
SPA AND WELLNESS
TREATMENTS
RELAX I RESTORE I RECHARGE
NEILSON
BEACHCLUBS·SKI



WELCOME TO THE SPA

Our therapists are highly qualified experts who are passionate about providing a wide array of treatments that will make you feel fantastic and deliver real results.

Whether you are looking for the ultimate relaxation or targeted treatments you are in good hands.

So why not pay a visit to our therapists, they'll explain the treatments and advise what is best for you.

You can book all treatments with our therapists or at reception.

UNWIND WITH TEMPLESPA



Science-led Skincare. Bathed in Mediterranean sunshine.

Marrying clinically proven formulas with naturally rich botanicals, TEMPLESPA is beauty redefined. Merging the finest derma-science with the warmth and vitality of the Mediterranean, our 100% British brand has a truly global appeal. Founded in 2000, TEMPLESPA is built on over 20 years of skincare breakthroughs and cutting-edge science. But our heart, well, that's full of sunlight. With a deep respect for our awe-inspiring planet, our ethically conscious brand creates results-driven, science-led skincare that's bathed in Mediterranean sunshine.

TEMPLESPA



TEMPLESPA & AMETHYST TRUST

TEMPLESPA have worked with the renowned Amethyst Trust to create an adapted menu of wonderful TEMPLESPA treatments that are suitable for clients who are medically frail, recovering from illness, or are immunocompromised, such as those with or recovering from cancer. These bespoke and customisable treatments allow the therapist to adapt to suit the clients needs.

Treatments that are part of the Amethyst Trust collection are highlighted throughout the treatment menu.

Amethyst Trust

MY KINDA SKIN

Prescription Facial

25 minutes I €48 50 minutes I €80

Let us analyse your skin and prepare a tailored treatment just for you. Your facial includes our signature massage plus a relaxing scalp massage. You will feel amazing and your skin transformed.

THE SKIN DETOX

Purify and Balance Facial

25 minutes I €48 50 minutes I €80

The solution for skin in need of a good spring clean.
A professional deep cleanse that leaves your complexion feeling squeaky clean, un-clogged, decongested and spotlessly clean.

MEDITERRANEAN MARINADE

Hydrate and Soothe Facial

25 minutes I €48 50 minutes I €80

A deeply hydrating facial to help soothe and calm the effects of fatigued, delicate or stressed skin.The secret is in our cooling, calming probiotic products, gentle lymph drainage and a tranquil face massage.



IT'S ALL ABOUT THE FACE

PRESCRIPTION AND SKIN BOOSTING FACIALS

CHAMPAGNE & TRUFFLES DELUXE TREATMENT

The Crème De La Crème of Facials
90 minutes I €110

A luxury facial that combines our award-winning truffle skincare with our specialist lifting massage techniques that together iron out deep lines and wrinkles, help to strengthen muscle tone and reduce puffiness. Includes an exquisite cooling alginate mask and rose quartz massage therapy. You'll have something to celebrate. With a glass of fizz to complete the luxury and help you relax.





REPOSE AROMATHERAPY FACIAL

Relax and Restore Facial

65 minutes I €90

There's nothing like stress for lining the skin and there's nothing like relaxation for smoothing it! This indulgent aromatherapy facial includes a relaxing face massage and eye treatment followed by a hot oil scalp massage, plus a hand and arm massage. Pure bliss.

LIGHT RELIEF

Amethyst Trust

CBD Wellbeing Facial

65 minutes I €90

This soothing de-stress facial includes our tranquil face massage using our LIGHT RELIEF CBD skin booster oil leaving your skin comforted, hydrated and looking radiant. Treatment is followed by a tension relieving massage to the arms, neck and shoulders - you will feel totally chilled.

ALL ABOUT THE GLOW

Glow and Radiance Facial

25 minutes I €48 50 minutes I €80

This advanced, skin transforming facial turns up your glow with instant and visible results for firmer feeling and brighter, healthier-looking skin. Your complexion is transformed thanks to intelligent active ingredients boosted by vitamin C and our glycolic acid complexes. Add our unique skin-lifting massage techniques and the results are even better skin.

IT'S ALL ABOUT THE MASSAGES

Our massage technique is tailored to you and your body's needs. It is important to understand that working deeply does not necessarily mean applying lots of pressure and that a light touch can have an incredibly positive effect on the body and mind.

DRIFT AWAY

Relaxing Aromatherapy Massage

25 minutes I €48 50 minutes I €80

80 minutes I €105

This deeply relaxing top-to-toe massage, formulated with a dreamy blend of Mediterranean essential oils, is guaranteed to have you drifting away. It's the perfect treatment to soothe and calm frazzled nerves and wind down an active mind. Tension and stress simply melt away.....ZZZZZZZ!



YOUR BEST YOU

Meno-paused top-to-toe treatment

50 minutes I €95 80 minutes I €135

This unique top-to-toe treatment is bespoke to you. The gentle, caring massage uses a combination of expert therapist hands and Himalayan salt stones with TEMPLESPA nurturing skincare to support stress relief, increase energy, and positively boost your mood. Rhythmic stretches, and gentle joint rotation rescue achy limbs, and a gentle lymph drainage facial reduces puffiness to leave skin fresh and feeling beautiful.

ROCKS OF THE MEDITERRANEAN

Hot Stone Massage

80 minutes I €90

Using thermal basalt stones this glorious, warming treatment works on energy points located throughout the body to rebalance and harmonise. Muscles are relaxed and rejuvenated in a sensation totally unique to hot stone massage.
This all-encompassing treatment is an experience you just have to have at least once in your life. Simply heavenly!

INDIAN HEAD MASSAGE

Energising Neck, Shoulder and Head massage

25 minutes I €48

A wonderful treatment using energising movements on the neck and shoulders, any stiffness soon melts away.
A stimulating massage of the face followed by an intensely relaxing scalp massage, using warm oil will leave you feeling serene and clear-headed. Pure bliss.



NEW BEGINNINGS

Pregnancy Massage

60 minutes I €80

Pregnancy is a most wonderful time that requires treatments specially designed for you. You will enjoy a full body massage, without the need to lie on your tummy. Our specially trained therapists know exactly how to work those sore, tired and aching muscles while you feel completely comfortable and relaxed. The treatment is topped off with a face and scalp massage leaving your skin feeling baby soft all over. You never know, your little bambino might enjoy the sense of calm too!

NEW BEGINNINGS TOTAL RETREAT

Pregnancy Face and Body Experience

140 minutes I €175

This is our specially designed treatment for expectant mummies to enable your full body to be massaged and treated without having to lie on your tummy. We follow this with a delicious face treatment packed with wonderful natural ingredients. Finally, your legs will be revitalized with our leg energiser treatment that is perfect for swollen ankles and tired legs.

This treatment can be adapted into shorter sections for your comfort, please speak with your therapist.



STRESS NOT

CBD Wellbeing Massage

25 minutes I €55 50 minutes I €85

80 minutes I €110

This calming and anti-inflammatory massage targets muscle pain and melts away tension using the power of warmed stones leaving you feeling inexplicably relaxed and soothed from top-to-toe. Our CBD balm STRESS NOT naturally eases muscle stiffness and calms busy minds giving you a moment of blissful respite.

WORK IT OUT

Detoxing / Muscle Workout Massage

25 minutes I €48 50 minutes I €80

80 minutes €105

Deep tissue massage that relieves fluid retention and works out tired, aching muscles. Using the ingenious WORK IT OUT detox massage oil, we begin with full body brushing to stimulate the circulation to improve lymph drainage. Then a deep tissue, body boosting massage with muscle-fitness techniques and movements to really give your muscles a workout – untangle knots, ease tightness and relieve stress. Better all round!



TOP TO TOE

FULL BODY AND FOOT TREATMENTS

MY KINDA MOOD

A Prescriptive Facial and Massage Bespoke to You

110 minutes | €135

Not sure what you'd like? Then this is the ideal treatment for you. First, we'll help you choose the aromatherapy oil to match your mood. Then we'll take care of you with a tailored, results-driven full body massage, followed by a bespoke facial. Step off the bed feeling all the better for it.

SOUL RETREAT

Face, Feet and Body treatment
50 minutes | €80

This nurturing therapy will leave you feeling comforted and peaceful. We'll begin with our wonderful foot ritual, where we'll exfoliate, massage and treat the feet. Then we'll massage away any areas of tension and stress in the back, neck and shoulders. Finally, a divine massage of the face and scalp will complete this exhilarating treatment. Guaranteed to put a spring back in your step!

AAAHHH!

Amethyst Trust

Revive and Energise. Foot and Leg Treatment
25 minutes I €48

This oh-so-good treatment is instant relief for tired, over worked legs and feet. Begins with skin brushing, to help eliminate excess fluids, followed by a warm oil massage and an invigorating foot rub! Wonderful add-on to another treatment.

BACK TO LIFE

Purify and Balance Back Treatment
40 minutes I €60

This invigorating treat includes an exfoliation scrub, deep cleanse with warm purifying mud, followed by a stimulating massage. Leaves you energised with a back to be proud of.



IT'S ALL ABOUT ME

Treatments for 6-17 year olds

Offering a range of treatments suitable for young skin. Clients 16 and under must have a parent or legal guardian present in the room at the time of treatment.



PURIFY THAT BACK!

Purify and Balance Back Treatment
25 minutes | €40

This invigorating treatment designed to detoxify and help clear up back acne, includes an exfoliation scrub, a deep cleanse with warm purifying mud and relaxing scalp massage followed by a soothing application of the hydrating and comforting DUVET.

GLOW UP!
25 minutes | €40

Treat yourself to a power facial. This revitalising treatment, using all the ingredients you'd usually find in a healthy breakfast, (think oats, honey and fruit juices), will give your face a natural glow. A mini-treat for all skin types!

A LITTLE HEAD SPACE
25 minutes I €40

This wonderful Indian head massage will give you a little time to yourself and leave you feeling energised.
The massage techniques used on the head, shoulders, face and neck will melt away any stress and leave you with a sense of calm.

AND RELAX.....
25 minutes I €40

Drift away with a back, neck and shoulder massage which uses a blend of TEMPLESPA's aromatherapy oils. Guaranteed to have you feeling super-relaxed and possibly ready for a little siesta!





JAPANESE HEAD SPA

The Treatment Everyone's Talking About!

HOLISTIC WELLNESS TREATMENT

This revitalising treatment deeply cleanses, exfoliates, and nourishes both the scalp and hair through a multi-step process combining massage, steam, and aromatherapy based products. Beyond scalp care, it includes soothing facial massage and skincare techniques to boost circulation, release tension, and leave you feeling refreshed, radiant, and restored.

ESSENTIAL RENEWAL

40 minutes I €70

Indulge in a gentle warm oil scalp massage to melt away tension, followed by a purifying double cleanse.
A nourishing deep conditioning hair treatment, soothing head and shoulder massage, and a hot towel facial cleanse using bespoke skincare products to leave you feeling refreshed, balanced, and utterly revitalised.

ULTIMATE RENEWAL RITUAL

80 minutes €120

Experience the ultimate in relaxation with a warm oil scalp massage and steam-infused hair treatment to deeply nourish and restore. Enjoy an extended scalp and facial massage, followed by a tailored rejuvenating facial. Complete your journey with a hot stone massage and a full neck, shoulder, and décolleté massage, leaving hair and skin radiant, revitalised, and your mind completely serene.



SPA DAY ESCAPE

Relax, refresh, and rejuvenate! Enjoy an afternoon in our spa making use of the pool, saunas, steam room, jacuzzi, and our Japanese-inspired grapefruit bath. Feeling brave? Try the ice plunge!

Neilson Guests
Full, complimentary access throughout your stay.

Non-Neilson Guests
Access included with any full-price treatment or purchase a 2-hour pass: €30 per person.

Please note: Non-Neilson guests are not permitted after 6pm.

THE FINISHING TOUCHES



LIFT AND LAMINATE PACKAGE*

60 minutes | €80

Like the sound of a lash lift and brow lamination? This is the perfect treatment for you. The Lift and Laminate package includes a full lash lift, lash tint, brow waxing and shape, eyebrow lamination and eyebrow tint.

LASH LIFT*

45 minutes | €50

Curvy eyelashes are an obvious beauty choice. And yet, the aesthetic is hard to achieve. Enter the lash lift, otherwise known as a “perm” for poker-straight lashes, which creates the closest thing to a full-bodied, perfectly fanned-out curl. As its moniker suggests, this semi-permanent treatment is the equivalent of a facelift for lash hair. An eye lash tint is also included in this treatment.

Results last between 4 and 12 weeks.

EYEBROW LAMINATION*

45 minutes | €50

Brow lamination is a new, innovative beauty treatment that continues to grow in popularity, recreating the trending look of thick, bushy brows. Brow Lamination is great for those who love a “brushed-up” look but can’t seem to tame their brow hair due to it being too straight or fine. An eyebrow tint is also included in this treatment.

Results last up to 8 weeks.

*Please note a free patch test is required 24 hours before the treatment appointment.



GIVE ME MORE

LOOKING FOR A LITTLE EXTRA?

Have you ever had a treatment and thought to yourself, 'I wish I could have a little more?' Well now you can! Here we offer a targeted selection of Add On's to your main treatment. These can be added to any facial, massage or body treatment.

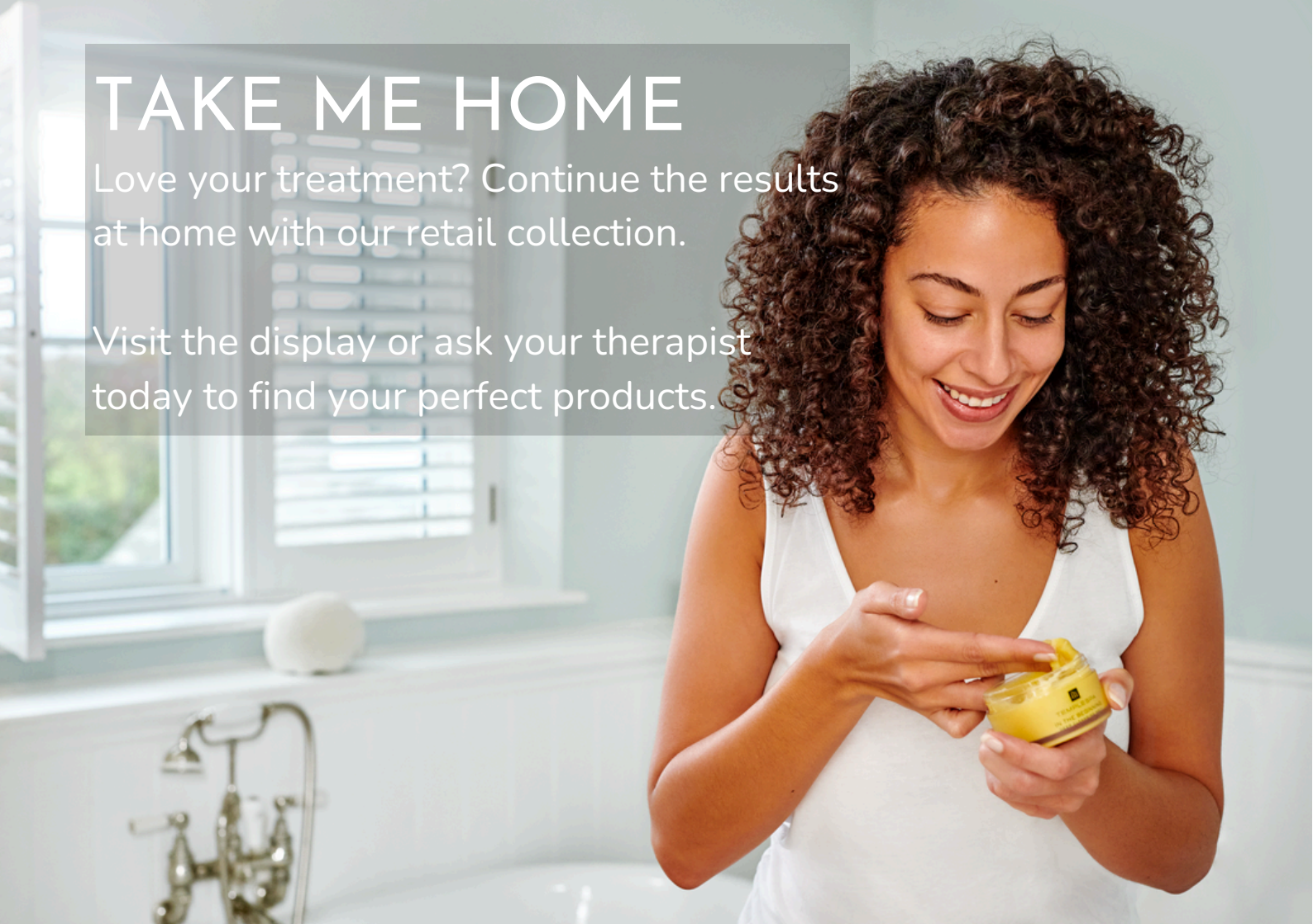
HYDRATE & SOOTHE HAND RITUAL
15 minutes I €20

PURIFY & BALANCE FOOT RITUAL
15 minutes I €20

RELAX & RESTORE HOT STONE NECK & SHOULDER MASSAGE
15 minutes I €20

RELAX & RESTORE HOT OIL SCALP MASSAGE
15 minutes I €20

REPLENISHING EYE RITUAL
15 minutes I €20


TAKE ME HOME
Love your treatment? Continue the results at home with our retail collection.
Visit the display or ask your therapist today to find your perfect products.



SPA ETIQUETTE

TREATMENT TIMES

The time listed by each treatment is the length of time the actual treatment takes, so please arrive ten minutes ahead of your scheduled treatment time. You'll need this time to relax and to complete a health care consultation which includes a medical questionnaire. After every treatment we'll share our tips to help you look after your skin every day.

MEDICAL CONDITIONS

When you book your treatment, please let us know of any health conditions or medications you're taking. On the day of your treatment you'll be asked to complete a health questionnaire to ensure we are providing you with the best service and results, whilst ensuring your comfort and safety. In some cases, medical approval may be needed. Medical release forms are also available if you wish to go ahead with treatments having been made aware of any risks involved.

Certain medical conditions can be affected by the spa experiences (particularly those involving extremes of temperature). Some of the treatments available may require us to adjust the treatment to accommodate some conditions.
If you wish to participate in the spa experiences or treatments and suffer from any of the following please consult with your doctor prior to your arrival and obtain written evidence of your fitness to participate.

- You have had surgery within the last six months.
- You have had a deep vein thrombosis (DVT).
- You suffer from diabetes or epilepsy.
- Any condition affecting your body's ability to react to heat or to perspire.
- Use any drugs which may affect your circulation or your ability to react to heat.

CANCER, CHEMOTHERAPY AND RADIOTHERAPY

If you have had or are currently undergoing treatment for cancer, we do have a range of treatments, designed specifically for those who are undergoing treatment or who have been treated for cancer. These treatments can be adapted to your specific needs and no prior GP/ Consultant approval is required.

PREGNANCY

Please be aware that certain treatments are unsuitable for pregnant guests. We do have a specially designed treatment for expectant mothers, this is suitable after the first 12 weeks of pregnancy.

ALLERGIES

We use many essential oils within our treatments and spa experiences, please discuss any allergies you have with our staff prior to your treatment.

If you have any particular care requirements, please speak with a member of the team at the time of booking to allow us to help you chose the most suitable treatment to get the most out of your session safely.

SPA ATTIRE

Please do keep your underwear on during treatments. We can provide disposable underwear if you prefer. When using any of the spa facilities, please keep your swimwear on.

CANCELLATION POLICY

Sometimes things don't go to plan, and you can't make your appointment. However, please do let us know if you can't make it as other guests may be able to take advantage of your slot. If you need to change or cancel an appointment, we ask that you give us 24 hours notice or we will need to charge the full cost of your treatment.

TRANQUILLITY

Spaaaa...even the word conjures up tranquillity. To help keep the peaceful ambience, please switch off your mobile phone and electronic devices and ssshhh, keep things to a whisper!

HYGIENE

It's always helpful to shower before treatments, therapies and before using any of the spa facilities. You'll be more comfortable and well, smell great too!

MINIMUM AGE

We love all ages in our spas but anyone under 18 years of age needs to be accompanied by an adult.



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