

thespa
AT HODSON BAY

090 644 2001
www.hodsonbayhotel.com

FACIAL TREATMENTS

ELEMIS PRO-COLLAGEN AGE DEFY

60 Minutes

€105

Tackles fine lines and wrinkles with the clinically proven age defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger skin.

ELEMIS SUPERFOOD PRO-RADIANCE

60 Minutes

€105

A nutritional boost, rich in super foods and essential minerals designed to pack stressed dull skin with energising detoxifying actives. Clinically proven* to leave skin plumper, radiant and lit up with good health.

ELEMIS DYNAMIC RESURFACING PRECISION PEEL

60 Minutes

€105

Clinically proven * to target the signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A fresh start for younger looking skin.

(PATCH TEST 20 MINUTES PRE-TREATMENT)

PHYTOMER DOUCEUR MARINE

60 Minutes

€105

A nurturing treatment that softens sensitive skin and strengthens it's defences with soothing, hydrating results.

MARINE DISCOVERY EXPRESS FACIAL

30 Minutes

€70

This facial treatment includes cleansing and exfoliation, using products specifically selected by your therapist to best suit your skin condition and tone

ELEMIS EXPRESS FACIAL

30 Minutes

€70

This facial treatment includes cleansing and exfoliation using Elemis products.

MASSAGE TREATMENTS

FULL BODY HOT STONE MASSAGE

70 Minutes

€110

A deeply relaxing massage combining traditional techniques with the use of heated water stones and warm oils.

HODSON BAY PRELUDE MASSAGE

50 Minutes

€90

A soothing and comforting full body massage including the feet and hands, utilising the benefits of Swedish massage movements.

HODSON BAY MUSCLE RELEASE MASSAGE

55 Minutes

€100

A full body massage using intensive deep tissue techniques to work on stiff, fatigued muscles and joints.

BACK, NECK & SHOULDERS

25 Minutes

35 Minutes with hot stones

€60

€70

Your body and mind will be soothed by oils best suited to your needs whilst eastern and western massage techniques combine to ease tensions.

GOLFER'S TONIC

55 Minutes

€100

Hot towels are applied to totally relax the shoulders, back and neck, which are then massaged to ease tired muscles and alleviate stress. The treatment is completed with a warm oil leg massage. The perfect end to a day on the golf course.

THAI FOOT MASSAGE

40 Minutes

€75

A beneficial traditional massage technique utilising elements of Shiatsu.

LEG REVIVAL

45 Minutes

€80

A targeted massage designed to soothe and relax sore, tired legs that also brings back their beautiful curves and contours.

HOLISTIC TREATMENTS

ORIENTAL HEAD MASSAGE

€75

40 Minutes

An incredibly relaxing massage of the head, upper back, neck and shoulders

REFLEXOLOGY

€85

50 Minutes

Reflexology is a healing art of ancient origin techniques that uses pressure point massage on the feet encouraging the body to work naturally to restore its own healthy balance.

REIKI

€95

60 Minutes

The boundless energy that is said to flow through and around all living things is channelled from the giver to the receiver during a Reiki session. The realignment of the flow of energy brings the body back into physical, spiritual and emotional harmony and increases vitality and energy.

EAR CANDLING

€70

35 Minutes

Traditionally used by Shaman healers, this classic holistic treatment reduces ear blockage, relieving sinus congestion, headache and tension. Includes relaxing stroking movements to the face, neck and scapula-promotes pure relaxation and overall well-being.

WET TREATMENT

RASUL AROMATIC MUD STEAM

40 Minutes

1 person

€50

2 persons

€90

In your private Rasul Chamber you apply mineralising mud to cleanse and detoxify your skin. After an initial warm drying phase the aromatic steam starts to re-saturate the mud, you then apply an exfoliant which is washed away with a gentle rain of water.

DOUBLE DECADENCE

1 Hour 45 Minutes

€175_{pp}

After your Hodson Bay Footsie Dip indulge in Bubbles while you relax in your private outdoor hot tub overlooking Lough Ree. In our couple's treatment suite you can both enjoy a deeply relaxing massage using heated water stones and warm oil.

Aches and pains are relieved realising all tension and stress to both soothe and invigorate the body and mind.

HOT TUB EXPERIENCE

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30 - 45 Minutes

€50_{pp}

Relax and unwind with a glass of bubbles in your own private hot tub with views of Lough Ree.

MOTHER-TO-BE TREATMENT

SOOTHING LEG & FOOT TREATMENT

€60

25 Minutes

A comforting foot soak commences your relaxation followed by lower leg and foot exfoliation with gentle massage movements and an application of a cooling leg gel. This treatment is also suitable for those with leg fatigue.

PEACEFUL PREGNANCY MASSAGE

€105

60 Minutes

Relieves tension in the upper back and alleviates swelling in the hands and feet. This treatment includes a light facial to cleanse and moisturise with a gentle scalp massage. Suitable from 12 weeks onwards.

BODY TREATMENT

INTENSELY CLEANSING SALT SCRUB LIME AND GINGER OR FRANGIPANI

€80

45 Minutes

Fragranced Salt will gently slough away dead skin cells encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.



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