



SPA TREATMENT BROCHURE

OPENING HOURS

Wednesday – Monday 11.00am – 7:00pm

Tuesday - Closed



ROYAL MARINE
HOTEL

Contact sansanaSPA on +353 1 271 2563
or email sansanaSPA@royalmarine.ie

www.royalmarine.ie



A NEVILLE HOTEL

sansanaSPA SIGNATURE TREATMENTS

STRESS BUSTER

A massage treatment, designed especially to focus on three typical stress areas – back, feet and scalp.

50 minutes - €99

SHIRODHARA

Indulge yourself with our signature treatment which relaxes the mind, body, and spirit. Commencing with our rose foot soak and head massage, followed by full body massage, facial massage and completed by the Shirodhara – mind flow – where warm oil is dripped on the third eye chakra to relieve the mind.

80 minutes - €149

sansanaSPA's COMPLETE EXPERIENCE

Indulge yourself in a complete oasis of tranquility, starting with a full body massage to relax your muscles followed by a warm foot cleanse, foot massage & seaweed foot wrap to reduce swelling and tired feet. You will then be treated to a Voya facial to refresh and rejuvenate.

125 minutes - €199

ALTERNATIVE THERAPIES

REFLEXOLOGY

This treatment will re-balance and relax the body through a gentle pressure point massage to the feet. Every gland and organ in the body is mirrored in acupressure points on the feet. It helps to clear any blocked energy that may be hindering the bodily functions and acts as a mini detox for the body.

50 minutes - €99

INDIAN HEAD MASSAGE

This treatment is an integral part of the Ayurvedic healing system that originated in India, millennia ago, and has been passed down through generations. The combination of a shoulder, neck and scalp massage will help reduce tension, increase circulation, and leave you with a feeling of complete wellbeing.

35 minutes - €80

VOYA EXPERIENCES

VOYA TOTAL MASSAGE JOURNEY

A complete top to toe relaxation journey including body brushing, a full body massage and moisturization. This is the ultimate luxury treatment to relieve aches and pains while leaving your skin feeling refreshed and revived.

80 minutes - **€149**

LAVENDER SLEEP WRAP **NEW**

Awaken inner radiance with this comforting and indulgent treatment. A therapeutic ritual to leave skin renewed and velvety soft, while recharging the body's energies. Deeply relaxing, this body butter is smoothed on to skin and warms with the body's own heat as you are cocooned in comfort and nourishing aromatherapy oils. A scalp massage will help you drift into a deep relaxed and dream-like state. Perfectly considered aromas soothe emotions and stress, helping you unwind as this full-body experience deeply nourishes and renews inner peace.

65 minutes - **€110**

LUXURIOUS SCRUB EXPERIENCE

Choose from: Salt Glow, Lavender Sugar Glow or Peppermint Sugar Glow. A real body exfoliation experience, beginning with body brushing to stimulate the skin, your chosen scrub is massaged into the skin to reveal revitalised and glowing skin. The treatment is completed with full body moisturization for perfect skin.

50 minutes - **€99**

BODY MASSAGES

BODY MASSAGE

With this personalised treatment, choose light, medium or firm pressure, as well as a length to suit your schedule and allow the relaxation to begin.

65 mins (full body) - **€109**

50 mins (back of body, front of legs & arms) - **€99**

35 mins (back, neck & shoulder) - **€79**

HOT STONE MASSAGE

The stone massage is a form of massage therapy and bodywork involving the placement of several heated basalt stones to the body for the purpose of pain relief and relaxation. Stone massages are primarily used to alleviate physical pain issues, however, are also used to promote emotional and spiritual wellbeing in practice.

65 mins (full body) - **€119**

35 mins (back, neck & shoulder) - **€89**

PREGNANCY MASSAGE

A customised full body massage using safe pre-natal techniques. To help relax, reduce fatigue, release tension, aches, pains, swelling all associated with pregnancy. This massage will help increase circulation and benefit mum to be.

65 minutes - **€109**

FACIAL TREATMENTS

VOYA ANTI-AGEING SEAWEED FACIAL

Suitable for all skin types. Includes a deep cleanse, bamboo exfoliation, chest and face massage followed by hand harvested seaweed leaf mask whilst you indulge yourself with a relaxing scalp massage and hot foot cleanse.

65 minutes - **€119**

VOYA CUSTOMISED FACIAL

Allow Voya to tailor your facial specifically to your skin's unique needs. Using a combination of gentle exfoliators, serums and masks, this facial helps to transform your skin leaving it feeling purified and nourished.

50 minutes - **€99**

VOYA EXPRESS FACIAL

This express facial will prepare your skin for any event, including a cleanse, tone, exfoliation and a mask to suit your skin, before concluding with a facial massage and skin hydration.

35 minutes - **€89**

HANDS AND TOES

DELUXE PEDICURE

The ultimate indulgence for tired feet and legs. Beginning with a foot and lower leg exfoliation, this luxurious treatment includes a full pedicure and is finished with an application of shellac polish of your choosing.

65 minutes - **€85**

DELUXE MANICURE

The ultimate indulgence for hard working hands. Beginning with a hand and arm exfoliation, this luxurious treatment includes a full manicure and is finished with an application of shellac polish of your choosing.

50 minutes - **€70**

CLASSIC MANICURE

A classic manicure to tidy and nourish the nails. Beginning with a hand and arm exfoliation, focus is then given to the cuticles and finished with your chosen custom colour.

35 minutes - **€55**

CLASSIC PEDICURE

A classic pedicure to tidy nails and remove hard skin. Beginning with a foot and lower leg exfoliation, focus is then given to the cuticles and finished with your chosen custom colour.

35 minutes - **€55**

* Please advise us at booking stage if shellac removal will be required for your treatment *

Shellac removal **€10**

SELF GUIDED TREATMENTS

SEAWEED BATH

The purest and organic treatment, our detoxifying seaweed bath utilises the natural power of Voya's organic hand-harvested seaweed to deeply moisturise your skin, increase circulation and promote healing.

30mins - **€55**



HYDROTHERAPY BATH

Hydrotherapy involves the use of water to soothe pain. Hydrotherapy helps to promote recuperation and healing because of its thermal effects on the skin. The deep impulses felt by the body in response to hot and cold water, as well as water pressure lead to a wide variety of health benefits including increased energy levels, improved digestion and circulation, a stronger immune system and reduced stress.

30mins - **€50**

MUD CHAMBER JOURNEY

Self-applied mud deep cleanses and revives your body, followed by a tropical shower to wash away the mud, leaving your skin feeling silky smooth and radiant. A treatment for one or two people.

45mins - **€55 per person**

sansanaSPA PACKAGES

Full use of the Relaxation Suite with all packages.

TOP TO TOE PACKAGE

Full Body Swedish massage & Voya customised facial, followed by a choice of a self guided treatment & finish with lunch.

Treatment time 2.5 hours - **€225 per person**

ZEN MOMENTS

Choose any one treatment:

Swedish Massage, Voya Customised Facial, Reflexology, Luxurious Scrub Experience, followed by a choice of a self guided treatment & lunch.

Treatment time 1.5 hours - **€159 per person**

MUM TO BE PACKAGE

Pregnancy massage, classic pedicure.

Approx. 2.15 hours - **€159 per person**

COUPLES PACKAGE

Enjoy the mud chamber followed by an individual 35 minute back massage & finish with lunch.

Approx. 1.5 hrs Price - **€250 per couple**

TRANQUIL INDULGENCE RETREAT PACKAGE NEW

Immersive experience blending premium spa treatments with a sophisticated afternoon tea, tailored to revive, relax & retreat.

- Begin with one hour in our Pier Health Club Facilities
- Enjoy a 35 minute Swedish back, neck and shoulder massage
- Relax in sansanaSPA post treatment, with a glass of bubbly
- 15% off any products purchased on the day
- Receive a 10% discount on any additional treatments booked for the day (per person)

€115 per person mid week

€125 per person on weekends

To enhance your stay enquire about special discounted rate to stay, ensuring a seamless experience from spa to slumber