



## THE WELLS SPA

*tailored treatment menu*

*Rest, Recovery, Relaxation*

*Tailored specifically for you to ensure an Enjoyable,  
Relaxing Experience at The Wells Spa*

### MASSAGES

#### **Scalp & Shoulder Massage – 30 Minutes, €55**

This treatment relieves tension and stress that builds up around the neck and shoulder area that causes overall discomfort. Focusing on the head, neck and shoulders, will stimulate the nervous system; increasing blood flow to the head and easing stress through the release of endorphins.

#### **The Wells Wellbeing Massage - 60 mins, €105**

Enjoy a full body relaxation massage with aromatherapy oils relieving tension build up throughout the body. This treatment is recommended for those affected by stress in mind and body. This treatment will leave you feeling relaxed and rejuvenated using light to medium pressure.

#### **Signature Foot Massage -60 mins, €105**

This treatment will give your feet the treat they deserve. A foot scrub, followed by a personalised pressure point foot massage which focusses on various parts of the body that will stimulate body and mind. A generous application of deeply nourishing creams will leave your lower legs feeling like you are walking on air.

#### **CBD Kundalini Calm - 60 mins, €105**

This deeply soothing back treatment by Ila will increase your energy by awakening the dormant energy in the base of your spine known as Kundalini. Ideal for emotionally exhausted souls, this treatment combined with anti-inflammatory effects of the CBD Healing Balm has an extraordinarily restorative effect nervous system. Tension is lifted; negativity is released; and the body is brought back to a state of awareness and balance.

#### **Ku Nye Massage - 90 mins, €140**

This Tibetan body treatment by Ila balances the five elements to restore a harmonious flow of energy and vitality. A blend of five essential oils work together to stabilise the five sensory organs. Tibetan cupping, kneading and acupressure techniques help release physical and mental tension. Warm crystals and poultices bring harmony from the tips of the toes, to the crown of the head.

#### **Aroma Hot Stone Massage- 75 mins, €125**

A rhythmic style massage with the use of heated volcanic stones to give warmth to tired, tense muscles. This treatment promotes sleep and relaxation with natural warming properties giving you an aromatic journey for your mind, body and soul.

## **BODY TREATMENTS**

### **Peppermint & Seaweed Sugar Glow - 60 mins, €100**

This refreshing and all over exfoliation treatment by VOYA awakens the skin and body. It features a fabulous mix of organic peppermint leaf, seaweed and sugar all of which perform the double action of gently removing dead skin cells while introducing you to uplifting effects of our peppermint essential oil.

### **Organic Warming Spiced Mud Wrap - 60 mins, €100**

The seaweed is taken fresh from the ocean and its purifying elements are released. The extract is rich in potent anti-oxidants and minerals. This wrap offers immediate and noticeable effects to the skin, including firming and toning the body. This is a powerful detoxifier; metabolism provides a stimulator and a natural anti-ageing boost. Infused with aromatic spices of ginger and orange which also revives the senses.

## **FACIALS**

### **Spa Discovery Facial – 30 Minutes, €50**

Feel like magic in minutes. A deep cleanse exfoliation and application of beauty fluid and moisturiser will leave your skin healthy and glowing. The perfect quick fix facial for instant result.

### **CBD Gold Face Therapy - 60 mins, €115**

This unique facial by Ila combines the powerful anti-inflammatory and anti-aging effects of CBD (Cannabinoid) with the effective techniques of 'Nerve Point Therapy' and 'Polarity Balancing. Together, this powerful synergy releases tension and stress from the face whilst restoring balance and vitality within the face & body.

### **Ku Nye Face Therapy- 60 mins, €115**

This healing therapy by Ila uses ancient organic Tibetan oil – containing a rare Omega 7 – to strengthen cell walls, regenerate skin, improve circulation and balance core energy. A rosehip and honey scrub prepare skin for the sea buckthorn elixir; deep lymphatic drainage and acupressure with hot poultices maximises penetration, followed by a harmonising lavender and honey mask.

### **Anti-Ageing Restorative Facial- 60 mins, €115**

This treatment is suitable for all skin types, particularly for those in search of anti-ageing results. The anti-ageing restorative facial is designed using VOYA's finest organic ingredients combined with anti-oxidant algae complexes and a restorative blend of aromatherapy oils. It's this mix of seaweed and botanical ingredients that helps to stimulate collagen production and reduce the appearance of fine lines and wrinkles. The result is instantly firmed and tightened skin with a natural and more radiant glow.

### **Self-Discovery Facial - 60 mins, €115**

This incredible skin specific organic facial is deeply detoxifying, thoroughly revitalising and helps to even skin tone and increase clarity. This facial incorporates a relaxing facial massage that releases any build-up of toxins, to improve radiance and restore a glowing complexion. Allow VOYA to tailor your facial specifically to your skin's unique needs.

## **TOUCHLESS WELLBEING**

### **Private Serail Mud Chamber - 45 mins, €50 for 1 person or €85 for 2 people**

The perfect treatment to share with your loved one. This authentic cleansing ritual begins with you polishing your body using an invigorating scrub followed by applying a therapeutic cleansing mud to each other. Relax in your own private aromatic steam room while this mud deeply detoxifies your skin and body. This is the perfect treatment to have before having any of our massages as it leaves the skin fresh, supple and ready to relax.

## EXPERIENCES

### **Adreno Restore Treatment - 120 mins, €175**

Strong adrenal glands protect us from daily stresses and chronic fatigue. This strengthening therapy uses Ila's adaptogenic ingredients in a targeted scrub and abdomen wrap to keep adrenal-function at optimum levels. Naturopathic warmed adrenal packs direct the healing benefits of vetiver, pine, cedarwood, ashwagandha and pfaffia where they are needed. Deep rest then follows, courtesy of a balancing Ku Nye massage.

### **Ku Nye Five Element Ritual - 120 mins, €175**

This Tibetan Ritual by Ila balances the five elements to restore a harmonious flow of energy and vitality. A blend of five essential oils work together to stabilise the five sensory organs. Tibetan cupping, kneading and acupressure techniques help release physical and mental tension, whilst warm crystals and poultices bring harmony. A strengthening Ku Nye Face therapy and an invigorating head massage brings nourishment and regeneration from the tips of the toes, to the crown of the head.

### **Voyager Recovery - 90 mins, €155**

Reduce fatigue and stimulate circulation with a reviving body scrub, followed by a back of body massage to soothe and reduce tired muscles. Finish this treatment with a refreshing facial treatment to relieve and invigorate after travel.

## EXPECTING & NEW MUM'S

### **Mother to Be Massage - 60 mins, €105**

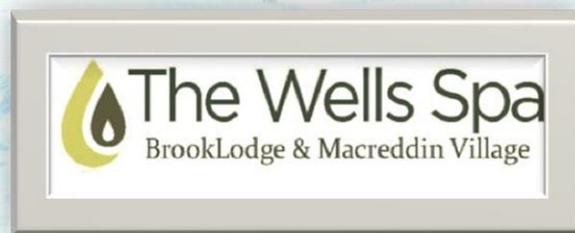
A rosehip seed and argan massage oil infused with extracts of lavender, geranium and rose replenish dry skin and support in the fight against stretch marks. Himalayan herb poultices are slowly massaged into marma points to relieve aches and pains, excess fluid and heat. Anxiety is lifted while peace and harmony surround mother and baby. Full body pregnancy massage by Ila for expecting mothers in their 2<sup>nd</sup> & 3<sup>rd</sup> trimester.

### **Restore to Balance Postnatal Ritual - 60 mins, €105**

This body and face treatment for new moms will focus on those areas which need extra care after birth to soothe muscular aches and help in healing the skin back to balance. Commencing with a back, neck and shoulder massage, followed by a relaxing foot and lower leg massage and a skin rejuvenating facial.

### **Anti-Fatigue Leg Treatment - 30 mins, €60**

A truly relaxing leg treatment to ease fatigue, heavy, tired legs and boost poor circulation. Enjoy warm oils applied with massage and lymphatic drainage techniques finishing with the application of deeply nourishing creams.



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