

SPA FACIAL TREATMENTS
(SUITABLE FOR MEN & WOMEN)

ABSOLUTE HYDRATION RITUAL (55 MINS) €70
This complex facial combats signs of dehydration to leave the skin softer. Texture is improved as the skin regains its true features. A comprehensive treatment that restores optimum hydration. The replenished skin is plumped from within allowing it to regain suppleness. Your complexion is radiant with beauty and dehydration is corrected.

DEEPLY NOURISING RITUAL (55 MINS) €70
This treatment is a haven of relaxation for dry, sensitive skin. Using high performance ingredients, this facial helps to restore and preserve the hydro-lipidic barrier leaving a fresh luminous complexion. The Deeply Nourishing Mask is a true SOS for irritated, intolerant skin.

PURE MARINE FACIAL (55 MINS) €70
A deep cleansing, detoxifying and revitalising facial. Ideal for combination and oily skin. Simply balances your skin and leaves it free from shine and imperfections.

ALGAE FACIAL (55 MINS) €70
Our 'Thalassotherapy Facial' is perfect for any woman or man who wishes to energize their skin and rebalance vital functions. Harnessing the natural properties of seaweed, this treatment optimises the skin's receptivity to specific anti ageing and hydrating products. Has particular benefits for skin conditions such as psoriasis and eczema or as an ideal pick me up for tired skin.

ADVANCED FACIALS

COLLAGEN RADIANCE SMOOTHING FACIAL 25+ YEARS (55 MINS) €80
Give your skin a Collagen boost and correct the signs of ageing as they appear with this facial designed specifically for first wrinkles. Instant smoothing of lines and rehydration for thirsty skin. Includes the unique Dermastim massage.

Recommended as a course of 6 treatments.
€390 ADVANCE PAYMENT REQUIRED

SILICIUM SUPER LIFT REGENERATE FACIAL 40+ YEARS (70 MINS) €85
Dare to defy time with this super lift facial. Designed to combat all the signs of ageing at 40+, specifically loss of firmness and pronounced wrinkles. Your complexion will glow and lines will be less noticeable. Includes the unique Dermastim massage.

Recommended as a course of 6 treatments.
€390 ADVANCE PAYMENT REQUIRED

M CEUTIC ANTI AGING PEEL (55 MINS) €85
A comprehensive three step programme designed to reconstruct ideal skin quality. Suitable for all skin types, the renovating peel is key in the regeneration of the skin. Next the Mésolift Marine is designed to boost skin cells' metabolism and maintain the appearance of youthful-looking skin. Finally, corrective intervention, through the application of high performance hybrid products, regulates and resurfaces the skin.

Recommended as a course of 5 treatments
€300 ADVANCE PAYMENT REQUIRED

MASSAGE TREATMENTS

Stone Therapy Massage	(70 mins)	€90
Stone Therapy Massage	(25 mins)	€60
Back, Face & Scalp Massage	(40 mins)	€55
Full Body Massage	(55mins)	€75
Back Massage	(25mins)	€40
Aromatherapy Full Body Massage	(55 mins)	€80
Reflexology	(55mins)	€75
Indian Head Massage	(40mins)	€60
Shoulder, Neck, Scalp & Face Massage	(40mins)	€55
Full Leg & Foot Massage	(25 mins)	€40

CANCER THERAPY TREATMENTS

Cancer Therapy Treatments	(55mins)	€75
Cancer Therapy Treatments	(25mins)	€45

(Treatments must be booked in advance)

PREGNANCY TREATMENTS

Full Body Pregnancy Massage	(55mins)	€75
Pregnancy Back Massage	(25mins)	€45

*Use of the Thermal Suite is not suitable at any stage during pregnancy
(Treatments must be booked in advance)

ARRIVAL TIME / APPOINTMENTS
You are encouraged to arrive at least 20 minutes prior to your appointment time. Arriving late will simply limit the time for your treatment, as we must complete your service by the designated end-time. To avoid disappointment, it is our recommendation that you pre-book prior to arrival at the hotel as treatments can only be subject to availability. Please let us know at the time of booking if you have any ailments that you may have concerns with or any special requirements. Please note reservations cannot be confirmed or secured without credit /debit card details. All treatment times include consultation and preparation time.

CANCELLATION POLICY
As a therapist has been allocated for your treatment, a 50% cancellation charge will be incurred for any treatment or spa programme not cancelled at least 24 hours prior to the allotted arrival time.

CLOTHING REQUIREMENTS
We advise that swimwear should be brought and worn for the Spa Experience, swim shorts for gentlemen. Own supportive flip flops may be worn.

HEALTH CONDITIONS / PREGNANCY
When making your reservation, kindly advise us of any health conditions, allergies or injuries which could affect your treatment. We have specially designed treatments for expectant mothers who are in their 2nd or 3rd trimester (14 Weeks). Use of the thermal suite is not suitable at any stage during pregnancy.

SPA ENVIRONMENT
Our Spa environment is one of relaxation and tranquillity. Please respect all Spa guests' right to privacy & serenity. We would appreciate you turning off your mobile phone for the duration of your spa visit. The Spa experience is only available to persons aged 18 years and upwards.

VALUABLES
We recommend that no jewellery be worn at the Spa. THE SPA MANAGEMENT ACCEPTS NO RESPONSIBILITY FOR THE LOSS OR DAMAGE OF VALUABLES BROUGHT INTO THE SPA. No cameras or mobile phones allowed in the Spa.

GIFT VOUCHERS
Gift vouchers are available for purchase at the Spa & Hotel reception desks These are non refundable and must be presented at time of payment for treatment.

We have a selection of drinks available for purchase. All prices are quoted in Euro & are subject to change without notification.

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SHANDON
SPA

TREATMENT MENU

*A Holistic Haven Overlooking The
Wild Atlantic Way*



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We carry a full range of Thalgo products available to purchase



Please advise our reservation team when booking of any health conditions, allergies or injuries that could affect your treatment and use of the Thermal Suite

THERMAL SUITE €30
(Treatments €80 & over include 1hr Thermal Suite Session)
The Thermal Suite is an area with a variety of experiences designed to soothe and balance but at the same time detoxify the body and invigorate the senses. The Thermal Suite includes the following:

HYDRO VITALITY POOL
The centrepiece of the Thermal Suite is our hydro-pool, which has different water-jet stations to massage and manipulate the muscles, easing tension and stress.

INDIVIDUAL HEATED LOUNGERS
Just lie back, relax, read a book or chat whilst you are gently warmed through the tiles.

FOOT BATHS
Relaxation starts from the feet up with this ultimate foot treat. To enhance the Thermal Suite experience, feet can be warmed and soothed in one of three individual foot baths. A wonderful way to relax with a partner or friend

SALT GROTTO
Decorated with mosaics and infused with mineral salts, this darkened area is beneficial for people with respiratory ailments such as asthma. Through inhalation, the salts and aromas relieve congestion and aid breathing.

OUTDOOR CANADIAN HOT TUB
Enjoy the natural beauty from the warmth of our outdoor hot tub. Getting away from the everyday has never been so easy.

HERBAL SAUNA
Awaken your senses with aromatic essences which change with the seasons. Sauna use helps to clear the body of toxins and improves circulation, a wonderful treatment to enjoy before or after a massage.

THEMED SHOWERS
Imagine a gentle waterfall or a rainforest downpour which invigorates mind, body and soul. Experience the health benefits of alternating temperatures and colour therapy of lights to suit the mood.

ICE FOUNTAIN
A decorative ice fountain that produces crushed ice. Cooling the body after a sauna has many health benefits. Soothing muscle aches and pains, it is also a boost for your body's circulation. A 'fun' feature within the Thermal Suite!

Thermal suite sessions must be booked in advance



SPA BODY TREATMENTS

INDOCEANE SPA RITUAL (85 MINS) €100
The treatment commences with a full body exfoliation, followed by an ayurvedic inspired massage using aroma oils. The massage is complete with the application of luxurious, indoceane silky smooth body wrap. This nourishing body wrap increases skin suppleness and helps to restore lasting comfort. Treatment includes Face and Scalp massage.

THALASSOTHERAPY ALGAE WRAP (55 MINS) €70
One of the best ways to mineralise and detoxify the body. Based on the tradition of thalassotherapy, this wrap harnesses the healing and beneficial properties of the sea and the marine environment for your health and wellbeing. The micronised marine algae used is considered to be one of the most complete and balanced nutrients on the planet and helps the skin to build up a resistance to external aggressions.

SEA SPA GLOW (55 MINS) €50
A concentration of the invigorating benefits of the ocean, this scrub combines the unique exfoliating power of sea salt with nourishing essential oils to reveal a refined skin texture. This deep pore cleansing from shoulder to toe removes rough dry skin, leaving you feeling silky smooth and refreshed.

ZANZIBAR STOPOVER (90 MIN) €120
The treatment commences with a full body exfoliation, followed by an African inspired massage using aroma oils. This is followed by a hydrating facial which is suitable for all skin types

BEAUTY TREATMENTS

EYE TREATMENTS
(Patch Test Required 24 Hrs Prior)

Eyebrow Shape	€10
Eyebrow Tint	€5
Eyelash Tint	€10
Eyebrow and Lash Tint	€15
3 in 1 (Brow Shape, Tint & Lash Tint)	€20

MAKE UP

Make Up Application	€35
Bridal Make Up Trial	€25
Bridal Make Up	€55
Lashes	€10
(Call out charges apply depending on location)	

HAIR REMOVAL
(Patch Test Required 24 Hrs Prior For Waxing)

	Waxing / Sugaring
Full Leg	€29 / €35
Half Leg	€20 / €25
Underarm	€10 / €15
Bikini	from €15 / €20
Eyebrow	€8 / €10
Lip	€5 / €8
Chin	€10 / €13
Lip & Chin	€13 / €15
Back	€35 / €40
Chest	€30 / €35
Toe	€5 / €5

HAND & FOOT TREATMENTS

Sea Spa Manicure	(55 mins)	€55
Sea Spa Pedicure	(70 mins)	€65
Exfoliating Foot Treatment	(45mins)	€40
File & Paint	(25mins)	€30
Gel Polish	(45 mins)	€30

LITTLE ANGELS (AGES 9 – 15)

Little Angels Mani	€15
Little Angels Pedi	€15
LA File & Paint Parties of 6 or more	€10 pp