

  
hotelwestport  
leisure · spa · conference

Westport, Co. Mayo, Ireland



*. . . a sanctuary for health, beauty and wellness*

Indulge in an experience of pure pleasure, intense relaxation and well-being, where our team of professionally trained therapists take you to a place where time ceases to exist.

Relax and unwind with a range of specialised massages, soothing facials, exotic hand and foot spa treatments, luxurious body peels and wraps.

Having truly lost yourself in this oasis of tranquility, you will feel renewed, revitalised and ready for the challenges beyond . . .

# MATISPA Signature Treatments

## *Hamam*

Created during the time of the Ottoman Empire, Hamam is a place for relaxation. The central element being the heated ceramic table.

## *Aroma Soap* 60 mins.

Choose from our range of Austrian handmade Aroma Soaps. Your therapist will create a rich, creamy lather of suds to cleanse the body. This treatment is completed by selecting an oil for your top to toe Wellness Massage from our blended aromatherapy oils.

## *Turkish Ritual* 60 mins.

This treatment is performed on our heated ceramic table, your body is exfoliated and buffed using a traditional Turkish cloth and lather. Your body is then refreshed with hot or cold water before enjoying a relaxing Wellness Massage. The Turkish Ritual leaves your skin glowing, vibrant and softened.

## *Brown Sugar & Honey Body Polish* 60 mins.

Using all natural ingredients, the brown sugar body scrub is applied on the Hamam to exfoliate and prepare the body for the honey application. Relax in your personal steam filled Serail chamber and let the natural healing properties of honey soak into the skin. Return to the Hamam for a moisturising application. A sweet treat to leave the skin polished and silky smooth.



## *Cleopatra Bath* 20 mins.

The Cleopatra Bath is a bathing experience that incorporates sea salts, marine extracts or fragrant oils with gentle Massaging jets in warm water. The ergonomically shaped bath allows for exclusive relaxation. Perfect on its own or before a massage, facial or body treatment.

## *Jasmine Bath Salts*

Provides your Body with Essential Minerals and Trace Elements. The scent of Jasmine promotes a feeling of calm and serenity.

## *Marine Bath*

A detoxifying and energising experience with sea minerals and seaweed extracts bringing together all the goodness of the ocean and seaweed.

## *Tahitian Flower Bath*

Escape on a sensory journey with this exotic floral scent. Relax and enjoy the sweet fragrance of flowers.

## *Sevail* 40 mins.

Relaxing and rejuvenating mud treatment. A selection of healing muds are self-applied in your personal warm mosaic chamber. As it fills with steam, the body absorbs the nutrients and the detoxification process begins. Finish with a warm tropical shower leaving your skin beautifully cleansed before applying a moisturiser to nourish the skin.

## *Sevail Experience for Two* 40 mins.

## *Sevail Ritual* 75 mins.

Enjoy the Serial Experience with the added luxury of a 30 minute Swedish Massage to intensely rehydrate the skin.

## *Sevail Ritual for Two* 75 mins.



# MATISPA Body Treatments

## *Body Peels* 30 mins.

Matispa Peels intensely exfoliate the epidermis, giving you beautifully soft and supple skin. Exfoliation primes the skin optimising the benefits of further treatments. After your Peel, a Moisturising application is applied to nourish and hydrate the skin.

- Peeling with Green Tea – with its oriental origins green tea evokes a sense of serenity and relaxation
- Peeling with Orange Zest –to stimulate and energise the skin
- Peeling with Two Salts –luxurious salt scrub to slough off dead skin cells
- Crystal Peeling with Flower Petals –delicate flower petals combined with apricot oil
- Hibiscus Petal Peeling –tropical hibiscus blended with oil provides intense exfoliation for the roughest of skins

## *Body Wraps* 60 mins.

A stimulating body brush will prepare your skin to be enveloped in a Matispa Body Wrap. Choose one of Matispa's unique formulations and experience pure pleasure for the skin – a host of sensations for relaxation and well-being. After your Luxurious Wrap, a Moisturising application is applied.

- Soothing Foam Body Wrap with Cocoa – calming and feather light this “chocolate mousse” soothes the body
- Remineralising Body Wrap with Seaweed & Trace Element – holistic wrap to regain your energy and vitality
- Draining & Relaxing Mud with Orange Zest – packed with anti-oxidants to boost the skin
- Black Mud from Brittany – relaxing wrap, ideal for soothing aches and pains



## *Combined Treatments* 75 mins.

### *Black Mud Energiser*

Luxurious Body Exfoliation combining Marine and Plant Extracts. Prepare to plunge to the depths of the Brittany Coast with this Mineral Mud Treatment and benefit from its revitalising and invigorating properties.

### *Orange Zest Awakening*

Gentle exfoliation with the invigorating scent of Orange to stimulate the senses, combined with a draining and relaxing Marine Mud Wrap. Ideal for detoxification and stimulation of the circulatory system.

### *Chocolate Dream*

Relax, unwind and de-stress. Indulge in the refined texture of the Two Salt Peel to prepare the skin for a calming, soothing Chocolate Mousse Wrap that creates a deliciously sensual pathway to relaxation and well-being.

### *Energy Revival*

Recharge your batteries. Exfoliation with Flower Petals followed by a Remineralising Body Wrap to regain your vibrancy, energy and vitality.

## *Body Contouring & Shape Defining*

*Specialised treatments which allow you to regain a contoured, firm, svelte figure.*

### *Mosaic Mask* 30 mins.

Contouring and firming treatment for targeted areas such as bust, stomach, thighs and bottom. The ideal choice to induce elasticity, post pregnancy and post weight loss.

### *Ice Cold Slimming* 30 mins.

Energising treatment that will slim and contour localised areas with its triple action - slimming, draining, firming. For those who like an icy sensation. Perfect for squeezing into that little black dress.

### *Cellu-Smoothing Mask* 45 mins.

Creamy, warm body-contouring wrap to promote the elimination of waste and toxins. This relaxing wrap smoothes and refines the skin.

### *Silhouette Smoothie* 90 mins.

Smooth the contours of your body with the draining action of Green Tea Exfoliation and the stimulating effects of a targeted slimming treatment combined with a warm fruity body mask.

# MATISPA Facial Treatments

## Facials

*A Symphony for the senses...The antidote to the dull look that comes from pollution fatigue and stress...That is Matis beauty !!!*

### *Revitalising Facial for Women* 25 mins.

An express facial to suit the unique features of your skin. Boosting and renewing. Leaves your skin with a fresh feeling and appearance.

### *Signature Facial* 60 mins.

Soothe away the daily tensions of life. Includes cleanse, exfoliation, facial massage and mask. Customised to your skin type.

### *Face Print Mask* 60 mins.

This booster treatment delivers concentrated and active ingredients, leaving you revitalized, radiant and glowing.

### *Avomatis* 60 mins.

Let your therapist design a facial treatment with highly active ingredients blended to suit your skins needs.

### *Vitaminee Facial* 60 mins.

A holistic approach to skin care. This combination of vitamins and essential oils adapts to the skins mood. This is the perfect antidote to dull looking skin.

## Advanced Facials

*Years of research and technology have delivered treatments to target specific problems.*

### *Pure Relaxation for Women* 50 mins.

The pure blissful experience of a revitalising facial followed by a relaxing back massage to ease away tension.

### *Delicate Facial* 60 mins.

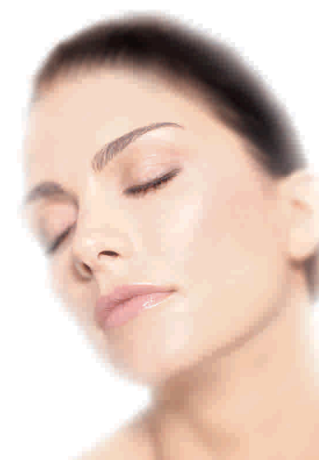
Calms and desensitises even the most delicate of skins.

### *White Facial* 75 mins.

Lightens and reduces pigmentation spots while smoothing out the complexion. Ideal for sun-damaged skin.

### *ACN Facial* 75 mins.

Purify oily and blemished skin with this deep action treatment, helping to regulate and detoxify skin.



## Luxury Facial

*Recaptured beauty .....the utmost in anti-aging and anti-stress treatments. Combination of active ingredients to awaken, reactivate, energize and stimulate.*

### *Unique Treatment* 90 mins.

Regenerating and nourishing. Stimulates cell renewal and restores firmness and elasticity. Ideal for mature devitalised skin.

### *Total Youth* 90 mins.

Age defying facial. To oxygenate, nourish and regenerate the skin. Targeting fine lines and wrinkles.

### *Crystal Eye Treatment* 45 mins.

Caters for the delicate eye area, treating wrinkles, fine lines, puffiness and dark circles. Also ideal to cool and soothe tired eyes.

### *Eye Treatment with Facial*

For an additional cost you can enjoy the benefits of the Crystal Eye treatment during any of our facials.



# MATISPA Specially for Men

## *Mens Facial* 60 mins.

Formulated to answer men's needs. Fights stress and pollution and reinforces the natural defences of the skin. This treatment not only calms, but also revitalises and hydrates the skin. The fact that men spend approximately 3000 hours of their life shaving, this facial will help restore the skin. Prescribed by your therapist for detoxifying, energising or purifying.

## *Pure Relaxation for Men* 50 mins.

The pure blissful experience of a revitalising facial followed by a relaxing back massage to ease away tension.

## *Revitalising Facial for Men* 25 mins.

An express facial to suit the unique features of your skin. Boosting and renewing. Leaves your skin with a fresh feeling and appearance.

## *Mineral Escape* 75 mins.

Anti-Fatigue treatment for the man who suffers from muscle and body tiredness. Body Exfoliation followed by Remineralising Seaweed Wrap. Designed to regain energy and vitality.

## *Black Mud for Men* 75 mins.

A vigorous body exfoliation with two salts. Prepare to plunge to the depths of the Brittany Coast with this Mineral Mud Treatment and benefit from its revitalising and invigorating properties.

## *Golfers Tonic* 60 mins.

After a challenging game of golf ease out all your muscular tension with an energising Marine Bath This is followed by a Back & Shoulder Massage. The perfect finish to a great day.

## *Marine Bath* 20 mins.

A detoxifying and energising experience bringing together all the goodness of the ocean and seaweed.



# Massage



## Hot Stone Massage 60 mins.

This timeless healing technique combines massage with the thermogenic benefits of heated Irish Basalt Stones and the therapeutic qualities of MatiSpa products. This therapy includes the strategic placement of healing stones on the body to improve energy flow, the application of Matis products to enhance and improve skin tone and the incorporation of the stones into classic Western Massage techniques.

## Homeopathic Aromatherapy

A unique combination of homeopathic ingredients and aromatherapy essential oils which synergise to create application treatment oils that rebalance health and well-being and enhance the healing power of massage.

**Betta Day** Enhances relaxation and the ability to cope with daily stress.

**Fluidless** Encourages lymph drainage.

**Spino** Enhances relief from back tension.

**Vitality Helper** Increases energy levels.

**Sportz Muscles** Encourages relief from muscular tension.

**Back, Neck & Shoulder Massage** 30 mins.

**Full Body Massage** 60 mins.

## Indian Head Massage 35 mins.

Massage of the whole head and scalp area, including the neck and shoulders. This ancient Indian Technique alleviates symptoms of stress and tension, and is ideal for those prone to headaches and sinus problems.

## Hands & Feet

### Exotic Hand and Foot Treatment 45 mins.

Refresh and revive tired feet with our exotic citrus treatment. Intense exfoliation and hydration plus a relaxing massage for the hands and feet, to nourish and repair. Pure bliss!

### Spa Manicure & Pedicure

Our luxurious range of products are designed to enhance the natural beauty of the skin, cuticle and nail. They contain natural ingredients and essential oils perfect for improving nails, reducing and softening cuticles and moisturising the skin. Indulge yourself in the sensation and experience a pampering, relaxing manicure or pedicure.

- Spa Manicure 45 mins.  
with French Polish 60 mins.
- Spa Pedicure 60 mins.  
with French Polish 75 mins.

# MATISPA Half Day Rituals

## *Ocean Spirit Taster*

Relax and unwind with our great introduction to Ocean Spirit spa. Ideal as your first spa visit or if you are short on time.

- Aroma Bath
- Body Peel of your choice

## *Ocean Salt Burst*

Recharge your batteries with body and facial treatments to leave your skin nourished and glowing.

- Peeling with Two Salts
- Remineralising Wrap
- Signature Facial

## *Athletes Retreat*

Soothe away all those aches & pains. Detoxify and unwind in the Cleopatra Bath before your body is exfoliated and massaged, leaving you with smooth skin and a relaxed body.

- Marine Bath
- Peeling with Two Salts
- Full Body Massage

## *Restful Retreat*

Unwind and drift away. Enjoy all the benefits of Serail Muds before having your therapist ease the tension from those muscles. Continue relaxing with a Facial prescribed for your skin - pure relaxation.

- Serail Experience
- Back and Shoulder Massage
- Signature Facial



# MATISPA Full Day Rituals



## *Ritual for Two*

The perfect spa day for friends or couples. Take a break from it all and enjoy a pampering day out with your sister, best friend or partner.

- Cleopatra Bath of your choice
- Serail Experience
- Signature or Men's Facial
- Spa Lunch

## *Urban Escape for Men*

Escape from the stresses of daily life and relax while we restore your energy & vitality.

- Marine Bath
- Turkish Massage
- Men's Facial
- Spa Lunch



## *Urban Escape for Ladies*

Pamper yourself for a full day and get away from it all. Relax in the Cleopatra Bath before enjoying body and facial treatments.

- Aroma Bath
- Crystal Peeling with Flower Petals
- Remineralising Wrap
- Signature Facial
- Spa Lunch

## *The Heavenly Deluxe Ritual*

Pure indulgence for the mind and body. Our most luxurious ritual including both Serail and Hamam signature treatments for the utmost benefits. Go on, indulge yourself!

- Cleopatra Bath of your choice
- Serail Experience
- Aroma Soap Massage
- Total Youth Facial
- Spa Lunch



# Additional Treatments

## *Spray Tan Booth*

Californian Tan for beautiful golden skin. Achieve a natural looking tan in just 1 minute.

Our unique booth ensures an even, all over and longer lasting tan.

## *Waxing*

Eye Brow Shape

Under Arm

Bikini

Half Leg

Full Leg

## *Ocean Spirit Spa Opening Hours*

Mon - Sun 9.30 am - 7.00 pm.

Late night Friday until 8.00 pm.

## *Essential Information*

Please book well in advance to secure your preferred treatment. Confirmed booking must be supported by a current credit card.

Please check-in at spa reception 15 minutes prior to your treatment to allow for preparation. Arriving late will deny you of precious minutes of your treatments.

Please advise our staff when booking if you have any medical conditions.

To preserve an ambience of peace and tranquility in an area of rest and relaxation, please ensure that your mobile phone is switched off at all times whilst in the Spa.

Disposable underwear is provided for body treatments, alternatively swim wear may be worn.

In your interest, it is advisable not to bring valuables with you. Ocean Spirit Spa do not accept responsibility for items that may be misplaced.

A luxury robe and slippers are provided for your use while in Ocean Spirit Spa.

Minimum age to receive treatments is 16 and parental consent is required.

## *Cancellation Policy*

As a courtesy to other guests and our therapists, please give us at least 72 hours notice should you need to cancel or alter your appointment.

Please note that there is a cancellation fee of 50% if the treatment is cancelled less than 72 hours prior to the booking. Likewise, no shows will be charged at 100% of the treatment price.

## *Gift Vouchers*

Available for all Ocean Spirit rituals, treatments and in euro denominations - the perfect gift for all occasions.

# Leisure Facilities

ocean  spirit  
spa & leisure

## *Award-winning Leisure Centre*

- 20m Swimming Pool
- Lounger Pool
- Splash Pool
- Massaging Jet Stream
- Sauna
- Steam Room
- Jacuzzi
- Gym



## *Leisure Centre Opening Hours*

Monday to Friday:

7.30 am - 10.00 pm.

Sat/Sun & Bank Holidays:

9.00 am - 8.00 pm

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