OSPREY

SPA

VOYA

WELCOME

With five luxurious treatment suites and the ultimate selection of VOYA treatments you will be completely pampered by our therapists in a world of your own at Osprey Spa.
Restore well-being and reinstate the rhythm and harmony between mind, body and Osprey Spa.

OSPREY SPA JOURNEY

Start your Osprey Spa journey in our Thermal Area.
Revitalise your body in our Steam Room and Sauna curl your feet in our foot baths and relax those stressed and tired muscles on our heated loungers.

OUR PRODUCTS

VOYA comes from a 300 year old tradition based on the natural benefits derived from seaweed. Hundreds of seaweed baths were once dotted all over Ireland and seaweed bathing was traditionally known as "The Sailor's Cure". The word "VOYA" comes from the word "journey" as each VOYA organic treatment brings you on a journey through nature, tradition and history. VOYA offers a full range of facials, exfoliations, wraps, massage and rituals. These treatments once experienced never leave your memory. VOYA uses certified organic ingredients and is suitable for even the most sensitive of skins.

The Natural Spa Factory provides luxury spas with innovative, quirky and exquisite spa products. Above all, The Natural Spa Factory want you to smell great, feel great and enjoy yourself using ingredients that are as natural as possible containing no Parabens, SLS, Mineral Oils, Synthetic Colours or Genetically Modified Ingredients.

SPA FACILITIES

5 Treatment Suites Rasul Chamber, Hamman Suite, Steam Room, Sauna, Foot Baths, Experience Shower and Relaxation Area.

GIFT CERTIFICATES

A Gift Certificate from Osprey Spa is the ideal gift for family, friends, colleagues or clients. Redeemable against individual Osprey Spa treatments, Spa Day Packages, and VOYA products. Buy your Osprey Spa Gift Voucher today by calling our Reception on 045 883910.

SIGNATURE TREATMENTS

Osprey Spa Signature

75 mins €90.00

Heated basalt stones are massaged over your entire body using VOYA organic seaweed essential oils. This luxury treatment also incorporates a pressure point head massage, leaving you calm and energised.

Mindful Moments

90 mins €110.00

Be ready to have all stresses, strains and tension melt away with our Mindful Moments treatment. Experience an exquisite full body massage, starting with a grounding and balancing foot ritual. Created to aid the perfect night's sleep, this deeply relaxing treatment incorporates sleep inducing cultural massage with meditation techniques to leave you feeling completely recharged and at ease. This wellbeing focused treatment evokes instant peacefulness and nurtures inner mindfulness, calmness and serenity.

Escape at Osprey

120 mins €125.00

A 5-star treatment combining a VOYA sugar scrub with VOYA organic seaweed essential oils, followed by either a tailored full body massage or VOYA self Discovery facial.

Rasul Mud Treatment

45 mins - €45.00pp

A traditional Arabian cleansing ritual that will leave you feeling calm and your skin nourished. The self-application of mineral enriched body mud detoxifies and rejuvenates. Warm steam envelops the room encouraging mineral absorption and relaxation. To finish a warm tropical rain shower will gently wash away the mud leaving your skin feeling cleansed and stimulated. The treatment is ideal for individuals or groups up to a maximum of 4 people.

SCRUBS WRAPS & RITUALS

VOYA

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VOYA Sea Mineral Exfoliation

60 mins €65.00

The ultimate treat for tired and dull skin. This invigorating all-over body exfoliation refines skin texture and increases luster. Ground down seaweed combined with a melody of botanicals works to firm skin tone while removing dead skin cells helping to encourage cell regeneration and even skin tone. To finish, an all-over massage application of organic body cream is applied. Leave feeling awakened and re-energized with smooth silky polished skin.

Choice of 4:

- Organic lavender, seaweed and sugar scrub
- Organic peppermint, seaweed and sugar scrub
- Organic stimulating seaweed scrub
- Organic hydrating body scrub

VOYA Ocean Essence Wrap

75 mins €80.00

An organic wrap treatment that stimulates blood and lymph flow, whilst detoxifying the skin and stimulating the renewal of damaged cells through a full body exfoliation with ground walnut shells, defining tone and increasing lustre. An excellent skin rejuvenator, combating cellulite and muscle fatigue with the smoothening and moisturising effects of two powerful seaweeds, finished with a relaxing scalp massage.

VOYA Organic Warm Spiced Mud Wrap

75 mins €90.00

Seaweed taken fresh from the ocean is combined with purifying elements of peat to produce a mud wrap rich in potent anti-oxidants, minerals and enhanced with organic ginger and cinnamon. For the results-driven client, this wrap has immediate and noticeable effects on the skin, including firming and toning. A serious detoxifier, metabolism stimulator and a natural anti-ageing boost.

SCRUBS WRAPS & RITUALS

VOYA 'Tangle Me Up' Body Wrap

60 mins €80.00

This all over body treatment revitalises the skin condition, relaxes tired and lethargic muscles and relieves stress and fatigue. Anti-oxidant compounds fight cellulite and the signs of aging, improving skin suppleness and elasticity.

Add Sugar Glow Scrub for just €30.

VOYA Organic Seaweed Leaf Body Wrap

60 mins €80.00

A truly amazing body therapy from VOYA. The body is cocooned in organically treated muslin and then wrapped in a thermal blanket. This treatment detoxifies, firms, and softens the skin. You will also receive a relaxing head massage during this ultimate spa experience.

VOYA Bath Butler

€40.00

In the comfort and privacy of your hotel room, experience the 300 year old history and effects of the seaweed bath. Allow our 'bath butler' to prepare a warm bath with wild hand harvested seaweed. Deeply detoxifying and has an impact on cellulite and weight loss, soothes aches and pains and aids in the healing of psoriasis and eczema.

*Suitable for pregnancy after the first trimester.

VOYA Organic Foot Retreat Ritual

45 mins €50.00

This treatment begins with a sea salt exfoliation from the knees to the feet. Followed by a deeply relaxing massage of the lower Legs, a double action seaweed foot mask and fresh seaweed leaf wrap around the legs to reduce swelling and soften tired feet. This is an ideal treatment during pregnancy and for foot ailments of all kinds. As an extra treat, we include a relaxing scalp massage.

VOYA Organic Hand Retreat Ritual

45 mins €50.00

This treatment is about nourishing, reconditioning and refining your hands and arms, enjoy a VOYA Time to Shine exfoliation from the hand to elbow, followed by a deeply relaxing massage. Your hands are then wrapped in warmed Atlantic seaweed

FACIALS
VOYA

FACIALS

VOYA Deluxe Facial Experience

90 mins €90.00

This indulgent seaweed facial begins with a back exfoliation and back massage. The crème de la crème of all facial treatments for all skin types, of benefit for mature, dry or dehydrated skins, alleviating fine lines and wrinkles. The double action masks aim to detox and nourish even the most troubled dry skin.

Also suitable for him.

VOYA Organic Anti-Ageing Restorative Facial

75 mins €80.00

Of benefit for maturing, dry or dehydrated skins using a combination of anti-oxidant algae complexes, pro-collagen extracts and restorative blend of organic ingredients to help fight the signs of ageing, reduce the appearance of fine lines and wrinkles.

VOYA Self Discovery Facial

55 mins €70.00

Choose from:
Purifying (Oily Skin) | Ultra Calming (Sensitive Skin) | Intensive Hydra Veil (Dry Skin)

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 us to 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 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.

FACIALS

VOYA Taster Experience

25 mins €45.00

Experience a taste of the VOYA products our therapists will cleanse tone, exfoliate your skin apply a mask to suit your needs followed by a pressure point scalp massage.

Hot Oil Back, Neck & Shoulder Massage with Taster VOYA Facial

60 mins €70.00

Warm oil is smothered over the back, neck & shoulders, followed by a mini VOYA tailored facial to brighten & refresh the skin.

VOYA Marine Eye Treatment

45 mins €50.00

The ultimate treat for refreshing and rejuvenating tired eyes. Using specific products rich in seaweed extract, green tea and vitamin c, this treatment combines relaxing and decongesting lymphatic massage movements to help reduce the appearance of fine lines and decongests the eye area.

FOR HIM

VOYA Intense Energy Facial

30/60 mins €40.00/€70.00

Enjoying a refreshing warm towel compress facial to energise and revive tired skin before a rejuvenating face mask is applied to boost skins natural defences. Our organic moisturiser locks in all the goodness, leaving you fresh faced and invigorated.

VOYA Back Treatment

45 mins €60.00

Specifically designed to bring purity and balance to the skin on the back, this will focus on cleansing, skin exfoliation, back massage and masque therapy.

Ideal if you are having challenges with your back.

HOLISTIC THERAPIES

Indian Head Massage

45 mins €55.00

Indian head massage is an ancient art based on a traditional system of medicine called Ayurveda. This has been practiced in India for over three thousand years. This sublimely relaxing head massage uses VOYA organic seaweed oil to relax taut, uncomfortable muscles, ease stiffness, stimulate blood circulation and drain away accumulated toxins which can in turn help to eliminate headaches and eye strain. You will finish the treatment feeling calmed, revitalized and with uplifted spirits.

Ear Coning

40 mins €45.00

A natural alternative treatment that clears excess earwax from a person's ear that may be causing hearing loss, dizziness or a ringing in the ear. The origin of Ear Coning is believed to be ancient Tibet, China, India and Egypt.

Reflexology*

55 mins €70.00

This massage is based on the ancient belief that each organ of the body corresponds to a reflex point in the foot. Using gentle thumb and finger pressure point massage of the foot your therapist can release blockages and re-establish the body's energy flow. This then enables the body to heal itself.

* Suitable for expectant or nursing mothers

MASSAGE
VOYA

MASSAGE

Voyager Massage Journey

60 mins €90.00

A complete top to toe relaxation journey, incorporating scalp massage, face massage, stretches and body massage that replicates the movement of the sea combining both gentle and stimulating movements. The ultimate luxury treatment to relieve aches and pains tailored to individual needs.

Choose from:

- Uplift – Angelicus Serratus
- Relax – Mindful Moments
- Muscle - Senergise

Swedish Massage

55/75 mins €80.00/€110.00

Our Swedish Massage uses deep massaging techniques to ease and alleviate tension and stress.

Swedish Back, Shoulder & Neck Massage

30mins €45.00

Swedish Massage with Hot Stones

25/75 mins €45.00/€80.00

Full body massage with Hot Stones to heat the body and reduce tension followed by a Swedish Massage using deep massaging techniques to ease and alleviate tension and stress.

Seaweed Hot Stone Massage

85 mins €120.00

Our specially trained therapists will bring you to a new level of relaxation as warmed basalt river rocks are applied to release excess tension and help connect with the earth's energy. Aches and pains are replaced by warmth and tranquility. Our VOYA aroma will encompass the senses while the sensation of warmth combined with specific massage techniques will balance, soothe and invigorate your body and mind.

Aromatherapy Massage

25/55 mins €45.00/€80.00

An individually tailored massage. Choose your aromatic essential oil and be massaged from head to toe to revive, relax, soothe or to relieve tired muscles.

COUPLES TREATMENTS

Why not relax and unwind in our luxurious double treatment room with a friend or loved one for that special shared spa experience. The following treatments can be carried out at a special couple's rate:

Massage for Two

25/55 mins €80.00/€140.00

Together Special

85 mins €150.00

Begin your day by relaxing in the warmth of our Thermal Suite. The real pampering then commences with a Full Body Massage followed by a detoxifying facial designed to lift, firm and tighten tired skin around the face, neck and décolleté. Enjoy this treatment side by side with your partner.

TREATMENTS FOR MUMS TO BE

The Natural Spa Factory

The Natural Spa Factory Bumps A Daisy treatments are an excellent choice for expectant Mums. Infused with a delicate sweet mandarin and soothing neroli, palmarosa and rosewood oil, they are combined with a natural sweet almond oil, to leave your skin feeling beautifully nourished, ensuring moisture is locked in whilst helping to keep stretch marks at bay. This helps increase circulation and ease the effects of water retention, resulting in a more restful night's sleep.

MUMS TO BE

Baby on Board
75 mins €90.00

Enjoy a baby-safe back, neck shoulder and leg massage, a mini facial with a cleanse, polish and massage for a gently glow. Followed with an invigorating foot scrub. Finally a hand and foot massage to ease water retention, calm and soothe.

Bumps a Daisy Pregnancy Massage
60 mins €80.00

Take time to relax and soothe during this exciting journey. This top-to-toe massage relieves any aches from the feet up to the scalp using specialised techniques to relax you and baby. Using gentle and safe products from the Bumps a Daisy pregnancy range, this massage aims to reduce the effects of water retention and aid a restful night's sleep ahead of your special arrival.

Mummy Mani
60 mins € 60.00

Enjoy the intense nourishment and let the scent of the products invoke feelings of joy, uplifting your mood, whilst plunging you into pure blissful relaxation. With a soak, scrub, massage and polish, this is the handiest treatment for all pregnant palms.

Pre-Natal Pedi
60 mins €70.00

Spoil your tired and overworked feet with a specially formulated foot treatment for pre-natal ladies. Be pampered with a calming foot soak and refreshing scrub to increase your circulation and begin to relax your entire body. Let your mind, body and senses unwind with a mellow lower leg and foot massage using hints of carefully assembled natural oils to reduce water retention and treat dry skin. Concluding with a polish of your choosing, leaving your feet looking as great as they feel.

*For safety and wellbeing reasons, we unfortunately cannot offer treatments to those within the first 12 weeks of pregnancy.

SPA DAY PACKAGES

VOYA

SPA DAY PACKAGES

All Spa Day Packages include access to our Thermal Areas. All guests enjoy complimentary beverages and use of spa robes, towels and slippers.

SCHOOLDAY TREAT

Sunday to Thursday - 60 mins treatment time €70.00
Friday & Saturday - 60 mins treatment time €85.00

While the kids are at school make a morning of it!
Enjoy coffee and scones followed by any 60-minute treatment from Osprey Spa Menu.

TOP TO TOE REVIVER

Monday to Sunday - 90 mins treatment time €90.00

Design a personalised revitalisation and pampering experience by choosing any three of the following – Back, Shoulder & Neck Massage, Mini Facial, Mini Manicure,Mini Pedicure, Body Exfoliation or Scalp Massage.

PERFECT PARTNERS PACKAGE

Monday to Sunday - €135.00pp

To be enjoyed with friends or loved ones Complimentary bathrobes & Slippers, Rasul Mud Treatment followed by a 1 hr Full Body Massage in our Couples Suite.
Followed by evening meal.

SPA DAY PACKAGES

HALF-DAY HEAVEN

Monday to Sunday
120 mins treatment time €150.00pp

Pamper yourself and choose **two** of the following:
Full Body Exfoliation, Full Body Massage, Facial, Manicure, Pedicure, Scalp Massage or Seaweed Wrap to follow enjoy Ospreys Signature Afternoon Tea.

PAMPER ME & AFTERNOON TEA

30 mins treatment time €50.00

Bespoke mini facial and hot oil Scalp massage followed by afternoon tea, the perfect way to spend a lazy afternoon.

MUMS TO BE

Monday to Sunday
120 mins treatment time €130.00

Choose any two treatments designed specifically for Mums to Be Gentle Full Body Maternity Massage, a Full Manicure or Pedicure, our VOYA tailored Facial, a Deluxe Leg Relief and Pedicure.

YOUR WAY

If by chance you would like something different, you can tailor-make your very own Spa Package. Just talk to a member of the Osprey Spa team.

FINISHING TOUCHES

Manicure/Pedicure

Deluxe Spa Manicure
60 mins €55.00

Deluxe Spa Pedicure
60 mins €65.00

Gelish Manicure

30mins €25.00

Hot Stone Pedicure

60 mins €70.00

A foot and leg treatment including gentle exfoliation and a relaxing acupressure point massage with aromatherapy massage oils incorporating our Hot Stone Therapy. The feet are enveloped in heated mitts, to soften, deeply nourish and condition the skin.

Smooth Finishes

Half Leg Wax €25.00
Full Leg Wax €40.00
Full Leg & Bikini Wax € 50.00
Brazilian Wax €50.00
Hollywood Wax €60.00
Underarm Wax €18.00
Lip Wax €12.00
Eyebrow Wax €10.00
Combined Lip and Chin Wax €20.00
Men's Back/Chest €35.00

Lashes & Brows

Eyebrow Tint €10.00
Eyelash Tint €15.00
Eyelash/Eyebrow Tint €23.00
Eyebrow Wax €10.00
Eye Combo (Shape Lash & Brow Tint) €30.00

Make-Up & Tan

Inglot Make-Up Application
45 mins €40.00
Bridal Make Up €60.00
Full Body Tan €30.00
Half Body Tan €15.00
Add Gelish €15.00

Beauty Products

All products used in our treatments are available for purchase either individually or in gift sets made to order.

SPA ETIQUETTE

To make the most of your Osprey Spa experience, please arrive 15 minutes prior to your scheduled treatment. To make sure all appointments run smoothly, a late arrival will result in a shortened treatment time. As a courtesy to other guests and a way to leave your cares behind, please switch off all mobile phones when visiting the Spa.

WHAT TO BRING

Please bring your own swimwear for use in our Thermal Area.
Lockers are provided with robes & slippers with disposable underwear available on request.

CHILDREN

Osprey Spa is a strictly adults only environment.

MEDICAL CONDITIONS

Some therapies are not suitable for clients with medical conditions so please advise us if you have any concerns or medical conditions.

PREGNANCY

Please inform a member of staff if you are pregnant
ALL MUMS TO BE MUST BE PAST THEIR FIRST TRIMESTER (12 WEEKS) FOR TREATMENTS TO BE CARRIED OUT

CANCELLATIONS

If for any reason, you need to change a booking or make a cancellation, please make sure you give us 24 hours' notice. For groups of three or more, we require at least 48 hours'notice. Unfortunately, changes or cancellations made outside the requested notice period will attract a fee of 50% of the treatment booked. If you do not call to cancel, or do not show for your appointment, you will be charged the full amount on your credit card or room bill.

Osprey Spa Opening Times

Monday	10:00am to 7:00pm
Tuesday	10:00am to 7:00pm
Wednesday	10:00am to 7:00pm
Thursday	10:00am to 9:00pm
Friday	10:00am to 9:00pm
Saturday	10:00am to 7:00pm
Sunday	10:00am to 6:00pm

The opening times of Osprey Spa may change due to demand.

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