THE TREATMENTS

ESPA has created a collection of powerful and highly effective signature treatments for ESPA at The Europe that uniquely reflects a fusion of the latest scientific advances with potent European therapies, Eastern philosophy and Ayurvedic influence. Our team of highly skilled, ESPA trained Spa professionals have been selected to deliver optimum results in every treatment.

PRIVATE SPA SUITE

Price per couple - 2 Hours (minimum) €345
includes 1 hours treatment per person
1 hour additional relaxation time - per couple €115

Designed with total privacy and luxury, the Private Spa Suite offers a truly unique experience, with spectacular views of Lough Lein and McGuillycuddy Reek Mountain Range, the suite has been exquisitely designed to include a double bath, steam shower, sauna, private changing room, relaxation and a generous changing area.

These opulent facilities offer shared escapism for two and incorporate an hour of relaxation time to enjoy the surroundings prior to your treatments commencing.

You can enhance your Spa experience by increasing your treatment time, allowing us to tailor your experience to your needs. Any combination of treatment experiences can be taken in the Private Spa Suite with a minimum treatment time of one hour per person, please contact Spa reception for guidance and assistance in creating your ideal Spa experience.
Chakras are the seven subtle energy centres in the body which affect our equilibrium and inner harmony. Recognised in both Ayurvedic and Chinese philosophies blocked and congested Chakras can affect the body and mind both emotionally and physically. This deeply relaxing indulgent ESPA treatment focuses on balancing the seven chakras to melt away tension and bring your body and mind back into harmonious balance.

The treatment begins with full body brushing and exfoliation and a facial cleanse to smooth and soften the skin; an indulgent massage follows, using nourishing essential oils and warmed volcanic stones to penetrate tired, aching muscles. Finally, a comforting head massage and gentle stretching allows you to relax and unwind.

Renowned as our ‘Hero’ treatment and loved by all; this ESPA experience delivers triple results by targeting three key areas – the back, the face and the scalp making it the ideal treatment for anyone.

After a welcoming foot ritual, deep cleansing back exfoliation is followed by the hot stone back massage with aromatherapy oils bringing powerful de-stressing benefits to mind and body.

The facial includes massage with a deeply nourishing facial oil and the application of an intensive face treatment mask, tailored to your individual needs. Whilst the mask is taking effect, the Oriental head massage takes place to help clear the mind, calm the spirit and ease tension. The result is re-hydrated, nourished and soothed skin combined with a sense of deep relaxation.
ESPA Ayurvedic Inspired Rituals

Dosha Specific Ayurvedic Inspired Rituals
2 Hours €235

These traditional yet sophisticated Ayurvedic inspired rituals commence with a foot cleansing ritual followed by a full body exfoliation to enhance circulation. The body is covered in an application of warm Marine Algae, Mud or traditional Oshadi Clay and natural linens are used to envelop the body. Individually prepared warm ESPA oils blended with Ayurvedic blends are poured onto the body and hot or cold stones are used for the Dosha specific massage. The luxurious Oriental head massage that follows uses cool stones and deep inhalation of therapeutic aromatic oils to relax and clear the mind.

A Dosha consultation during the foot ritual allows the treatment to be uniquely designed based on your needs.

Pitta Pacifier
The Pitta type person may frequently suffer from sensitive skin, frustration and is often affected by hot weather. Pitta minds and bodies can be over active and easily agitated and benefit from cooling and calming. This treatment helps to cool and soothe the skin, calm busy minds and emotions with Bhringaraj herbal oil and restorative plant extracts such as Palmarosa and Myrrh.

Kapha Stimulator
The Kapha type person can experience oily, possibly dull skin, a tendency to put on weight easily and is affected by cold damp weather. Kapha benefits from purification and stimulation to improve circulation. This treatment utilises detoxifying Indian herbs such as Ashwaganda and Algae extracts to clarify the skin, stimulate the circulation and warm the body.

Vata Comforter
The Vata type person may often suffer from dry skin, anxiety and be affected by cold dry weather. Vata needs warmth, nourishment, hydration comfort and healing. This treatment helps to enhance the comfort of the skin and balance the mind with ancient Indian herbs such as Brahmi and Oshadi in addition to nourishing mud extracts.
ESPA FACIALS

Our facials begin with an in-depth consultation followed by a detailed skin analysis using technology to identify skin conditions not visible to the naked eye. Each facial is tailored to you using skin care products chosen for your individual needs to achieve the best possible results.

ESPA SKIN SOLUTION FACIALS
60 Minutes €115

Allow your ESPA therapist to select a facial to suit your needs. Every facial begins with a detailed skin analysis and includes triple cleansing, gentle exfoliation, acupressure facial massage, a personalised mask and a scalp massage.

Choose from the following options; Skin Radiance, Oil Controller, De-Sensitiser and Re-Hydrator.

ESPA AGE DEFYING FACIAL
1 Hour 15 Minutes €145

This regenerating facial and firming eye treatment helps minimise fine lines, combat the signs of ageing and visibly improves the appearance of your skin. Special age-defying massage techniques help hydrate and protect your skin with particular focus on the delicate area around the eyes, neck and lips that are prone to fine lines. Skin is left feeling fresh, replenished and nourished.

ESPA CELLULAR RENEWAL ENZYME PEEL FACIAL
1 Hour 30 Minutes €160

A powerful and highly effective facial to boost cell regeneration and give an instantly smooth, softly glowing complexion. A deep cleanse incorporating skin brushing, followed by an intense Enzyme Peel containing botanical extracts and Pumpkin Enzymes to deeply exfoliate and remove dead skin cells.

To finish, we apply a Lifting and Smoothing Mask containing concentrated Seaweed Extracts, Argan Oil and Menthol, which will give your skin a more plumped and firmer appearance.
Our most effective and targeted age defying facial using the technologically advanced Lifestage product range to address all the most visible signs of ageing.

This luxurious facial will minimise wrinkles, immediately improve hydration levels whilst helping to reduce the appearance of pigmentation, large pores and redness. Incorporating a deep brush cleanse, Skin Radiance Mask, specialised age defying and lifting massage techniques and the application of the professional Lifting and Smoothing Mask, containing concentrated Seaweed Extracts, Argan Oilla and Menthol, skin will be left visibly more plumped, with a firmer appearance.

ESPA ULTIMATE LIFESTAGE FACIAL
1 Hour 30 Minutes €160

ESPA LIFT AND FIRM FACIAL
1 Hour 30 Minutes €160

An advanced facial using Super Active™ products to improve skin tonicity and firmness and enhance cellular regeneration.

This facial uses Tri-Active® ingredients combined with specialised facial massage lifting techniques to help combat the signs of ageing, stimulate collagen production and deliver intensive results; the benefits of which can be seen immediately and are long lasting.

Why not complement your facial with:

REGENERATING EYE TREATMENT
15 Minutes €30

Perfect for those who are concerned with the first signs of ageing around the eyes. An effective firming and hydrating treatment, helping to reduce the appearance of fine lines and protect against the impact of the environment. This regenerating eye treatment also helps relieve tension from eye-strain and computer headaches, whilst being a luxurious addition to any ESPA Facial.

Only available as an add on, cannot be booked as an independent treatment.
ESPA Ultimate Body Envelopment

Following a thorough consultation your personal therapist will identify the appropriate essential oil blend to meet your individual needs, and select either Marine Algae, Marine Mud or Oshadi Clay as the basis for your envelopment, not just a body wrap, it is a total body experience including lymphatic skin brushing and body exfoliation followed by a complete body envelopment and scalp massage.

CHOOSE FROM THE FOLLOWING OPTIONS: 1 Hour €115

DETOXIFIER
Using Detoxifying Body oil blended with warmed Marine Algae to help improve circulation and speed up the eliminations of toxins.

BODY TONER
A luxury way to help restore skin tonicity, ideal after weight loss or pregnancy; deeply nurturing and moisturising.

SKIN HYDRATOR
Using Restorative Body oil and Marine Mud this deeply nourishing wrap brings true re-hydration to dry skin.

MUSCLE RELAXER
Using Fitness Body oil and Oshadi Clay, this warming wrap helps to soothe tired muscles and alleviate tension.

IMMUNE BOOSTER
From a blend of three types of Eucalyptus is Resistance Body oil made combined with both Marine Algae and Oshadi Clay in this stimulating wrap which is ideal when resistance is low.

STRESS RELIEVER
Stress comes in many forms but this comforting, warming, tension relieving wrap will restore balance and bring deep relaxation to body, mind and spirit.

ENERGY BOOSTER
Marine Algae combines perfectly with a refreshing uplifting blend of essential oils to re-establish a sense of well-being and inspired energy.

THE JET LAG ELIMINATOR
Travelling through time zones can disturb your body’s natural rhythm. This wrap uses powerful aromatherapy oils to help reset your body clock soothing and relaxing to induce sleep or revitalising and energising to leave you feeling fresh and alert.
ESPA Essential Body Massage

AROMATHERAPY MASSAGE
ESPA aromatherapy massage is essential, professional and specific, using a blend of essential oils chosen to suit the needs of the individual. Choose from our luxurious selection of holistic massages. A personal consultation will ensure that you receive a tailor made treatment to suit your individual needs.

CHOOSE FROM THE FOLLOWING:
80 Minutes €160 or 50 Minutes €115

DETOXIFYING

BODY TONER

MUSCLE RELAXER

STRESS RELIEVER

IMMUNE BOOSTER

ENERGISER

JET LAG ELIMINATOR

DEEP MUSCLE MASSAGE
A powerful massage designed to alleviate deep-seated tension and muscular stress. Specialised techniques concentrate on specific areas of concern and alleviate common discomforts such as a stiff neck, painful lower back pain and sore, tight shoulders. Hot Stones can be incorporated to warm and soothe the muscles.

BALINESE MASSAGE
Warm aromatherapy oils are poured onto the centre of the body and massaged into the skin using long, stretching sweeping movements for deep relaxation. A sophisticated, soothing and indulgent massage. Our 80 Minute Balinese Massage incorporates the use of hot stones.

Why not compliment your massage with:

FULL BODY SALT AND OIL SCRUB
25 Minutes €60

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple. As well as exfoliating the oils will be slowly absorbed to help restore lost vitality and protect against dryness. An ideal treatment in preparation for an ESPA massage.

Only available as an add on cannot be booked as an independent treatment.
ESPA Treatments for Men

While all our ESPA Treatments are suitable for male clients, we have selected treatments specially designed for men.

Purifying Facial, Shoulder and Scalp Massage
1 Hour €115
City pollution, environmental stress, travel, business pressures or lack of sleep are reflected in dull, lifeless skin. This relaxing facial works at a deep molecular level to purify, balance and hydrate the skin leaving you feeling de-stressed and renewed. The triple cleanse procedure which includes steaming hot towels to soothe and soften bristles, promotes drainage and aids in preventing blocked pores. Following a relaxing acupressure face massage and purifying mask, a deep shoulder and scalp massage is performed using conditioning hair and scalp mud combined with ESPA body oil to release tight muscles and tension.

Gentleman’s Tonic
80 Minutes €160
After a hard day, this treatment soothes aching muscles and targets the back, neck, legs and feet. Enjoy a soothing foot soak and scrub. The back is then massaged with hot stones followed by a leg and foot massage involving a warming envelopment of paraffin wax to the feet. This treatment is then completed with a deeply relaxing scalp massage. The perfect treatment to restore energy to a weary back, feet and legs.

Deep Muscle Massage
80 Minutes €160 or 50 Minutes €115
A powerful massage designed to alleviate deep-seated tension and muscular stress. Specialised techniques concentrate on specific areas of concern and alleviate common discomforts such as a stiff neck, painful lower back pain and sore, tight shoulders. Hot Stones can be incorporated to warm and soothe the muscles.
ESPA Maternity

Your ESPA therapist will decide which treatments are safe for you throughout your pregnancy, however as a general rule all ESPA Essential Facials, ESPA Maternity Massage and ESPA Pre Natal treatments can be enjoyed throughout your pregnancy after the first trimester.

Maternity Massage
50 Minutes €115

A relaxing full body massage to help improve skin elasticity, reduce fatigue and targets areas prone to tension during pregnancy. This massage is ideal to relax and relieve tension when shifts in posture cause muscles to tighten and feel uncomfortable.

ESPA Pre and Post Natal Treatment
80 Minutes €160

A deeply nourishing body massage designed to target areas prone to stress and tension during or after pregnancy. Gentle back exfoliation, if required is followed by a soothing body massage specifically designed to suit your individual concerns, focusing on the areas needed to alleviate muscular aches, whilst helping to relax, restore and revitalise.

New Beginnings
3 Hours 30 Minutes €335

Relax and enjoy a totally caring Full Day Spa Ritual. This nourishing collection of treatments leave your skin soft and hydrated. Your Day Spa will commence with a full consultation with your specialized therapist who will respond to the needs of your body. A healthy spa cuisine lunch in the spa café is included. Includes
- Pre and Post Natal Treatment
- ESPA Skin Solution Facial
- Pedicure
ESPA Body Experiences

RELAX AND REFLECT
80 Minutes  €160
Allow yourself time to recover from life’s stress and strain with this treatment targeting tension held in the back, neck and weary legs and feet. Begin with a soothing foot treatment including soak scrub. This is followed with a hot stone back, neck and shoulder massage to release muscle tension and stress followed by a warming mask of paraffin to restore energy to fatigued and tired feet and legs. This treatment is complete with a deeply relaxing scalp massage.

ESSENTIAL BACK TREATMENT
50 Minutes  €115
A stress relieving back treatment with deep cleansing and exfoliation to help stimulate circulation and cell renewal, followed by a luxurious aromatherapy massage and back mask using essential oils combined with warmed marine mud. While the back mask is taking effect the back of the legs are massaged. Ideal for all skin including those with congested skin, this relaxing treatment will leave you feeling refreshed and renewed.

LIFT AND FIRM HIP AND THIGH TREATMENT
1 Hour  €115
A specialised ESPA treatment to stimulate the circulatory and lymphatic systems, concentrating on the areas of the body prone to cellulite, fluid retention and uneven skin tone. After exfoliation with a special blend of seaweed, salt and oil there follows a deep, detoxifying massage and lymphatic drainage using stimulating essential oils, including activation of the reflex zones and pressure points on the feet, this advanced treatment helps to purify and cleanse the body. A course of treatments is recommended to maximise effects.
ESPA Finishing Touches

Holistic foot, leg and nail treatment including gentle exfoliation, and a relaxing acupressure point massage with the appropriate aromatherapy massage oil incorporating Hot Stone therapy. The feet are either then enveloped in warm paraffin wax to soften, deeply nourish and condition the skin or alternatively toes are painted to achieve that polished finish.

Essential Manicure
45 Minutes €40

A relaxing hand and nail treatment. Maintain amazing results and keep nails in good condition with this nourishing manicure.
Includes – Soak - nail file and shape - cuticle work – application of hand cream - polish.

Essential Pedicure
45 Minutes €60

A relaxing foot and nail treatment. Maintain amazing results and keep your feet in good condition with this nourishing pedicure.

Why not compliment your manicure or pedicure with:

Orly Gel FX Polish
Add on to Manicure or Pedicure (15 Minutes)
French €20 Colour €15

Say goodbye to smudged nails. Our durable gel based vitamin infused polish is available in French and a range of colours that wears flawlessly for up to 14 days of high gloss shine. It actually nourishes the nails.
Available as an add on only to Manicure and Pedicure.
**Waxing, Tinting and Make-Up**

**LYCON WAXING**

Enjoy your waxing at the unique environment of ESPA at the Europe. Using Australia’s leading wax which ensures that you leave with seriously smooth skin without the ouch factor whilst removing hair as short as 1mm. We tailor your wax treatment especially for you and will talk you through your treatment ensuring we get the best results for you.

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<thead>
<tr>
<th>Service</th>
<th>Time</th>
<th>Cost</th>
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<tbody>
<tr>
<td>Full Leg Wax</td>
<td>40 Minutes</td>
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<tr>
<td>Half Leg Wax</td>
<td>25 Minutes</td>
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<td>Bikini Wax</td>
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<td>Underarm Wax</td>
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<td>Lip and Chin Wax</td>
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<tr>
<td>Eyebrow Shape</td>
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**LASHES AND BROWS**

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<td>Eyebrow Tint</td>
<td>10 Minutes</td>
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<tr>
<td>Eyelash / Eyebrow Tint</td>
<td>25 Minutes</td>
<td>€40</td>
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24 hour Patch Test Required.

**MAKE-UP APPLICATION**

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<th>Time</th>
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<tbody>
<tr>
<td>Day or Evening Make-up</td>
<td>40 Minutes</td>
<td>€60</td>
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The Half Day Mini Rituals begin with full use of the Spa. You are encouraged to arrive 60 minutes prior to your treatment time in order to make full use of the Spa facilities including the Thermal Suite compromising of steam room, sauna, outdoor vitality pools, lifestyle showers and relaxation areas. To complete your Half Day Mini Ritual, a light, healthy lunch will be served in the Spa Café.

Each Half Day Mini Ritual begins with a cleansing foot ritual and personalised consultation.

SELECT FROM ONE OF THE FOLLOWING RITUALS
2 Hours 15 Minutes €245

THE ESPA MUSCLE RELAXER
• Muscle Relaxer Essential Body Massage
• The Re-hydrator Intensive Facial

THE ESPA DETOXIFIER
• Stimulating Hip and Thigh Treatment
• Detoxifying Body Envelopment

THE ESPA BODY TONER
• Body Toner Envelopment
• Body Toner Essential Body Massage

THE ESPA STRESS RELIEVER
• Stress Reliever Essential Body Massage
• Skin Radiance Facial

THE ESPA ENERGY BOOSTER
• Full Body Salt and Oil Scrub
• Energiser Body Massage (80 minute massage)

MANKIND
• Purifying Facial, Shoulder and Scalp Massage
• Muscle Relaxing Aromatherapy Massage

All massages are for the duration of 50 minutes except the Energy Booster Ritual
**FULL DAY SPA RITUALS**

Escape to the ultimate retreat, one of pure luxury and total indulgence. The Full Day Spa Rituals incorporate full use of the unique Spa and Leisure facilities including Thermal Suite, outdoor vitality pool, swimming pool, Spa relaxation and a light, healthy Spa cuisine lunch at the Spa Café. Each treatment experience will commence with a full consultation from your specially selected team of therapists who will respond to the needs of your mind and body to achieve perfect harmony.

Each Full Day Spa Ritual begins with a cleansing foot ritual and personalised consultation.

**TOTAL BALANCE**

- **2 Hours 45 Minutes** €290
  - A calming, soothing journey designed specifically to achieve ultimate relaxation and tranquillity.
  - Full Body Salt and Oil Scrub
  - Stress Reliever Essential Body Massage
  - De-Sensitiser Intensive Facial

**BODY DETOX**

- **3 Hours 15 Minutes** €375
  - A luxurious experience created to cleanse, purify and detoxify mind and body.
  - Detoxifier Ultimate Body Envelopment
  - Detoxifying Essential Body Massage
  - ESPA Skin Solution Facial
  - Regenerating and Firming Eye Treatment

**PURELY HOLISTIC**

- **3 Hours 30 Minutes** €380
  - Achieve ultimate tranquillity and a deep sense of relaxation with this powerful combination of advanced treatments.
  - Dosha Specific Ayurvedic Inspired Ritual
  - Infinite Brightening Age Defyer Facial
Let our qualified Fitness Instructors assess your current physical wellbeing. They will measure your blood pressure, heart rate, lung capacity and conduct a complete analysis of all aspects of your wellbeing. Receive advice on areas to address, and guidance on sensible corrective steps to improve your level of fitness. This will include a tailored programme of exercise personalised for you and your lifestyle. After one session, you can expect to be comfortable training within the gym environment within safe boundaries. For further progression, Personal Training will be recommended.

**Fitness Assessment**

1 Hour €40

Need a little more from your workout? Let our Instructors review your routine and help you achieve new goals, whether you exercise regularly or require a helping hand to lead you back into the gym. Our team will ensure that you are exercising safely and with a purpose. If you are looking for specific improvements or as part of a weight management programme, there is no more effective way to improve your level of fitness. Working on your core stability, flexibility, and using the latest techniques and elements, you will see and feel the difference. Nutritional and home lifestyle advice can form part of a course of Personal Training, where longer term stability of body and mind can be worked upon.

**Personal Training**

1 Hour €60
How To Spa

SPA ARRIVAL
You are encouraged to arrive at least 60 minutes prior to your treatment reservation to enable you to enjoy the full use of the exclusive facilities at the Spa.
Please be aware that late arrivals will not receive an extension to their treatment.

SPA FACILITIES
Leisure facilities include; male and female changing rooms, outdoor vitality pool, indoor swimming pool, state of the art fitness studio with kinesis, studio, dedicated pool relaxation room, unisex Thermal Suite including - salt pool, steam room, sauna, ice fountain, lifestyle showers and Spa Café.

Spa facilities include; male and female changing rooms, separate sex - outdoor vitality pools, Thermal Suite - steam room, sauna, ice fountain, lifestyle showers, heated loungers, relaxation rooms and the beautifully designed Private Spa Suite.

The Private Spa Suite can be reserved to enhance your Spa experience (subject to availability).

SPA TREATMENTS
We wish to advise that Spa Treatments, Full Day and Half Day Spa Rituals are available for all guests.

To ensure your preferred time and treatments are available we recommend advanced booking.