





A Warm Atlantic Welcome Awaits

Submerge yourself in a world of relaxation created in intimate surroundings designed for you experience a wave of relaxation from the moment you step through the door.

You are invited to lose yourself in a world of relaxation created within intimate surroundings designed with the total comfort of you in mind.

Dedicated to offering you the ultimate in luxury pampering treatments and packages, our experienced team are just waiting to take you on a journey of escapism, relaxation, and indulgence.

Located on the Beach Level of the Ocean Sands Hotel

Welcomes Residents and Non-Residents

Open 7 days 10am to 6pm

Four Luxury Treatment Suites

Including:

Couples Double Treatment Suite with Bespoke Bath

Two Treatment Suites

The Lavender Lounge Pedicure & Beauty Room

Thermal Suite with Hot Tub, Infrared Sauna & Experience Shower

Sumptuous Bathing Suite with Two Large Baths



ELEMIS

Pro-Glow

Hands on Facials

Pro-Glow Smooth

75 minutes

€95

Ultimate HIIT Workout for your skin

Powerful resurfacing technology lifts away dead skin cells to smooth, renew and refine, whilst improving the appearance of the skin tone and luminosity. Skin is prepped for an infusion of hydration that will double its moisture content, leaving it feeling plump and hydrated, whilst delivering an immediate and visible tightened effect. After just one treatment, the complexion looks firmer, supremely smooth and rejuvenated.

Pro-Glow Genius Facial

75 minutes

€95

Your line-fighting Superhero Facial

Clinically proven intelligent skincare and our triple level approach to skin hydration results in transformative results for younger-looking skin.

Powered by our Ultra-Smart Technology, with a spotlight on deep-set wrinkles for maximum, multi-faceted facial rejuvenation, and skin hydration. skin will be visibly smoother, resilient, and firmer looking. An unsurpassed, line-fighting facial experience, skin will appear immediately firmer and more radiant after just one treatment.

Pro-Glow Brilliance

75 minutes

€95

Your recipe for Radiance

Turn up this brightness with this triple cleanse, melting away make-up, daily pollutants, and grime. Gentle resurfacing dissolves away dead skin cells to reveal healthy and clearer looking skin.

A fusion of superfoods and antioxidant-rich facial oils plump the skin with moisture, whilst helping to nourish and protect. Immediately revealing an outdoor-fresh glow, skin is left feeling fresh, radiant, and healthy.



ELEMIS

Pro-Glow+

BIOTEC 2.0 Facial

Brand New Cutting-Edge Facial Technology
First Machine for the West of Ireland at the Ocean Spa
5 Technologies in 1 Machine Deliver Dynamic Skincare Results with Long Term Benefits

Elemis Biotech delivers the next generation of Elemis Facial, setting new standards with a fusion of technology and touch. This unique facial combines new machine technologies seamlessly with hands on therapy, creating immediate and long-term results while targeting specific skincare needs. Powerful plant actives work with the body's natural bio-electrical field and enhance the skins ability to rejuvenate, resurface and radiate.

Pro-Glow Smooth+ ***75 minutes*** ***€115***

THE ULTIMATE HIIT WORKOUT FOR YOUR SKIN

Ultrasonic peeling exfoliates dead skin cells to smooth and prepare the skin for line-fighting microcurrent technology, targeting lines and wrinkles for more radiant, youthful looking skin. Skin will appear more vibrant, with improved feeling of firmness and elasticity.

Pro-Glow Genius Facial + ***85 minutes*** ***€135***

The ultimate age-defying experience

Harnessing the powerful benefits of all 6 Elemis Biotec 2.0 technologies, skin will be visibly smoother, more sculpted, and firmer with a spotlight on deep-set wrinkles for maximum, multi-faceted facial rejuvenation, and skin hydration. An unsurpassed, age-defying facial resulting in a more lifted, radiant youthful appearance after just one treatment.

Pro-Glow Cry02 Sculpt+ ***75 minutes*** ***€115***

Freeze time for a fresh and youthful you

An Elemis first, harnessing the power of sub-zero Cryotherapy, known to tighten. With a triple level approach to skin hydration, reveal lifted appearance and improve the look of deep-set lines, firmness, and elasticity for instant skin-smoothness. An age-defying facial experience like no other, skin feels energised and refreshed.

Pro-Glow Brilliance+ ***75 minutes*** ***€115***

Your recipe for Radiance

Experience our ultrasonic peel technology and brightening enzymes to deep clean and remove visible pollutants, make-up, and city grime for happy, healthy skin. Hydrating technology and antioxidant-rich superfoods will plump and smooth with a super-charged air massage to breathe life into the skin. Immediately revealing a super-healthy complexion, you'll look and feel more radiant, relaxed, and glowing.



ELEMIS

Body Treatments

Rose Restore

Take a walk in a Rose Garden with this lavishly hydrating body massage. The unique blend of oils leaves the skin exquisitely moisturised, intensely supple, and delicately scented.

60 minutes includes Full body massage with scalp €100

90 minutes includes Full body massage with face and scalp €130

Deeper Than Deep

Full Body Massage ***50 minutes*** **€120**

30 minutes **€65**

Your therapist will select an aromatic oil according to your concerns, be it muscle pain, stress relief, relaxation or balance. **The flowing massage works deeper into the tension, encouraging optimum circulation.**

Peaceful Pregnancy Massage ***75 minutes*** **€100**

This intuitive restorative, and relaxing massage for mothers-to-be deeply hydrates skin that is expanding to accommodate a growing baby. Aromatics are specially selected for optimum wellness and deep calm

Body Scrubs

Frangipani Intensely Cleansing Salt Scrub ***45 minutes*** **€75**

Fragranced salt gently sloughs away dead skin cells, encouraging the regeneration of new cells. This luxurious treatment reveals a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

Hebridean Salt & Oil Scrub ***45 minutes*** **€75**

A Hebridean sea salt and oil scrub gently exfoliates, sweeping away dull, dry skin. An invigorating express treatment to stimulate circulation, eliminate toxins and leave the skin nourished and glowing.



OCEAN SPA

Bathing Therapies



Carraig Fhada Local Sligo Seaweed Bath

45 Minutes

€40

Seaweed is rich in antioxidants, vitamins, minerals, and other bioactive compounds that are wonderful for your skin. When using our seaweed bath, your skin absorbs these compounds re-mineralising the body and hydrating the skin and hair. Seaweed Baths will soothe away aches and pains and may also help with skin conditions such as psoriasis, eczema, and acne

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Bathing Therapies

Mud Bath

45 minutes

€40

Mud baths have highly active physical and chemical properties and soaking in them can help relieve the symptoms of many dermatological diseases such as psoriasis, eczema and rosacea. The regenerative and antiseptic properties of mineral-rich mud helps to adjust endocrine disorders which can prevent and cure acne from the inside out, helping skin heal.

Nourishing Milk Bath 45 minutes

€40

Soaking in a warm bath can offer relief from common skin issues such as dryness, psoriasis and eczema. ELEMIS Skin Nourishing Milk Bath helps create an even more relaxing and pampering experience. This luxurious bath cream contains hydrating ingredients that soften and smooth skin to relieve flaking and itching. The formula is gentle so it will not irritate sensitive skin and can even be used directly on the body to hydrate and soothe. Natural extracts maintain supple and healthy skin to keep irritation at bay.



OCEAN SPA

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Full Body Massage

A medium pressure full body massage combining relaxing elements of aromatherapy massage, lymphatic drainage, and traditional Swedish massage techniques to reduce muscle tension and re-energise the body.

Choose from:

Invigorating 55 minutes €90

An uplifting, detoxifying seaweed body oil with lemongrass, juniper, lavender and rose geranium. Particularly useful for improving fatigue and eliminating toxins.

Relaxing 55 minutes €90

The luxurious scent of nurturing rose geranium to aid stress relief, relax, soothe, and balance a tired mind and body. A silky base of sweet almond and jojoba oil to hydrate and tone skin.

Warming 55 minutes €90

A comforting, woody oil containing patchouli, bergamot, and sandalwood. Ideal for muscular aches, nervous tension, and insomnia.

Marine Back Treatment 55 minutes €85

The ultimate back facial designed to rejuvenate and exfoliate, while treating any congestion to reveal a brighter and smoother skin. Beginning with a cleanse, tone and exfoliation, a powerful heated seaweed clay mask is applied to clarify and soften the skin while providing a deep moisturising treatment. Ideal for skin concerns such as acne on the back, dryness or skin conditions and for muscular aches and pains. A massage of the back and back of legs is also included to leave you feeling deeply relaxed.

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Body Wraps

Detox Body Wrap 55 minutes €80

A powerfully detoxifying Hebridean sea salt and oil scrub with body wrap. This combines the detoxifying and nourishing effect of the purest seaweed gel with the stimulating and hydrating properties of the scrub. The treatment is designed to eliminate toxins, reduce cellulite, boost energy and improve skin tone and texture, increase circulation and detoxifying congestion from the body.

Nourishing Body Wrap 55 minutes €80

Combining a hydrating salt and oil scrub infused with sweet almond, jojoba and rose geranium to remove dull, tired skin followed by a cocoon of our nourishing gel body mask which soothes, cools, hydrates, and tones even the driest, sensitive skins. A warmed geranium oil scalp massage completes the experience.



Facials

Express Facial **35 minutes** **€45**

An express facial cleanse, tones and moisturises for essential skin maintenance. Includes an exfoliating mask and scalp massage to complete the experience.

Anti-Ageing Facial **55 minutes** **€75**

Using our rich Marine Cleansing Balm packed with hydrating fatty acids and a lifting and firming gel face and eye mask to tighten and tone the skin. The high content of seaweed extract in the products used is scientifically proven to preserve the skins natural collagen, with powerful anti-ageing properties that repair damaged skin cells which results in smoothing fine lines and wrinkles.

ULTIMATE LUXURY FACIAL **90 minutes** **€99**

An indulgent, luxurious spa facial which incorporates a thorough skin care routine combined with three intensive masks. Including a deep exfoliation using a rich, vitamin packed sea kelp powder which will remove dead skin to leave the skin bright and glowing. This facial includes a warming massage of the face, scalp, shoulders, and arms using heated sea salt and seaweed poultices which will absorb congestion and detoxify the skin, adding a host of vitamins and minerals into the face and upper body.

Men's Facial **55 minutes** **€75**

The ishga men's products are designed to detox and draw impurities from the skin whilst stimulating collagen production and combat signs of ageing. This treatment will cleanse, tone, and moisturise the skin leaving it revitalised and hydrated leaving a protective layer to prevent environmental damage. Great for outdoors, sports or harsh weather conditions.

Holistic Therapies

Hopi Ear Coning **45 minutes** **€50**

The benefits of ear candling are manifold. To begin with, ear candling helps remove debris that cotton swabs and other tools leave behind by encouraging ears to produce fresh, healthy wax while shedding old wax. In some cases, it may also help the body naturally eliminate toxic material that leads to earaches, chronic inflammation, and other ear discomfort. The gentle heat provided by the candle itself is great for soothing minor ear complaints like swimmer's ear or sinus pressure. Some ear candles are also infused with essential oils, which gives them therapeutic benefits in addition to their other effects.

Indian Head Massage **45 minutes** **€60**

Indian head massage is an ancient complementary therapy, based on the ayurvedic system of healing that has been practiced in India over for over a thousand years. An Indian head massage stimulates blood flow, lymph and oxygen in your upper body, and therefore **may relieve sinusitis, relieve stress and help you sleep better**. And because it is said to help cure headaches (even migraine), eye strain and anxiety, some say an Indian head massage can help you to concentrate better at work.



The Lavender Lounge

Hair & Beauty at the Ocean Spa

Final Touches

Ocean Spa Manicure **55 minutes** **€50**

Treat those hard-working hands, start off with hand & nail soak, cuticle work followed by a hydrating hand and arm massage with heated mitts to help soothe and relax, finish with file and polish of choice.

Add on French polish €5

Ocean Spa Pedicure **55minutes** **€60**

Pamper your feet, start with a leg, and foot soak and exfoliation, removal of hard skin, leg and foot hydrating massage and heated booties to help ease tired feet. Cuticle work file and polish of choice to finish.

Add on French polish €5

Shellac	55 minutes	€35
Brow tint		€10
Brow Tint & shape		€15
Brow Shape		€10
Lash Tint		€12
Eye trio		€25
File and polish		€20

Hair Services

Wash Blow-Dry Short Hair	€20
Wash Blow-Dry Long Hair	€28
GHD Curls/ Waves	€30
GHD Curls/waves with wash	€35
Curly Blow-Dry	€35



Spa Packages

A Wave of Relaxation 50 minutes €89

Choose from one of the following:

Hands on Elemis or ishga radiance facial,
Back neck and shoulder massage with nourishing hot oil scalp massage,
Taster facial with mini-Indian head.

Followed by a light Lunch

Monday – Thursday

Rest and Relax Pamper Package 85 minutes €119

Choose from 3 of the following:

Elemis or ishga taster facial,
Back neck and shoulder massage,
Leg and foot massage,
Mini-Indian head massage.

Monday to Thursday