

Senses
Spa
at hotel westport



Pamper Relax Renew





Signature Treatments

INDULGE YOURSELF WITH ONE OF OUR SIGNATURE TREATMENTS LEAVING YOU FEELING FABULOUS

SLIM ME CHOCOLATE SENSATION

- ▶ Comfort food for your skin: the ultimate treat for both the mind and body. Imagine yourself totally immersed in a fat free chocolate indulgence that actually produces a slimming/anti-cellulite effect on the body! First, your body is gently polished with our chocolate body buff scrub. Next, you are wrapped in a rich, warm chocolate mousse masque. Enjoy the sensory experience while your skin is immersed in over 300 skin healthy compounds found in cocoa for nourishing, slimming and relaxing.

€85

75mins

ADVANCED GLOBAL ANTI-AGEING PROGRAMME (SRNS)

- ▶ A super powerful all-round anti-ageing facial treatment that provides firming, wrinkle reduction, revitalisation, improved pigmentation and hydration.

€95

75mins

The treatment consists of a facial massage using a lissage spoon, a tool shaped spoon to adapt to the contours of the face which is placed in ice water before the treatment followed by a gel mask with innovative pigments which provide the skin with an instant luminosity.

Switches on the genes that naturally prevent skin ageing and also boosts cellular regeneration.

BOTH TREATMENTS TOGETHER

€160

2hrs 15mins



Facials USING THE GERMAINE DE CAPUCCINI PRODUCT RANGE

GERMAINE SKIN SPECIFIC FACIAL	▶ We will tailor the facial to suit the needs of your skin.	€65	60mins
ROYAL JELLY FACIAL	▶ Nourishes restores and revitalises from within. A beautiful facial combining Royal Jelly, an outstanding nourishing elixir, offers skin the power to protect itself every day from the damage of external stresses and to recover from them swiftly.	€70	60mins
HYDRACURE INTENSE HYDRATION	▶ Deeply hydrated facial for dehydrated skin. Combing hyaluronic acid with thermal aqua from a volcanic spring, this facial will nourish, repair and protect skin suffering from dehydration. Key ingredients include 3 types of hylauronic acid (high, medium and low molecular weight) to regulate water loss, strengthen the skins defence system and deeply hydrate the dermis. Volcanic Japanese Thermal waters are rich in nutrients to soothe, nourish and moisturise the skin.	€70	60mins
VITAMIN C + AGE	▶ Firmness, luminosity and youthfulness. This wonderful facial is the solution for skin which looks dull and tired. The very first professional anti-glycation treatment on the market. This advanced treatment is based on pure vitamin C.	€75	60mins
TIME EXPERT RIDES (ADVANCED CORRECTION FACIAL)	▶ Advanced collagen facial. Powerful anti ageing facial. The most effective alternative to botox collagen micro injections. The triple effect, neutralises skin contractions, fills in expression lines and smooths wrinkles. Results can be seen from the first session.	€115	75mins
REVITALISING EXPRESS FACIAL	▶ Our express facial includes a relaxing scalp massage.	€45	30mins
MENS FACIALS			
MENS SKIN SPECIFIC FACIAL	▶ We will tailor the facial to suit the needs of your skin.	€65	60mins
MENS EXPRESS FACIAL	▶ This includes a relaxing scalp massage.	€45	30mins

Massage

HOT STONE BACK MASSAGE	€55	30mins
SWEDISH BACK NECK SHOULDER MASSAGE	€50	30mins
FIRM PRESSURE BACK NECK SHOULDER MASSAGE	€55	30mins
FULL BODY SWEDISH MASSAGE	€75	60mins
FULL BODY FIRM PRESSURE MASSAGE	€85	60mins
BACK OF BODY MASSAGE	€60	40mins
LEG & FOOT MASSAGE	€40	30mins

Pregnancy Massage

FULL BODY PREGNANCY MASSAGE	€80	60mins
PREGNANCY BACK NECK SHOULDER MASSAGE	€55	30mins





Speciality Treatments

SPA TASTER	▶ Relaxing back massage and express facial which includes scalp massage.	€70	60mins
TEMPTING TRIO PACKAGE	<p>Pick three 25 minute treatments from the following:</p> <ul style="list-style-type: none"> ▶ Indian Head massage. ▶ Back, neck and shoulder massage. ▶ Express facial. ▶ Leg and foot massage. ▶ Cleopatra hydrotherapy bath. 	€90	75mins
HERE COMES THE GIRLS	▶ Back, neck and shoulder massage, express facial, file and polish and party hair in salon.	€95	75min treatment time + hair time
COUPLES PACKAGE	▶ Serail mud steam chamber for two, followed by a Swedish full body massage side-by-side in the couples suite.	€99 per person	120 mins
HEAD TO TOE PAMPER PACKAGE INCLUDING LUNCH	▶ Back of body massage, Germaine skin specific facial, scalp massage plus a choice of moisturising hand or foot ritual.	€120	110 mins
MUM TO BE	▶ Pregnancy back, neck and shoulder massage, express facial and luxury pedicure.	€110	100 mins
REEK RETREAT	▶ Full body massage and hydrotherapy bath. Ease aching and tired muscles with a relaxing bath, followed by a Swedish full body massage.	€90	85mins



Speciality Treatments CONTINUED

<p>CLEOPATRA HYDROTHERAPY BATH</p>	<p>▶ Hydrotherapy is excellent for reducing or relieve sudden or long lasting aches and pains Tense, tight muscles are relaxed by the jets of water and cells hydrated, improving the tone of both the skin and muscles.</p>	<p>€30</p>	<p>30mins</p>
<p>MUD RAZUL (SERAIL)</p>	<p>▶ Nourish and hydrate your skin with an Ancient Middle-Eastern technique, Mud Razul in our spa Razul chamber. Treatments involve soothing the skin with mineral infused mud and hot steam, a practice that originated in Turkey in ancient times.</p>	<p>€40</p>	<p>45mins</p>
<p>Serail For One</p>		<p>€60</p>	<p>45mins</p>
<p>Serail For Two</p>			
<p>HAMMAM</p>	<p>▶ Experience your treatment on a heated ceramic table. Your body is exfoliated, then refreshed with hot or cold water before enjoying a full body massage. You leave feeling revived and skin is glowing.</p>	<p>€100</p>	<p>75mins</p>
<p>BODY EXFOLIATION</p>			
<p>LIME AND LEMONGRASS WITH DEAD SEA SALTS</p>	<p>▶ Lemongrass is a bold clean zesty aroma that awakens the senses, detoxifies skin and has healing properties.</p>	<p>€45</p>	<p>45mins</p>
<p>CHOCOLATE SWEET ORANGE AND VANILLA SUGAR SCRUB</p>	<p>▶ Leaves skin silky smooth with a gorgeous, rich chocolate aroma.</p>	<p>€45</p>	<p>45mins</p>



Manicure & Pedicure

MINI MANICURE	€25	30mins
LUXURY MANICURE WITH HEATED MITTS	€55	60mins
LUXURY PEDICURE WITH HEATED BOOTS	€55	60mins
SHELLAC HANDS	€25	45mins
SHELLAC HANDS AND REMOVAL	€35	60mins
SHELLAC TOES	€20	30mins
SHELLAC REMOVAL	€10	15mins
FILE AND POLISH	€15	20mins
FILE AND POLISH WITH FRENCH POLISH	€20	25mins
KIDS POLISH – HANDS ONLY	€8	15mins





Waxing

FULL LEG WAX AND BIKINI LINE €35

BIKINI €15

HALF LEG €25

EYE BROW SHAPE/WAX €10

LIP WAX €10

CHIN WAX €10

WAX TRIO €30
Eye / lip / chin

Make-Up

LASHES APPLICATION €10

MAC MAKE-UP €35

MAC MAKE-UP WITH LASHES €45

Tinting

EYE BROW TINT €10

EYELASH TINT €15

EYE TRIO €27
Brow wax / brow tint / lash tint

Tan

FULL BODY €30

HALF BODY €20



Senses Spa Etiquette

ESSENTIAL INFORMATION

- ▶ Please book well in advance to secure your preferred treatment. Confirmed bookings must be supported by a valid credit card.
- ▶ Please check in at Spa Reception 10 minutes prior to your treatment to allow for preparation. Arriving late will deny you of precious minutes of your treatments.
- ▶ Disposable underwear is provided for body treatments, alternatively swimwear may be worn.
- ▶ A robe and slippers are provided for your use while in Senses Spa.
- ▶ Please advise our staff when booking if you have any medical conditions or if you are pregnant.
- ▶ To preserve an ambience of peace and tranquillity in an area of rest and relaxation, please ensure that your mobile phone is switched off at all times whilst in the Spa and left in the lockers provided. In your interest, it is advisable not to bring valuables with you. Senses Spa does not accept responsibility for items that may be misplaced.
- ▶ Minimum age to receive treatments is 16 and parental consent is required. No massage for under 18s.

CANCELLATION POLICY

As a courtesy to other guests and our therapists, should you need to cancel or alter your appointment, we require a minimum of 72 hours notice. 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 Senses Spa treatments in euro dominations – the perfect gift for all occasions!







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