



ASHA SPA

ASHA comes from the Sanskrit meaning “Wish, Desire, Hope” We aim to cultivate all of the positive emotions associated with ASHA across our hotel and spa experiences. We will ensure you leave our spa feeling fantastic whatever treatment you choose. We pair incredible products with amazing therapists, the perfect combination to allow us to take care of you. Our treatments are especially recommended for those who are overworked, stressed or simply seeking an effective natural detoxifying process.

Seaweed therapy helps reduce stress, relieves certain skin conditions and also helps in the treatment of some circulatory problems and eases aching muscles.



VOYA

Irish Organic Skincare range VOYA combines the highest-quality botanical ingredients and aromatherapy oils with certified organic seaweed. The seaweed is carefully harvested by hand and selected by sight from the wild Atlantic coast and is accredited by the Organic Soil Association. This assures that the ingredients have surpassed the strictest standards and are sourced both responsibly and ethically. Seaweed naturally cleanses and purifies your skin, helping to improve its suppleness and elasticity. It helps to reduce the signs of ageing by toning, smoothing, moisturising and stimulating skin cells.

VOYA products are all certified organic, are suitable to use during pregnancy and are formulated to deeply nourish your skin and aid its natural ability to heal and repair.

VOYA EXPRESS FACIAL 25mins €55

This introductory facial will give a quick & instant pick-me up for dull, lifeless skin. This is also an excellent pre make-up facial for that special occasion.

VOYA SELF DISCOVERY RADIANCE FACIAL 50mins €80

This skin type-specific, ocean inspired organic facial is deeply detoxifying, thoroughly revitalizing and helps to smooth skin tone and increase clarity. A relaxing facial massage to release any build-up of toxins and to repair and nourish skin cells damaged by pollution and chemical exposure. Using a combination of gentle exfoliators, serums and masks, this facial helps to transform your skin leaving it feeling purified, nourished and perfectly balanced. You will be left with a revived glowing, yet non-greasy complexion, enriched and strengthened.

Choose 1 of 3 facials for your journey:

- Purifying Facial (Oily/ Combination Skin)
- Ultra Calming Facial (Sensitive Skin)
- Intensive Hydra Veil Facial (Dry Skin)

VOYA ANTI-AGING RESTORATIVE FACIAL 50mins €80

This intensive facial is particularly good for sensitive, maturing, dry or dehydrated skin. Using a combination of anti-oxidant algae complexes and a restorative blend of organic ingredients, this facial helps to fight the signs of ageing and reduce the appearance of fine lines and wrinkles through lifting, plumping and firming. Fresh leaves of wild Atlantic seaweed are placed over a richly blended oxygenating face mask while particular attention is paid to the neck and décolleté. Your skin is left beautifully hydrated and refreshed.

VOYA DELUXE FACIAL EXPERIENCE 75mins €120

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DEEP TISSUE BACK MASSAGE 25mins €60

Enjoy a 25-minute deep tissue back massage. Deep tissue massage is designed to specifically relieve stress and tension in the body. This massage focuses on realigning deeper layers of muscles. It is used for chronic aches and pains, and concentrates on areas such as upper and lower back.

SWEDISH BACK MASSAGE 25 mins €55

A deeply relaxing therapy to release muscle tension, stimulate circulation and speed up lymphatic drainage. Improves flexibility and promotes relaxation.

INDIAN HEAD MASSAGE 25 mins €55

An ancient head and shoulder massage to relax the mind and body. This sublimely relaxing treatment helps to alleviate stress, muscle tension and stiffness. This allows for improved blood circulation aiding in the draining away of any accumulated toxins, which can help with headaches and eye strain.

ROYAL ASH 50 MINS €75

A royal ash massage is an authentic healing treatment, which is excellent to relieve muscle stiffness and stress. This no skin on skin contact massage involves the client being wrapped in a sheet while the therapist performs pressure points, rhythmical body palming and hot stone placement designed to balance energy flow within the body.

FULL BODY SWEDISH MASSAGE 50 mins €80

A deeply relaxing therapy for the whole body. Stimulates circulation, eases muscle tension, improves flexibility and promotes relaxation.

VOYA VOYAGER MASSAGE JOURNEY 50 mins €80

A complete top-to-toe relaxation journey, this treatment incorporates scalp, face and body massage alongside stretches that echo the movement of the sea. Combining both gentle and stimulating motions, this massage is the ultimate luxury treatment to relieve aches and pains. *Tailored to individual needs.

Chooses from:

- Uplift - Angelicus Serratus
- Relax - Mindful Moments
- Muscle Relief - Ginger Chai

HOT STONE MASSAGE €95 for 50mins

Indulge in a new level of relaxation as warmed basalt river stones are used to massage the body, helping to release tension and connect with the earth's energy. Advanced massage techniques, combined with the use of the hot stones will help relieve your aches and pains.

REVITALIZING LEG & HYDRATING FACE RITUAL
45 mins €75

Relax and unwind with this mixed treatment for both the lower legs and face. Begin with a relaxing foot soak and revitalising scrub to help you increase the circulation to your legs. Float away and enjoy a lower limb draining massage to help with any fluid retention. Unwind your mind while your legs are wrapped in a seaweed nourishing compress. Whilst the seaweed gets to work enjoy a refreshing facial to give some much needed hydration and glow back to your skin.

VOYA ORGANIC WARMED SPICES MUD WRAP
50 mins €85

The seaweed is taken fresh from the ocean and its purifying elements are encapsulated in this rich mud wrap. The extract is rich in potent anti-oxidants and minerals. Definitely for the results driven client, this wrap offers immediate and noticeable effects to the skin, including firming and toning the body. This is a serious detoxifier, metabolism stimulator and a natural anti-ageing boost.

VOYA TANGLE ME UP BODY WRAP
50 mins €85

This wrap hydrates & relaxes your tired, lethargic muscles, relieves stress & fatigue. It tones & firms your skin & helps target signs of ageing & cellulite. Includes full body brushing to increase circulation & to aid the penetration of the potent seaweed gel.

VOYA HYDRATING BODY SCRUB
45 mins €75

Our dual action lathering body buff exfoliates with finely ground walnut shells which nourishes your skin with a blend of almond oil, seaweed & ginger extracts. Our gentle yet effective formula removes rough, lifeless looking skin cells to renew a more refined, silky skin.

VOYA LUSCIOUS SALT GLOW SCRUB
45 mins €75

Luscious Salt Glow Scrub is infused with dead sea salts & organic seaweed oil, a combination which hydrates the skin, stimulates blood & lymph flow while firming skin tone & increasing lustre. It can remove dull skin & refine skin tone.

SPA WAVE THERAPY
30 mins €55

The first of its kind in Wexford, the Spa Wave experience provides key benefits such as mindfulness, meditation, and deep-relaxation techniques. The therapy is based on the Quantum Harmonic Sound therapy. Clinic studies carried out by independent researchers and laboratories have proven the effectiveness immediately after the first treatment.

Benefits include:

- Reduction of stress & mood swings
- Supports treatment of anxiety & panic attacks
- Supports the Immune system
- Increases the ability to concentrate
- Improves sleep quality & quantity

SKINGYM

SKIN | BEAUTY | WELLBEING

At Skin Gym we believe that paying attention to the health of your skin is one of the easiest ways to listen to your body. Our skin trainers look beyond the surface to discover what is really going on. We offer a comprehensive list of holistic services alongside results-driven skin care to help you put your best face forward. It is our mission to help you achieve your goals. Skin health starts with us!

With regular care, we are able to help you train to slow down the ageing process.





ENVIRON®

ENVIRON combines the best of what science and cutting-edge technology has to offer with sound skincare principles to provide superior scientific skincare for everyone.

Dr. Des Fernandes designed Environ to correct the chronic deficiency of vitamin A that everyone suffers from in the exposed areas of their skin. The formulae of Environ are entirely based on the need to replenish all the essential skin nutrients lost by exposure to the sun and environmental factors, and at the same time rehydrate the skin.

Environ skincare products have been formulated to combat and relieve the harmful effects of today's harsh environmental changes and pollution, as well as the modern-day effects of stress and poor diet. Every day our skin loses vitamins due to exposure to these elements, which exacerbates the visible signs of ageing. The only way to effectively replenish these lost skin vitamins is through topical applications and supplements.

At Skin Gym we offer the full range of Environ professional treatments and homecare products. Our Environ trained therapists develop custom skincare regimens and treatment plans to target your skin concerns.

ESSENTIAL YOUTH RESET

60mins €80

Helps soften the appearance of fine lines, sun-damage & sagging skin with our peptide and vitamin packed facial for a more youthful appearance.

ESSENTIAL MOISTURE BOOST

60mins €80

Helps reduce the appearance of fine lines caused by dehydration and increases the plumpness of the deeper layers of the skin. Hyaluronic Acid is the hero ingredient, promoting a moisturised, glowing-looking skin.

ESSENTIAL COMFORT CALM

60 mins €80

Ideal for sensitive, irritated skin. A powerful combination of smart ingredients, leaving the skin feeling soothed with a healthy radiance.

ESSENTIAL RADIANCE REVEAL

60 mins €80

A targeted solution for sun-damaged or pigmented skin. Boosting the skin with the correct combination of ingredients, results in flawless, radiant-looking skin.

FOCUS-ON TREATMENTS

Specially developed to target specific areas using Environ's revolutionary dual electro-sonic DF technology, ensuring that your primary skin care concerns are directly addressed. Perfect for when time is limited.

FOCUS-ON FROWN TREATMENT

30 mins €50

An iconic peptide blend assists in reducing the appearance of expression and frown lines around the eyes and forehead resulting in a more youthful appearance.

FOCUS-ON EYE TREATMENT

30 mins €50

Combining our powerful peptide complexes with Hyaluronic Acid, ensures a completely refreshed, hydrated and youthful appearance.

FOCUS-ON TEXTURE TREATMENT

30 mins €50

An intensive combination of the three Environ technologies; Dual ELECRO-SONIC, COOL PEEL and MICRO PERFUSION improve the appearance of mild scarring, revealing smoother, evenly textured skin.

FOCUS-ON EVEN TONE TREATMENT

30 mins €50

The powerful combination of vitamin A, C and AHA is a unique approach to assist in lightening the appearance of pigmented marks resulting in a more even-toned, brighter complexion.

Environ's unique Cool Peel_ Technology is a non-invasive, intelligent skin renewal system developed by Dr Des Fernandes, to safely and actively help refine, revive and brighten skin. Experience a real, lasting difference to skin through beautiful science.

YOUTH RENEW COOL PEEL

60 mins €75

This cool peel treatment assists with reducing the appearance of premature ageing, fine lines, sun-damage and an uneven skin complexion. Discover the power of an intelligent skin peel that will leave the skin looking refreshed and vibrantly youthful.

MOISTURE BOOST COOL PEEL

60 mins €75

Designed to gently treat the skin's surface and focus on revitalising dry, tired-looking skin, revealing a healthy-looking glow. This gentle yet effective peel is suitable to do all year round with no visible peeling.

DEEP CLEANSING COOL PEEL

60mins €75

Environ's interpretation of the classic deep cleanse facial. This unique method of deep cleansing the skin is gentle in exfoliating the skin's surface, yet effective in purifying and assisting to control the appearance of congested, breakout-prone skin. This unique, gentle peel helps to achieve visible improvements, leaving the skin looking radiantly healthy and refreshed.

BRIGHT RECOVERY COOL PEEL

60 mins €75

This gentle lactic acid cool peel assists with reducing the appearance of premature ageing, fine lines and uneven toned skin complexion as a result of EXCESSIVE SUN exposure.

BLEMISH CONTROL COOL PEEL

60 mins €75

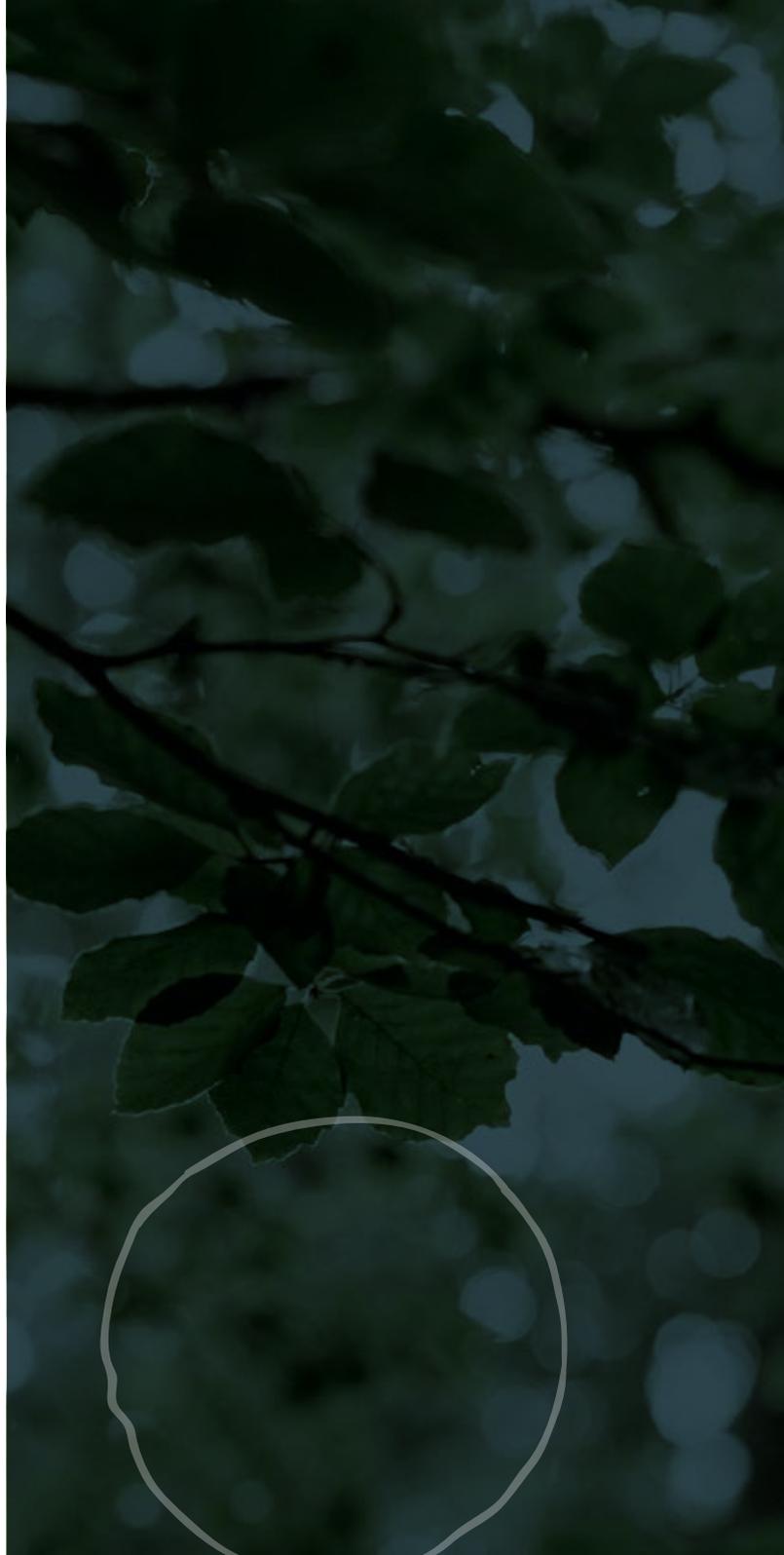
This powerful cool peel therapy assists with the management of blemish prone, distressed skin, by purifying, cleansing and assisting to unclog pores and dissolve impurities. Our hero treatment for problematic skin conditions.

VIBRANT-C MICRO PEEL

60 mins €75

A concentrated, vitamin C infused peel that is freshly mixed before application to ensure optimal freshness. Proven to deliver a healthy complexion with an even skin tone and texture because vitamin C is essential for the skin to function at its best. Excellent choice for sun-damaged, pigmented and mature skin.

Courses of treatments are advised for long lasting results, your skincare therapist will talk you through the options available.



WAXING

FULL LEG	€30	FACE SIDES	€9
HALF LEG	€20	EYEBROW	€10
¾ LEG	€25	UPPER LIP	€9
FULL LEG AND BIKINI	€40	CHIN	€9
STANDARD BIKINI LINE	€16	LIP AND CHIN	€15
EXTENDED BIKINI LINE	€20	BACK	€30
CALIFORNIAN	€25	CHEST	€30
BRAZILLIAN	€45	SHOULDERS	€15
HOLLYWOOD	€60	BACK & CHEST	€50
UNDERARM	€16	WAXING SPECIAL	
ARM WAX	€18	3 AREAS FOR €30	
		Choice of: eyebrow, lip, chin, standard bikini, sides of face or under arm	

EYE TREATMENTS

EYEBROW TINT	€10	EYEBROW SHAPE	€10
EYELASH TINT	€12	EYE TRIO	€25

FOR YOUR WEDDING DAY

Everyone wants to look their best on their wedding day! To achieve your best results we advise you book a consultation six months prior to the big day. During your consultation you can discuss your treatment goals and a tailored home care and treatment package will be designed for you

MANICURE & PEDICURE

DELUXE MANICURE	€36
Includes nail file, cuticle work, hand & arm massage and your choice of colour or French polish. Shellac add on €15	
DELUXE PEDICURE	€50
Includes foot soak and foot scrub, nail file, cuticle work, removal of hard skin, foot massage followed by your choice of colour or French polish Shellac add on €15	
FILE AND PAINT	€20
SHELLAC MANICURE	€30
SHELLAC POLISH FEET	€30
SHELLAC REMOVAL	€10



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