

Spa opening times: Monday to Friday 7am-9pm | Saturday and Sunday 8am-8pm | **Treatments:** Monday to Sunday 10am-6pm

Voya Face & Body

Raise your organic skin care expectations!

As a truly niche brand, Voya are a family business focused on creating genuinely organic, seaweed-based products and spa treatments.

Wild organic seaweeds are harvested by hand on the West coast of Ireland and combined with the highest quality botanical ingredients and aromatherapy oils, to create a range of products and treatments that achieve exceptional results, whilst being sustainably produced and are certified by the Soil Association.

Germaine de Capuccini

Our Wellness Therapies help to restore and soothe mind, body and soul, using carefully selected products to target skin-related side effects caused by chemotherapy, radiation and strong medication. Uses light touch massage, thus suitable for cancer patients, those with long term illness or anyone in need of a completely de-stressing experience.

Caudalie

Caudalie is a glamorous, French brand that combines the latest scientific techniques with natural ingredients. A Caudalie product delivers luxurious textures and aromas that are a delight on the skin; whilst delivering exceptional results. Our therapists are extensively trained to deliver the ultimate in luxurious, indulgent treatment experiences, which are globally recognised as a must-have treatment experience.

Jessica

When it comes to natural nails, Jessica is considered a world-leading brand with a range of nail products to achieve and maintain naturally beautiful nails.

Ashmira Botanica Waxing

This exquisite waxing range is packed with botanical elements from Mother Nature. Every product has wonderful ingredients such as argan oil, that have been chosen for their exceptional moisturising and anti-inflammatory properties, to help repair, protect and nourish skin after hair removal.

Facials

Spa opening times: Monday to Friday 7am-9pm | Saturday and Sunday 8am-8pm | **Treatments:** Monday to Sunday 10am-6pm

Caudalie Resveratrol Lift Facial

60 mins £75

This exceptional facial, which has been specially created for skin that lacks firmness and vitality, begins with a calming back massage to induce relaxation. The therapist then uses rollers which provide a stimulating massage and lifts the contours of the face. While the warming mask enhances the lifting effects of the Resveratrol products, a hand and arm massage, along with a soothing scalp massage, add a luxurious element, leaving skin hydrated and plumped.

Caudalie Vinosource Facial

30 mins £45 | 45 mins £60 | 60 mins £70

This skin specific facial can be tailored to any skin type and will help to even skin tone and deeply hydrate. It is incredibly relaxing, and includes a face massage, as well as a sleep-inducing scalp massage.

Voya Resurfacing Radiance Peel

45 mins £55

Deeply exfoliating and smoothing, this resurfacing peel targets congested, lacklustre and dull skin. Using a combination of seaweed extract, naturally derived glycolic and lactic acids, this gives back your skin's natural radiant flow and assists in diminishing fine lines, reducing pore size and brightening appearance. Not recommended as part of a Spa Day Package.

Massages

Spa opening times: Monday to Friday 7am-9pm | Saturday and Sunday 8am-8pm | **Treatments:** Monday to Sunday 10am-6pm

Caudalie Fleur de Vigne Candle Massage

60 mins £70

This unique massage treatment indulges all your senses. Using a massage candle which melts into a luxurious warm, delicately scented oil, it will soothe aching muscles and leave the skin softly scented and richly hydrated.

For the ultimate tension-reducing treatment, the 90-minute experience includes a relaxing face and scalp massage.

Lava Shells Relax Massage

60 mins £85

This warming massage uses gentle heat in porcelain shells in conjunction with your therapist's hands to deploy deeply therapeutic relief where needed. Finishing with a sublime face and scalp massage, this is a seriously relaxing treatment.

Massages

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Voya Quiet Minds Scalp Massage

45 mins £60

The face, neck and shoulders are all treated to a combination of massage movements using a rosehip based facial serum. Pressure points and lymphatic drainage help with sinus problems and headaches, as well as relaxing tight muscles in the neck. A conditioning hair treatment is used during the scalp massage to soothe away tension and quiet your mind.

Voya Reflexology

45 mins £60

A therapy that can be dated to ancient Egypt, India and China; reflexology is a gentle pressure point massage treatment, which uses reflex areas on the feet linked to areas and organs in the body. This relaxing therapy can help identify physical factors that may be affecting your well-being and help to restore balance naturally.

Voya Foot Retreat Ritual

45 mins £60

This treatment begins with a sea salt exfoliation from the knees to the feet to refine your skin. You will then be treated to a deeply relaxing massage of the lower legs, a double action seaweed foot mask and fresh seaweed leaf wrap to reduce swelling and soften tired feet. This is an ideal treatment during pregnancy.

Voya Traditional Massage

30 mins £55 | 60 mins £75

Using Voya oils, this massage is designed to soothe tired and aching muscles, nourish the skin and help aid relaxation.

Ultimate Treats

Spa opening times: Monday to Friday 7am-9pm | Saturday and Sunday 8am-8pm | **Treatments:** Monday to Sunday 10am-6pm

Ultimate Face & Body Retreat

60 mins £70

A truly wonderful experience, this is a bespoke treatment for your individual needs, combining a 30 min massage and 30 min facial, to leave you feeling as though you are floating on Cloud 9.

Bath Butler

15 mins preparation £30

In the comfort and privacy of your hotel room, allow the Spa Bath Butler to prepare a warm bath for you with wild hand-harvested seaweed. The mineral rich seaweed soothes aches and pains and aids in the healing of skin conditions such as psoriasis and eczema. It is also deeply detoxifying, and induces a deep sleep, or try it before a spa treatment to relax your muscles and soften skin. Enjoy relaxing in your bath for as long as you like!

Pre-Natal Treatments

Spa opening times: Monday to Friday 7am-9pm | Saturday and Sunday 8am-8pm | **Treatments:** Monday to Sunday 10am-6pm

Our pre-natal treatments are suitable for all mothers-to-be who have completed their first trimester and have no complications with their pregnancy, offering a safe and enjoyable way to be supported during this exciting time.

Voya Organic Precious Moments

60 mins £70

Voya's Organic Precious Moments treatment is tailored especially for an expectant mother and her growing bump and is the perfect rejuvenating treatment to support the wonderful journey to motherhood. The baby bump is enveloped in a specialised mask helping to support connective tissue and prevent stretch marks, while her aching feet are wrapped in seaweed leaves to help boost circulation, improve lymphatic drainage and reduce fluid retention. These hydrating organic masks work their magic while you enjoy a beautifully relaxing face, hand and arm massage. Bliss!

Please note:

Sauna and steam rooms should not be used during pregnancy as the high heat can increase blood pressure. Care should also be taken in the swimming pool area and showers due to slippery surfaces.

Lava Mama Pregnancy Massage

60 mins £75

Using a combination of both hot and cold lava shells with pure coconut oil, this treatment aims to improve energy levels, assist circulation and alleviate puffiness and fluid build-up, particularly in the legs and ankles. It is a full body treatment targeted to your areas of tension and leaves skin fully hydrated. The clever combination of gentle but effective warmth and cold, assists with pain relief and reduces muscle spasm, making for a happy pregnancy.

Other popular treatments during pregnancy include:

- Foot Retreat Ritual
- Vinosource Facial
- Manicure
- Pedicure

Wellness Therapies

Spa opening times: Monday to Friday 7am-9pm | Saturday and Sunday 8am-8pm | **Treatments:** Monday to Sunday 10am-6pm

Our 4 Wellness Therapies help to restore and soothe mind, body and soul, using carefully selected products to target skin-related side effects caused by chemotherapy, radiation and strong medication. Uses light touch massage, thus suitable for cancer patients, or those with long term illness.

Please ask our spa reception staff for further details of the Wellness Therapies for face and body that we are currently able to offer.

Gentlemen's Retreat

Spa opening times: Monday to Friday 7am-9pm | Saturday and Sunday 8am-8pm | **Treatments:** Monday to Sunday 10am-6pm

Intense Defence Facial

60 mins £60 | 30 mins £40

This treatment is suitable for all skin types, especially those in search of anti-aging results. The restorative facial uses Voya's finest organic ingredients to stimulate collagen production and reduce the appearance of fine lines and wrinkles. A sublime face, neck and shoulder massage combined with a stress-busting scalp massage will leave even the most frazzled executive feeling relaxed.

Quiet Minds for Men

45 mins £60

Pressure points and lymphatic drainage help with sinus problems and headaches, as well as relaxing tight muscles in the neck. A conditioning hair treatment is used during the scalp massage to soothe away tension and quiet your mind.

Grooming

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| Manicure for Men | 30 mins £30 |
| Pedicure for Men | 45 mins £40 |
| Chest or Back Wax | 30 mins £25 |

Exfoliation

Spa opening times: Monday to Friday 7am-9pm | Saturday and Sunday 8am-8pm | **Treatments:** Monday to Sunday 10am-6pm

Organic Exfoliations For All Skin Types

45 mins £60

Each treatment stimulates the lymphatic circulation and ends with an application of body lotion, leaving you feeling invigorated and your skin feeling super soft.

Caudalie Cabernet Sugar Scrub

Grape seeds, honey & brown sugar, stimulates circulation.

Voya Peppermint & Seaweed Sugar Glow

Uplifts & refreshes.

Voya Lavender & Seaweed Sugar Glow

Healing & relaxing.

Wraps

Spa opening times: Monday to Friday 7am-9pm | Saturday and Sunday 8am-8pm | **Treatments:** Monday to Sunday 10am-6pm

These treatments are currently unavailable. Just as soon as we are able to offer them again, we will update our treatment menu.

Hands & Feet

Spa opening times: Monday to Friday 7am-9pm | Saturday and Sunday 8am-8pm | **Treatments:** Monday to Sunday 10am-6pm

Jessica nail products help to restore moisture and care for your nails as naturally as possible. Your nails are treated with a base coat especially chosen to treat problems such as peeling, breaking or dryness. We use a new polish for every manicure, which is yours to take home.

Alternatively, you can have gel polish applied which dries instantly.

Time-Precious Manicure | Pedicure

45 mins £40

Perfect for when you are short of time, or if you have regular nail treatments, this includes nail cutting and filing, tidying of cuticles and an application of polish which is yours with our compliments. Or, if you have a special occasion or holiday coming up, you may want to try a gel polish which will stay chip-free for 2 weeks and dries instantly.

ZenSpa Manicure | Pedicure

60 mins £55

If your feet have been neglected, or they need a bit of extra care, then the ZenSpa pedicure includes nail cutting, filing and cuticle work, as well as exfoliation, hard skin removal and massage. To finish you can either choose the regular nail polish, which is yours to take home, or have a coat of gel polish which will dry instantly.

Gel Removal

30 mins £15

Removal of gel and, if time allows, file, buff and oil.

(Removal is free if part of a manicure or pedicure).

NB: If you are having an application of regular nail polish, it is not advised to swim, shower or use any heat treatments such as the sauna, for at least 3hrs.

Waxing & Tinting

Spa opening times: Monday to Friday 7am-9pm | Saturday and Sunday 8am-8pm | **Treatments:** Monday to Sunday 10am-6pm

Full Leg Wax

£35

Half Leg Wax

£25

Standard Bikini Wax

£20

Underarm Wax

£18

Eyebrow Wax

£15

Lip & Chin Wax

£15

Back or Chest Wax

£25

Please note: no sunbathing or heat treatments (for example sauna | steam room) for 24 hours before or after waxing. Swimming and massage treatments are not recommended after waxing.

Eyebrow Tint

£15

Eyelash Tint

£20

Eyelash & Eyebrow Tint

£30

Please note: all our tinting requires a patch test a minimum of 24 hours prior to treatment.

Experiences

Spa opening times: Monday to Friday 7am-9pm | Saturday and Sunday 8am-8pm | **Treatments:** Monday to Sunday 10am-6pm

Sunrise Experience

Monday - Thursday | 9.30am - 1.30pm £100

Friday - Sunday 9.30am – 1.30pm £110

A 45 min treatment, either breakfast or a two-course lunch from the daytime menu, plus use of facilities.

Sunset Experience

Monday - Thursday | 3.30pm - 7.30pm £110

Friday – Sunday 3.30pm-7.30pm £120

A 45 min treatment, either afternoon tea with a glass of Champagne or a two-course dinner, plus use of facilities.

All our spa experiences include the following:

Robe | towels

Use of facilities: indoor pool | jacuzzi | steam room | sauna | relaxation lounge | golf course (weather permitting). Plus (May to September) grass tennis court | bowling green | croquet lawn | outdoor pool.

We also offer a range of seasonal hotel spa experiences, see parkhousehotel.com

