



FARNHAM ESTATE HEALTH SPA



SPA TREATMENT MENU

BODY TREATMENTS

Espa Detox Wrap

60 minutes €99

A body wrap specifically designed to comfortably raise the temperature and induce perspiration to help speed up the elimination of toxins and improve circulation. Following skin brushing and exfoliation, a complete body wrap of Marine Algae combined with Detoxifying Body Oil is blended and applied to help purify the body and hydrate the skin. The treatment ends with a mind calming Scalp Massage for ultimate relaxation.

Salt & Oil Scrub

30 minutes €60

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple. Perfect as a stand-alone treatment, or in preparation for an ESPA Massage. For a lighter application Exfoliating Body Polish is applied instead of Salt & Oil Scrub.

Espa Body Wrap

60 minutes €99

A personalised body wrap designed to comfortably raise the temperature, nourish the skin and increase the effects and absorption of the wrap. Following skin brushing and exfoliation a complete body wrap of Algae or Marine Mud combined with essential oils is blended to meet your specific needs. Skin feels nourished and hydrated and the mind left totally relaxed after a soothing Scalp Massage. Choose from: De-Stresser, Muscle Relaxer, Jet-Lag Reviver, Immune Booster, Energiser or Body Toner.

Invigorating Foot Treatment

30 minutes €60

This revitalising treatment for tired feet and heavy legs helps reduce puffiness and soothe aches and pains. Includes a refreshing exfoliation and a deeply therapeutic foot and lower leg massage.

MASSAGE TREATMENTS

Swedish Massage

30/60 mins €65/€99

A traditional massage using firm pressure to promote relaxation and ease muscle tension. Ideal as an introduction to massage; stimulating movements help soothe tired aching muscles to leave you relaxed & revived.

Inner Calm Massage

30/60 mins €65/€99

Find your inner calm with this deeply relaxing and soothing treatment for mind & body, using a specially selected blend of oils tailored for you.

Deep Muscle Massage

30/60 mins €65/€109

A powerful massage to alleviate deep-seated tension and muscular stress. Specialised techniques concentrate on specific areas of concern and alleviate common discomforts such as a stiff neck, painful lower back pain and sore, tight shoulders.

REST, RELAX, RENEW



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SPA TREATMENT MENU

FACIAL TREATMENTS

Express Facial

30 minutes €60

Your therapist will select the most suitable ESPA personalised facial for your skin. This includes a consultation, SkinVision™ analysis, cleanse, exfoliation, facial mask, finishing with an application of a booster serum to suit your skin.

Eclate Contour

30 minutes €60

The ultimate treatment to preserve the beauty of the eyes and accentuate facial contours, targeted massage eases sinus pain and helps combat dark circles and a puffy complexion.

Escale Beaute

30 minutes €60

Scents of citrus fruits and essential oils re-energise and stimulate while botanical extracts reveal a soft and soothed complexion.

Espea Lift & Firm Eye Lift

30 minutes €60

Perfect for those who are concerned with the first signs of ageing around the eyes. An effective firming and hydrating treatment, helping to reduce the appearance of fine lines and relieve tension from eye-strain and computer headaches. Incorporating a cleanse, exfoliation, massage and application of our Lift & Firm Intensive Eye Serum.

PREGNANCY TREATMENTS

Pre-Natal Relax & Restore Treatment

30/60 mins €65/€99

A deeply nourishing massage designed to target areas prone to stress and tension during or after pregnancy. Gentle back exfoliation, if required, is followed by a soothing body massage specifically designed to suit your individual concerns, focusing on the areas needed to alleviate muscular aches, whilst helping to relax, restore and revitalise.

Maternity Massage

60mins €99

A gentle full body massage designed specifically for pregnancy. Using targeted oils for prevention of stretch marks giving optimum skin elasticity.

Yonka Polish & Skin Smoother

60mins €85

A full body grain free exfoliation to hydrate and soothe the skin followed by an application of warm body balm that melts into the skin leaving it satin smooth.

FARNHAM HOLISTIC THERAPIES

Sports Therapy Massage

60 minutes €109

Coconut Melt Full Body Massage

60 minutes €99

Thai Massage

60 minutes €99

Reflexology

45 minutes €80

Indian Head Massage*

45 minutes €70

Scalp Massage

30 minutes €50

Serail Mud Chamber**

45 minutes €45

A rejuvenating mud treatment which you apply yourself followed by a steam and warm shower leaving your skin beautifully cleansed. ** (Price per person)

REST, RELAX, RENEW