

FACIALS

Sublime Skin

60min | €90

Anti-ageing lifting treatment. Improves the appearance of expression lines and restores skin tone and radiance to the face.

Active Pureness

60min | €80

Purifying and rebalancing treatment. Deep cleanses leaving the skin luminous, fresh and toned. Ideal for both oily/impure skins & those more delicate.

Recover Touch

50min | €70

Anti-oxidant vitamin treatment. Neutralises free radicals and nourishes the tissues whilst calming and moisturising. Refreshes the skin.

Hydramemory

50min | €70

Deep hydrating treatment. A deeply hydrating treatment for the face, neck and décolleté. Restores tone and luminosity to the skin and balances the hydro-lipid system of the epidermis which contributes to prolonging youthful skin.

HAND & FOOT THERAPY

Essential Hand Therapy

60min | €45

Intensive hand treatment, including full manicure, file & polish. It includes a fragrant hand bath, gentle exfoliation, hydrating hand mask with hot compresses and therapeutic hand and arm massage.

** also available with shellac polish €55*

Essential Foot Therapy

60min | €50

Intensive foot treatment, including complete pedicure.

This treatment includes a fragrant foot bath, invigorating exfoliation, healing foot mask with hot compresses, nourishing lower leg foot massage.

** also available with shellac polish €60*

IMPORTANT SPA INFORMATION

We recommend that you pre-book your treatments. Please advise us of any health conditions or if you are pregnant as this may affect your spa treatment options.

Please arrive at the Waiting Area five minutes before your scheduled appointment.

Children of guests staying on site will have access to the indoor pool all day.

Credit card details are required to secure treatment bookings in excess of **€250**.

Please provide 24hours notice in the event of cancellation or full payment will be taken.

Please see the Belmar Spa Guest Information sheet for more details of our spa rules.



BELMAR
SPA & FITNESS

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SPA THERAPY

Valid from 15-04-2023

MASSAGE

Aromasoul Back Massage 30min | €50

De-stress massage. A soothing back, neck and shoulder massage targeting areas of stress and tension.

Aromasoul Head, Neck & Back Therapy 45min | €65

Energising massage. Revitalising body polish gently exfoliates and cleanses the skin and improves circulation, followed by a relaxing massage.

Aromasoul Ritual Massage 60min | €85

World massage – Oriental, Indian, Arab and Mediterranean. A contemporary interpretation of aromatherapy based on the use of essential oils. It is ideal for times of great stress and fatigue.

Deep Tissue Massage 60min | €100

Ease aching muscles and revive the senses with this deep tissue massage of rhythmic pressures and deep strokes. Soothes aches, pains and joint inflammation.

Bamboo Massage 60min | €95

Bamboo canes of different sizes are used to eliminate stress and tension of the muscles, generate physical and mental relaxation, unlock the chakras and harmonize body energy. Also helps delineate and tone the body, reactivate the circulation, detoxify and drain the lymphatic system fight cellulite.

Hot Stones Massage 60min | €95

Detoxifying hot stones massage. A therapeutic heat treatment using warm Basalt stones to melt away tension. Small stones are placed on key energy points, whilst luxuriously warmed oils are massaged deeply into the body for maximum relaxation.

Tranquility Ritual 80min | €120

Aromatic wellbeing ritual for the face and body. This treatment helps eliminate stress and tension whilst it hydrates and tones the skin. Deeply relaxing for mind and body.

The Swedish Massage 60min | €85

Our classic full-body massage uses long, flowing strokes to ease muscle tension, improve circulation, and promote relaxation. The treatment involves kneading, friction, and rhythmic tapping to soothe tired muscles, making it perfect for those seeking to unwind and rejuvenate.

Lymphatic Drainage Massage 80min | €110

Lymphatic drainage massage stimulates lymphatic flow to eliminate toxins and promote overall well-being. It reduces inflammation, improves the immune system, and is beneficial for fluid retention, swelling, and lymphedema. This gentle massage also promotes relaxation, reduces stress, and leaves you feeling refreshed.

Lomi Lomi Massage 60min | €85

Lomi Lomi is a Hawaiian technique that uses flowing strokes, stretches, and joint rotations to soothe the body and mind, release tension, and improve circulation. It's deeply relaxing, reduces stress, eases muscle pain, and promotes overall well-being. This luxurious spa experience uses high-quality oils and personalized techniques.

Indian Head Massage 45min | €65

Indian head massage is a seated Ayurvedic technique that releases tension and promotes relaxation through gentle strokes, acupressure, and stretching on the head, neck, and shoulders. It can alleviate headaches, reduce muscle stiffness, and promote overall well-being. Using aromatic oils, it's perfect for those who need a break from their busy lives. Choose Indian head massage for a rejuvenating experience.

Localized Massage (Area of your choice)

The massage involves gentle, relaxing strokes applied to the body using nourishing oils and light to moderate pressure.

Lower Legs and feet 30min | €50

Back and neck 30min | €50

Arms and shoulders 30min | €50

Face and neck 30min | €50

MOTHER-TO-BE

Wellbeing Massage for Pregnancy

Nurturing massage techniques help to ease tension, fatigue & soothe the mind whilst the nourishing properties of oils help condition the skin. (from 12 weeks pregnant)

Face & Body 100min | €130

Full Body 75min | €95

BODY WRAPS, EXFOLIATION & RITUALS

Body Strategist Mud Therapy 60min | €85

Balancing and detoxifying treatment. This treatment will accelerate the body metabolism detoxification and purification as well as an effective slimming action

Aromasoul Volcanic Ritual Scrub 60min | €85

Skin regenerator exfoliation. The particles used in this scrub originate from Sicilian volcanoes and give deep nourishment to your skin

TIME FOR MEN

Hydra Performance Facial 50min | €70

Deeply hydrating treatment. Active treatment for dry and dehydrated skin caused by biological and environmental stress, frequent flying, exposure to sun and extreme weather conditions.

Pure Performance Facial 60min | €80

Purifying treatment. Removes impurities, balances excess sebum & leaves skin visibly clearer.

“Take care of your body.
It’s the only place you have to live”

- Jim Rohn -