



ASHA SPA

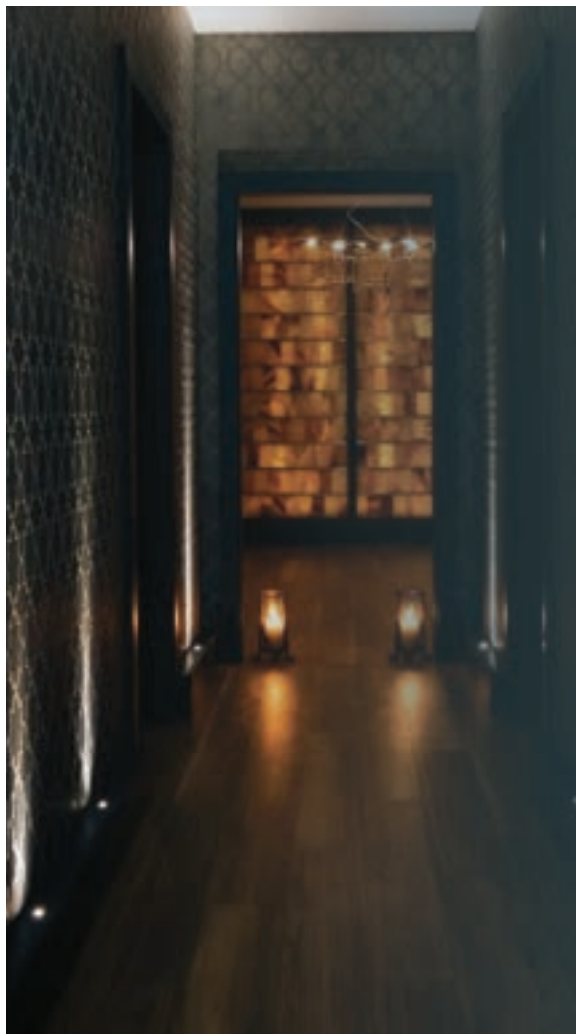
ASHA comes from the Sanskrit meaning “Wish, Desire, Hope” We aim to cultivate all of the positive emotions associated with ASHA across our hotel and spa experiences. We will ensure you leave our spa feeling fantastic whatever treatment you choose. We pair incredible products with amazing therapists, the perfect combination to allow us to take care of you. Our treatments are especially recommended for those who are overworked, stressed or simply seeking an effective natural detoxifying process.

Seaweed therapy helps reduce stress, relieves certain skin conditions and also helps in the treatment of some circulatory problems and eases aching muscles.

VOYA

Irish Organic Skincare range VOYA combines the highest-quality botanical ingredients and aromatherapy oils with certified organic seaweed. The seaweed is carefully harvested by hand and selected by sight from the wild Atlantic coast and is accredited by the Organic Soil Association. This assures that the ingredients have surpassed the strictest standards and are sourced both responsibly and ethically. 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 all certified organic, are suitable to use during pregnancy and are formulated to deeply nourish your skin and aid its natural ability to heal and repair.



VOYA EXPRESS FACIAL 25mins €60

This introductory facial will give a quick & instant pick-me up for dull, lifeless skin. This is also an excellent pre make-up facial for that special occasion.

VOYA SELF DISCOVERY RADIANCE FACIAL 50mins €85

This skin type-specific, ocean inspired organic facial is deeply detoxifying, thoroughly revitalizing and helps to smooth skin tone and increase clarity. A relaxing facial massage to release any build-up of toxins and to repair and nourish skin cells damaged by pollution and chemical exposure. Using a combination of gentle exfoliators, serums and masks, this facial helps to transform your skin leaving it feeling purified, nourished and perfectly balanced. You will be left with a revived glowing, yet non-greasy complexion, enriched and strengthened.

Choose 1 of 3 facials for your journey:

- Purifying Facial (Oily/ Combination Skin)
- Ultra Calming Facial (Sensitive Skin)
- Intensive Hydra Veil Facial (Dry Skin)

VOYA SKIN RENEWAL FACIAL 50min €85

This results driven facial is the complete approach to organic skin health. This treatment uses Voyas advanced serum range, which has been formulated with certified organic antioxidants and clinically proven biotech actives along with the sonic pulse technology of the Haumea facial brush. This skin renewing treatment will target various skin concerns for optimal skin health.

VOYA ANTI-AGING RESTORATIVE FACIAL 50mins €85

This intensive facial is particularly good for sensitive, maturing, dry or dehydrated skin. Using a combination of anti-oxidant algae complexes and a restorative blend of organic ingredients, this facial helps to fight the signs of ageing and reduce the appearance of fine lines and wrinkles through lifting, plumping and firming. Fresh leaves of wild Atlantic seaweed are placed over a richly blended oxygenating face mask while particular attention is paid to the neck and décolleté. Your skin is left beautifully hydrated and refreshed.

VOYA DELUXE FACIAL EXPERIENCE 75mins €135

This Voya facial experience begins with a relaxing back massage to induce relaxation and gently melt away muscular pain. This is followed by a hydrating and purifying facial, which includes a facial massage to deeply hydrate the skin, along with a dual action re-mineralising facial mask. This facial leaves the skin rejuvenated, the appearance of deep set wrinkles is reduced and the skins texture is left hydrated and plump.

EXPRESS EYE TREATMENT 25mins €60

An instant pick me up for dull, tired, and puffy eyes. This treatment includes cooling marine eye patches and a soothing face massage.

DEEP TISSUE BACK MASSAGE (25 mins €70)

Enjoy a 25-minute deep tissue back massage. Deep tissue massage is designed to specifically relieve stress and tension in the body. This massage focuses on realigning deeper layers of muscles. It is used for chronic aches and pains, and concentrates on areas such as upper and lower back.

SWEDISH BACK MASSAGE (25 mins €65)

A deeply relaxing therapy to release muscle tension, stimulate circulation and speed up lymphatic drainage. Improves flexibility and promotes relaxation.

INDIAN HEAD MASSAGE (25 mins €65)

An ancient head and shoulder massage to relax the mind and body. This sublimely relaxing treatment helps to alleviate stress, muscle tension and stiffness. This allows for improved blood circulation aiding in the draining away of any accumulated toxins, which can help with headaches and eye strain.

FULL BODY SWEDISH MASSAGE (50 mins €90)

A deeply relaxing therapy for the whole body. Stimulates circulation, eases muscle tension, improves flexibility and promotes relaxation.

VOYA VOYAGER MASSAGE JOURNEY (50 mins €90)

A complete top-to-toe relaxation journey, this treatment incorporates scalp and body massage alongside stretches that echo the movement of the sea. Combining both gentle and stimulating motions, this massage is the ultimate luxury treatment to relieve aches and pains. *Tailored to individual needs.

Chooses from:

- Uplift - Angelicus Serratus
- Relax - Mindful Moments
- Muscle Relief - Ginger Chai

HOT STONE MASSAGE (50 mins €95)

Indulge in a new level of relaxation as warmed basalt river stones are used to massage the body, helping to release tension and connect with the earth's energy. Advanced massage techniques, combined with the use of the hot stones will help relieve your aches and pains.

MUM TO BE (60mins €95)

This nurturing massage, which has been thoughtfully adapted to each stage of pregnancy, connects mother and baby through the wonderful power of touch. The techniques are especially designed to help relieve tension in the back as well as alleviating swelling in the hands and feet.

REFLEXOLOGY (50mins €80)

An ancient art of healing the body & mind. Gentle pressure is applied to specific points on the feet to establish a healthy flow of energy within the body and to encourage your body's own natural healing system. Beautifully relaxing, calming & beneficial to your entire system

KOBIDO MASSAGE (75min €110)

Kobido is a traditional Japanese facial massage that works on the deeper layers of our skin and muscles. The massage works on acupressure points to balance the skin and increase the flow of energy which leads to a natural lifting effect. It offers rest and relaxation in the mind and relaxes the muscles around the eyes. The techniques involve a sequence of gentle and rhythmic movements to stimulate blood flow which improves skin tone and give a radiant complexion. It also reduces the appearance of fine lines and wrinkles, reduces stress and tension, and helps to soothe migraines and headaches.

VOYA PERIMENOPAUSE/MENOPAUSE FACE AND BODY RITUAL (50 mins €85)

This balancing ritual relaxes a hormonally stressed body. Balanced hormones can result in better sleep, more energy and better digestion as well as managing the effect of stress on the body. Using aromatherapy oils to calm and restore this treatment includes a back of body massage to relax and unwind, with a grounding foot reflexology massage, followed by a hydration boosting facial to calm skin and ease irritation and finishing with a blissful scalp massage.

VOYA ORGANIC WARMED SPICES MUD WRAP (50 mins €85)

The seaweed is taken fresh from the ocean and its purifying elements are encapsulated in this rich mud wrap. The extract is rich in potent anti-oxidants and minerals. Definitely for the results driven client, this 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-ageing boost.

VOYA TANGLE ME UP BODY WRAP (50 mins €85)

This wrap hydrates & relaxes your tired, lethargic muscles, relieves stress & fatigue. It tones & firms your skin & helps target signs of ageing & cellulite. Includes full body brushing to increase circulation & to aid the penetration of the potent seaweed gel.

VOYA HYDRATING BODY SCRUB (45 mins €75)

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

VOYA LUSCIOUS SALT GLOW SCRUB (45 mins €75)

Luscious Salt Glow Scrub is infused with dead sea salts & organic seaweed oil, a combination which hydrates the skin, stimulates blood & lymph flow while firming skin tone & increasing lustre. It can remove dull skin & refine skin tone.

SPA WAVE THERAPY (25 mins €55)

The first of its kind in Wexford, the Spa Wave experience provides key benefits such as mindfulness, meditation, and deep-relaxation techniques. The therapy is based on the Quantum Harmonic Sound therapy. Clinic studies carried out by independent researchers and laboratories have proven the effectiveness immediately after the first treatment.

Benefits include:

- Reduction of stress & mood swings
- Supports treatment of anxiety & panic attacks
- Supports the Immune system
- Increases the ability to concentrate
- Improves sleep quality & quantity



A woman with long blonde hair, wearing a white bathrobe, is shown in profile, looking down at a green apple she is holding in her hands. The background is a soft, out-of-focus interior setting with warm lighting.

SKINGYM

SKIN | BEAUTY | WELLBEING

At Skin Gym we believe that paying attention to the health of your skin is one of the easiest ways to listen to your body. Our skin trainers look beyond the surface to discover what is really going on. We offer a comprehensive list of holistic services alongside results-driven skin care to help you put your best face forward. It is our mission to help you achieve your goals. Skin health starts with us!

With regular care, we are able to help you train to slow down the ageing process.



ENVIRON®
stockist

ENVIRON combines the best of what science and cutting-edge technology has to offer with sound skincare principles to provide superior scientific skincare for everyone.

Dr. Des Fernandes designed Environ to correct the chronic deficiency of vitamin A that everyone suffers from in the exposed areas of their skin. The formulae of Environ are entirely based on the need to replenish all the essential skin nutrients lost by exposure to the sun and environmental factors, and at the same time rehydrate the skin.

Environ skincare products have been formulated to combat and relieve the harmful effects of today's harsh environmental changes and pollution, as well as the modern-day effects of stress and poor diet. Every day our skin loses vitamins due to exposure to these elements, which exacerbates the visible signs of ageing. The only way to effectively replenish these lost skin vitamins is through topical applications and supplements.

At Skin Gym we offer the full range of Environ professional treatments and homecare products. Our Environ trained therapists develop custom skincare regimens and treatment plans to target your skin concerns.

ENVIRON'S TCA COOL PEEL:

75mins €120

- Includes a low percentage of acid combined with a low pH
- Is safe and offers minimal downtime
- Uses slow-drying gels and creams
- Is a safe and pleasant experience
- Accelerates growth factors in the skin to reveal smoother-looking, brighter, youthful-looking complexion
- Environ recommends a course of 6-12 peel treatments for optimal results, however visible results can already be noticed after one treatment

***** CLIENT MUST BE ON AVST OR C-QUENCE FOR MINIMUM OF 3 WEEKS BEFORE TREATMENT *****

ESSENTIAL YOUTH RESET

60mins €90

Helps soften the appearance of fine lines, sun-damage & sagging skin with our peptide and vitamin packed facial for a more youthful appearance.

ESSENTIAL MOISTURE BOOST

60mins €90

Helps reduce the appearance of fine lines caused by dehydration and increases the plumpness of the deeper layers of the skin. Hyaluronic Acid is the hero ingredient, promoting a moisturised, glowing-looking skin.

ESSENTIAL COMFORT CALM

60 mins €90

Ideal for sensitive, irritated skin. A powerful combination of smart ingredients, leaving the skin feeling soothed with a healthy radiance.

ESSENTIAL RADIANCE REVEAL

60 mins €90

A targeted solution for sun-damaged or pigmented skin. Boosting the skin with the correct combination of ingredients, results in flawless, radiant-looking skin.

FOCUS-ON TREATMENTS

Specially developed to target specific areas using Environ's revolutionary dual electro-sonic DF technology, ensuring that your primary skin care concerns are directly addressed. Perfect for when time is limited.

FOCUS-ON FROWN TREATMENT

30 mins €50

An iconic peptide blend assists in reducing the appearance of expression and frown lines around the eyes and forehead resulting in a more youthful appearance.

FOCUS-ON EYE TREATMENT

30 mins €50

Combining our powerful peptide complexes with Hyaluronic Acid, ensures a completely refreshed, hydrated and youthful appearance.



FOCUS-ON TEXTURE TREATMENT

30 mins €50

An intensive combination of the three Environ technologies; Dual ELECRO-SONIC, COOL PEEL and MICRO PERFUSION improve the appearance of mild scarring, revealing smoother, evenly textured skin.

FOCUS-ON EVEN TONE TREATMENT

30 mins €50

The powerful combination of vitamin A, C and AHA is a unique approach to assist in lightening the appearance of pigmented marks resulting in a more even-toned, brighter complexion.





WAXING

FULL LEG €35

HALF LEG €25

¾ LEG €30

FULL LEG AND BIKINI €45

STANDARD BIKINI LINE €20

EXTENDED BIKINI LINE €25

CALIFORNIAN €30

BRAZILLIAN €50

HOLLYWOOD €60

UNDERARM €18

ARM WAX €18

EYE TREATMENTS

EYEBROW TINT €12

EYELASH TINT €15

FACE SIDES €12

EYEBROW €12

UPPER LIP €12

CHIN €9

LIP AND CHIN €18

BACK €35

CHEST €30

SHOULDERS €15

BACK & CHEST €55

EYEBROW SHAPE €10

EYE TRIO €30

MANICURE & PEDICURE

DELUXE MANICURE €55

Includes nail file, cuticle work, hand & arm massage and your choice of colour or French polish.
With Shellac €65

DELUXE PEDICURE €65

Includes foot soak and foot scrub, nail file, cuticle work, removal of hard skin, foot massage followed by your choice of colour or French polish
With Shellac €75

FILE AND PAINT €30

SHELLAC MANICURE €40

SHELLAC ON TOES €40

SHELLAC REMOVAL €10

BIAB MANICURE €45

BIAB REMOVAL & REAPPLICATION €50

BIAB REMOVAL €15

JELLY TIPS €55



OPENING TIMES

10.00 AM – 6PM
MONDAY – SUNDAY

APPOINTMENTS

PLEASE NOTE THAT THE SPA APPOINTMENTS ARE SUBJECT TO AVAILABILITY. WE WOULD ADVISE YOU TO BOOK TREATMENTS IN ADVANCE TO AVOID DISAPPOINTMENT.
PATCH TEST REQUIRED 24HOURS BEFORE TINTING & WAXING

ARRIVAL

PLEASE CHECK IN FOR YOUR APPOINTMENT AT OUR SPA RECEPTION.
PLEASE ARRIVE 10 MINUTES PRIOR TO YOUR APPOINTMENT.

CONTRA – INDICATIONS

IF YOU HAVE ANY HEALTH CONCERNS, CONDITIONS OR IF YOU ARE PREGNANT, PLEASE LET OUR SPA RECEPTION KNOW WHEN BOOKING YOUR TREATMENT WITH US

CANCELLATION POLICY

IF YOU NEED TO CANCEL YOUR APPOINTMENT, PLEASE GIVE US AT LEAST 48 HOURS' NOTICE. IF YOU DO NOT CANCEL YOUR APPOINTMENT WITHIN THIS TIME, YOU WILL BE CHARGED FULL COST OF YOUR TREATMENT. IF YOU ARE RUNNING LATE FOR YOUR APPOINTMENT, PLEASE NOTIFY THE SPA RECEPTION AS SOON AS POSSIBLE. PLEASE NOTE, AS COURTESY TO OTHER CLIENTS YOUR APPOINTMENT TIME WILL FINISH AS SCHEDULED AND YOU WILL BE CHARGED THE FULL COST OF YOUR TREATMENT

GIFT VOUCHERS

TREAT SOMEONE SPECIAL TO AN UNFORGETTABLE EXPERIENCE WITH A GIFT VOUCHER FROM ASHA SPA

