoy a wonderful Elemis Muscle Melt Massage followed by an Elemis Age Defy Facial. Afterwards, we invite you to retire to the Lounge for Afternoon Tea.

## Seawater Revitaliser: €99

Enjoy any combination of three Seawater treatments from pages 5, 6 and 7. Begin with a relaxing swim in our heated seawater therapy pool, unwind in our sauna and steam room or simply enjoy the stunning views from our Relaxation area.

## Golden Glow Ritual Package (70 mins): €165

The Golden Glow Ritual is our most decadent experience. We promise you will leave feeling like a true Princess. Firstly, submerge yourself in a Cleopatra Milk Bath and allow the bubbles to nourish and soften your skin. A Diamond Body Exfoliation will prepare your skin to absorb the nourishment from our Milk and Honey Body Wrap. The ritual is completed with an application

of a Gold Enriched Cream.

The ritual also includes lunch in our lounge.

## Holistic Treatments

### Indian Head Massage (45 mins): €80

This is a wonderfully relaxing therapy that involves massage of the soft tissues in the upper back, neck & shoulders, arms & scalp while you are relaxing on a treatment couch. A range of different massage pressures & techniques are used to stimulate these areas, helping to balance natural energies. It can help relieve tension headaches, improve concentration & relax the body & mind.

### Reflexology (45 mins): €80

Proven to reduce stress, induce relaxation and improve circulation, reflexology will allow the body to balance itself. The reflexologist will then use their hands to apply precise pressure techniques to the feet, treating specific points which correspond to all organs and systems of the body. Following your treatment any significant findings will be discussed with you.



# MAKE THE MOST OF YOUR SPA EXPERIENCE

## Spa Opening Hours

Pool, Sauna, Steam Room, Gym, Relaxation areas 7.45am to 8pm daily.

Treatments are 10am to 6pm daily.

Under 14's hours in the pool are from 10.30am to 12.30pm and from 3pm to 5pm and they must always be accompanied by an adult.

## What to Bring

Robes, slippers, towels and disposable underwear are provided. However, swimwear is appropriate for some treatments.

Please arrive at least 20 minutes before your appointment time to allow you to complete our consultation form, acquire your robe & slippers and relax and enjoy the facilities in preparation for our treatment. Failure to do so, may result in your treatment time being shortened, however you will still be charged full price.

## Peace and Relaxation

After your treatment, we recommend that you rest in the Fuschia Suite for optimum relaxation.

To maintain a tranquil and peaceful environment, we require that all mobile phones are switched off while you are in the spa. We also ask that you please respect the quiet and privacy of other guests by speaking quietly or simply enjoying the silence.

## Pregnancy and Health Conditions

We have specially designed treatments for expectant mothers, please allow our spa team to guide you in selecting which treatments are most suitable for you during this special time.

All treatments are suitable for both men and women. However, due to medical advice we are unable to offer treatments to under 16 year olds.

Kindly advise us of any health conditions, allergies or injuries at the time of booking.

## Booking

We recommend that you book your preferred treatment well in advance.

All reservations will be deemed provisional until a credit card or payment is received.

Please allow a minimum of 24 hours notice of cancellation of treatments to avoid a 50% charge.

Cancellation within 6 hours or non arrivals will incur a 100% charge. Cheques can only be accepted by prior arrangement. Full terms and conditions are available on request.



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