



**LUSTY  
BEG**

# THE ISLAND SPA

DISCOVER THE ULTIMATE RETREAT



At the Island Spa, we have taken inspiration from the surrounding natural beauty and use only organic and wholesome products to bring harmony to your spa experience. Our 'back to basics' philosophy harnesses the full therapeutic power of nature. And, of course, all is enjoyed from our unparalleled location in the heart of the Fermanagh Lakelands.

We exclusively use VOYA products, all of which are organic and contain seaweed. The seaweed is harvested in County Sligo, just 45 minutes away from the spa. As nature's most powerful anti-oxidant from the marine world, seaweed fights against harmful environmental aggressors and slows down the signs of aging. It is also known for its properties that strengthen the immune system and help with prevention of acute illnesses. Seaweed-based treatments can deeply detoxify, hydrate and nourish the skin, hair and body.

We are open every day between 9am and 8pm. Our residents may use the swimming pool facilities between 9am and 11am and 6pm and 8pm. Between 11am and 6pm, only spa customers may use the facility. Booking is advised.

We request that you abide by our spa etiquette to ensure the maintenance of a relaxing and peaceful environment for all our guests.

We also offer Make-Up application in our Beauty Studio for any special occasion. Please ask for further information.

In order to enjoy the full range of our facilities, we would recommend that you arrive up to 2 hours before your treatment to relax, unwind and truly appreciate our tranquil and beautiful surroundings.

Enjoy.

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## BATH RITUALS

### SEAWEED PEAT BATH

£35

45 MINUTES

An ancient traditional therapy using a combination of hand-harvested seaweed and peat infused with ginger and cinnamon, this deeply natural treatment is sure to soothe away your aches and pains, and relieve your stress and fatigue. Peat contains high levels of humic acids which increase absorption of key minerals to benefit the immune system and supports good health.

### ORGANIC AROMATHERAPY SALT BATH

£30

45 MINUTES

An aromatic bath infused with mineral-rich seaweed, organic aroma oils of mandarin, lemon, lime, clove, patchouli and basil to uplift the mind and body. Submerge yourself into the enticing water and allow the infusion to work its magic. This treatment is a perfect preface to a facial or body massage to enhance the relaxation effects.

### DETOX SEAWEED LEAF BATH

£50

45 MINUTES

The simplest and purest of our organic treatment processes, our detoxifying seaweed bath utilises the natural power of organic hand-harvested seaweed to deeply moisturise your skin, increase circulation and promote healing by re-mineralising the body. We will immerse you in a bath of pure seaweed hand-harvested from the unspoiled Atlantic coast of Ireland. This treatment will relax the muscles, ease aches and pains, and support skin regeneration and renewal, while combating the effects of aging. VOYA's bathing ritual is excellent as part of a detox programme. This is believed to be an ancient sailor's cure dating back 300 years known to assist problematic skin types including psoriasis, eczema and very dry skin.

### SALT SCRUB BATH RITUAL

£80

60 MINUTES

A full-body scrub with lashings of VOYA's Luscious Salt Scrub, this ritual powerfully exfoliates the body from head to toe. When finished, just step off the bed to allow the grains of salt to fall from your body before you step into a detoxifying seaweed bath to allow your worries dissolve away with the remaining grains of salt. This is followed by an invigorating massage using VOYA's organic body moisturiser. The seaweed extracts in this oil, can renew damaged skin cells, add tone and elasticity and combat cellulite and signs of ageing.

## SCRUBS

### ORGANIC LAVENDER & SEAWEED SUGAR GLOW

£59

1 HOUR, GENTLE TEXTURE

This treatment uses a medley of ingredients including seaweed, lavender buds and sugar to invigorate, exfoliate and nourish the skin. Afterwards you enjoy a light cleansing shower and a short relaxing massage. This gentle, aromatic body sugar scrub melts tired muscles whilst soothing the skin.

### ORGANIC PEPPERMINT & SEAWEED SUGAR GLOW

£59

1 HOUR, GENTLE TEXTURE

This refreshing all-over exfoliating treatment awakens the skin and body. It features a fabulously fragrant mix of organic peppermint leaf, seaweed and sugar, which performs the double action of removing dead skin cells while treating you to the uplifting effects of our organic peppermint essential oil. This cool-feeling treatment is ideal pre-bath, massage or steam. A gentle aromatic sugar scrub to revive the senses and refresh the body.

### ORGANIC LUSCIOUS SALT GLOW

£59

1 HOUR, COARSE TEXTURE

An excellent skin rejuvenator, this detoxifying salt-exfoliating treatment removes dull skin and refines the skin texture, leaving you velvety and soft. VOYA Luscious Salt is infused with Dead Sea salts and seaweed oil, a combination which hydrates the skin, stimulates blood and lymph flow, while firming skin tone and increasing lustre. A strong stimulating salt glow for even the driest skin types.

### STIMULATING SEAWEED BODY BUFF

£59

1 HOUR, MEDIUM TEXTURE

The all-over body scrub is the ultimate treat for tired and dull skin. Allow the anti-oxidants of the mineral-rich seaweed combined with pure seaweed oils to exfoliate, stimulate and leave the skin tingling. The body buff is immediately followed by a light cleansing shower and a short relaxing massage.

### ORGANIC HYDRATING BODY SCRUB

£59

1 HOUR, MEDIUM-COARSE TEXTURE

A dual-action lathering body buff exfoliates with finely ground walnut shells and nourishes your skin with a blend of almond oil, seaweed and ginger extracts. Our gentle yet effective formula removes rough and listless-looking skin cells, to reveal vividly refined softer, silky-smooth skin.

## MASSAGES

### VOYAGER TOTAL MASSAGE JOURNEY

£65

90 MINUTES

A complete top to toe relaxation journey. This amazing experience incorporates body brushing, exfoliation, body massage and scalp massage that replicates the movement of the sea, combining both gentle and stimulating movements. The ultimate luxury treatment to relieve aches and pains and to condition the body, using the world's first organic seaweed oil.

### SEAWEED HOT STONE MASSAGE

£80

90 MINUTES

Warmed leaves of Atlantic seaweed packed full of rich vitamins and minerals are layered onto the body and allowed to work their natural magic. Warmed stones placed over the leaves to encourage the release of the precious extracts below, while soothing the muscles and drawing out tension. This treatment for mind and body goes beyond normal massage to target stress or tension and replace them with a sense of calm and well-being.

### MUSLIN BAG MASSAGE

£90

This sensory treat revolves around warm soaked bags of herbs and seaweed which are gently massaged into the body, releasing the precious seaweed oils. We use a combination of the finest organic herbs and seaweed to massage your body and gently exfoliate and nourish your skin. This therapeutic treatment is completely indulgent, with a choice of calming chamomile, detoxifying peppermint or stimulating fennel.



## BODY WRAPS

### TANGLE ME UP BODY WRAP

£45

60 MINUTES, Hydrating

This all-over body treatment revitalizes skin condition with a full body brushing and hot towel cleanse that relaxes tired and lethargic muscles and relieves stress and fatigue. The antioxidant compounds fight cellulite and the signs of aging, improving the suppleness and elasticity of your skin. You will then be treated to a relaxing scalp massage while your skin absorbs the rich seaweed gel.

### OCEAN ESSENCE WRAP

£75

75 MINUTES, Hydrating & Detoxifying

VOYA Ocean Essence is an organic wrap treatment that stimulates the blood and lymph flow. This detoxifies the skin and stimulates the renewal of damaged cells through a full body exfoliation with ground walnut shells which defines, tones and increases lustre. It is an excellent skin rejuvenator, combating cellulite and muscle fatigue with the smoothening and moisturising effects of two powerful seaweeds. You will also enjoy a relaxing scalp massage.

### ORGANIC WARM SPICED MUD WRAP

£105

75 MINUTES, Purifying

Seaweed taken fresh from the ocean is combined with purifying elements of peat to produce a mud wrap rich in potent anti-oxidants, minerals and enhanced with organic ginger and cinnamon. Definitely for the results-driven client, this wrap has immediate and noticeable effects on the skin, including firming and toning. A serious de-toxifier, metabolism stimulator and a natural anti-aging boost.

### ORGANIC SEAWEED LEAF WRAP

£110

75 MINUTES, Detoxifying

This crème de la crème of body wraps is a signature VOYA treatment inspired by the sea. Fresh leaves of Atlantic seaweed cocoon the body to deeply detoxify, moisturise, soften and revive the body. The treatment begins with an exfoliation using finely ground seaweed, which is followed by a wrap of seaweed for the body. While the seaweed's minerals, vitamins and amino acids work their magic, you will be treated to a relaxing scalp massage.

## FACIALS

### **OCEAN FRESH FACIAL EXPERIENCE** £45

60 MINUTES

In this truly organic facial, we use a spiny bamboo facial exfoliator to reveal a more radiant glow, and then provide a VOYA signature massage using a face serum containing an intense blend of organic oils, and anti-oxidant seaweed, followed by a VOYA Maskerade gel mask applied to deeply hydrate and detoxify. This is all complemented with a relaxing scalp massage.

### **ORGANIC PURIFYING DEFENCE FACIAL** £59

75 MINUTES

Commencing with a deep cleansing back treatment to leave the skin purified, smooth and re-hydrated, A double action technique will work to eliminate toxins and rebalance the skin. Followed by a facial massage for lymphatic drainage and finally a marine clay mask with extracts of rosemary, patchouli and eucalyptus. Your skin will feel fresh, cleansed and re-balanced, and provide a visibly clearer complexion. Finished with a relaxing scalp massage.

### **THE DELUXE FACIAL EXPERIENCE** £69

75 MINUTES

This revolutionary seaweed facial is a truly me-time treatment. It begins with a back exfoliation and massage. Then for the organic facial, we use spiny bamboo facial exfoliator to gently renew your skin, and follow this by an intense VOYA signature facial massage. This experience will deeply renew, revive and soften dry and dehydrated skin, alleviating fine lines and wrinkles.

### **ORGANIC ANTI-AGING RESTORATIVE FACIAL** £59

75 MINUTES

For mature, dry or dehydrated skin types, this treatment is a skin-rejuvenating facial based on VOYA's organic ingredients with their combination of anti-oxidant algae complexes, pro-collagen organic extracts and restorative blend of organic ingredients to fight the signs of visible aging, reduce the appearance of fine lines and wrinkles, and hydrate and plump up skin texture. Expect instantly firmed and tightened skin with a natural radiant glow.

### **ORGANIC SEAWEED MARINE EYE TREATMENT** £35

45 MINUTES

The ultimate treat for rejuvenating tired eyes. The Seaweed Marine Eye Treatment is a relaxing and decongesting lymphatic treatment using specialised products rich in Seaweed Extract, Green Tea and Vitamin C directed at signs of ageing and puffiness around the eye area. The unique seaweed leaf eye compresses are applied and allowed to work their magic while a scalp massage is performed

## HANDS & FEET

### **HANDS**

#### **MINI MANICURE** £25

30 MINUTES

The perfect maintenance for your hands. Includes exfoliation, light massage, cuticle work and finished with a file and polish.

#### **LUXURY MANICURE** £40

60 MINUTES

The ultimate treat for your hands. Includes exfoliation, masque, heated mitts, full hand and arm massage, cuticle work, nail treatment and crowned with a file and polish.

#### **HAND NAIL FILE & POLISH** £15

For women needing a fast turnaround, expect perfectly polished nails for whatever the occasion ahead!

#### **HAND NAIL FILE & GEL POLISH** £35

The perfect guarantee that your manicured nails will last up to 2 weeks!

### **FEET**

#### **MINI PEDICURE** £30

30 MINUTES

The perfect maintenance for your feet. Includes exfoliation, light massage, cuticle work and finished with a file and polish.

#### **LUXURY PEDICURE** £45

60 MINUTES

The ultimate treat for your feet. Includes exfoliation, hard skin removal, masque, heated mitts, full foot and leg massage, cuticle work, nail treatment and crowned with a file and polish.

#### **TOE NAIL FILE & POLISH** £20

For women needing a fast turnaround, expect perfectly polished nails for whatever the occasion ahead!

#### **TOE NAIL FILE & GEL POLISH** £40

The perfect guarantee that your pedicured nails will last!

## PACKAGES

### THE LUSTY GETAWAY

£25

Relax and unwind with full use of our spa areas including steam room, sauna, relaxation pool, spa garden and hot tub for 2 hours. Includes a glass of prosecco per guest over 18 years!

### COUPLES RETREAT

£80

Detox Seaweed Bath in our luxurious couples bathing suite with a private verandah overlooking the lake. Light lunch included and complimentary use of the steam room, sauna, pool and spa gardens for your pleasure. Price is per couple.

### THE VOYA ISLAND RETREAT

£100

VOYA Lazy Days Seaweed bath, Voya Exfoliation of choice in which the therapist can do a sensory journey ensuring that you receive a scrub to match your needs, Back Massage and application of Softly Does Moisturiser to the full body. Light lunch included and complimentary use of the steam room, sauna, pool and spa gardens for your pleasure.

### FRESH FACED

£90

TREATMENT TIME - 2 HOURS

Choose from either a Purifying or Anti-Aging facial alongside a Marine Eye Treatment and a light spa lunch. Complimentary use of the steam room, sauna, pool and spa gardens for your pleasure.

### THE COMPLETE DETOX

£110

TREATMENT TIME - 2 HOURS, 30 MINUTES

Detox Seaweed Bath, VOYA Ocean Fresh Facial, Foot & Leg Ritual and a light spa lunch. Complimentary use of the steam room, sauna, pool and spa gardens for your pleasure.

### ALL WRAPPED UP!

£100

TREATMENT TIME - 2 HOURS, 30 MINUTES

Tangle Me Up Body Wrap, Voyager Total Massage and a light spa lunch. Complimentary use of the steam room, sauna, pool and spa gardens for your pleasure.

## TERMS & CONDITIONS

### BOOKINGS

To secure your booking, a credit card number will be required upon booking your appointment or package or alternatively a 50% deposit.

### ARRIVAL TIME

Please arrive to the spa 15 minutes prior to your appointment time. Late arrival will result in reduction in treatment time. Should you arrive late, your treatment will end at the appointed time and full payment must be made.

### MEDICAL CONDITIONS

Please be advised that prior to treatment, each client will be asked to complete a consultation form, this will require detail of any relevant medical conditions or history. If you have any concerns please let us know at the time of booking.

### SPECIAL DIETARY REQUIREMENTS

Special dietary requirements should be made known to the spa staff at least 72 hours before arrival day.

### CANCELLATION POLICY

Twenty-four hour notice is required, otherwise a 50% cancellation fee will be incurred on the given credit card or the deposit forfeited. For group bookings seven days notice is required, otherwise a 50% cancellation fee is required. Full charge will be imposed for a 'no show'.

### PAYMENT

We accept cash and all major credit cards.

### REFUND POLICY

Treatment packages are non-refundable or non-transferable.

### SPA ETIQUETTE

To ensure that we maintain a peaceful and relaxing environment, please refrain from using your mobile phone in the spa.

We look forward to welcoming you to The Island Spa!



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