

*Come and enter a realm of complete relaxation, where you begin a journey  
to leave the pace and stress of everyday life behind...*



SEAWEED BATHS & SPA

*The ideal idyllic escape.*

## SPA TREATMENTS MENU

open 7 days a week, by appointment only.

☎ 095 23030

✉ [reservations@connemarasands.com](mailto:reservations@connemarasands.com)

# Welcome

## WELCOME TO THE SANDS SEAWEED SPA

Please arrive 15 minutes before treatment time to allow for completion of the consultation form and to prepare for your wellness experience.

All clients are provided with a locker, robe and flip flops.

To complete your wellness journey enjoy a complimentary Voya herbal tea on one of our loungers in the relaxation room.

With the ultimate selection of Voya certified organic spa treatments we also offer therapeutic Voya treatments suitable for those undergoing and recovering from cancer treatments.

## SANDS SEAWEED SPA FACILITIES

Five treatment rooms, a steam room, seaweed baths, a relaxation areas, lockers, robes, slippers and shower facilities. We also offer a full range of Voya certified organic testers and retail products.

## CANCELLATION POLICY

We have a strict 24 hour cancellation policy. Treatments occurring within these 24 hour period will incur a 100% cost of treatments booked. Credit card details are required to secure all bookings.

## MEDICAL & SPECIAL REQUIREMENTS

Please advise us of any special requirements that you may have at the time of your booking. Please be advised that some therapies are not suitable for those with certain medical conditions or allergies.

 **VOYA** | organic beauty  
from the sea

The beautiful beach here at Connemara Sands

  
*Connemara Sands*  
BEACH HOTEL SPA  
★ ★ ★ ★

## Voya Facial Treatments

### ILLUMINATING FACE AND EYE LIFT ⌚ 40 MINS € €60.00

This incredible skin specific organic facial is deeply detoxifying, evens skin tones and increase clarity. Allow Voya to tailor your facial specifically to your skins unique needs. Suitable for all skin types but of particular benefit for refreshing tired and listless skin.

### VIBRANT SKIN PEEL ⌚ 40 MINS € €70.00

This new active professional peel has been especially formulated to be as active as possible but in the gentlest formulation. It will break down the build-up of dead skin cells as well as clear the skin of any unwanted congestion, leaving you with a fresh, clear revitalised and energised skin. The complexion will immediately be glowing, and any signs of ageing reduced.

### INTENSE DEFENCE FOR MEN FACIAL ⌚ 55 MINS € €85.00

Exclusively created for men's specific skincare needs, this powerfully effective treatment exfoliates the skin, enabling a deeper cleanse. The client will enjoy a soothing face and scalp massage, where VOYA's seaweed leaves and Mermaid's Purse mask are used to soothe even the most sensitive of skin. Fantastic for those affected with shaving rash, razor burn or ingrown hairs; the skin is left hydrated, fresh and mattified.

ADD ON EYE LEAVES ELEMENT TO ANY FACIAL FOR €10.00 ADD SKIN PEEL ELEMENT TO ANY FACIAL FOR AN EXTRA €10.00

## Enticing Wraps

### DEEP-SEA NOURISHMENT ⌚ 60 MINS € €95.00

This body wrap draws on the detoxifying and natural anti-aging properties of laminaria digitata seaweed. Tangle me up wrap hydrates, nourishes and relaxes tired and lethargic muscles. Combined with stimulating body brushing to help tone and firm your skin, helping against signs of ageing and aiding in increasing circulation.

### WARM SPICED COCOON ⌚ 60 MINS € €95.00

This blend of seaweed extracts mixed with Irish peat, ginger, aloe and orange peel work together to firm and tone the skin while cocooning the body in nature's balm, completed with a generous application of organic body cream to lock in the vitamins and minerals.

### SEAWEED LEAF ENVELOPMENT ⌚ 80 MINS € €120.00

One of Voya's distinctive therapies, stimulating seaweed is used to scrub and polish the body from head to toe before being wrapped in warmed detoxifying leaves of wild Atlantic seaweed, the entire body is then enveloped in organic muslin cloth to lock in all the oils and cocoon the body. A scalp massage is performed to clear the mind and an application of organic body cream seals in the goodness.



## Mum to Be Treatments

### ORGANIC PRENATAL VOYAGER 🕒 80 MINS 💰 €120.00

This organic wellbeing treatment, promotes relaxation and a sense of tranquillity while deeply hydrating and nourishing your skin.

A full body exfoliation will gently buff the skin and leave it feeling radiant and renewed. Nourishing Mama oil is used to gently ease stress and tension with a top to toe body, face and scalp massage.

Melt away aches and pains associated with pregnancy and feel comfortably cocooned, supported and restored after this treatment.

### ORGANIC PRECIOUS MOMENTS 🕒 50 MINS 💰 €95.00

This treatment is tailored specially to mum and her growing bump. The growing bump is enveloped in a specialised mask helping to support connective tissue and prevent stretch marks.

Your feet will be wrapped in seaweed leaves to boost circulation, improve lymphatic drainage and reduce fluid retention.

The hydrating organic masks work their magic while mum enjoys a beautiful relaxing face, hand and arm massage.

The perfect rejuvenating treatment to support the wonderful journey to motherhood.

## Head Massage

### HOLISTIC INDIAN HEAD MASSAGE 🕒 45 MINS 💰 €70.00

An alternative to medicine an Indian massage helps prevent migraines, headaches and back pain by incorporating acupressure points and massage to the upper back, arms and shoulders that will release muscles and knots. The massage increases nourishment and oxygen to the scalp and hair follicle which stimulates hair growth Improves lymphatic drainage and blood flow to the neck helping to remove waste products from the body. Relieves sleeplessness, restlessness and insomnia while promoting relaxation by attacking physical symptoms.

An Indian massage has a powerful effect in bringing the energy of the body back into balance.



## Voya Facial Treatments

### OCEAN RADIANCE FACIAL ⌚ 50 MINS 💰 €90.00

This incredible skin specific organic facial is deeply detoxifying, evens skin tones and increase clarity. Allow Voya to tailor your facial specifically to your skins unique needs. Suitable for all skin types but of particular benefit for refreshing tired and listless skin.

### ANTI-AGEING RESTORATIVE FACIAL ⌚ 70 MINS 💰 €110.00

Using a combination of anti-oxidant algae complexes, procollagen extracts and a restorative blend of organic ingredients, this facial helps to fight the signs of aging and reduce the appearance of fine line and wrinkles through firming, lifting and plumping.

### DELUXE FACIAL EXPERIENCE ⌚ 80 MINS 💰 €120.00

This ultimate facial experience begins with a back exfoliation and massage to gently melt away muscular pain. Drift away while a mask, rich in combination of marine botanicals and wild organic Atlantic seaweed leaves works together to restore the natural minerals and oils to the face, neck and decollete. Leaving the appearance of deep set wrinkles reduced and the skin hydrated and plumped.





## *Seaweed Bath*

**LAZY DAY DETOX SEAWEED BATH** ⌚ 40 MINS € €55.00

Submerge your body into a bath of organic, hand-harvested Atlantic seaweed to remove unwanted toxins and alleviate aches and pains. The natural power of this seaweed, increases circulation, promotes healing and deeply moisturises the skin. The renowned 'sailors cure'. This bathing ritual is the simplest and purest of all organic treatments.

## *Mud Bath*

**SEAWEED FOAMING PEAT MUD BATH** ⌚ 40 MINS € €55.00

Let your body be pleasantly immersed into this traditional bath, offering a potent detoxification and purifying through the rich anti-oxidants and minerals from the Irish peat mud. This deep relaxing bath can soothe aches and energise mind and soul. Infused with aromatic spices of ginger and orange to revive the senses.

## *Bath Salt Therapy*

**SEAWEED AROMATIC SALT BATH** ⌚ 40 MINS € €45.00

Step into this relaxing blend of organic essential oils and bath salts. Aroma salts have benefits of anti-ageing properties due to their healing qualities and therapeutic benefits of treating problems such as psoriasis, arthritis or eczema.



## Sands Signature Treatments

### ORGANIC FOOT RITUAL 🕒 45 MINS 💰 €70.00

This treatment begins with a sea salt exfoliation to the legs to re-charge the circulation and refine your skin. You will then be treated to a deeply relaxing massage of the lower legs, a seaweed mask and your legs wrapped in warmed Atlantic seaweed leaves to detoxify and nourish tired legs and feet. To finish a relaxing scalp massage to release upper body tension.

### ORGANIC HAND RITUAL 🕒 45 MINS 💰 €70.00

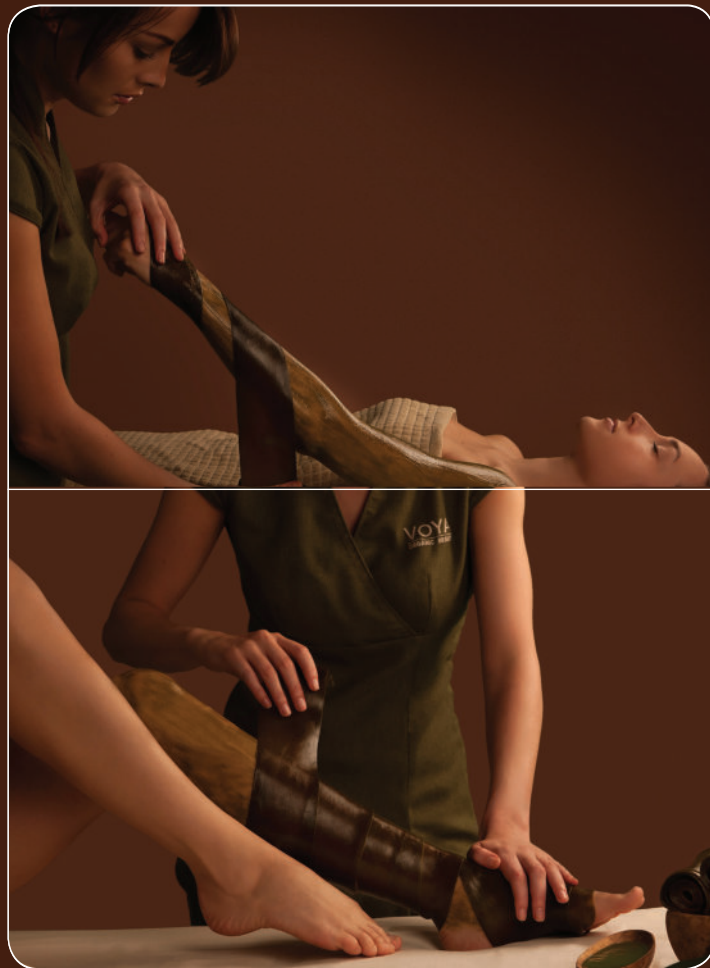
Begin with a VOYA Time to Shine exfoliation followed by a deeply relaxing massage. Then your hands will be lovingly wrapped in warmed Atlantic seaweed leaves to hydrate, increase circulation and nourish dry skin. To finish a relaxing scalp massage to leave you feeling revitalised and restored.

### MINI TASTE OF CONNEMARA RITUAL 🕒 45 MINS 💰 €80.00

A wonderful three in one treatment for your head, eyes and feet. Begin with a warm nourishing dual action hair mask. Brighten the eye area with the application of Bright eyes and applying of Laminaria eye compresses, improving fine lines and puffiness around the eyes. A relaxing inducing pressure point foot massage follows, leaving you floating on air. This ritual closes with a soothing scalp massage.

### TASTE OF CONNEMARA RITUAL 🕒 75 MINS 💰 €110.00

Experience peace and tranquillity of the body, mind and spirit with a medley of six different treatments within this ritual. You will enjoy a muscle-melting back massage and nourishing dual action hair mask. Then prepare for Voya's organic facial products to give a revitalising glow to your skin and brighten the eye area with the application of Laminaria eye compresses. This ritual's finale is the restorative pressure point foot massage and the relaxing scalp massage. Total bliss!





## Scrubs from the Sea

### ORGANIC LAVENDER & SEAWEED SUGAR

**GLOW SCRUB** ⌚ 50 MINS € €95.00

An all over body treatment with a wonderful fragrant mix of lavender buds, seaweed and sugar. It's double action of gently removing dead skin cells with our sugar and healing with our seaweed extracts and lavender essential oils. To complete this treatment, nourishing '*Softly Does It*' is applied.

### ORGANIC TIME TO SHINE BODY SCRUB

⌚ 50 MINS € €95.00

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

### ORGANIC STIMULATING SEAWEED

**BODY BUFF** ⌚ 50 MINS € €95.00

Let us scrub your body head to toe with certified organic bladder wrack body buff (*Fucus vesiculosus*). It is the ultimate treat for tired and dull skin. The anti-oxidants from our mineral - rich bladder wrack seaweed combines with VOYA's signature seaweed massage oils to offer a powerful organic way to better skin.



## Organic Sands Massage

### FULL BODY HOT OIL MASSAGE 🕒 50 MINS 💰 €95.00

Starting with a full body brushing to increase circulation, gently exfoliate skin, and to aid penetration of the potent seaweed oil.

Followed by a hot towel cleanse to relax tired and lethargic muscles.

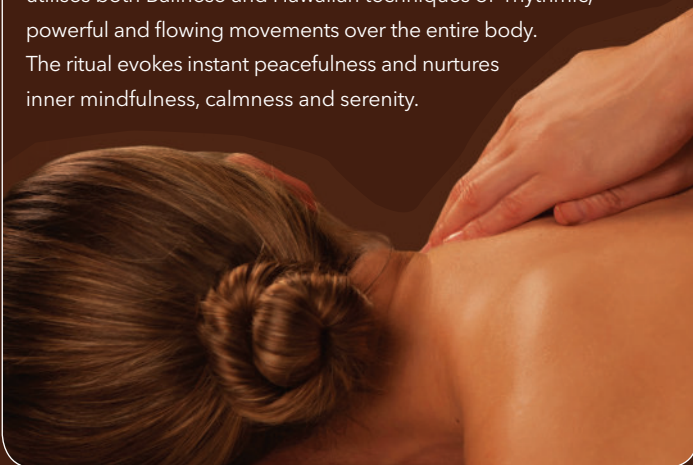
Using a combination of the finest organic ingredients and seaweed oil to massage your body, and nourish your skin.

Tailored to your individual needs.

### MINDFUL DREAMS SLEEP RITUAL 🕒 80 MINS 💰 €120.00

A treatment using a mixture of wellness and massage techniques that will decompress and relax the body and mind, melting away stresses, strains and tensions. An exquisite full voya body massage which utilises both Balinese and Hawaiian techniques of rhythmic, powerful and flowing movements over the entire body.

The ritual evokes instant peacefulness and nurtures inner mindfulness, calmness and serenity.



## Body Therapy

### VOYAGER MASSAGE JOURNEY 🕒 90 MINS 💰 €130.00

A complete top to toe relaxation journey, incorporating scalp massage, exfoliation, 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. To condition the body using the worlds 1st organic seaweed oils.

### VOYA BACK & NECK MASSAGE 🕒 50 MINS 💰 €80.00

This massage is ideal for deep tissue relaxation, alleviating stress, easing aching muscles and helps to revive the body using healing Angelicus Serratus oils. The final touch is the application of 'Softly Does It' moisturising cream.

### SPORTS MASSAGE 🕒 30 MINS 💰 €60.00

A specific sports style massage focusing on the area you need it most, such as legs, shoulders or lower back using Voya healing massage oils. Techniques such as METs, Trigger point release and stretches will all be used to treat the area to break down any damaged tissue and allow the healing process to begin. Perfect for athletes or active individuals who want to work into those knots!

#### CHOOSE ONE OF THREE OILS FOR YOUR MASSAGE:

1. Uplift - Angelicus Serratus
2. Relax - Mindful Moments
3. Muscle relief - Feel the Heat

*Unwind with a body therapy, pamper yourself with a treatment  
or revitalize and detox your body with a seaweed bath.*



*All products are also available to purchase.*

*Each and every treatment has the therapeutic benefits of Voya's certified organic products.*



BEACH HOTEL SPA



**VOYA**

[www.connemarasands-hotel.com](http://www.connemarasands-hotel.com)

[reservations@connemarasands.com](mailto:reservations@connemarasands.com)