



# SEASCAPE SPA

unwind relax indulge

## Welcome to Seascape Spa

Welcome to Seascape Spa where we have created a special place for you to wash away the stress that we can all feel in our hectic fast-paced lifestyles. From the moment you arrive you will be greeted by friendly, professional & caring therapists, your every need will be met and you will relax and enjoy a unique spa experience. We have carefully selected a range of organic and pure products for your health & well being.

Whether you visit us for an hour, a day or a pamper break as a hotel guest, you will discover luxurious treatments delivered in beautiful surroundings by caring and courteous staff.

For your enjoyment, we have an aroma steam room and relaxation cocoon room which are complimentary to our spa guests.



Here you will find...

...peace and calm.



*Gift Vouchers are  
available for the  
perfect present.*

## Treatment for Two Suite

Enjoy side by side treatments in our Luxurious couples suite. A unique way to relax together & unwind. Ideal for friends, couples and special occasions! Afterwards curl up and drift away in our cosy snooze room.

## Sheer bliss...

### Treatment Suggestions

#### Side by Side

"Signature" full body massages for two.

#### Side by Side

"Signature" facials including scalp massage for two.

**Why not add on a romantic candle lit aromatic hydro therapy bath for two...**

**Or let us create your perfect treatment package!**





## Facial Therapy

### VOYA Facials

Every VOYA product contains extracts of organic wild seaweed, which has been sustainably hand-harvested. VOYA products contain a minimum of 70% organic botanical ingredients specifically chosen to complement the natural properties of our seaweed. All of VOYA's products are made without mineral oils, genetically modified ingredients or synthetic colours, fragrances and preservatives, and are suitable for sensitive skins.

#### VOYA Facial Experience (45 mins)

A truly organic holistic facial, it will deeply renew, revive and soften dry and dehydrated skin, alleviating fine lines & wrinkles.

#### VOYA Delux Anti-Aging Facial (60 mins)

Suitable for all skin types, though of particular benefit to mature, dry or dehydrated skin using a blend of organic ingredients to re-juvenate and restore skin radiance.

#### VOYA Environmental Defence Facial (90 mins)

Your facial begins with a deep cleansing back treatment which purifies and re-hydrates the skin leading on to facial cleansing and massage techniques which leave skin calm, cleansed, re-balanced and visibly clearer. Suitable for oily, congested and city skins.

## USPA Facials

Each USPA Facial combines highly active natural plant extracts to provide deep cleansing, exfoliation masques, call therapy and deep hydration. Your senses will be awakened by aromatic elixirs merged with relaxing therapeutic facial massage.

### **Duration of USPA Facials (60 mins or 90 mins)**

Should you select our 90 mins facial this will include an exotic footbath ritual. Your feet will be bathed and exfoliated with wild thyme foot pumice and massaged with tangerine and rose cream. You will then enjoy a relaxing back massage. We complete your facial experience with a scalp and foot massage.

### **USPA Regenerative Facial (60 mins / 90 mins)**

Ideal to rebuild and repair damaged or ageing skin, using products potent in Vitamin C, Camellia oil, Fennel and Frankincense.

### **USPA De-sensitising Facial (60 mins / 90 mins)**

Ideal to calm and re-balance vulnerable irritated skin using gentle elixirs and serums rich in Chamomile Jojoba and Lavender.

### **USPA Hydramax Facial (60 mins / 90 mins)**

For dry de-vitalised skin lacking moisture. The skin is harmonised with Aloe, Rose, Jasmine and Rosehip oil.

### **USPA Refining Facial (60 mins / 90 mins)**

A botanical fruit and treatment to help eliminate facial fine lines, promote collagen production and reveal healthy new cells using serums infused with botanical Alpha Hydroxy Acids, Sandalwood, Lavender and Apricot kernels.

### **USPA Purifying Facial (60 mins / 90 mins)**

A highly effective treatment to combat surface bacteria and skin congestion. This facial will detoxify and balance with herbal serums of Almond, Oil, Peppermint and Lime for oily acne prone skin.

**awaken your senses...  
with a truly organic  
holistic facial.**

# Bathing Rituals

## **VOYA Seaweed Soak (45 mins)**

Indulge your body in a warm still bath of 100% Organic Seaweed leaves, hand harvested from the pristine waters along the west coast of Ireland. Oozing with natural oils and sea minerals, this treatment begins with a body warming steam to open pores and use of the experience shower to seal in the beneficial minerals & elements.

## **VOYA Aroma Bath Therapy (45 mins)**

Envelope your body in a still bath of organic essential oils, sea salt and seaweed sourced from the Atlantic Coast of Ireland.

## **Lu'Lur Mandi Susu Rose Bath Soak (45 mins)**

Lie back and luxuriate in fragrant Rose and Jasmine scented water, whilst the milky texture coats and softens your skin.

## **Lindi Bath Soak (45 mins) (Specialised Cancer Care Treatment)**

This calming bath will relax the body and mind gently soothing the skin and easing the uncomfortable side effects experienced by individual ongoing treatment for cancer and related disorders. This treatment will help calm and soothe the symptoms that occur during and after radiation therapy and chemotherapy.



## Body Therapy

### **VOYA Sweet Seaweed Sugar Scrub (50 mins)**

An invigorating full body polish, rich in sea plant minerals using organic seaweed oil crushed seaweed leaves scented with 100% organic lavender or peppermint to soften & renew your skin.

### **VOYA Seaweed Leaf Body Wrap (90 mins)**

Imagine being wrapped from head to toe in freshly harvested seaweed leaves. This luxurious organic marine algae wrap covers the body which is then wrapped in organic muslin and then cocooned in a thermal blanket. This ultimate spa experience detoxifies, firms and softens skin and is excellent as part of a weight loss programme.

### **VOYA Mermaids Purse Body Wrap (60 mins)**

This is a deeply hydrating and detoxifying treatment for tired dry and dull skin. Skin condition is improved revealing smooth subtle glowing skin.



### **VOYA Ocean Essence Wrap (90 mins)**

This is an excellent skin re-juvenator combating cellulite and muscle fatigue. Detoxifying and stimulating skin is smoothed and moisturised.

### **VOYA Golfers Tonic (90 mins)**

Specifically targeting key trouble spots in the back, neck and shoulder area using organic seaweed oil. Enjoy a 100% organic sugar scrub which removes dead skin cells and cools and uplifts tired limbs, followed with an intensive massage of the lower legs concluding with a cooling re-juvenating wrap to soothe the legs and a head massage to calm the mind.  
(Suitable for both men & women)

## Lu'Lur Body Rituals

Lu'Lur brings a touch of Eastern tradition to the Western world of beauty. Using the finest aromatic organic ingredients, each professional treatment is designed to be a complete body ritual, offering top to toe relaxation and an exquisite pampering experience. Anyone who wants to feel pampered like a princess and wants to relieve the stresses and tensions of modern life will fall in love with these beautiful body treatments.

### **Traditional Lu'Lur Body Ceremony (135 mins)**

The original Balinese ritual was given to princesses everyday for 40 days prior to her wedding. After having the ritual everyday, the bride was ready for her wedding day looking beautiful, radiant and relaxed.

Today, very few women (even in Bali) have time for the 40 day Lu'Lur ritual, however it is still given over a 7 day period and the wonderful soul searching traditions that connect mind, body and soul to the universe are very much alive.

**Balinese rituals connecting...  
mind, body & soul.**

### **Lu'Lur Hibiscus & Jasmine Body Smoothing Wrap (90 mins)**

Luxury treatment begins with a yoghurt and rose petal foot soak, followed by a full body exfoliation, warm shower and a blissful warm rich coconut and vanilla cream wrap and then the body is massaged. This wrap works it's magic on even the driest skin.

### **Lu'Lur Hibiscus & Tumeric Body Scrub (45 mins)**

An exotic mixture of rice powder, tumeric and essential oils of Jasmine and Sandalwood to reveal newly smoothed skin, the body is then massaged with Lu'Lur body moisturiser.

### **Lu'Lur CoCo Cream Nourishing Massage & Body Wrap (60 mins)**

For stressed dry skin, this is the ultimate cure. Enjoy a Mandi SuSu Foot Soak, then relax with a warmed coconut and vanilla cream massage and afterwards your body is cocooned in a soft cotton wrap to intensify its nourishing effect.



# Massage & Holistic Treatments

## **De-Stress Back massage (45 mins)**

A therapeutic massage tailored for your specific needs eliminating muscular tension.

## **Full Body Swedish Massage (60 mins)**

Balance body and mind, release tension and enter a state of deep relaxation. Your therapist will tailor make your massage to suit your specific needs.

## **Aromatic Full Body Massage (60 mins)**

Using carefully selected aromatic oils, this tailor made massage will deeply relax both body and mind.

## **Hot Stone Massage (75 mins)**

Smooth basalt stones caress and massage the body gently and rhythmically. The stones are used as a massage tool to help induce a deep state of relaxation through their weight, shape and conductivity properties. You will have no choice but to relax!

## **Colonic Massage (30 mins)**

This abdominal massage targets the colon, relieving a sluggish digestive system, alleviating bloatedness & constipation, leading to an increased feeling of wellbeing vitality & health.

## **Lu'Lur Balinese Massage (75 mins)**

For stressed, tired and overworked bodies. This deep massage gently softens and soothes muscular tension using slow rhythmically traditional Balinese Massage techniques, leaving you feeling relaxed and re-energised.

## **Seaweed Hot Stone Massage (75 mins)**

One of our star treatments, we use aromatic organic essential oils & leaves of seaweed to soothe the body and mind. We place heated stones onto organic seaweed leaves all over the body. The dual action of the heat soothes your muscles whilst releasing precious extracts from the seaweed in key parts of your body. A truly delightful treatment that goes beyond the normal physical experience of a massage and soothes the soul.

## **VOYA Back Massage (30 mins)**

Using only 100% Organic Seaweed oil. Focusing on key areas of tension in the back, neck and shoulders.

## Massage & Holistic Treatments cont.

### **VOYA Full Body Massage (60 mins)**

Using only 100% Organic Seaweed oil.  
Skin is nourished while tired muscles are relaxed.

### **Reflexology (45 mins)**

A Healing Therapy which focuses on the pressure points of the feet to re-balance the body & mind and promote healing.

### **Indian Head Massage (40 mins)**

Relaxing Massage techniques given over clothing.  
This treatment incorporates back, neck, shoulders, face and scalp and is great for tension relief.

### **Maternity Massage (90 mins)**

A Soothing Massage tailored especially for you ensuring your comfort and relaxation.  
Incorporates a Body Scrub to remove dry skin and a nourishing Body Wrap. Total Bliss !

\* Please note: Pregnant clients are unable to have massage treatments during their first trimester.

## Cancer Care Treatments

We have a series of safe and effective cancer care treatments specifically designed to provide relief and comfort which is invaluable to the patient. These treatments are carried out by specially qualified therapists.

### **Cancer Care Treatments**

Below are some of the treatments we offer to name but a few. Each client is given a thorough consultation before their treatment, by fully qualified therapists, as with any of our treatments in the Spa, complete discretion and client confidentiality is adhered to at all times.

- ✧ **Facials**
- ✧ **Light touch massage therapy**
- ✧ **Reiki**
- ✧ **Reflexology**
- ✧ **Lindi Bath Soak**

€5 from every cancer care treatment is donated to the breast unit at Letterkenny General Hospital.



## Hand & Foot Treatments

### Lu'Lur Luxury Foot Spa (60 mins)

A pampering treat for tired under nourished feet. Enjoy a warm fragrant foot bath while your therapist carries out a relaxing scalp massage (through clothes). A delicate foot scrub is applied buffing your feet smooth. Then a heated oil of Camellia and Marigold is massaged into your feet and legs, the feet are then cocooned in a wrap of nourishing Vanilla cream.

**Result:** Light, smooth, relaxed feet.

**\* Add Cuticle Work File & Polish (30 mins)**

### Lu'Lur Luxury Hand Ritual (45 mins)

A pampering treat for extra dry or chapped hands. Hands are immersed in a luxurious warm Rose soak delicately scrubbed, massaged and wrapped to allow the nourishing Coconut and Vanilla cream to work it's magic.

**Result:** Brighter nourished skin & nails

**\* Add Cuticle Work File & Polish (30 mins)**

A pampering treat...  
...for tired feet.

### Luxury Pedicure (75 mins)

Sit back and relax while you enjoy our foot bath ritual with wild thyme foot pumice and Tangerine & Rose cream. Problem cuticles are treated, dry skin removed and the feet are cocooned in heated thermal booties to soften the skin, finishing with nail shaping and painting.

### Luxury Manicure (60 mins)

Using select spa products, your manicure will re-vitalise problem cuticles and promote strong healthy nails. A warm hand mask cocooned in heated thermal mitts restores skin to softness before finishing with nail shaping and painting.

### Finishing Touches

#### File & Polish (Fingers / Toes) (30 mins)

Nail File & polish \*please remove old polish, cut nails & push back cuticles prior to arrival Thank you.

#### Express Manicure / Pedicure (45 mins)

Polish Removal, Nail cut & file, cuticle work & polish.



## For Him

### **USPA Moroccan Facial (60 mins)**

Designed to provide balance to the skin exfoliating cleansing and moisturising the face leaving skin looking healthy and re-vitalised.

### **VOYA Golfers Tonic (80 mins)**

Beginning with a VOYA Massage that specifically targets key trouble spots in the back, neck and shoulders using organic seaweed oil. Enjoy a lower leg Sugar Scrub which gently exfoliates and soothes tired limbs followed by an intensive massage of the lower legs and finishing with a Rejuvenating Wrap for the legs and a soothing Head Massage to ease the mind.

### **Tension Relieving Back Massage (45 mins)**

#### **Stress Buster (90 mins)**

Aroma Pressure Point Facial & Scalp Massage

Full Body Brushing

Full Body Exfoliation

Full Body Massage

**Waxing** Chest or Back

#### **Treatments for Two**

Why not enjoy a side by side treatment with that special someone in our luxurious couples suite, with candle lit Jacuzzi bath and unwind time in our cosy snooze room!





# Seascape Pamper Packages

## Special Occasion Package

Make Up Application.  
Manicure.  
Pedicure.

## Ultimate Head to Toe Beauty Ritual (165 mins)

USPA Facial 1 hr  
CoCo Cream nourishing body wrap.  
Spa Manicure

## Voya Body Bliss (90 mins)

Experience shower.  
Sweet seaweed sugar scrub.  
Organic seaweed soak.  
Massage of VOYA organic body moisturiser.  
Facial massage with organic oils.

## Perfect Retreat (120 mins)

Experience shower.  
Sweet seaweed sugar scrub.  
Full body organic seaweed oil massage with hot stones.

## Tailor made...

full & half day packages

Light lunch may be included if desired  
to finish off your day!

## Seascape (120 mins)

Lu'Lur Hibiscus & Jasmine Body Smoothing Wrap  
& Mini Facial

## Holistic Total Body Care (180 mins)

This truly luxurious treatment begins with dry body brushing and exfoliation, which gently polishes and smoothes the skin, detoxifies the body and combats cellulite, then you can drift away while your body is massaged and relaxed with blissful hot stones, followed by a prescriptive spa facial. You will emerge feeling re-vitalised, re-juvenated and totally relaxed. The ultimate gift!

## Mum To Be Pamper Package (150 mins)

Maternity massage.  
Body exfoliation and body wrap.  
Luxury Pedicure.

## Mini Escapes

30 mins Pressure Point Face & Scalp Massage

30 mins Reflex Foot Massage

30 mins Express Facial

30 mins Back Massage



## *Bridal Packages*

### “The Ultimate in Luxury from Lu’Lur”

#### **Traditional Lu’Lur Full Body Ceremony (135 mins)**

This beautiful treatment originates from the Palaces of Central Java where it was given to princesses everyday for 40 days prior to her wedding day, this is a wonderfully nurturing treatment steeped in tradition and love. Spoil yourself on this the most special of occasions.

#### **Pre-Wedding Pamper**

Eye Package (Eye brow wax & tint & eyelash tint)

Full Body Spray Tan

Manicure

Pedicure

Make Up Application (Trial & on Wedding Day)

**\* Our highly trained professional therapists are here to tailor make a package to suit your specific needs. Remember for optimum skin condition, we recommend you begin monthly facial treatments approximately 6 months prior to your wedding.**

# Beauty Suite

## Jane Iredale The Skin Care Make Up



Make-up application

Day

Evening

Special Occasion

Bridal

## Waxing

Full Leg & Bikini

Full Leg

Half Leg

Bikini

Underarm

Lip

Chin

## Eye Treatments

Eyebrow Shape

Eyelash Tint

Eyebrow Tint

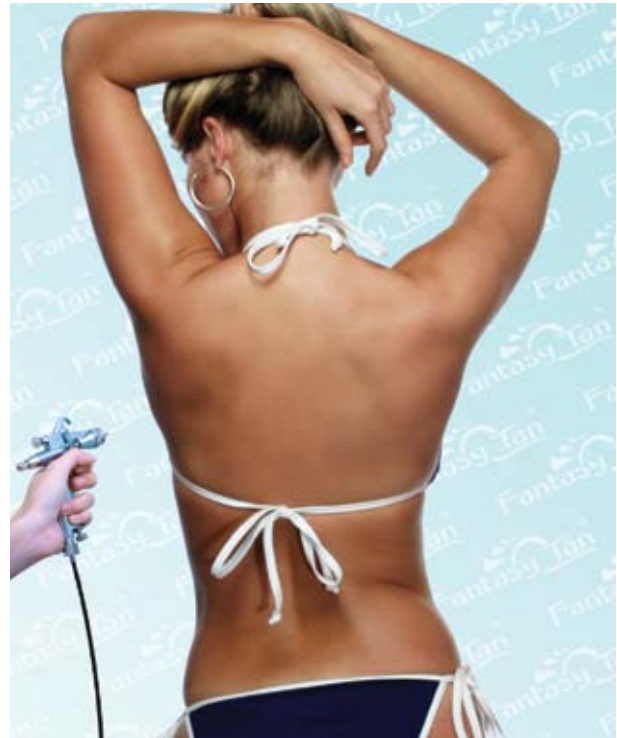
Eye Package

(Eyebrow Shape  
& Eyebrow Tint  
Plus Eyelash Tint)

False Lash Application

## Organic's Tan (30 mins)

Organic spray tan containing flower extracts aloe vera and essential oils to tone and soften the skin, revealing a natural tan that looks and smells great with a flawless fade. \* Please note: a patch test must be given 24 hrs prior to first treatment.



## Fantasy Tan (30 mins)

The most realistic sunless tan ever created. It won't turn orange or look dirty leaving you with a natural radiant tan and silky soft skin. \* Please note: a patch test must be given 24 hrs prior to first treatment.

*Full range of  
Beauty & Spa products  
available to purchase.*



## How To Spa

### Booking

To avoid disappointment we recommend you pre-book your treatments in advance. Residents are advised to book prior to arrival at the hotel. Our staff will happily assist you with any queries you may have.

\* Please note: credit card details will be required for packages / groups or lengthy treatments.

### Payment & Cancellation

We understand if you cannot keep your appointment, however should this be the case, we would like to be able to assist another client. Should you need to cancel, we respectfully request 24 hours notice to avoid a standard 50% cancellation fee. If you do not arrive for your appointment, a 50% cancellation fee will be imposed.

### Packages

We have made some suggestions as packages are a popular gift idea. However, our highly skilled staff are happy to assist you in tailor making your own specific package. Just ask your therapist!

## Spa Etiquette

Seascape Spa is a place of tranquillity and relaxation. We request all spa visitors to keep noise levels to a minimum and that mobile phones are respectfully switched off. This policy ensures that you & your fellow spa visitors fully relax while you are here.

All spa clients will be provided with a locker where you can safely store your belongings, a bathrobe, towels & slippers (disposable panties and briefs will be available and shower caps if required). Please bring your own bathing suit / shorts / togs for use of the aroma steam room.

Hotels guests may wish to arrive at the spa in their bedroom robe for their comfort.

## Gift Vouchers

Vouchers are available for purchase at the spa and the hotel reception. They are valid for 12 months from the date of issue and are non-refundable. If you are paying with a voucher please present it at reception on your arrival. At time of booking, vouchers must be specified as the method of payment, by quoting the voucher reference number and the corresponding voucher must then be presented on arrival at the hotel. Non presentation of Voucher will necessitate a charge being made for any treatments availed off.

## When you Arrive

We would encourage you to arrive early prior to your treatment time. This ensures that you have adequate time to fill out a consultation card, undress and make use of the Aroma Steam Room and Relaxation Area. The Relaxation Area is also available for you to snooze after your treatment.

- Please note, late arrivals will not receive an extension to their treatment time.
- Please remove all jewellery prior to treatment.
- Please note, our treatments are suitable for both male & female spa visitors.
- Fresh water & herb teas will be provided at the spa.
- Fresh fruit snacks will also be available.
- You may choose to enjoy a healthy lunch in our restaurant in the hotel prior to or after your treatments.

**Please be advised our spa operates a no alcohol policy and that no babies or children under the age of 18 are allowed in the spa.**

**Seascape spa is a place...  
...of tranquility  
& relaxation.**



# SEASCAPE SPA

unwind relax indulge

THE SILVER TASSIE HOTEL, LETTERKENNY, CO. DONEGAL, IRELAND.

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