



FARNHAM ESTATE
HEALTH SPA

Wellness for Cancer Treatments

in association with

ESPA
Natural Beauty
Inner Calm


WELLNESS
FOR CANCER

ESPA WELLNESS FOR CANCER TREATMENTS

Working with Wellness for Cancer™ a non-profit educational foundation, ESPA and Farnham Estate Health Spa present their collection of nurturing face and body rituals. The following rituals have been carefully designed to soothe the guest and nourish their body, using specially selected products. These rituals are designed for guests who are undergoing, or have recently undergone treatment for Cancer. All experiences begin with breath-work and visualization to aid relaxation, with the emphasis on a holistic approach to each guest's wellbeing.

Be Nurtured Back, Face & Scalp €130 90 minutes

Soothe mind and body with this renowned experience. This relaxing and deeply effective ritual addresses the main areas of tension - the back, the face and the scalp. A soothing back massage addresses areas of tension before a personalised facial completes this totally indulgent experience. Includes back massage, personalised facial and either a scalp massage or hand and arm massage.

Be Nurtured Massage €95 60 minutes

Soothe, relax and rebalance the body with this personalised massage. Focusing on areas of concern and using a gentle but rich oil, this unique experience will deeply nourish and hydrate skin while calming the mind. Includes breath work and visualisation and a full body massage.

Be Nurtured Facial €95 60 minutes

Leave skin nourished and radiant with this relaxing facial. Beginning with a detailed consultation and entirely tailored to your individual concerns, this facial expertly combines the most suitable selection of cleansing, massage, mask, serum and moisturiser. Includes, skin analysis, breath work, double cleanse, facial massage with Rose Quartz Crystals, personalised mask and either scalp massage or hand and arm massage.

Be Nurtured Energy Balancer €130 90 minutes

Rebalance the body, hydrate the skin and calm the mind with this relaxing ritual. This gentle and indulgent massage uses long, warming strokes, a nourishing body oil and expertly selected crystals to effectively restore serenity.