

# *Pamper Treatments*

*Screebe Spa is delighted to offer guests of Screebe House a range of stimulating and relaxing pampering treatments without having to leave the comfort of your accommodation.*

## *Massage*

**Screebe Relaxation Signature Massage** **1 hr €85**

The most popular treatment, the Signature Massage is a wonderful, relaxing Full Body massage incorporating a **Head Massage** and **Reflexology** techniques.

**Full Body Swedish Massage** **1 hr €85**

The Full Body Swedish Massage covers the back, neck, shoulders, legs and arms. Using traditional massage techniques, Swedish Massage helps to **relieve tension, alleviate fatigue** and induces a feeling of **wellbeing and relaxation**. The massage can be tailored to your specific requirements, so whether you prefer to relax and unwind or if you want to feel recharged and invigorated, we can adjust the treatment to suit you.

**Back, Neck & Shoulder Massage/Swedish** **30 mins €58**

This massage focuses on **easing tension** in the Back, Neck & Shoulders.

## *Hot Stone Full Body Massage*

The deep penetrating heat from smooth, carefully heated stones are used as tools in massaging the soft tissue and are carefully placed on your body. The hot stones have a sedative effect that can **relieve tension, reduce stress and promote deep relaxation**. A deep state of relaxation occurs as the warmth from the heated stones soothes nerve endings. This encourages **energy balance, a sense of nurturing and harmony**.

**80 mins €115**

## *Hot Stone Back Massage*

The deep penetrating heat from smooth, carefully heated stones are used as tools for massaging the soft tissue and are carefully placed on your back. The heat from the stones **benefits tired aching muscles** by allowing for a deeper massage pressure, assisting your muscles to return to their normal state more readily. As the heat permeates throughout your back, **blood supply increases and tissues are supplied with increased levels of oxygen and nutrients**.

**45 mins €75**

## *Reflexology*

Reflexology is based on the theory that the body is mapped out on the feet and hands and relates to the internal organs and other structures of the body. The treatment involves a **gentle massage of the feet or hands applying light pressure to specific reflex points, reflexology helps to restore balance and bring about a feeling of deep relaxation**.

**40 mins €65**

*Please be advised bookings must be made in advance and are subject to availability.*

# VOYA

VOYA is an Irish brand with a beautiful range of certified organic seaweed-based products and treatments. 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 formulated to deeply nourish your skin and aid its natural ability to heal and repair.

## VOYA Facials

### Self Discovery Radiance Facial

This incredible skin specific organic facial is deeply **detoxifying, thoroughly revitalising and helps to even skin tone and increase clarity**. Incorporating a relaxing facial massage that releases any build-up of toxins, to improve **radiance** and restore a **glowing complexion**. We will tailor your facial specifically to your skin's unique needs. In the comfort of the treatment room, we will go through a comprehensive **skin analysis** and choose specific facial products to target your particular skin concerns. Using a combination of **gentle exfoliators, serums and masks**, this facial helps to transform your skin leaving it feeling **purified, nourished and perfectly balanced!**

**50 mins €75**

### Anti-Ageing Restorative Facial

This treatment is suitable for all skin types but is of particular benefit to **mature dry or dehydrated skin types**. The anti-ageing restorative facial is designed using VOYA's finest organic ingredients combined with **anti-oxidant algae** complexes with 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**. This facial results in **instantly firmed and tightened skin with a natural and more radiant glow!**

**75 mins €95**

### Mini Facial Experience

Perfect for those with limited time. This is a mini version of our Self Discovery Radiance Facial. It includes a **deep, rejuvenating exfoliation**, **hydrating mask** and **scalp massage**.

**30 mins €55**

### Intensive Defence For Men

This treatment **exfoliates** the skin with bamboo spines, allowing for a **deeper cleanse**. You will enjoy a beautiful **facial and scalp massage**, where VOYA's seaweed leaves and exclusively created for men's specific skincare needs, this powerfully effective Mermaid's Purse mask are used to **soothe even the most sensitive of skin**. Fantastic for those affected by shaving rash, razor burn or ingrown hairs. The skin is left **hydrated, fresh and mattified**.

**50 mins €75**

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## Marine Eye Treatment

This is an ultimate treat for **refreshing and rejuvenating tired eyes**. The Seaweed Marine Eye Treatment is a **relaxing and decongesting** lymphatic treatment using specialised products rich in **seaweed extract, green tea and vitamin C**. Focusing directly on signs of ageing and puffiness around the eye area. The unique seaweed leaf eye compresses are applied and allowed to work their magic while you have a scalp massage!

**45 mins €65**

*All VOYA facials include an eye mask but you can upgrade to the Marine Eye treatment for euro 20 (see above for treatment details)*

## VOYA Scrubs

### Organic Lavender and Seaweed Sugar Glow Scrub

This treatment uses a medley of ingredients to **invigorate, exfoliate and nourish** the skin. Afterwards, you will enjoy a light cleansing shower, followed by a short relaxing massage. Using a gentle aromatic body sugar scrub that melts tired muscles which soothes and softens the skin, you will feel amazing afterwards!

**45 mins €65**

### Organic Hydrating Body Scrub

VOYA's dual action lathering 'Time To Shine' body buff **exfoliates** with finely ground walnut shells and **nourishes your skin** with a blend of almond oil, seaweed and ginger extracts. The gentle yet effective formula removes rough and listless-looking skin cells, to reveal **vividly refined softer, silky smooth skin**. This cream-based exfoliator, medium-coarse, nourishes your skin with a blend of almond oil seaweed and ginger extracts. **Soft, smooth skin** – yes, please!

**45 mins €65**

## Voya Wraps

### Ocean Essence Wrap

VOYA Ocean Essence is an organic wrap treatment that **stimulates the blood and lymph flow**. This detoxifies the skin and stimulates the renewal of damaged cells through a full body exfoliation with ground walnut shells which **defines, tones and increases lustre**. It is an excellent skin **rejuvenator**, combating cellulite and muscle fatigue with the soothing and moisturising effects of two powerful seaweeds. You will also enjoy a **relaxing scalp massage** too!

**75 mins €90**

### Organic Warm Spiced Mud Wrap

This rich mud wrap is made from fresh ocean seaweed. The extract is rich in potent **anti-oxidants and minerals**. Definitely for the results driven client, the 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-aging boost**.

**75 mins €90**

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## Pamper Packages

### VOYA Deluxe Facial Experience

This revolutionary seaweed facial is a truly indulgent me-time treatment. It begins with a **back exfoliation and back massage**. Then it's time for the **organic facial!** We use a spiny bamboo facial exfoliator to gently renew your skin, and follow this with an intense VOYA **signature facial massage**. Then freshly harvested organic seaweed leaves are placed on the face over a warm poultice seaweed mask. To top it off, we enhance the mask with a **light head massage**. This experience will deeply **renew, revive and soften dry and dehydrated skin, alleviate fine lines and wrinkles**. Feel relaxed and transported from the stress of living with this decadent treatment!

85 mins €120

### VOYA Total Body Experience

This all over body treatment incorporating **exfoliation, full body massage** and an application of our award winning Softly Does It Body Lotion. This luxury treatment **relieves aches and pains and hydrates the body**.

85 mins €115

## **Hand and Foot Care**

### **Full Manicure**

This includes full cuticle work, hand exfoliation, hand massage, hand mask with heated mittens and a file and paint of your choice

€50

### **Paraffin Manicure**

All the lovely treats of the full manicure except for the mask we dip your hands in heated paraffin wax. This is very therapeutic and ideal for sore joints and hardworking hands

€55

### **Full Pedicure**

This includes a detoxifying foot bath, foot exfoliation, foot massage, foot mask with heated booties, full cuticle work & a nail file and paint of your choice

€65

### **Paraffin Pedicure**

This includes all the lovely treats of the full pedicure except we dip your feet in heated paraffin. This is very therapeutic and ideal for dry skin, sore joints and tired feet.

€60

### **Eye lash & Eye Brows Tint**

€25

### **Eye Trio (lash tint, brow tint & shape)**

€30

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