

# Nutrition



## Thermal Suite Experience

Upon arrival you will be provided with a gown, slippers, towels and a key to a private storage area for your personal belongings.

Once you have showered and changed into your swimwear, you will be guided through to the Thermal Suite to begin your spa journey.

Firstly relax in the hydrotherapy pool. Savour the scenery of the spectacular parkland estate as you instantly unwind and relax.

Follow on a step further to the sauna and steam area where you feel the stress of every day life evaporate before you.

Awaken your senses with a tropical rain shower and experience the evocative mist of the Atlantic Ocean cascading over your body while mood lighting will heighten your state of well being and gently restore your inner balance.

If you are having an additional treatment your therapist will return after about an hour to accompany you to your treatment room.

Otherwise you may continue to the Relaxation Suite.

Duration: 2 hrs Price: €30

Booking Essential

\*Please note all guests of the Oasis Spa have complimentary access to the Thermal Suite Experience for up to two hours during their visit once they are availing of a minimum 30 minute spa treatment.

## Relaxation Suite

All spa journeys are completed in the Relaxation Suite overlooking the idyllic surroundings of our 170 acre parkland estate. End your spa experience while enjoying soothing music, complimentary beverages and savouring the spectacular views of Lyrath Estate.

If you are having an additional treatment your therapist will return to accompany you to your treatment room.

## A Moment Together

At Lyrath we have built a customised suite for you and a friend or partner to share. You can enjoy your spa experience together while indulging in a facial or massage from the extensive range available. Why not also enjoy a treatment together in the RASUL, a mosaic steam chamber, where therapeutic muds are applied and washed away with a warm rain shower under a rainbow of lights.

# Life Balance



## BATH RITUALS

### DETOXIFYING MOOR MUD MINERAL BATH KERSTIN FLORIAN

Based on the centuries old European tradition of using mud, healing waters and light massage therapy, this treatment has a detoxifying and totally relaxing effect. Three treatments in one, it begins with an organic Moor Mud body wrap. The body is then immersed in a bath laden with thermal mineral crystals from the famous waters of the Sarvar Spring in Hungary. Finally followed by a full body massage using a soothing mineral crème mixed with a detoxifying essential oil.

Duration: 85 mins. Price: €130\*\* / €110\*

### AROMATHERAPY BATH KERSTIN FLORIAN

Experience a 3,000-year-old ritual of rejuvenation. This unique treatment begins with an invigorating mineral salt and essential oil exfoliation, after which the body is immersed in an aromatherapy mineral bath to soothe the body and mind. A luxurious aromatherapy massage follows the bath using essential oils intuitively chosen by the guest.

Duration: 85 mins. Price: €130\*\* / €110\*

### REJUVENATING SPIRULINA BATH KERSTIN FLORIAN

Indulge in the rejuvenating effects of the sea. This Kur is an ideal way to relax and nourish the body. Beginning with a natural Spirulina Body Wrap, rich in antioxidants and other beneficial nutrients, the body is immersed in a stimulating seaweed bath with Eucalyptus bath oil. A luxurious massage with a concentrated marine lotion and marine firming body crème, rich in contouring elements, finishes the treatment.

Duration: 85 mins. Price: €130\*\* / €110\*

### HERBAL BATH KERSTIN FLORIAN

Choose one of five therapeutic baths based on traditional natural remedies with potent aromatic oils and rich botanicals. Eucalyptus: Eases stiff muscles and aching joints, as it soothes the respiratory system. Melisse (Melissa): Offers a calming effect whilst relieving tension. It is also an excellent sleep inducer. Heublumen (Wildflower): Relaxes, soothes and mildly detoxifies – excellent for women's overall health. Kamille (Camomile): Soothing for dry, sensitive skin. An excellent moisturiser, beneficial after sun exposure. Fichtennadel (Pine): Promotes circulation as it balances the nervous system. Eases stiff muscles and joints.

Duration: 30 mins. Price: €65

# Aqua

Our facial treatments focus on achieving optimum skin well-being. We have chosen Kerstin Florian facial treatments, which have been created for luxury and include exclusive facial massages along with a results orientated 15 point acupressure exercise.



## EUROPEAN DEEP CLEANSING FACIAL

### KERSTIN FLORIAN

A purifying treatment for any skin type which includes a gentle exfoliating peel to remove dull surface skin cells. A luxurious massage, deep-cleansing masque and botanical extracts to rejuvenate and nourish the skin. A heated hand treatment completes the experience.

Taster Facial: 30 mins. Price: €55

Duration: 55 mins. Price: €110\*\* / €90\*

## AROMATHERAPY FACIAL

### KERSTIN FLORIAN SIGNATURE FACIAL

Reconnect with nature, spirit and self with this deluxe facial based on the ancient and influential art of Aromatherapy. Centered around a global bouquet of skin renewing aromatic oils, this facial imparts complete vitality and relaxation. The treatment also includes an invigorating foot soak, specially developed aromatherapy facial, scalp and foot massage and Couperose or Vitamin C Ampoule.

Duration: 90 mins. Price: €140\*\* / €120\*

## CAVIAR FACIAL

### KERSTIN FLORIAN SIGNATURE FACIAL

A decadent luxurious facial that firms, tones, refines and deeply hydrates the skin with protein rich Caviar and powerful antioxidants. Exclusive Caviar products infuse the skin with age defying nutrients to smooth fine lines and improve texture. A lifting facial massage visibly firms and tones, while our Marine Matrix Sheet provides intensive hydration to instantly restore radiance. Results are immediate, leaving skin looking supple, healthy and luminescent!

Duration: 90 mins. Price: €150\*\* / €130\*

## ANTIOXIDANT VITAMIN C FACIAL

### KERSTIN FLORIAN

This oxygenating, anti-aging facial utilises ingredients brimming with antioxidants including the application of a natural Spirulina Algae rich in protein, vitamins, minerals and botanical extracts, to combat premature aging and provide skin with a healthy glow. This facial includes a luxurious massage, a Vitamin C Ampoule and hydrating hand treatment. Skin becomes visibly smoother and younger looking.

Duration: 55 mins. Price: €110\*\* / €90\*

## CORRECTING DETOX FACIAL

### KERSTIN FLORIAN

A deep-cleansing and skin-refining facial specifically designed for congested, oily and problematic skin. This targeted treatment focuses on providing immediate lasting results. Includes a professional 30% multi-acid peel followed by a purifying organic masque.

A thorough skin analysis with a customized home care regimen to promote healthy-looking and clear skin.

Duration: 55 mins. Price: €110\*\* / €90\*

# Harmony



## BODY SCRUBS

For centuries salt and granulated pumice have been traditionally used to clean the body. We have followed this tradition and have assembled body scrubs to suit all skin types.

### TURKISH SALT SCRUB KERSTIN FLORIAN

An invigorating thermal mineral salt exfoliation applied in a two-step treatment utilising thermal salt, rich in minerals and trace elements, followed by a loofah scrub with Thermal Mineral Shower/Bath Gel.

Duration: 55 mins. Price: €110\*\* / €90\*

### HUNGARIAN BODY SCRUB KERSTIN FLORIAN

A two-step, deep-cleansing body exfoliation utilising Exfoliating Body Scrub based on granulated pumice stone, thermal minerals and aromatherapy oils followed by a loofah scrub with Thermal Mineral Shower/Bath Gel.

Duration: 55 mins. Price: €110\*\* / €90\*

### CAMOMILE BODY SCRUB KERSTIN FLORIAN

This two-step gentle body exfoliation utilises a granulated pumice stone in a creme-base followed by a loofah scrub with Camomile shower/bath gel, rich in botanicals.

Duration: 55 mins. Price: €110\*\* / €90\*

### LAVENDER DREAMS KERSTIN FLORIAN

Relax and dream of lavender fields kissed by the French sun and envelop your senses as you drift on waves of blue. Breathe deeply. Inhale the calming and balancing benefits of wild lavender in this completely uplifting and rejuvenating spa experience which includes a two step invigorating full body scrub, a warm wrap and a full body massage.

Duration: 85 mins. Price: €140\*\* / €120\*

## SWEET ORGANIC LAVENDER AND SEAWEED SUGAR GLOW

VOYA

This treatment uses a medley of ingredients including organic seaweed, organic lavender buds and organic sugar to invigorate, exfoliate and nourish the skin. Afterwards you enjoy a light cleansing shower and short relaxing massage with VOYA's 'softly does it'.

Duration: 55 mins. Price: €90\*\* / €75\*

## PURE ORGANIC PEPPERMINT AND SEAWEED SUGAR GLOW

VOYA

This refreshing and all over exfoliating treatment awakens the skin and body. It features a fabulously fragrant mix of organic peppermint leaf, seaweed and sugar. All of which perform the double action of gently removing dead skin cells while introducing you to the uplifting effects of our organic peppermint essential oil. This cool-feeling treatment is ideal for pre – holiday or tanning applications.

Duration: 45 mins. Price: €70\*\* / €60\*

## SALT GLOW

VOYA

An excellent skin rejuvenator, this detoxifying salt-exfoliating treatment is designed to remove dull skin and refine the skin texture, leaving you velvety and soft. VOYA Luscious Salt is infused with Dead Sea salts and Fucus Serratus Seaweed oil, a combination which hydrates the skins texture, stimulates blood and lymph flow. Whilst firming skin tone and increasing luster.

Duration: 45 mins. Price: €80\*\* / €70\*

*www.lyrath.com*

# Vitality



## THAI MASSAGE

Thai massage is intended to stimulate the pressure points on the meridian of the body, leaving energy to flow freely throughout.

Duration: 55 mins. Price: €95\*\* / €85\*

## SWEDISH FULL BODY MASSAGE

A full body massage using pure oils chosen for their therapeutic qualities and designed to ease tension and provide a sense of well being and total relaxation.

Duration: 55 mins. Price: €90\*\* / €75\*

## BACK, NECK & SHOULDERS MASSAGE

A concentrated massage of the back, neck & shoulders. Strength and pressure is determined by your individual needs.

Duration: 30 mins. Price: €60\*\* / €50\*

## DEEP TISSUE MASSAGE

Pure muscle makeover, this deep rhythmic pressure massage targets stubborn knots in areas of chronic stress, releasing sluggish blood flow and easing tension. Ideal for sports, tension and pain.

Duration: 55 mins. Price: €90\*\* / €80\*

## INDIAN HEAD MASSAGE

This ancient Indian healing head massage combines physical manipulation with the more subtle form of chakra balancing to unknott blockages, relieve tension and revitalise with powerful effects. Ideal treatment for those prone to headaches and sinus problems.

Duration: 55 mins. Price: €80\*\* / €70\*

## REFLEXOLOGY

This Chinese pressure point technique focuses on the feet and stimulates the body to heal itself. This treatment also re-energises and re-balances.

Duration: 55 mins. Price: €80\*\* / €70\*

## SIGNATURE AROMATHERAPY MASSAGE

After an initial consultation, pure essential oils are blended for your specific needs to restore both physical and emotional harmony.

**FULL BODY** 55 mins €95\*\* / €85\*

**BACK, NECK & SHOULDERS** 30 mins €60\*\* / €50\*

## HOT STONE JOURNEY

Hot Stone Therapy is a timeless healing technique which combines massage with the thermogenic benefits of heated stones.

Here at the Oasis Spa we use the finest Irish basalt stones combined with the therapeutic qualities of products, to offer you one of the finest hot stone experiences for the face and body. The treatment includes a full body massage with Hot Stones. Aromatic oils are then applied to the face, completing your hot stone journey.

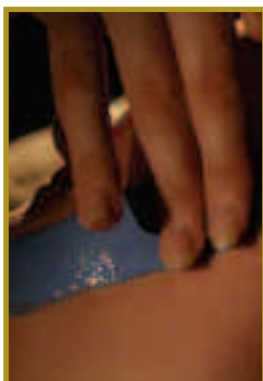
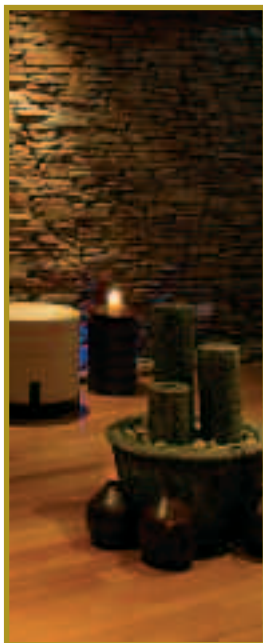
Duration: 85 mins. Price: €120\*\* / €100\*

## WINDSPHERE MASSAGE

Windsphere is a form of Tibetan massage based on the belief that wind is the most important energy for cleansing the mind and body and rebalancing the positive and negative energies of the body by working on the chakras. The therapist uses two different size spheres in problem areas of the body creating the sensation of being touched softly by the wind. This massage is ideal for improving muscle pain and blood circulation, together with lightening the lymphatic system.

Duration: 55 mins. Price: €110\*\* / €90\*

# Beauty



## BODY WRAPS

Natural resources such as thermal mud and essential oils, warmed during treatments, soothe the mind, promote circulation and detoxify the skin as they help to relieve muscular aches and pains.

### SPIRULINA WRAP KERSTIN FLORIAN

Using an all-natural live Spirulina Algae harvested from pure salt lakes in Southern California, this seaweed treatment imparts essential vitamins, minerals and protein to nourish and revitalise the body. A very effective treatment when used as part of a slimming or nourishing program.

Duration: 55 mins. Price: €110\*\* / €90\*

### MOOR MUD WRAP KERSTIN FLORIAN

Moor Mud is legendary for its powerful therapeutic properties. This Moor Mud is a blend of botanical materials, which has had natural interaction with thermal mineral water. Several thousand years old, Moor Mud re-mineralises, soothes and rejuvenates tired muscles and dull skin. Applied in a full body wrap, including face application.

Duration: 55 mins. Price: €110\*\* / €90\*

## ESSENTIAL OIL WRAP KERSTIN FLORIAN

A luxurious application of aromatherapy oils mixed with Thermal Mineral Crème to relieve muscle tension, promote detoxification and hydration. Your oil is chosen specifically for your needs and blended with the crème. Your body is firstly exfoliated after which you are lulled into a state of unconsciousness as your oils are applied. While your oils penetrate deeply the face is gently massaged. Your skin is left superbly hydrated and nourished.

Duration: 55 mins. Price: €110\*\* / €90\*

## ORGANIC SEAWEED LEAF WRAP AND FACIAL EXPERIENCE VOYA

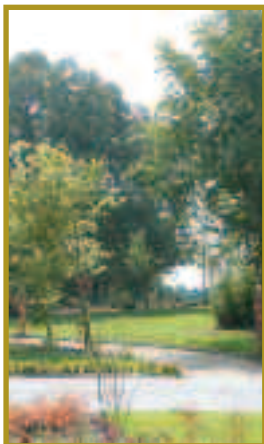
The entire body is wrapped in organic muslin and cocooned in a thermal blanket. The treatment detoxifies, firms and softens the skin and would be excellent in a weight loss programme. This is followed by a facial where we apply freshly harvested organic seaweed leaves to your face, utilizing its active anti-antioxidants. It will deeply renew, revive and soften dry and dehydrated skin, alleviating fine lines and wrinkles.

Duration: 120 mins. Price: €149

# Pamper Rituals

## OASIS SPA PAMPER RITUALS

A complete indulgence experience. We at the Oasis Spa have created exclusive packages to suit your needs. Following your choice of Pamper Rituals, complete your Spa journey in our Thermal and Relaxation Suites overlooking the vibrant parklands and magical wildlife of Lyrath Estate while listening to soothing music of your choice. A true escape for the body & mind.



## MUM'S THE WORD

Your pampering starts with a warm, fragrant mineral salt-rich Mama Mio Lighten Up Foot Soak to energise, reduce swelling and stimulate circulation. This treatment includes a gentle hand, lower leg and foot massage. Continue with the Free Your Mind treatment designed to ease the stresses associated with pregnancy. A cooling Mama Mio Eye Compress, combined with pulse-point Gravida therapy, initiates the relaxation. A gentle face and head massage will release cranial and jaw tension followed by a complete full body Maternity Massage, using specific pre-natal techniques to help relax, increase circulation, alleviate tired muscles and reduce water retention. A wonderful treatment that gives Mama a chance to truly relax and a few moments to dream of baby.

Duration: 4 hours. Price: €250\*\* / €230\*

## HOT STONE PAMPER PACKAGE

This wonderful ritual begins with a Kerstin Florian Essential Oil Wrap. Your body is first exfoliated after which you are lulled into a state of unconsciousness as your oils are applied. Following the wrap, enjoy a full body Hot Stone Massage, a timeless healing technique that combines massage with the thermogenic benefits of heated stones. Your experience concludes with our signature Kerstin Florian Mini Facial, the ultimate facial to renew, refresh and re-hydrate tired skin using the Oasis system.

Duration: 4 hours. Price: €290\*\* / €270\*

## BE A MAN

Using the Australian Vitaman range this treatment begins with the Tya Foot Ritual. Comfort and balance are essential parts of the treatment. A reviving, soothing and cooling treatment for those long days on your feet. It is followed with a Bora Body Mud Wrap, a ritual of well being dedicated to men searching to boost their energies. The treatment includes the application of 200 million year old mud, indigenous to Aboriginal Australia, to draw all body imperfections to the surface. At the same time, relax and enjoy a scalp and hair massage. Finally enjoy a Vitaman Signature Massage, which employs deep tissue massage techniques designed specifically for men's bodies to give an intensive and 'gutsy' experience that helps keep muscles in shape for sporting and leisure time activities and relaxes 'over-worked' minds.

Duration: 4 hours. Price: €250\*\* / €230\*

## THE COUPLES EXPERIENCE

Some things are better enjoyed together. The Rasul is a cleansing ritual that takes place in a mosaic tiled steam chamber. After a quick shower, a selection of mineral muds is offered and you can select and apply them to the appropriate part of the body. You will soon begin to feel the benefits to the skin. This ritual is completed with a gentle warm rain shower which washes away the mud to leave you totally cleansed and thoroughly rejuvenated. Following your experience retire to the Couples Suite where you will enjoy a Signature Aromatherapy Massage together. The subtle blend of essential hot oils in a soothing massage restores balance, harmony and a relaxed mind.

Duration: 3 hours. Price: €120\*\* / €100\* per person

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# Nature: Maternity Spa

## MAMA MIO A MAMA'S TOUCH™ TREATMENTS

All of our Mama Mio Mama's Touch™ treatments feature Mama Mio Gravida.

Gravida, from the Latin "with child," is a very special element of the Mama Mio range. Gravida is a blend of ten pregnancy-specific essential oils that combine to create a fragrance as it gives an added sense of well-being to the Mama to be. In Gravida each one of the oils has been chosen for its safety and its specific benefits during pregnancy. This blend is more than just a fragrance as it adds a crucial layer of physical and psychological benefit to the Mama to be.



## LIGHTEN UP

A warm, fragrant mineral salt-rich Mama Mio Foot Soak to energise, reduce swelling and stimulate circulation. Includes a gentle hand, lower leg and foot massage.

Duration: 30 mins. Price: €70\*\* / €60\*

## FREE YOUR MIND

A treatment designed to ease the stresses associated with pregnancy. A cooling Mama Mio Eye Compress combined with pulse-point Gravida therapy initiates the relaxation. A gentle face and head massage will release cranial and jaw tension followed by a deep neck and shoulder massage.

Duration: 55 mins. Price: €110\*\* / €90\*

## FREE-LOADER

A wonderful back and upper body massage specifically designed to release tensions and muscle fatigue. This treatment focuses on the muscles that are responsible for supporting the pregnant tummy.

Duration: 55 mins. Price: €110\*\* / €90\*

## THE YUMMY TUMMY

This treatment begins with an application of Gravida Pulse Point Oil and gentle skin brushing to increase circulation, gently exfoliate and improve the tonicity of the skin. A concentrated serum and deep treatment mask will be applied to soothe and moisturise the abdomen. Enjoy a relaxing lower leg and foot massage as the "Intensive Tummy Stretch-ease Serum" and mask take effect.

Duration: 55 mins. Price: €110\*\* / €90\*

## MATERNITY MASSAGE

A complete body massage, using specific pre-natal techniques to help relax, increase circulation, alleviate tired muscles and reduce water retention. A wonderful treatment that gives Mama a chance to truly relax and a few moments to dream of baby.

Duration: 55 mins. Price: €90\*\* / €80\*

## THE SMOOTHIE

Rejuvenate your skin and clear your mind in preparation for your pending arrival. Mama Mio Smoothie will exfoliate your skin oh so gently (but effectively) followed by the most moisturising massage to hydrate and elasticise your skin. A luxurious scalp massage will sweep away your stress, leaving you with skin to rival your baby's bottom.

Duration: 85 mins. Price: €120\*\* / €100\*

## 4TH TRIMESTER HEALING

Up to four months after delivery your body still behaves as though it is pregnant. The 4th Trimester Healing Hour is a relaxing top to toe massage developed to help realign and restore your body as it naturally adapts and returns to being one person again. This is your healing hour – and you've earned it.

Duration: 55 mins. Price: €110\*\* / €90\*

## BESPOKE TREATMENTS

Create your own unique maternity treatment by combining two or three of the above. Just talk to our Receptionist for advice when you book.

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# Bootcamp



## **BOOTCAMP FOR BUTTS** MAMA MIO

This treatment is beneficial for lymphatic drainage and the deep massage reduces fluid retention and improves muscle tone and circulation. Leaving you with a smoother, tighter skin and visibly reducing appearance of cellulite.

Duration: 55 mins. Price: €100\*\* / €90\*

## **BOOTCAMP FOR TUMMIES** MAMA MIO

This treatment will greatly improve circulation to help with detoxifying and debloating. Double exfoliation to retexture, clarify, smooth and refine skin texture. A waist-whittling treatment to reduce cellulite and fat deposits. It stimulates circulation to detoxify with anti-aging peptides to tighten and tone skin.

Duration: 55 mins. Price: €100\*\* / €90\*

## **BOOTCAMP FOR BOOBS** MAMA MIO

This treatment is intensely nourishing which keeps the skin firm, youthful and plumped whilst having an anti-aging effect. The double exfoliation and nourishing mask retextures dehydrated skin in need of attention. In addition this treatment will increase circulation and boost collagen with its anti-aging peptides to tighten and tone the area.

Duration: 55 mins. Price: €100\*\* / €90\*

# Finishing Touches



## HAIR REMOVAL

Full Leg Wax/Bikini Wax	Price: €45.00
Full Leg Wax	Price: €40.00
Half Leg Wax	Price: €25.00
Underarm Wax	Price: €15.00
Bikini Line Wax	Price: €15.00
Lip & Chin Wax	Price: €20.00
Lip Wax	Price: €12.00
Eyebrow Wax	Price: €12.00

## TINTING

(24 hour patch test is required for tinting)

Eyelash Tinting	Price: €20.00
Eyebrow Tinting	Price: €10.00
Eyebrow & Lash Tint	Price: €25.00

## TANNING

Bronze Express	
Half Body	Price: €25.00
Full Body	Price: €40.00

<b>DELUXE SPA MANICURE</b>	45 mins	Price: €60.00
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<b>DELUXE SPA PEDICURE</b>	55 mins	Price: €70.00
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<b>MANICURE</b>	30 mins	Price: €45.00
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<b>PEDICURE</b>	45mins	Price: €55.00
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## FOOT AND HAND TREATMENTS

### AROMA MANI KUR KERSTIN FLORIAN

This deluxe manicure incorporates a unique French gommage hand exfoliation treatment based on eleven nourishing plant oils.

Hands are soaked in thermal minerals and essential oils and cuticles are enriched with our special Myrrh Nail Oil. Enjoy a relaxing hand and arm massage using Ylang Ylang, Melissa and Lavender essences.

Duration: 45 mins. Price: €60

### ALPINE FOOT TREATMENT KERSTIN FLORIAN

A caring foot therapy for excessively dry, rough and cracked skin. Begins with a foot soak in Hungarian mineral salts enhanced with Eucalyptus oil. Rough skin is exfoliated with a creamy Eucalyptus salt mixture then soothed in a massage featuring a natural foot balm rich in Menthol, Eucalyptus and Lavender.

Duration: 35 mins. Price: €60

### SHEER LOCK, HI-LUSTER SEAWEED HAIR TREATMENT FOR AGEING, OVERWORKED HAIR VOYA

To restore hair health with a concentrated seaweed mask containing a wealth of vitamins and minerals derived from the sea. The Worlds only Organic Seaweed Oil is applied to recondition the hair and scalp. VOYA's signature seaweed Fucus Serratus, helps renew damaged hair to restore shine and softness. A fantastic add on treatment would be to indulge in a VOYA Massage, Lazy Days Seaweed Soak or Seaweed Leaf Wrap.

Duration: 30 mins. Price: €40