



THE FLOWER OF LIFE SYMBOLISES THE CREATION OF ALL EXISTENCE. THE GEOMETRIC FLOWER DESIGN DEPICTS HOW ALL LIFE IS INTERCONNECTED AND COMES FROM ONE SINGULAR SOURCE. THIS ALIGNS PERFECTLY WITH OUR ETHOS, THAT TO ACHIEVE OVERALL WELLNESS, WE NEED TO HEAL AND BALANCE OUR MIND, BODY AND SPIRIT.

AT DEE SPAS WELLNESS, WE WANT TO GIVE YOU A UNIQUE WELLNESS ESCAPADE, ONE THAT YOU WILL FIND HARD TO FORGET. WE SPECIALISE IN CREATING UNIQUE EXPERIENCES TAILORED TO HELP YOU REACH YOUR DESIRED WELLNESS GOALS. USING UNIQUE BLENDS OF INGREDIENTS AND A FUSION OF THERAPIES WE AIM TO OFFER YOU A SPACE OF HOLISTIC WELLNESS.

ELEVATE YOUR WELLNESS WITH US.

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For your Body

OUR PAMPERING MESSAGES UTILISE ANCIENT TECHNIQUES AND REVITALISE YOU FROM HEAD-TO-TOE. RECEIVE ENERGY AND RELIEF THROUGH HEALING TOUCH. OUR THERAPISTS CAN BESTOW RELAXATION, RELEASE AND ALIGN OVERALL ONENESS OF MIND AND BODY.

DEE SPAS TREATMENTS

5

DEEP SLEEP MASSAGE

55 MINS - €100 | 85 MINS - €120

THE PERFECT TREATMENT FOR ANYONE LEADING A HECTIC LIFESTYLE OR SUFFERING FROM UNEVEN SLEEPING PATTERNS. THE TREATMENT BEGINS WITH A HOT MITT INFUSED WITH RELAXING OILS AND RUBBED OVER THE FEET, FOLLOWED BY A FULL BODY MASSAGE AND REJUVENATING FOOT PRESSURE POINTS.



DEEP TISSUE MASSAGE

55 MINS - €110 | 85 MINS - €150

DEEP TISSUE IS A TECHNIQUE USING FIRM PRESSURE AND SLOW STROKES TO REACH DEEPER LAYERS OF MUSCLE. THIS IS THE PERFECT MESSAGE TO ENCOURAGE MUSCLE RECOVERY, LOOSEN YOUR BODY AND RELEASE TENSION.

SOOTHING FULL BODY MASSAGE

55 MINS - €85 | 85 MINS - €110

ACHIEVE THE ULTIMATE SENSE OF TRANQUILLITY WITH THIS SOOTHING FULL BODY MASSAGE. OUR SPECIALISED THERAPISTS USE ONE OF OUR THREE SIGNATURE AROMATHERAPY BLENDS AND CUSTOMISE IT TO SUIT YOUR NEEDS. WITH THERAPEUTIC BENEFITS FOR THE BODY AND MIND YOU WILL IMMEDIATELY FEEL CALMER AND MORE RELAXED.

TWICE THE EXPERIENCE

55 MINS - €170 | 85 MINS - €220

ENCHANCE YOUR SPA EXPERIENCE BY SHARING IT WITH SOMEONE SPECIAL. ENJOY A RELAXING FULL BODY MASSAGE IN ONE OF OUR TREATMENT ROOMS FOR TWO.



CANDLELIGHT CARESS

55 MINS - €95 | 85 MINS - €120

AS THE CANDLE SLOWLY BURNS, AROMATIC OILS ARE RELEASED AND GENTLY POURED ONTO THE BODY. USING SLOW MASSAGE MOVEMENTS THIS TREATMENT HEIGHTENS YOUR SENSATIONS PROVIDING YOU WITH A TRULY EXQUISITE SPA EXPERIENCE.

LYMPHATIC DRAINAGE MASSAGE

55 MINS - €100 | 85 MINS - €120

THIS CALMING MASSAGE IS FOR THE INDIVIDUAL WHO DESIRES A RELEASE OF INNER HEALING. USING MASSAGE TECHNIQUES TO STIMULATE THE DRAINAGE OF EXCESS FLUID, THE BODY IS CLEANSSED FROM TOXINS AND IMPURITIES. LOSE YOURSELF IN A MOMENT OF RELAXATION AND TRANQUILLITY FOCUSING ON REDUCING ANY STRESS, PAIN OR INFLAMMATION.



The Holistic Experiences

CARING FOR MIND, BODY AND SPIRIT IS THE CORNERSTONE OF OUR PHILOSOPHY, AND OUR ARRAY OF HOLISTIC TREATMENTS ARE DESIGNED TO GIVE YOU JUST THAT.

DEE SPAS TREATMENTS

9

BACK, NECK & SHOULDERS MASSAGE

25 MINS - €60

RELEASE UPPER BODY STRESS AND TENSION WITH THIS MASSAGE FOCUSED ON MUSCLE SORENESS IN YOUR BACK, NECK, AND SHOULDERS.

ORIENTAL HEAD MASSAGE

25 MINS - €60

AN INTENSE MASSAGE USING VARIED PRESSURE, WHICH RELEASES TENSION IN THE HEAD, NECK, AND SHOULDERS. AN ENTRANCING TREATMENT THAT DEEPLY CONDITIONS YOUR HAIR FOLLICLES AND SCALP.

REFLEXOLOGY FOOT MASSAGE

25 MINS - €60 | 55 MINS - €100

REFLEXOLOGY IS AN ALTERNATIVE THERAPY BASED ON THE THEORY THAT SPECIFIC AREAS OF THE FEET ARE CONNECTED TO DIFFERENT ORGANS AND PARTS OF THE BODY. THIS MASSAGE USES A MIX OF PRESSURE APPLIED TO THE FEET TO INSTIL RELIEF AND IMPROVE YOUR OVERALL WELLNESS.

VOLCANIC HOT STONE MASSAGE

55 MINS - €100 | 85 MINS - €150

INVIGORATE YOUR SENSES WITH WARM OILED STONES, GLIDING ALONG THE MUSCLES RELEASING DEEPLY HELD TENSION. A POWERFUL THERAPEUTIC TREATMENT THAT PROMOTES A PROFOUND SENSE OF RELAXATION.

SIGNATURE FOUR-HAND SYNCHRONISED MASSAGE

55 MINS - €150 | 85 MINS - €200

THIS TREATMENT WAS DESIGNED TO GIVE YOU A SPA EXPERIENCE TO ECLIPSE ALL OTHERS. TWO THERAPISTS WILL WORK TOGETHER TO TAKE YOU ON A RELAXING JOURNEY RESTORING EVERY ACHING MUSCLE. EXPERIENCE THE MAGIC OF FOUR HANDS WORKING IN A SYNCHRONISED MASSAGE DESIGNED TO SOOTH AND CALM YOU.



DEE SPAS SIGNATURE PERSONALISED MASSAGE

55 MINS - €120 | 85 MINS - €150

ANOTHER INTENSIVE APPROACH FOR INNUMERABLE HOLISTIC HEALING BENEFITS. THERAPEUTIC VALUE OF COCONUT COMPRESS IN COMBINATION WITH EXCLUSIVE MASSAGE THERAPY.

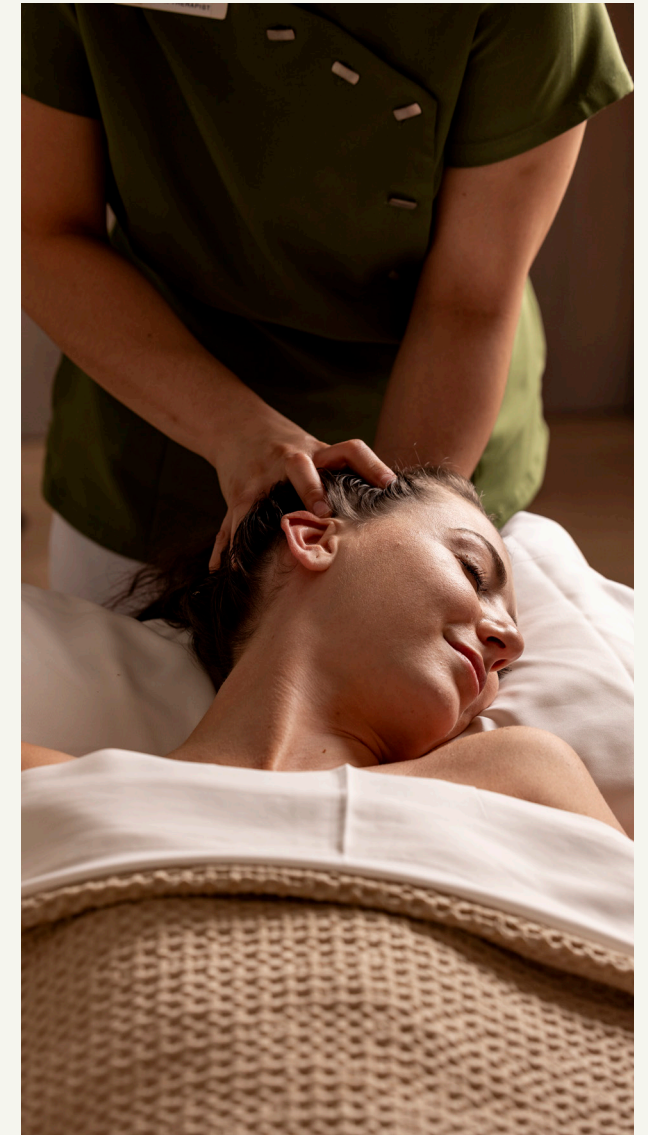
MASSAGE ENHANCEMENTS*

TREAT YOURSELF AND TOP UP YOUR EXPERIENCE
FOR JUST €20

EYE TREATMENT
LIP TREATMENT
HEAD MASSAGE
FACE MASK
PRESSURE POINT FOOT MASSAGE
HOT STONE

ASK OUR THERAPISTS FOR SEASONAL
ENHANCEMENTS AND SPECIALS AVAILABLE

*ANY ENHANCEMENTS CHOSEN WILL BE INCLUDED AS PART OF THE
TREATMENT TIME AND WILL NOT ADD TIME TO YOUR MAIN TREATMENT





Pre & Postnatal Experiences

OUR SPECIALISED PRE AND POST-NATAL SPA TREATMENTS ARE ALL ABOUT GIVING EXPECTANT AND NEW MOTHERS A MUCH NEEDED ESCAPE FROM THE DAY TO DAY STRESSES,

THE MUM-TO-BE

55 MINS - €80

UNWIND AND LET GO OF THE PHYSICAL AND EMOTIONAL DEMANDS OF PREGNANCY. USING A BLEND OF PREGNANCY APPROVED OILS TO BRING ABOUT CALMNESS, THIS GENTLE MASSAGE WILL EASE ANY DISCOMFORT AND REDUCE SWELLING. THIS MASSAGE FOCUSES ON THE FACE, HEAD, NECK, SHOULDERS AND FEET.

THE MOTHER THAT IS

55 MINS - €80 | 85 MINS - €110

HELP YOUR BODY RECOVER POSTPARTUM WITH THIS GENTLE MASSAGE THAT HELPS RESTORE BALANCE. PROMOTING ALL ROUND WELLBEING THIS TREATMENT IS THE PERFECT MOMENT FOR ANY NEW MOTHER.

IMPORTANT NOTE: FOR PRE-NATAL TREATMENTS, CLIENTS MUST BE PAST THE FIRST TRIMESTER AND WITHIN THREE WEEKS OF THE DUE DATE; FOR POST-NATAL TREATMENTS, CLIENTS MUST NOT HAVE HAD COMPLICATIONS DURING DELIVERY AND MUST NOT BE BREASTFEEDING—PLEASE CONSULT WITH US BEFORE PURCHASING A VOUCHER OR BOOKING A TREATMENT.



The Scrub & Wrap Rituals

OUR SCRUBS AND WRAPS ARE MADE FROM A BLEND OF NATURAL INGREDIENTS.
NOURISH YOUR SKIN AND WALK OUT FEELING RENEWED AND POLISHED.

DEE SPAS TREATMENTS

15

RECOMMENDED FOR ►
POOR CIRCULATION
FLUID RETENTION
BLOATING

INVIGORATING ESPRESSO BODY SCRUB

45 MINS - €60

THIS SCRUB IS MADE FROM A SECRET COMBINATION OF NATURAL INGREDIENTS INCLUDING COFFEE. WHEN APPLIED, IT HEATS THE BODY TARGETING AREAS THAT RETAIN FLUID SUCH AS THE TUMMY, WAIST AND THIGHS. IT ENDS WITH A COOLING BODY SCULPTING GEL WHICH IS MASSAGED INTO THE SKIN TO STIMULATE CIRCULATION AND DRAIN THE BODY FROM TOXINS.

ISLAND COCONUT BODY SCRUB

45 MINS - €60

AN EXCELLENT TREATMENT TO GET YOUR SKIN LOOKING RADIANT. PERFECT FOR SENSITIVE SKIN.

SIGNATURE BODY WRAP & SCRUB

85 MINS - €120

OUR THERAPISTS WILL CREATE A PERSONALISED BLEND OF NATURAL INGREDIENTS TO SOOTH YOUR SENSES. ENJOY A BODY WRAP AND SCRUB TAILOR MADE FOR YOUR NEEDS AND COMPLETE YOUR EXPERIENCE WITH A WONDERFUL BODY MIST, LEAVING YOU FEELING REVITALISED.



DETOXIFYING EUCALYPTUS & SEAWEED WRAP

45 MIN - €60

A FULL-BODY MUD WRAP, ENRICHED WITH DETOXIFYING SEAWEED AND EUCALYPTUS EXTRACTS WHICH LEAVES THE SKIN FEELING FRESH AND DEEPLY CLEANSED. A RELAXING FACE AND HEAD ACUPRESSURE-MASSAGE THAT EASES MUSCLE TENSION AND INDUCES A DEEP SENSE OF CALM.

CUSTOMISED WRAP

45 MIN - €60

CONSULT WITH OUR SPA THERAPISTS FOR CUSTOMISED OPTIONS AVAILABLE.

HYDRATING CHOCOLATE & HONEY BODY MASK

45 MINS - €60

THIS SOOTHING MASK HELPS IMPROVE THE TEXTURE OF THE SKIN WITH ITS SOOTHING, SOFTENING AND MOISTURISING ACTION.



ALOE VERA HEALING MASK

45 MINS - €60

REPLENISH THE SKIN WITH THE COMBINED COOLING EFFECT. ALOE VERA COMBATS SUNBURN AND PROMOTES HYDRATION.





An Ayurvedic Experience

AYURVEDA IS A SANSKRIT WORD WHICH MEANS "KNOWLEDGE OF LIFE". FOR OVER 5000 YEARS AYURVEDIC MEDICINE HAS ENCOURAGED WELLNESS FROM WITHIN. ALL-NATURAL TREATMENTS USING DIFFERENT BLENDS OF HERBS AND OILS TAILORED BY OUR EXPERT THERAPISTS TO SUIT YOUR NEEDS. IMMERSE YOURSELF IN THESE ANCIENT RITUALS AND CHOOSE FROM AN EXQUISITE SELECTION OF HOLISTIC TREATMENTS RESTORING BALANCE IN THE BODY, MIND, AND SPIRIT.

DEE SPAS TREATMENTS

ABHYANGAM

55 MINS - €100 | 85 MINS - €120

'ABHYANGAM' IS A SANSKRIT WORD WHICH MEANS OIL APPLICATION. A LUXURIOUS FULL BODY MASSAGE USING A WARM BLEND OF HERBAL OILS TAILORED TO YOUR INDIVIDUAL NEEDS. THE TREATMENT HELPS BUILD TISSUE STRENGTH, IMPROVES BLOOD CIRCULATION, REJUVENATES THE WHOLE BODY WHILST REDUCING STRESS AND REMOVING TOXINS.

◀ RECOMMENDED FOR
BLOOD CIRCULATION
MUSCLE ACHES

SHIRODHARA*

85 MINS - €150 (WITH OIL)

SHIRODHARA COMES FROM THE TWO SANSKRIT WORDS "SHIRO" (HEAD) AND "DHARA" (FLOW). AFTER A RELAXING FULL BODY MASSAGE AND A TRADITIONAL INDIAN FOOT RITUAL, A STREAM OF MEDICATED WARM OIL IS POURED ONTO THE FOREHEAD IN A RHYTHMIC MANNER. A TRANQUIL EXPERIENCE INDUCING CALMNESS AND SERENITY WHILST REVITALISING THE CENTRAL NERVOUS SYSTEM.

◀ RECOMMENDED FOR
INSOMNIA
SINUSITIS
TENSION
ANXIETY
HEADACHES

*SUBJECT TO SPA AVAILABILITY

ELAKIZHI

55 MINS - €100 | 85 MINS - €125

“ELA” MEANING LEAVES; “KIZHI” MEANING BUNDLE. FRESH HERBAL LEAVES ARE COOKED IN AYURVEDIC OILS AND PACKED INTO LINEN BAGS WHICH ARE USED TO MASSAGE LOCALISED AREAS OF THE BODY.

- ▲ RECOMMENDED FOR
- MUSCLE RELIEF
- NEUROLOGICAL & JOINT PAIN
- REDUCTION OF SWELLING AND STIFFNESS

UDVARTHANAM

85 MINS - €130

THIS UNIQUE AYURVEDIC MASSAGE BEGINS WITH A THERAPEUTIC OIL MASSAGE FOLLOWED BY A FRAGRANT BLEND OF PURIFYING POWDERED HERBS VIGOROUSLY RUBBED ONTO THE BODY. THIS ANCIENT THERAPY EXFOLIATES, CONDITIONS AND DEEPLY CLEANSES THE SKIN HELPING TO EXPEL ANY TOXINS. AN UDVARTHANAM FULL BODY MASSAGE WILL MAKE YOUR SKIN FEEL FIRMER AND LEAVE YOU LOOKING RADIANT.

- ▲ RECOMMENDED FOR
- FLUID RETENTION
- CELLULITE REDUCTION
- IMPROVING CIRCULATION



AYURVEDIC BACK MASSAGE

25 MINS - €65 | 45 MINS - €85

A MASSAGE COMBINING A SPECIALISED BLEND OF WARM, MEDICATED, AYURVEDIC OILS USED TO RELIEVE MUSCLE TENSION FROM THE BACK, SHOULDERS AND NECK.

- ▲ RECOMMENDED FOR
- TENSION
- STIFFNESS
- CHRONIC BACK PAIN

AYURVEDIC HEAD MASSAGE

25 MINS - €65 | 45 MINS - €85

A COMPLETE MASSAGE OF THE HEAD, NECK AND SHOULDERS USING AYURVEDIC OILS WHICH DEEPLY CONDITION YOUR HAIR FOLLICLES AND SCALP. BALANCING YOUR CENTRAL NERVOUS SYSTEM AND CREATING A DEEP SENSE OF CLARITY, THIS AYURVEDIC HEAD MASSAGE IS A TRULY INCREDIBLE EXPERIENCE THAT ENSURES YOU'RE LEFT FEELING RELAXED AND REJUVENATED.

- ▲ RECOMMENDED FOR
- HEADACHES
- SINUSITIS
- NECK PAINS



The Spa Rituals

EXPERIENCES THAT FOCUS ON THE MIND, BODY AND SPIRIT. EASING THROUGH YOUR SENSES,
THEY WILL LEAVE YOU FEELING RESTORED AND COMPLETE

DEE SPAS TREATMENTS

23

OFFICE SYNDROME REMEDY

45 MINS - €80

A COMBINATION OF TECHNIQUES FOCUSING ON THE BACK, SHOULDERS, AND HEAD. THIS STRESS RELIEVING TREATMENT ENDS WITH SLOW, LONG, DEEP MASSAGE STROKES, SOOTHING AND ENERGIZING THE BODY, WHILST PROMOTING SERENITY.

POWER OF ASIA

85 MINS - € 150 | 120 MINS - €200

EXPERIENCE ASIA, WHERE A COMBINATION OF SEVEN TECHNIQUES COME TOGETHER INTO ONE TREATMENT. THE TREATMENT STARTS WITH THAI STRETCHING SHIATSU MOVEMENTS TO LOOSEN UP, FOLLOWED BY A MIXTURE OF MASSAGE TECHNIQUES FROM BALI, CHINA AND JAPAN ALONG WITH HOT COMPRESS. FINISHING OFF WITH AN INDIAN HEAD MASSAGE AND REFLEXOLOGY - A TRULY PHENOMENAL EXPERIENCE!



SEASHELLS MASSAGE

55 MINS - €100 | 85 MINS - €150

WARM TIGER-STRIPED CLAMSHELLS, OILS AND MASSAGE TECHNIQUES WORKING IN HARMONY TO PENETRATE DEEP INTO THE MUSCLES AND ENCOURAGE A STATE OF RELAXATION.

BAMBOO MASSAGE

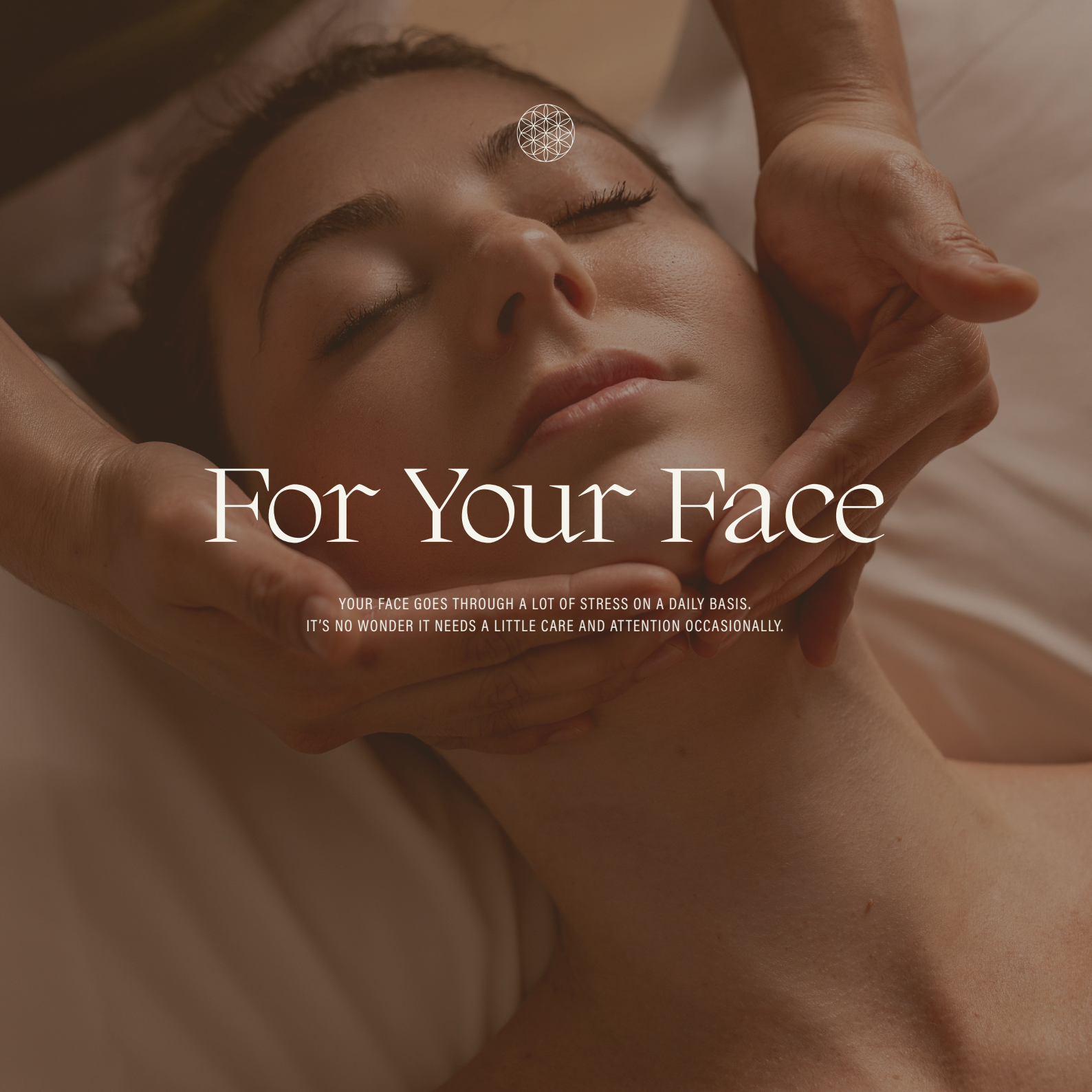
55MINS - €100 | 85 MINS - €150

BAMBOO'S HEALING PROPERTIES HAVE BEEN USED THROUGHOUT THE AGES TO REBALANCE YOUR ENERGY FLOW BY DISPELLING NEGATIVE ENERGY. BAMBOO STICKS ARE USED TO ROLL AND KNEAD THE TISSUE CREATING AN EXTREME SENSATION OF RELAXATION AND WELLBEING. THIS MASSAGE ENCOURAGES A POSITIVE ENERGY FLOW WHILST REDUCING CHRONIC PAIN, STRESS, ANXIETY, AND DEPRESSION.



Give your body
a little love.
It deserves it.





For Your Face

YOUR FACE GOES THROUGH A LOT OF STRESS ON A DAILY BASIS.
IT'S NO WONDER IT NEEDS A LITTLE CARE AND ATTENTION OCCASIONALLY.

DEE SPAS TREATMENTS

27

LYMPHATIC FACIAL

45 MINS - €60

A REINVIGORATING FACIAL MASSAGE THAT DRAINS THE FACE FROM TOXINS AND IMPURITIES IMPROVING THE SKIN'S TONE AND TEXTURE.

RADIANCE ANTI-AGEING RENEWAL

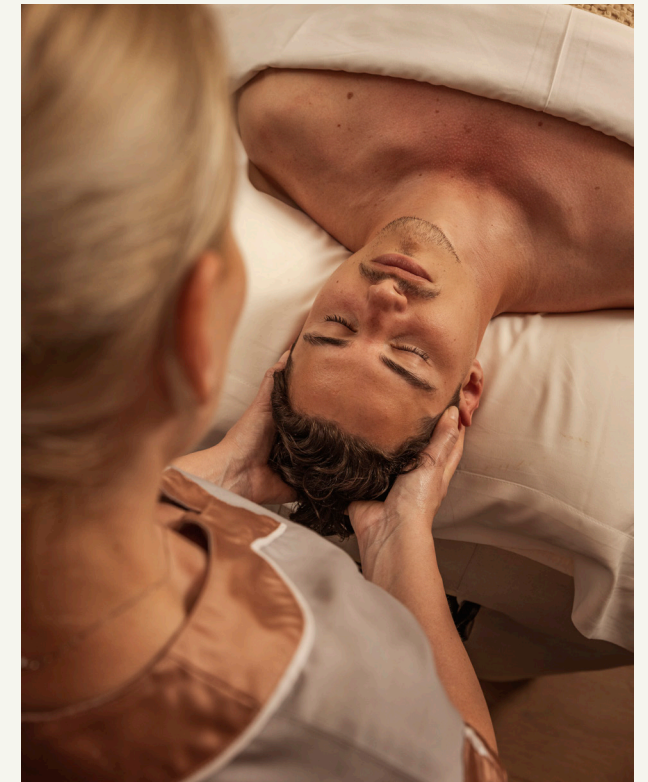
85 MINS - €120

USING LIFTING MASSAGE TECHNIQUES WHICH STIMULATE COLLAGEN PRODUCTION, THIS MOISTURE INTENSIVE FACIAL NOURISHES THE SKIN AND LEAVES IT FEELING FIRM AND PLUMP. A TRULY LUXURIOUS FACIAL THAT WILL TAKE YOU ON A JOURNEY OF REJUVENATION AND RADIANCE.

FACIAL ENHANCEMENTS

EYE TREATMENT
LIP TREATMENT
COLLAGEN MASK
BACK MASSAGE
HEAD MASSAGE

CONSULT WITH THE SPA THERAPIST FOR PRICES



A JOURNEYMAN'S FACIAL FOR THE MEN

55MINS - €75 | 85 MINS - €120

THIS TREATMENT STARTS OFF WITH A DE-STRESSING BACK MASSAGE TO RELIEVE MUSCLE TENSION FOLLOWED BY A DEEP CLEANSING FACIAL USING A COMBINATION OF PRODUCTS FORMULATED ESPECIALLY FOR MEN.



PICK-ME-UP FACIAL

25 MINS - €50

A RE-ENERGISING EXPRESS FACIAL THAT WILL BOOST YOUR SKIN AND MAKE IT GLOW, LEAVING YOU FEELING REFRESHED AND READY TO TAKE ON THE WORLD.

HYDRATION BOOSTER

55 MINS - €80 | 85 MINS - €110

THIS TREATMENT STIMULATES BLOOD FLOW, ENCOURAGES THE PRODUCTION OF COLLAGEN AND KILLS BACTERIA, LEAVING THE SKIN FEELING HEALTHIER, HYDRATED AND MORE YOUTHFUL-LOOKING.

LUMINIZING FACIAL (WHITENING FACIAL)

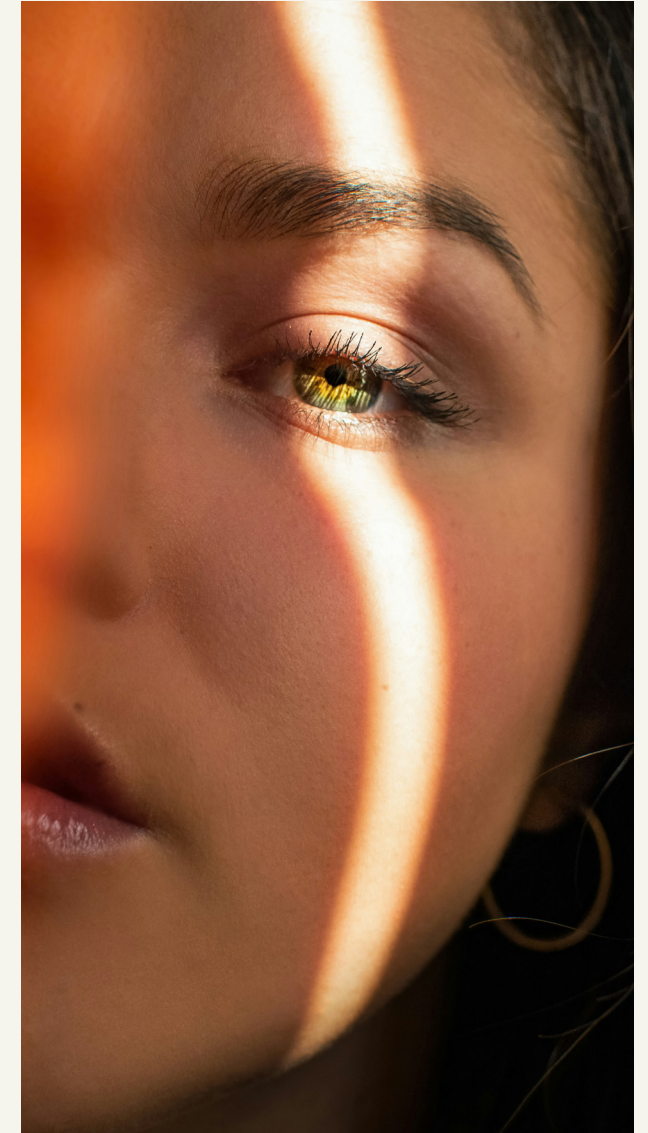
55 MINS - €80

THE IDEAL TREATMENT FOR A RADIANT AND EVEN COMPLEXION. A TREATMENT TARGETING PIGMENTATION, WHICH WILL HELP YOUR SKIN APPEAR BRIGHTER AND MORE LUMINOUS.

PURIFYING FACIAL

55 MINS - €80

YOUNG PROBLEMATIC SKIN REQUIRES INTENSE AND SPECIALISED CARE TO TREAT BLEMISHES, REDNESS, INFLAMMATION AND CONGESTION. THIS FACIAL FOCUSES ON CLEANSING AND ENRICHING THE SKIN LEAVING IT FEELING SMOOTH AND RADIANT.





For Your Hands and Feet

TREAT YOURSELF TO BEAUTIFUL HANDS AND NAILS, OR REINVIGORATE YOUR FEET WITH OUR EXCLUSIVE RANGE OF RESTORATIVE, ANTI-AGEING TREATMENTS.

DEE SPAS TREATMENTS

LUXE MANICURE

70 MINS - €60

GIVE YOUR HANDS AND NAILS A LUXURIOUS PAMPERING SESSION WHICH INCLUDES: TRIMMING, SHAPING, CUTICLE CARE, CLEANSING, EXFOLIATION, MASK, INTENSE MOISTURISATION AND APPLICATION OF NAIL POLISH. UPGRADE TO GEL POLISH €15.

LUXE PEDICURE

70 MINS - €65

GIVE YOUR FEET A TREAT WITH THIS SOOTHING PEDICURE WHICH INCLUDES: A RELAXING FOOT BATH, EXFOLIATION, MASK, FOOT AND LEG MOISTURISATION, EXPERT TRIMMING, CUTICLE REMOVAL, SHAPING AND APPLICATION OF NAIL POLISH. UPGRADE TO GEL POLISH €10.

DELUXE DUO COMBO

140 MINS - €140

WHY CHOOSE BETWEEN A MANICURE AND A PEDICURE? SPOIL YOURSELF AND DOUBLE UP WITH THE DELUXE DUO COMBO. (GEL POLISH INCLUDED).

QUICK TREATS

EXPRESS MANICURE	25 MINS - €35
EXPRESS PEDICURE	25 MINS - €40
GEL POLISH	25 MINS - €25
POLISH CHANGE	15 MINS - €20
PARAFFIN ADD ON	15 MINS - €15
EYEBROW SHAPING	€15
EYEBROW TINT	€20
EYELASH TINT	€20
UPPER LIP WAX	€10
UNDERARM WAXING	€20
HALF ARM WAX	€20
FULL ARM WAX	€30
HALF LEG WAXING	€25
FULL LEG WAXING	€40
FULL LEG WAXING & BIKINI LINE	€50
BIKINI LINE	€20
BACK OR CHEST	€30
THREADING EYEBROWS	€25
THREADING FULL FACE	€50



Dee Spas Programmes

PURCHASE ONE OF OUR PACKAGES AND BENEFIT FROM EXCLUSIVE DISCOUNTS WHILST IMMERSING YOURSELF IN A WORLD OF HOLISTIC WELLBEING. OUR EXPERT THERAPISTS WILL CREATE A WELLNESS PROGRAM TAILORED TO YOUR PERSONAL NEEDS. BOOK TODAY AND DISCOVER TOTAL BODY RESTORATION.

SIX SESSIONS OF ANY TREATMENT OF YOUR CHOICE

TREAT YOURSELF AND TOP UP YOUR
EXPERIENCE FOR JUST €20

25 MINUTES	€220
55 MINUTES	€400
85 MINUTES	€485



Kids' Treatments

A KIDS' SPA DAY IS A FUN WAY FOR CHILDREN AGED 6-13 YEARS TO RELAX AND FEEL PAMPERED. THEY CAN GET THEIR NAILS PAINTED DURING A MANICURE AND PEDICURE, ENJOY A GENTLE BACK MASSAGE, AND MAYBE EVEN ADD SOME FUN DESIGNS OR SPARKLES TO THEIR NAILS. IT'S ALL ABOUT HAVING A GOOD TIME AND FEELING SPECIAL!

PRETTY FINGERS	€25
TERRIFIC TOES	€25
PAMPERING BACK MASSAGE	€30



Experiences by Dee Spas

OUR CAREFULLY CURATED PACKAGES COMBINE COMPLEMENTING TREATMENTS TO OFFER YOU AN ELEVATED SPA EXPERIENCE. YOU'LL NEVER FORGET YOUR FIRST DEE SPAS DAY.

DEE SPAS TREATMENTS

35

MUCH NEEDED 'ME'

45 MINS - €70

- BACK, NECK & SHOULDERS MASSAGE
- PRESSURE POINT HEAD MASSAGE
- USE OF SPA FACILITIES

A MAN'S WORLD

85 MINS - €150

- STRESS BUSTER FULL BODY MASSAGE
- REFLEXOLOGY
- USE OF SPA FACILITIES

UNWIND & LET GO...

85 MINS - €150

- SIGNATURE FULL BODY MASSAGE
- RADIANCE FACIAL
- GLASS OF PROSECCO
- USE OF SPA FACILITIES



FOR HER

120 MINS - €200

- CANDLE OIL FULL BODY MASSAGE
- SIGNATURE FACIAL
- EXPRESS PEDICURE
- GLASS OF PROSECCO
- USE OF SPA FACILITIES

A MOMENT OF CALM

2.5 HRS - €300 PER COUPLE

- HONEY & SUGAR BODY SCRUB
- VOLCANIC HOT STONE FULL BODY MASSAGE
- SIGNATURE FACIAL
- PRESSURE POINT FOOT MASSAGE
- GLASS OF PROSECCO & CHOCOLATES
- USE OF SPA FACILITIES

JUST US

55 MINS - €175 PER COUPLE

- COUPLE DUET MASSAGE
- HEAD MASSAGE
- GLASS OF PROSECCO
- USE OF SPA FACILITIES

TIME

120 MINS - €200

INDULGE YOURSELF IN TWO HOURS OF ANY TREATMENT OR EXPERIENCE. CONSULT WITH YOUR THERAPIST AND CREATE YOUR PERFECT WELLNESS ESCAPE.





SPA POLICIES

HOURS OF OPERATION

Spa Treatments and Facilities available: Mon to Sun from 10.00 hrs to 19.00 hrs

HOW TO SPA

The spa enviornment is one of tranquility and relaxation. Please respect the quiet and privacy of other guests. We kindly request that you refrain from using mobile phone and cameras. It is recommended that you leave all valuables in your guest room's safe. The spa cannot assume liability for any valuables.

RESERVATIONS

Advance booking is highly recommended to ensure preferred times are available, particularly if you decide to visit us a number of times during your stay. The spa provides walk-in bookings, based on availability. You should plan to arrive 30 minutes before, to experience our thermal area which will maxmise the benefit of your treatment. To make a reservation, call the spa reception.

GIFT VOUCHERS

Our gift vouchers make a wonderful gift for any special occasion. Please enquire with our Spa Reception for details and offers.

PREGNANCY

We have specially designed treatments for expectant mothers. We recommend that you check with your physician before booking any spa services. Certain treatments and techniques may not be available during the first trimester.

LATENESS & CANCELLATION POLICY

We kindly ask our guests to arrive 15 to 30 minutes prior to their appointment. Please be aware that your late arrival may result in a reduction of treatment time as a courtesy to our next guest. Cancellation within 24 hours will incur a 50% automatic charge. No shows without prior notification at our Spa Reception are charged full price.

HEALTH CONCERNS

Prior to booking please advise us of any health conditions, allergies or injuries that could effect your experience or use of the spa facilities.

ATTIRE

For your convenience you may arrive at the Spa in your bathrobe and slippers provided in your room. Alternatively, you may use our changing rooms and lockers for your personal belongings at a refundable cash deposit.

VALUABLES

We recommend that no jewellery is worn during any treatment. please keep your belongings safe in your room. The management will not be held responsible for loss of money, valuables or any personal items brought into the spa.

AGE

Persons under the age of 18 years should be accompanied by an adult or guardian during treatments and use of spa facilities. Children cannot be left unattended at any time within the spa area including the indoor pool. Also note that persons under the age of 18 years are prohibited to make use of the hydrotherapy pool, sauna and steam room (where applicable).

PRICES

All prices are inclusvie of VAT.

