



# SPA TREATMENT MENU

Escape from the chill of the mountain in our cosy treatment space where you can enjoy relaxing spa therapies, perfect to ease those aches and pains caused on the slopes and maintain your wellbeing, there's sure to be something to tempt you.

## THE POWER BREAKFAST FACIAL

25 minutes - Express facial for all skin types | €35

If you are looking for quick results, need to look your best and don't have much time then this is the one for you. This revitalising facial includes a power cleanse, mask and mini facial massage.

## MY KIND SKIN FACIAL

55 minutes - bespoke skintype prescription facial | €60

Let us analyse your skin and prepare a tailored treatment just for you. Your facial includes lymph drainage a face, scalp, hand and arm massage of your choice - choose from tranquil or lifting.

## AAAHHH! BODY TREATMENT

25 minutes - Leg & foot energiser | €35

This oh, so good treatment will ease and revive tired, over worked limbs. It begins with skin brushing, to help eliminate excess fluids, followed by our Mediterranean scrub, a warm oil massage that will leave you tingling, and finally an invigorating rub with AAAHHH!

## DRIFT AWAY MASSAGE

Relaxing massage

25 minutes | €35

55 minutes | €60

This is our really relaxing massage, formulated with a dreamy blend of essential oils, guaranteed to have you drifting away. It soothes frazzled nerves and relaxes muscles and mind.

## WORK IT OUT DEEP TISSUE MASSAGE

Detoxing / muscle workout massage

25 minutes | €35

55 minutes | €60

A massage to relieve fluid retention and work out tired muscles. We start with body brushing to get the circulation going. Then we perform a really deep tissue massage with special techniques that work on knots, tensions, tightness and helping the detox process. Detox-licious!

## NEILSON SPORTS MASSAGE

25 minutes for back, neck & shoulders | €35

55 minutes full body | €60

Imagine a really deep tissue treatment that combines advanced sports massage and deep tissue massage techniques to loosen muscle tissue, release toxins and increase the circulation of blood and oxygen! Well, this one is just that and more. Not for the faint hearted!

## NEW BEGINNINGS BODY TREATMENT

55 minutes - mummy to be | €60

Specially designed for those expecting - a full body massage, without the need to lie on your tummy. Our specially trained therapists know exactly how to work those sore, tired muscles while you feel completely comfortable and relaxed.

## SOUL RETREAT BODY TREATMENT

55 minutes - face & body treatment | €65

This nurturing therapy will leave you feeling comforted and peaceful. We begin with our wonderful foot ritual where we soak, exfoliate and treat the feet. Then we massage away all the areas of tension and stress in the back, neck and shoulders. Finally, a divine face mask of your choice plus a relaxing scalp massage.

## INDIAN HEAD MASSAGE

25 minutes - energising neck, shoulder & head massage | €40

A wonderful massage technique that has been used for centuries in Indian culture. It uses deep, energising movements on the neck and shoulders to melt away stiffness. A stimulating massage of the face and scalp completes this exhilarating treatment.

## HANDS & FEET SUITE

Probably the most luxurious manicure and pedicure you will ever have. These treatments will leave your hands & fingertips or feet & toes looking elegant and feeling oh so good.

- Spa Manicure or Spa Pedicure - 55 minutes | €40
- Express Mani or Pedi - 25 minutes | €30
- OPI gel colour | €35

## SIDE ORDERS

15 minutes each | €15 each

Just the thing you've been waiting for! Add a little extra something on the side of your main treatment and have even more time to relax.

- Hot stone neck and shoulder treatment.
- Sedating scalp massage.
- Indulgent hand ritual.
- Indulgent foot ritual.
- Secret eye remedy.



RELAX AS HARD AS YOU LIKE

NEILSON.CO.UK | BEACH/NEILSON-SPA



# TEMPLESPA



**IN THE BEGINNING**  
DEEP CLEANSING MELT

A hand blended facial in a jar! With olive butter, calendula, basil and clary oils, lavender & vitamin E. This divine balm with a cult following, leaves skin hydrated and dewy. The secret is in the exfoliating beads that melt as you massage, giving a deep, nourishing cleanse.

60g/2.1oz | €39



**DUAL ACT**  
WET & DRY CLEANSING LOTION

The telepathic performer! With Combiderm™, grapefruit, wild yam, tomato, grapeseed, olive & vitamins. This ingenious cleanser works as a wipe-off cream or a rinse off gel wash – you choose! It cleverly knows how to cleanse both oily and dry patches at the same time.

150ml/5fl.oz | €26



**BE GONE**  
KIND-HEARTED CLEANSING LOTION

The gentlest way to say goodbye! With Calmaderm™ basil, olive, aubergine, liquorice & vitamins. This state-of-the-art luscious lotion springs out all traces of makeup, embedded grime and impurities to leave skin feeling fresh, clean and beautifully settled.

150ml/5fl.oz | €26



**TONING ESSENCE**  
ALCOHOL FREE, ESSENTIAL MIST TONER

Mediterranean liquid refreshment! With citrus fruits, rosemary, tomato, melon, ginger & basil. Refines, balances and gives a double cleanse by removing embedded debris and last traces of cleanser. A non-sting, hydrating formula inspired by the Mediterranean diet.

200ml/6fl.oz | €22



**BREAKFAST SMOOTHIE**  
NATURALLY NORMAL EXFOLIATOR

Get your glow on! With honey, jojoba, olive, papaya, strawberry, apricot, pear, apple & oats. A facial-to-go for those in a hurry. Packed with naturals that hydrate and remove dead skin cells to reveal a bright and smooth complexion. Use 2-3 times weekly.

100mL/3.3fl.oz | €35



**MOISTURE TO GO**  
BALANCING MOISTURISER

Liquid velvet for the skin! With Combiderm™, tomato, oregano, grapeseed, olive & vitamins. An intelligent lotion that balances split-personality skin – hydrating dry patches whilst soaking up excess oil in the T-zone. A must for a smooth, fresh and silky complexion.

50mL/1.6fl.oz | €47



**BE STILL**  
SETTLING MOISTURISER

Liquid silk for the skin! With Calmaderm™ liquorice, aubergine, calendula & vitamins. A sophisticated anti-ageing and anti-inflammatory formula that soothes and leaves skin feeling settled and hydrated. Use under makeup or after shaving. Wonderfully comforting.

50mL/1.6fl.oz | €47



**QUENCH**  
REJUVENATING FACE MASK

Drench & quench to life! With avocado, blackberry, Phirmaderm™, red pepper & vitamins. This ultra-rich, nourishing mask will put the life back into your skin. Use either as a 10-minute booster or a facial treat that you leave on for a few hours or overnight. Hello radiance!

65mL/2.1fl.oz | €35



**BECALM**  
SOOTHING FACE MASK

A hug in a jar! With aubergine, Calmaderm™, liquorice, camomile, basil & vitamins. Fragile or stressed skin doesn't have to miss out on a treat! This gentle cream mask will calm, soothe and tenderly love sensitive skins and leave them feeling firm & plump.

65mL/2.1fl.oz | €35



**WINDOWS OF THE SOUL**  
EYE TREATMENT

Easy on the eye! With milk thistle, echinacea, eyebright, edelweiss & vitamins. A velvet-glove formula that treats the eye area with kindness. Lightweight yet hydrating, this gel-balm reduces puffiness, dark circles, fine lines and sensitivity. It's all you'd ever want in an eye cream.

15mL/0.5fl.oz | €39



**ALL TALK**  
MOISTURISING LIP BALM

Kiss those dry lips goodbye! With orange, bergamot, thyme & vitamin E. Packed with botanicals and a delicious Mediterranean fruit flavor for sensationally soft and nourished lips. A naturally based formula with no petrochemicals.

10mL/0.3fl.oz | €9



**BREATH OF LIFE**  
ENERGISING INHALATION ESSENCE

Aromatherapy brain booster! With eucalyptus, tea tree & lavender. A must-have to clear your head or to use when feeling out of sorts. Use with steam inhalation, pop on a tissue or sniff straight from the bottle... Whoa!!!

10mL/0.3fl.oz | €15



**DRIFT AWAY**  
RELAXING BATHING & MASSAGE OIL

The most luxurious oil you will ever use! With sesame, jojoba, avocado, lavender & vitamin E. Apply straight to the skin for a moisturising massage or drizzle into a bathtub and allow the delicious fragrance to chase fatigue away!

100mL/3.3fl.oz | €33



**REPOSE**  
AROMATHERAPY RESTING CREAM

A good night's sleep in a jar! With jojoba, hops, vitamins, frankincense & relaxing essential oils. Calms the soul, deeply hydrates & soothes the skin. Plus calming essential oils help you get a restful sleep and encourages deep breathing.

50mL/1.6fl.oz | €54



**AAAHHH!**  
SOOTHING BALM FOR ACHING FEET & LIMBS

A cooling respite! With dandelion, menthol, lavender, juniper, grapefruit & lemon. When feet get hot and puffy, or legs start to throb when tired, this lightweight formula helps soothe the aches, reduce swelling, cools the skin and refreshes tired limbs.

200mL/5.5fl.oz | €28



**WORK IT OUT**  
MUSCLE-TOX BATHING AND MASSAGE OIL

Detox-licious! A body boosting blend of essential oils, this detoxifying oil will truly reboot your system and work wonders on knots and tight muscles. Helps eliminate toxins, encourages lymphatic drainage and stimulates circulation. Works for me!

100mL/3.3fl.oz | €33