



SEASCAPE SPA



*Relax at  
The Seascape Spa*



# Welcome to the Seascape Spa

The Seascape Spa is dedicated to making you feel and look your very best. Whether you are looking to simply pamper yourself or for complete renewal, we at the Seascape Spa have the experienced professionals and wide array of products for all your needs.

We provide our guests with exceptional spa services using only the highest grade products including leading French skincare brand Yon-Ka, Irish renowned VOYA organic and the Skin Care Make-Up range by Jane Iredale..

Here at the Seascape Spa we can offer you complimentary use of our aroma steam room, chill out cocoon area and a relaxation snooze room which you can avail of prior to and after your treatments.

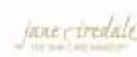
Also available is our double treatment room, so you can choose to enjoy your spa experience with friends and loved ones.

All of our treatments are suitable for both male & female spa visitors.

We invite you to sit back, relax and enjoy your experience here with us at The Seascape Spa.

*The Spa Team x*

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## SEASCAPE SPA PAMPER PACKAGES

### **Wild Atlantic Way Signature Escape 2 hr 15 min**

€190

Enjoy a Detoxing Soak in hand harvested Seaweed from the shores along the WAW, followed by a VOYA Full Body Massage and Ocean Fresh Facial including Pressure Point Face and Scalp Massage.

### **VOYA Blissful Escape 2 hr**

€165

Luscious Full Body Salt Scrub and Detoxing Seaweed Soak followed by cooling application of Organic Body Moisturiser. Your Experience concludes with a Pressure Point Face & Scalp Massage and Reflex Foot Massage.

### **Yon-Ka Aroma Fusion Escape 2 hr 30 min**

€195

Begin your journey with a customised Full Body Scrub followed by an Aroma Luxe Massage and then complete your spa experience with a prescriptive Yon-Ka Le Grande Classique Facial.

### **Yon-Ka Hydra Escape 2 hr 30 min**

€195

Your treatment will begin with a full body exfoliation and hot shower followed by a warming application of Yon-Ka body hydration mask. You will then enjoy a Yon-Ka Hydralescence facial while you are comfortably cocooned during your body wrap. The treatment concludes with a foot massage and a light touch moisturisation, working the excess hydration mask into the body.

### **Seascape Samplers 25 mins**

€35

Choose one as an addition to your preferred spa treatment; or book 2 or more Seascape Samplers as your full spa experience

Choose From:

Back massage | Express Facial | Foot Massage | Face & Scalp Massage

## BATHING RITUALS

### **VOYA seaweed Leaf Soak 35 mins €50**

A seaweed soak is the ultimate way to experience VOYA. Once immersed in a hot bath, seaweed will naturally re-hydrate and spring back to life, releasing its soothing and moisturising properties. Seaweed baths have been used for generations in the care and repair of the skin and body.

*Benefits:*

- Re-mineralises the body.
- Hydrates and moisturises nails, hair, & skin.
- Soothes aches and pains.
- Deeply detoxifies and removes unwanted toxins
- Aids the healing of skin conditions: psoriasis and eczema.
- Helps against the signs of aging and cellulite.
- Stimulates blood circulation and lymphatic system.
- Breaks down lactic acid.

### **VOYA Salt Scrub & Seaweed Bath Ritual 65 mins €80**

Feel the benefits of a full body exfoliation with VOYA's Luscious salt scrub followed by a detoxing, nourishing seaweed soak. Your skin will feel smooth and hydrated.

### **Yon-Ka Phyto Bain Bath Ritual 35 mins €45**

Experience the healing powers of Yon-Ka with this powerful and rebalancing mix of essential oils including lavender, everlasting, petitgrain, rosemary and sage which work together to drain and tone your skin.

### **Yon-Ka Scrub and Bath Ritual 70 mins €90**

Your treatment begins with a customised full body exfoliation, followed by a Yon-Ka Phyto Bain soak before a massaging application of Yon-Ka Hydratant Body Lotion. Your body will thank you for it.



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## MASSAGE & HOLISTIC TREATMENTS

All of our massage & holistic treatments are suitable for both men and women

<b>Yon-Ka Aroma Full Body Massage</b>	55 mins	€80
	70 mins	€95

Personalised with a concentrate of choice, choose from:

- **Aroma Luxe**, a complete manual Yon-Ka massage which is a combination of relaxing, draining and energising techniques.
- **Aroma Sculpt**, a toning full body massage incorporating the use of bamboo on the legs using pressure which is both vibrational yet gentle.
- **Aroma Relax**, a relaxing full body massage using warm volcanic stones on the back to ease muscle tension and increase circulation.
- **Aroma Energy**, a re-balancing full body massage incorporating hand and foot acupressure to relieve stress and increase energy.

<b>Voya Aroma Full Body Massage</b>	55 mins	€75
<b>Voya Aroma Back Massage</b>	40 mins	€55

**Balinese Full Body Massage** 70 mins €90  
This combination of manual therapy and aromatherapy is intended for relaxation, loosening the muscles and stimulating the lymphatic system while improving blood flow.

**Full Body Swedish Massage** 55 mins €70  
Massage pressure is tailored to your preference. Designed to improve your circulation, soothe your muscles and make you feel more relaxed.

**De-Stress Back Massage** 40 mins €55  
A massage tailored for your specific needs, eliminating any muscular tension.



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**Hot Stone Full Body Massage** 70 mins €95  
**Hot Stone Back Massage** 40 mins €65  
**Hot Stone Leg Massage** 40 mins €65

Stones are used as a massage tool to heat tired muscles and induce a deep state of relaxation. Pure Bliss...

**Lava Shell Full Body Massage** 55 mins €95  
**Lava Shell Back Massage** 40 mins €65

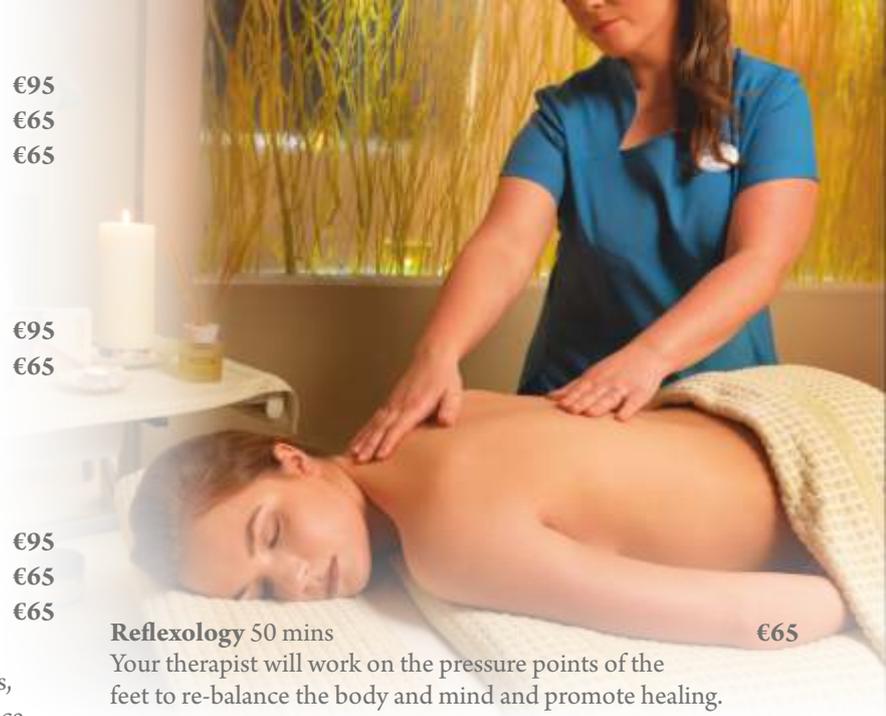
Hot tiger clam shells are used to ease arthritis, aches and pains leaving muscles feeling totally relaxed.

**Bamboo Full Body Massage** 70 mins €95  
**Bamboo Back Massage** 40 mins €65  
**Bamboo Leg Massage** 40 mins €65

Warm bamboo massage is a unique way to relax tight muscles, release stress and tension and also improve sports performance. If you like intense deep tissue work, this treatment is for you.

**Course Info**

Book any 4 Facials/ Massage & Holistic Treatments and receive a discount of 20%



**Reflexology** 50 mins €65

Your therapist will work on the pressure points of the feet to re-balance the body and mind and promote healing.

**Indian Head Massage** 40 mins €55

This treatment relieves tension through a pressure point massage of the back, neck, shoulders, face and scalp leaving you in a total state of relaxation.

**Hopi Ear Candles** 40 mins €55

A cleansing and meditative treatment that clears your ears, head and mind. Combined with a pressure point face and scalp massage, this treatment will release pressure and induce relaxation.

## VOYA FACIALS

All VOYA products contain extracts of wild seaweed which is sustainably hand-harvested from the cleanest waters off the west coast of Ireland. Seaweed has a profound effect on the skins collagen production, increasing moisturisation levels and elasticity, all of which are important attributes of bright and supple skin.

### **Anti-Aging Restorative Facial** 85 mins **€95**

Suitable for all skin types, although of particular benefit to mature, dry or dehydrated skin. A highly restorative facial designed using a combination of VOYA's organic seaweed with pro collagen extracts and anti-oxidant ingredients. The result is instantly firmed, tightened and hydrated skin.  
Includes relaxing scalp massage.

### **Organic Illuminating Facial** 55mins **€75**

This facial helps to even skin tone and increase clarity, while ingredients such as kaolin clay, rosemary and eucalyptus restore a natural glow. A pressure point facial massage targets deeper muscles to release any build-up of toxins to restore a glowing complexion. Complimented with a pressure point foot massage.

### **Ocean Fresh Facial** 50 mins **€65**

Suitable for all skin types. This facial is tailored to our clients' needs and we use only the highest grade organic products to hydrate, detoxify and plump the skin.

Includes VOYA signature facial massage and relaxing scalp massage.

### **Taster Facial Experience** 35 mins **€45**

Perfect for those with limited time, this treatment includes a deep cleanse, exfoliation and a hydrating mask followed by hydration spray and moisturiser.

### **Seaweed Eye Marine Treatment** 35 mins **€45**

The ultimate treat to rejuvenate and refresh tired eyes. This treatment combines relaxing and decongesting lymphatic massage movements followed by application of Organic Laminaria Seaweed eye patches to restore hydration. Includes relaxing scalp massage or hand & arm massage.

### Add to any VOYA facial **€25**



## YON-KA FACIALS

Yon-Ka face and body care collection gives your skin the most precious care that plants can provide. The heart of Yon-Ka is a pure and natural aromatic composition of Lavender, Cypress, Rosemary, Thyme and Geranium essential oil blends with a wealth of plant extract from all over the world.

### **Excellence Code** 65 mins **€90**

#### *Anti-Ageing 55+*

This high performance, anti-aging facial acts on all signs of aging by helping to increase elasticity and reduce pigmentation. Noticeably increases skin radiance, has a lifting effect and redefines the facial contours.

### **Time Resist** 65 mins **€85**

#### *Anti-Wrinkle*

A facial designed to meet specific needs by combining youth activating agents with an alpha & beta hydroxy peel which refines skin texture and boosts cell renewal. Time Resist immediately re-energizes and smooths fine lines and wrinkles while combatting inflamm'aging.

### **Alpha Vital AHA-BHA** 65 mins **€85**

#### *Resurfacing*

Using natural fruit extracts, dead skin cells are removed to leave your skin visibly smoother and your complexion firmer and more radiant without a hint of sensitivity. Suitable for dull, post acne, oily or sun-damaged skin. Not recommended prior to excessive sun exposure.

### **Hydralessence** 55 mins **€80**

#### *Hydration Boost*

This high performance, deep hydrating facial will revive the most dehydrated complexions. A double mask creates an instant and long-lasting dewy complexion.

### **Le Grande Classique** 55 mins **€75**

#### *Deep Cleansing*

A truly personalised and complete skin care treatment. This deep cleansing facial will leave your skin feeling refreshed and complexion radiant.

### **Essential Bright** 50 min **€75**

#### *Brightening*

A facial that targets dull, lifeless and pigmented skin. The essential bright helps eliminate dead skin cells and stimulates cell renewal with the use of 30% glycolic and a blend of AHA's. The result is truly amazing.

### **Calming Defence** 50 mins **€75**

#### *Sensitive/Acne*

This expert treatment targets all irritable skin conditions from sensitivity, redness, acne and/or rosacea. Every treatment is tailored to your own specific needs which will result in a smooth, softened protected skin.

### **Escale Beaute/The Beauty Break** 35 mins **€45**

#### *Purify & Glow*

This beauty flash facial will restore your skin with luminosity and radiance. Perfect treat for an instant pick me up.



## VOYA BODY THERAPY

### **VOYA Organic Luscious Salt Glow 50 mins** €70

This is a detoxifying scrub infused with dead sea salts and organic seaweed oil, a combination which hydrates the skin, stimulates blood and lymph flow while firming skin tone and increasing lustre. Your treatment will conclude with a massaging application of VOYA organic body moisturiser.

### **VOYA Organic Hydrating Body Scrub 50 mins** €70

VOYA's 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 and silky smooth skin. Finished off with a massaging application of VOYA Organic body moisturiser.

### **VOYA Organic Warmed Spiced Mud Wrap 65 mins** €90

Seaweed is taken fresh from the ocean and its purifying elements, including potent antioxidants and minerals are encapsulated in VOYA's Organic Warm Spiced Mud Wrap. Infused with aromatic spices of ginger and orange to revive the senses, this wrap has immediate and noticeable effects on the skin, including firming and toning, it is also a serious detoxifier, metabolism stimulator and a natural anti-aging boost. This treatment also includes a pressure point face and scalp massage and full body application of VOYA Organic body moisturiser.

## YON-KA BODY THERAPY

### Yon-Ka Body Scrub 50 mins

€75

This treatment includes a customised full body exfoliation followed by a refreshing shower to remove all surface dry skin. You will then enjoy a massaging application of our Yon-Ka Lait Hydratant body moisturiser to leave the skin feeling completely nourished and smooth.

Choose from:

**Gentle Scrub:** Exfoliates without harshness combining the power of bamboo powder, apricot kernel powder & Mango butter removes dead skin cells leaving a light veil of softness

**Gourmet Scrub:** A 2 sugar scrub rich in Sunflower and sesame plant based oil, it exfoliates, smooths and reveals skins radiance .

**Marine scrub:** Intense marine salt and Seaweed scrub. It clears the skin of impurities and dead cells for a more beautiful and softer skin.



### Yonka Wellness Escapes 95 mins

€130

A perfect mix of exfoliation and massage. Choose from:

#### *Getaway to Provence*

This treatment includes a gentle scrub with Bamboo powder and Apricot kernel powder followed by a warm shower. You will then enjoy a relaxing Hands on Aroma Luxe full body massage with a re-balancing and calming effect of the iconic essential oils of Provence : Lavender and Everlasting.

#### *Journey to Polynesia*

A 2-sugar scrub deeply exfoliates the skin followed by an invigorating shower. You will then experience Yon-Ka's Aroma Relax full body massage incorporating hot stone massage on the back neck and shoulders. Take in the floral notes of Tiare Flowers and Jasmine to relax your body and mind.

#### *Corsican Delight*

After experiencing a 2-sugar scrub and shower you will be treated to a Yon-Ka Aroma Energy full body massage, incorporating pressure point techniques of the hands and feet to revive your energy. The fruity and invigorating scents of Mandarine and Sweet Orange will awaken your senses and free you from stress

#### *Walk in the Forest*

This option includes an intense scrub with marine salts and seaweed followed by a shower. A toning Yon-Ka Aroma Sculpt full body massage incorporating an essential oil mix of cedar and cypress. Warmed bamboo rods are used to perform a sculpting massage on the legs. Leaving you with a feeling of lightness & well being.



## COUPLES TREATMENTS

*Prices are per couple*

### **VOYA Seaweed Soak and Back Massage** 75 mins

Relax and unwind while you enjoy a de-stress back massage and couple's organic seaweed soak .

### **Full Body Massage** 55 mins

Enjoy a side by side massage in the comfort of our dedicated couple's treatment room.

€180

### **VOYA Detox Seaweed Soak** 35 mins

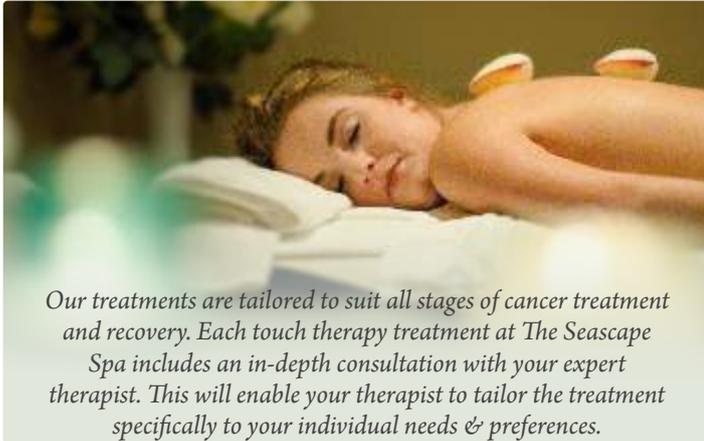
This signature treatment is the perfect way to experience VOYA together and you can do so while you enjoy the benefits that organic seaweed brings.

€75

€140

*Please note that additional treatments within our brochure can also be booked as a couple's treatment.*

# TOUCH THERAPY CANCER CARE RITUALS



*Our treatments are tailored to suit all stages of cancer treatment and recovery. Each touch therapy treatment at The Seaspice Spa includes an in-depth consultation with your expert therapist. This will enable your therapist to tailor the treatment specifically to your individual needs & preferences.*

## **Soothe & Nurture Organic Facial** 50min €65

This restful ocean inspired organic facial deeply soothes and nourishes the skin, it helps support & restore both fragile & sensitive skin. A deeply hydrating mask known for repairing the skins functional barrier & preventing moisture loss is gently applied to the face , neck and décolleté. *This facial is recommended for guests in active treatment with tender, sensitive skin.*

## **Mindful Touch Body Treatment** 50min €75

With this relaxing massage you will be transported on a restorative journey into hydration, relaxation and comfort. The hands & feet are wrapped in warm hydrating seaweed leaves to help reduce inflammation and tenderness. Layer upon layer of hydration will ensure your skin feels soft, soothed and comforted in this full body spa ritual. *Safe and effective while in active treatment*

## **Art Of Healing Facial** 50min €65

This targeted facial is focused on repairing the skin's barrier function and reintroducing hydration to your skin. A gentle exfoliation lifts dead skin cells and encourages cell renewal, while a specific seaweed mask with intense moisturising qualities repairs and restores your skin. *A perfect facial for guests who have completed cancer treatments & want to rehydrate & replenish the skin.*

## **Be Nurtured Body Treatment** 60min €75

This body ritual helps to stimulate blood & lymph circulation which will detoxify and cleanse the body. The use of organic seaweed and essential oils will rejuvenate and improve suppleness and elasticity. This deeply relaxing body treatment includes a full body exfoliation & massage to bring you back to self. (This treatment can also be tailored to a full body massage only) *The ideal body therapy when cancer treatments are completed.*

## **Lava Wellness Massage**

Back 40min €65

Full Body 55min €95

Warm & Cool tiger clam shells are alternated to massage the body. This heart warming experience eases aches & pains leaving muscles feeling totally relaxed. *Suitable for clients who are in active treatment as well as those who have completed cancer treatment*

## HANDS AND FEET

### **Organic Foot Ritual** 55 mins **€65**

To re-charge circulation of the lower limbs and refine your skin you will first enjoy a Sea Salt Scrub exfoliation and foot soak. This is followed by a deeply relaxing massage after which your legs are wrapped in warmed Atlantic seaweed leaves to detoxify, increase circulation and nourish tired feet and legs. You will then enjoy a pressure point scalp massage while the organic seaweed oils work their magic. This treatment is completed with a nourishing application of VOYA softly does it body moisturiser.

### **Add cuticle work, file & polish** **€20**

### **Organic Hand Ritual** 40 mins **€50**

To nourish, recondition and refine your hands you will first enjoy a Time to Shine exfoliation followed by a deeply relaxing massage of the hands & arms which are then wrapped in warmed Atlantic seaweed leaves to hydrate, increase circulation & nourish dry hands. To complete this treatment nourishing Handy to Have cream is applied.

### **Add cuticle work, file & polish** **€20**

### **Spa Pedicure** 65 mins **€65**

### **Spa Manicure** 50 mins **€55**

The ultimate “facial” for hands and feet. Treatment includes exfoliation, warm soak, cuticle work, nail shaping and buffing. This is followed by a pressure point massage and completed with a polish colour of choice.

### **Express Manicure or Pedicure** **€30**

Treatment includes nail cut, file and shape followed by buffing and cuticle work. Finished off with polish colour of choice.

### **Polish Application** **€20**

This mini treatment does not include prior polish removal, nail cutting or cuticle work. It is advised that you have your nails fully prepped prior to arrival.

### **Polish Removal** **€5**

### **Cuticle work** **€10**

### **Gel Polish Application** **€30**

Includes filing and cuticle work

### **Gel Polish Removal** **€10**



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# MATERNITY TREATMENTS

## **Organic Pre Natal Voyager** 80 min

€125

This organic well-being ritual promotes relaxation and a sense of tranquillity while deeply hydrating and nourishing your skin. A full body exfoliation will gently buff the skin leaving you feeling radiant and renewed, followed by a light touch application of organic VOYA body moisturiser. You will feel comfortably cocooned while you enjoy a VOYA facial and pressure point foot massage. Guaranteed to provide you with some much needed pampering.

## **Yummy Mummy Maternity Massage** 70 min

€85

Enhance the joys of pregnancy with this very special treatment. Nourishing VOYA Mama Oil is used to gently ease stress and tension with a top to toe scalp, face and body massage. Focusing on the specific needs of Mum to be.

## **Precious Moments** 55 min

€75

A treatment tailored specifically to mum and her growing bump. After a light touch exfoliation, the tummy is enveloped in a specialised mask helping to support connective tissues and hydrate the skin. Let the mask work its magic while mum enjoys a beautifully relaxing scalp, face, hand & arm massage. The perfect treatment to support the wonderful journey to motherhood.

## **Mum's the Word** 40 min

€65

A massage designed especially for Mum. Advise your therapist on what area of the body you would most like to focus on and allow your therapist to tailor make a pre-natal massage to help ease muscle tension and fatigue.

*All of the above treatments are recommended after the first trimester. The use of the Steam room is not recommended at any stage of pregnancy.*

*Mums-to-be can also enjoy a selection of other treatments including our range of VOYA and Yon-ka Facials as well as our beauty treatments.*



## WAXING TREATMENTS

Full Leg Wax	€30
¾ Leg Wax	€24
½ Leg Wax	€18
Underarm Wax	€12
Lip Wax	€8
Chin Wax	€8
Neck Wax	€10
Sides of Face	€10
Full Arm	€18
½ Arm Wax	€12
Basic Bikini ( <i>tidy up outside panty line</i> )	€18
Californian Bikini Wax ( <i>sides and top and inner thigh</i> )	€28
Brazilian Bikini Wax ( <i>almost all gone</i> )	€40
Hollywood Bikini Wax ( <i>all gone!</i> )	€45
Add a full leg wax to any bikini	€24
Add a half leg wax to any bikini	€14
Full Back Wax	€30
Upper Back/Shoulder Wax	€20
Chest & Abdomen	€30
Chest Wax	€20

## EYE TREATMENTS

Eyebrow Wax & Shape*	€10
Eyelash Tint*	€12
Eyebrow Tint*	€8
*Eye Package ( <i>all 3 above</i> )	€25

## BEAUTY TREATMENTS

<b>Make-up Application</b>	<b>€30</b>
<b>Make-up Trial</b> (allow 60 mins)	<b>€40</b>
<b>Make-up Application Including Trial</b>	<b>€60</b>

*You are advised to arrive at the spa for your treatment with face cleansed and make-up free.*

<b>False Lash Application</b>	Strip Lash	€10
	Individual Lashes	€15
<b>He-Shi Spray Tan Application</b>	Half Body	€20
	Full Body	€30

*It is advised that any exfoliation or hair removal treatments are not carried out on the day of your spray tan. Please wear loose dark clothing, flip flops, no deodorant or body lotions.*



# GIFT VOUCHERS

Vouchers available for any occasion

The ideal gift for that someone special

Available to purchase online, in The Seascape Spa or at The Silver Tassie Hotel Reception.



# 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.

**Please note: credit card details will be required for bookings and deposits may be required for group bookings.**

## Payment & Cancellation

We understand if you cannot keep your appointment, however **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 100% cancellation fee will be imposed.**

**Treatments and facilities within the spa are only Available to persons aged 16 years and over**

## 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.**

All Spa clients will be provided with a bathrobe, towel & footwear as well as a locker where you can safely store your belongings. Please bring your own bathing suit for use of the aroma steam room. Hotel guests may wish to arrive at the spa in their bedroom robe for their comfort.

## When you Arrive

We would encourage you to arrive 30 – 45 minutes prior to your spa treatment to ensure you have adequate time to fill out a consultation card, undress and make use of the Aroma Steam Room & Relaxation Area.

- Late arrivals will not receive an extension to their treatment time.
- Remove all jewellery prior to treatment.
- **Our treatments are suitable for both male & female spa visitors.**
- Fresh water & herbal teas will be provided at the spa.

You may also wish to enjoy a healthy lunch, afternoon tea, dinner or snack in the hotel Lounge, Restaurant or Foyer prior to or after your treatment.





# SEASCAPE SPA

The Silver Tassie Hotel, Ramelton Road, Letterkenny, Co. Donegal, Ireland.

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