



O C E O

S P A

TREATMENT LIST

PAYOT LUXURY FACIAL TREATMENTS

RENEWING YOUTH SMOOTH FIRST SIGNS OF AGING

If it's time to regenerate your skin's appearance from the first signs of aging then this treatment can be tailor made to restore youth back to your eyes, lips and neck area. Specific ingredients are harvested from soya and oat fields and delivered into your skin to revive a youthful complexion.

TREATMENT TIME
90 minutes - €125

RENEWING YOUTH FIRM ESTABLISHED SIGNS OF AGING

This highly active firming treatment will soften and smooth your facial contours while reviving your skin's elasticity and firmness. Essential fatty acids to help restructure and protect your skin from the effects of time while your skin enjoys a rejuvenating touch.

TREATMENT TIME
90 minutes - €125

RADIANCE ENHANCER

Allow your senses to be touched by the freshness and radiance of your skin after it experiences an awakening from within. Your skin is re-energised with a collagen treatment illuminating your complexion while ginseng alleviates fatigue and stress and chocolate ensures your skin is touched by heaven itself.

TREATMENT TIME
90 minutes - €95

DEEP NOURISHMENT

Take your skin from a cracking drought to humidified healing. Honey and jojoba soak deep into your skin to encapsulate moisture preventing further dryness. Your skin is bathed in a collagen mask to intensely hydrate leaving your skin nourished looking milky and smooth.

TREATMENT TIME
90 minutes - €95

ULTIMATE SOOTHE

Transform an irritated and aggravated skin into a tranquil ambience. Your skin is calmed with the soft cooling properties of brown linen and green algae alleviating inflammation and redness, restoring balance and radiance.

TREATMENT TIME
90 minutes - €95

PURIFY

This is for oily, problematic, acned skin.

Clear like pure water will describe the incredible freshness your skin will feel after this treatment has deeply cleansed all impurities. Essential ingredients of green coffee detoxifies allowing your skin to breathe fresh and reveal the real to you.

TREATMENT TIME
90 minutes - €95

MATIFY

This is for oily/combo skin. A deep cleansing facial. Beat the blemish blues as essential ingredients green coffee and tea tree penetrate to regulate the oil activity and replenish the skin's natural flora, dissolving blemishes and clearing the pores to restore the health and wellbeing.

TREATMENT TIME
90 minutes - €95

REVITALISE

Chocolate will give a truly uplifting experience as its properties have been infused with royal jelly 'the essence of youth' into a treatment that will invigorate your skin and melt away your worries.

TREATMENT TIME
60 minutes - €75

HYDRATE & GLOW

Replenish a dehydrated skin with a delicious nourishment of Shea butter and orange sap water hydrating your skin and returning it into a velvety soft texture that breathes freshness.

TREATMENT TIME
60 minutes - €75

DISCOVERY

A facial massage with 42 movements. Awaken your senses as your skin is pampered and refreshed. An invigorating boost to delight and lift your spirits. Choose to correct, enhance or stimulate.

TREATMENT TIME
45 minutes - €60

MICRO - DERMABRASION PLUS!

Micro Dermabrasion Plus is a new non invasive treatment system designed to treat face imperfections such as acne, blemishes, scar tissue and wrinkles. Its vacuum suction, colour therapy, light stimulation and vibratory massage with a new method of skin peeling called Microdermo Percussion. Microdermo Percussion gently exfoliates the skin by producing a rapid tapping action with the round quartz

silica micro spheres. The nature of the quartz silica micro spheres means they are less harsh on the skin.

Particular attention is paid to the client's specific areas of concern. For problematic skin a course of treatments is recommended.

TREATMENT TIME
60 minutes - €110

Course of 6 treatments €550
Course of 12 treatments €1,100

CACI - NON SURGICAL FACE LIFT

The caci ultra is the ultimate facial treatment system combining the lifting & toning functions of the award winning non surgical face lift system. It incorporates micro current, ultrasound, high frequency & diode photo stimulation. Electrical Impulses are transmitted through soft cotton tipped probes designed to re-educate and tone muscle and enhance skin tissue repair. The treatment softens lines & wrinkles and improves facial toning.

TREATMENT TIME
90 minutes - €150

Course of 6 treatments €750
Course of 12 treatments €1,500

BIODROGA TREATMENTS

FITNESS WRAP

INSTANT INCH LOSS 2 HOURS

Instant body shaping. Your silhouette looks slimmer and contours are firmed. Experience the benefits of marine algae with our fitness wrap. It purifies, detoxifies and successfully smoothes your skin, both visibly and measurably. Enjoy a herbal wellness pressure point facial massage, while the wrap takes effect. A powerful support for your diet, perfect after pregnancy or just to help you get into your little black dress!

TREATMENT TIME
120 minutes - €170

AYUS LOMI

A unique treatment offering an ideal combination of Hawaiian and Ayurvedic traditions and rituals. This completely new total body treatment concept results in an intense deep relaxation of the entire body. The body is literally flooded with energy in a true festival of the senses.

TREATMENT TIME
120 minutes - €180

ANTI CELLULITE PEEL OFF PACK

Achieve fast treatment results that can be seen and felt. After your dry body brush, an AHA peel is applied to the Hips, thighs and buttocks. The pack is then applied to these areas, enjoy a soothing scalp massage with our specially blended oil. The pack has a light, pleasantly cooling character and gives skin a silky smooth feeling.

TREATMENT TIME
60 minutes - €85

AROMA ALGAE

DETOX YOUR BODY

This unique blend of aroma therapy and marine algae combine to increase the body's micro circulation. Water retention is reduced and the heavy feeling in the legs and problem areas are minimised. The result is immediately noticeable, clarifying, smoothing and firming your body contours. During the resting phase you will enjoy our royal aquamarine lymphatic drainage facial massage. Utilising the power of natural quartz crystals the detoxification is complete.

TREATMENT TIME
85 minutes - €100

CASHMERE AND SILK BODY WRAP COCOONED IN PURE LUXURY, FOR LUMINOUS & SILKY-SOFT SKIN

This exclusive body treatment begins with an Ayurvedic Garshan-massage, performed with natural silk gloves. Your skin is gently cleansed and wrapped in our luxurious cashmere body pack. While your skin drinks in nourishment, relax with our head and ear massage. Precious silk powder caressed into the skin completes an unforgettable experience, which will leave your body feeling re-hydrated and silky smooth. Ideal for even the most sensitive skins.

TREATMENT TIME
60 minutes - €100

RESSOURCE MINERALE SPA BODY TREATMENTS

RESSOURCE MINERALE SPECIALISED MASSAGE THERAPY

Choose the style of massage you want to receive with your semi-precious oil for a Harmonising, Correcting or Reviving treatment programme. Each specialised massage therapy begins with a liberating massage, allowing you to receive the full effects of the treatment. Harmonising massage aids deep relaxation, sending your mind body and soul to a heavenly world of peace. Correcting massage helps with the elimination of toxins and cellulite, this is recommended as a course of treatments to receive maximum benefits and an inch loss. Reviving massage stimulates the mind and the muscles for an invigorating treatment that will uplift the senses and energise the mind.

TREATMENT TIME
90 minutes - €120

RESSOURCE MINERALE BODY WRAP & EXFOLIATION

Cocooned in a warm blanket, feel yourself drift away into the comforts of your dreams. Your skin is covered with a creamy mineral based clay mask and left to penetrate, re-mineralising and moisturise your body from top to toe. Afterwards, experience a relaxation treatment to continue the effects of the wrap, whilst a scalp massage is performed to relieve all stresses and tensions. The wrap is adapted for a Harmonising, Correcting or Reviving treatment programme or can be specific to the back.

TREATMENT TIME
90 minutes - €120

RESSOURCE MINERALE SCALP MASSAGE

A truly relaxing experience, Payot has developed a unique scalp massage incorporating pressure point techniques that will place you in a state of pure bliss.

TREATMENT TIME

25 minutes - €35

RESSOURCE MINERALE BODY EXFOLIATION

A skin renewing treatment for your body, as your skin is buffed from the tops of your toes to the tips of your fingers. Marine mineral crystals are mixed with a specific gemstone balm that melts as it is applied to your skin to give an irresistible silky smooth texture. This treatment is adapted for a Harmonising, Correcting or Reviving treatment programme for the whole body or can be specific to the back.

TREATMENT TIME

25 minutes - €60

FOR THE HANDS

OCEO SPA MANICURE - TOTAL INDULGENCE A WELLNESS TREATMENT FOR THE HANDS & NAILS

Feast your hands on exotic edible plant extracts from tropical Asia. Our treatment includes warm milk and orchid hand bath, an invigorating lemon sugar hand peel, and an intensive hand mask with orchid extract. Your nails will be fed with natural plant ingredients and sealed. Treatment includes a warm oil pour, reflex zone massage and a relaxing scalp massage.

TREATMENT TIME

60 minutes - €80

AGE DEFYING HAND TREATMENT AN ANTI AGING 'FACIAL' FOR YOUR HANDS

Don't let your hands give away your true age! An intensive but gentle papaya enzyme peel is followed by marine collagen lifting serum and massage with tightening Q10 hand cream to protect against free radicals. Mature skin will appear visibly younger and fresher immediately. Includes nail care and a colour finish.

TREATMENT TIME

45 minutes - €55

NNC - PERSCRIPTIVE MANICURE FOR NAILS THAT NEED A BIT OF EXTRA TLC

If your nails are not as perfect as you would like them to be then this is the manicure. Silk proteins, calcium and keratin are fed to your nails while you enjoy a gentle skin peel, warm apricot mask and relaxing hand massage. The results are clearly visible.

TREATMENT TIME

60 minutes - €70

MEDITERRANEAN MANICURE HEALING HEAVEN

Heal and protect your hands and nails with pure olives. The combination of moisturizing agents and Olive Care provides sensitive and dry skin with all the necessary moisture and care. It will leave your hands feeling like they have been healed and gone to heaven.

TREATMENT TIME

55 minutes - €65

(€75 With nail paint & receive the nail polish of your choice free of charge!)

MULTI VITAMIN MANICURE

Let your hands shine all year round with our new multi vitamin manicure which is bursting with nutrients to help nourish and moisturize dry skin. The treatment removes dead skin cells and treats the cuticles. The healthy option for your hands and nails.

TREATMENT TIME

55 minutes - €65

(€75 With nail paint & receive the nail polish of your choice free of charge!)

CRYSTAL MARINE MANICURE

TURN BACK THE CLOCK

If your hands are showing signs of aging, and fine wrinkles are worrying you, this effective and gentle micro-dermabrasion treatment will generate and rejuvenate your hands. Especially effective for sun damaged skin, age and pigmentation spots.

TREATMENT TIME

45 minutes - €55

MANICURE

FOR WEARERS OF ARTIFICIAL NAILS ONLY

Concentrating on your hands. Enjoy a gentle skin peel, vitamin cocktail, warm paraffin wax dip and collagen cream massage. Your hands will look as good as your nails.

TREATMENT TIME

30 minutes - €35

PIT STOP MANICURE

WHEN TIME IS SHORT

A file and paint and your ready to go!

TREATMENT TIME

25 minutes - €25

FOR THE FEET

DOUBLE CHOCOLATE, DOUBLE DIP (MANICURE & PEDICURE)

A deeply nourishing and pampering experience which includes the hands and feet double dipped in white and milk chocolate paraffin wax, warming hand and foot massage and cuticles tidied. The finger and toe nails are then filed and buffed to a perfect shine.

TREATMENT TIME

90 minutes - €130

DETOXIFYING SEA SALT FOOT WRAP STIMULATION FOR BODY MIND AND FEET

This unique treatment uses natural, unprocessed sea salt to cleanse and soften the feet, detoxify the body and stimulate the metabolism and circulation. Sea salt has been used for hundreds of years as a healing remedy and now you are able to enjoy this traditional medicine in this wonderful treatment.

TREATMENT TIME

90 minutes - €110

OCEO SPA PEDICURE

Feast your feet on exotic edible plant extracts from tropical Asia. After bathing in bath salts and dried hibiscus flowers, an invigorating massage with sugar cane foot scrub follows. Peppermint foot butter will melt away any rough skin. While you enjoy a cooling spearmint foot pack you will be treated to a relaxing head massage. Warm water lily massage oil is drizzled over your legs and a sumptuous reflex zone massage begins. Your nails will be fed with natural plant ingredients and sealed. Almond foot lotion completes this truly indulgent experience.

TREATMENT TIME

90 minutes - €110

MORE THAN JUST A PEDICURE

WHEN YOU JUST CAN'T TAKE ANOTHER STEP!

If you have been especially tough on your feet, playing sport or partying hard, they need more than a pedicure. Lay back and relax on our Pedi Spa Chair while your therapist attends to your tatty cuticles, dull nails, hard skin and calluses. A special avocado oil mask is applied and your feet dipped in warm paraffin wax while you relax. An aromatic reflex zone massage follows, and your nails are then buffed to a natural shine.

TREATMENT TIME

60 minutes - €65

ZESTY CITRUS PEDICURE

INVIGORATE YOUR SENSES AND CLEANSE

YOUR SOLES

Lemon foot crystals cleanse your soles, before your feet and legs enjoy a brisk exfoliation. Cuticles are tidied and hard skin buffed. You are then treated to a wonderful zesty lemon massage. Nails will be finished with a natural buffing and a mist of citrus foot spray.

TREATMENT TIME

45 minutes - €60

THE CLASSIC PEDICURE

THE ESSENTIAL PICK ME UP FOR FRAZZLED FEET!

Sit back, relax and enjoy a therapeutic foot bath with a foot and leg exfoliation. Your cuticles and toe nails will be expertly tidied and any rough skin buffed smooth. Then relax while your legs and feet are massaged with one of our wonderful massage creams. Nails are finished with a natural buffing or a colour of your choice.

TREATMENT TIME

45 minutes - €60

TOE TIDY

WHEN COLOUR IS ALL YOU NEED

A quick shape and paint and you're ready to go.

TREATMENT TIME

25 minutes - €25

ADDITIONAL TREATMENTS

PERSONALISED FULL BODY MASSAGE

TREATMENT TIME

55 minutes - €70

90 minutes - €120

STRESS BUSTER

Back neck and shoulder massage.

TREATMENT TIME

25 minutes - €35

ULTIMATE TENSION RELEASE

Back, neck, shoulder and scalp massage.

TREATMENT TIME

45 minutes - €60

MUMS TO BE MASSAGE

TREATMENT TIME

30 minutes - €40

50 minutes - €70

DEEP TISSUE MASSAGE

TREATMENT TIME

30 minutes - €45

BALI SUN TANNING

Bali's Evolution is the ultimate in high performance applications. We have combined this with the best bronzing lotions in the world, rich in Vitamin E moisturisers to create the most flawless tan.

Full Body Tan - €50

Half Body Tan - €35

Exfoliation And Full Tan - €80

PERRON RIGOT WAXING

(Patch test required 24hr prior to waxing)

Full Leg - €40

Half Leg - €20

Bikini Wax - €20

Full Leg & Bikini - €50

Under Arm Wax - €18

Eyebrow Wax - €12

Mens' Back Wax - €35

Chest Wax - €45

GROOMING

Eyebrow Tint - €10

Eyebrow Shape - €10

Eyebrow Tint & Shape - €18

RASUL MUD CHAMBER

Clients are provided with a range of mud which concentrates on specific areas of the face and body.

The chamber is gently heated with steam, as the mud dries it draws toxins from the skin. The steam also aids the detoxification process and relaxes the body. The ritual ends with a cleansing tropical rain shower which re-invigorates the body. This is the ideal experience to share as the Turkish inspired Rasul Chamber accommodates up to four guests.

TREATMENT TIME

30 minutes - 2 persons - €80

3/4 persons - €140

Before the Rasul chamber you may avail of the thermal suites. One hour is recommended.

HAMAM ROOM

Relax in the steamy Hamam, a wet massage room with Middle Eastern origins and enjoy a reviving scrub to smooth your skin and improve circulation.

Let the relaxation commence with a massage which will take you into the highs of serenity on a state of the art centrally heated table. The rejuvenating Hamam experience offers traditional Turkish techniques which encourage deep cleansing and exfoliation. All treatments are carried out on a heat controlled table ensuring the client is in a state of complete relaxation during their massage. The use of thermal suites is recommended before the treatment proceeds.

HAMAM SALT EXFOLIATION

TREATMENT TIME

25 minutes - €50

HAMAM SALT EXFOLIATION & MASSAGE

TREATMENT TIME

45 minutes - €85

SPECIALISED MENS TREATMENTS

OPTIMALE FACIAL

The Payot Optimale Facials have been designed to target your skin's individual needs, delivering nutrients to the essence of the cell and are especially effective in reducing sensitivity, irritations and ingrowing hairs caused by shaving.

TREATMENT TIME

90 minutes - €125

OPTIMAL BODY EXFOLIATION & BODY WRAP OPEN YOUR MIND TO RECEIVE A NEW BEGINNING FOR YOUR SOUL

A skin renewing treatment for your body, as your skin is buffed from the tops of your toes to the tips of your fingers. Cocooned in a warm blanket, feel yourself drift away as your skin is covered with a creamy mask, which is left to penetrate, re-mineralise and moisturise your body.

TREATMENT TIME

90 minutes - €120

EXECUTIVE MANICURE

GET A GRIP DON'T LET THINGS SLIP

Well groomed hands are a sure measure of your confidence. Your hands and nails will look a million dollars after we have softened, buffed and massaged them.

Don't let your hands down.

TREATMENT TIME

30 minutes - €35

AROMA PEDICURE

Sit back and relax in our Pedi Spa Chair and enjoy a therapeutic bubbly foot bath with foot and leg exfoliation. Your cuticles and toe nails will be expertly tidied and any rough skin buffed smooth. Your legs and feet enjoy an aromatic foot massage to suit your mood. Your toe nails are buffed to a natural shine with citrus oil.

TREATMENT TIME

45 minutes - €55

HOT TOWEL SHAVE

This treatment gives men a traditional wet shave incorporating hot towels and an open razor - this shave leaves the skin feeling soft and supple and helps to alleviate dry skin conditions. A wonderful treatment not to be forgotten.

TREATMENT TIME

55 minutes - €50

HOLISTIC TREATMENTS

REFLEXOLOGY

This treatment will re-balance & relax the body through gentle pressure point massage to the feet. Every gland & organ in the body is mirrored in acupuncture points to the feet. It helps to clear any blocked energy that may be hindering the bodily functions & also acts as a mini detox for the body.

TREATMENT TIME
50 minutes - €70

INDIAN HEAD MASSAGE

A facial pressure point & scalp massage focusing on the vital energy parts. This compact treatment will help reduce tension increase circulation, and leave you with a feeling of complete well being.

TREATMENT TIME
45 minutes - €60

HOPI EAR CANDLING

Ear candling is considered a classic, holistic treatment aiding in relieving ear blockage, sinus congestion, headaches and tension. This treatment is ideal after a long flight or for pure relaxation to the entire head and over-all well-being. TREATMENT TIME

55 minutes - €75

THAI MASSAGE

Using techniques passed down through generations, this treatment is a blend of deep tissue massage using pressure points and stretching techniques. Traditional Thai Massage releases tension, increases vitality and flexibility and synchronizes the mind, body and spirit. Guest is attired in comfortable clothing, and no oils are required.

TREATMENT TIME
90 minutes - €150

AROMA STONES THERAPY

Harnessing the properties of warm stones, we place them on key energy points of the body to harmonise the spirit. A firm rhythmic full body massage with exotic soothing oils completes the experience. Pure Bliss!

TREATMENT TIME
75 minutes - €120
50 minutes / half body- €80

NEOM TOP TO TOE ORGANIC INDULGENCE

Indulge in this truly luxurious and totally organic top to toe massage. NEOM luxury organic body products are packed full of essential oils, vitamins, minerals, EFA's and anti oxidants providing serious skin nourishment plus incredibly precious micronized sapphires known for their powerful calming and harmonizing benefits linked to beautiful skin, hair & nails.

This deeply nourishing and relaxing signature treatment will be sure to leave your mind and body completely relaxed and your skin, silky smooth and deeply hydrated.

The treatment begins with a lifestyle consultation whilst your therapist exfoliates and bathes the feet in a foot bath filled with beautiful crystals. Full body polish follows to invigorate and smooth the skin before moving onto the main part of the treatment - a luxurious full body massage, combining many key holistic treatments: Reflexology, Thai and Swedish massage, Aromatherapy, Crystal Therapy and Relaxation techniques.

This treatment is perfect for massage lovers – and will not only convert you to the incredible benefits of organic body care, but it will take you on a magical journey that you won't forget.

TREATMENT TIME
120 minutes - €225

TERMS & CONDITIONS

SPA TIMES

We are open from 8am to 8pm daily.

TREATMENTS

To ensure efficiency for all guests we would ask for you to arrive 15 minutes prior to the treatment. Credit card details will be asked for when making your appointment.

COMFORT

For your comfort and convenience, towels, slippers and bathrobes are provided. We will be asking all our clients to change into robes and slippers prior to the treatment.

CHILDREN

Please be advised, for safety reasons, children under 18 are not permitted to use the spa.

NOISE LEVEL

In order to maintain the serene and relaxing environment within the Spa, we ask that noise be kept to a minimum and mobile phones be switched off.

CANCELLATION

For those who wish to cancel their appointment we advise that 48 hours notice should be given in order not to incur any charge. There will be a 50% charge if cancellation is within 48 hours of treatment and 100% charge if within 24 hours of treatment.

HEALTH

If you have any condition that you feel may prohibit you from using our facilities please consult your GP prior to your visit. Alternatively please ask at our Spa reception for advice.



SEAFIELD
GOLF & SPA HOTEL



SEAFIELD
GOLF CLUB



SEAFIELD
PROPERTY