



o c e o

S P A

TREATMENT LIST

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OCEO SPA IS AN ADULT ONLY DESTINATION



PAYOT LUXURY FACIAL TREATMENTS

MORE THAN A TREATMENT, PAYOT THERAPISTS CREATE A SPECIAL EVENT ESPECIALLY FOR YOU.

UNIQUE BEAUTY RITUALS THAT COMBINE SCIENTIFIC EXPERTISE AND PLEASURE OF THE SENSES, TO OFFER EFFECTIVENESS, LUXURY AND TOTAL WELL-BEING.

AT THE HEART OF THE BEAUTY CARE TREATMENTS, A UNIQUE MASSAGE - THE 42 STEP FACIAL MASSAGE - WHICH ELIMINATES TOXINS AND ACTIVATES THE SKIN'S MICROCIRCULATION.

A CHOREOGRAPHY UNFOLDS IN A METICULOUS COMBINATION OF MOVEMENTS THAT OFFER YOU INSTANT, VISIBLE RESULTS.

LET YOURSELF GO AND ENJOY THIS EXPERIENCE COMPOSED OF DELICIOUS, SENSUAL TEXTURES APPLIED WITH PRECISION. AN EXTRAORDINARY SENSORIAL DISCOVERY. THIS SPECIFIC SERIES OF MOVEMENTS DEVELOPED BY DR. NADIA PAYOT HAS BECOME A TRUE ART, HANDED DOWN AMONG PAYOT BEAUTY THERAPISTS FOR GENERATIONS.

HYDRA EXPÉRIENCE

HYDRATION FACIAL FOR ALL SKIN TYPES

A "fresh-hydrating" mask with cornflower petals is applied to the entire face, neck and décolleté to stimulate all the senses and thoroughly restore the skin's hydration. A unique moment for a complexion that radiates beauty.

TREATMENT TIME

60 minutes - €100

MY PAYOT EXPÉRIENCE

RADIANCE FACIAL

A unique and delicious facial: a protocol containing a new peel-off mask, for a moment of well-being and an immediate enhanced beauty. An energising care, thanks to the superfruits power. The skin is illuminated and recovers softness and radiance for an immediate healthy look.

TREATMENT TIME

60 minutes - €100

SOLUTION ULTRA LIFT

MATURE SKIN FACIAL

An anti-aging care to treat the lack of firmness and elasticity and remodel the face. The combination of an innovative biomatrix formulated on a base of purified seaweed and a firming and regenerating serum to firm and plump the skin.

TREATMENT TIME

75 minutes - €125

SOLUTION TECHNI LISS

REJUVENATING FACIAL

An immediate “new skin” effect thanks to an AHA peeling treatment that smoothes deep wrinkles and fine lines.

After the 42-movement massage, the rebalancing mask restores the skin’s pH for amazing rejuvenation.

TREATMENT TIME

75 minutes - €125

SENSI SOLUTION

Well-being, comfort and softness restored. The beauty solution for easing discomfort and reinforcing the skin’s resistance with carefully chosen ingredients, rice bran oil and allantoin, a selection of tailored textures envelop you in a bubble of softness and sensual pleasure. A pure moment of well-being.

TREATMENT TIME

60 minutes - €100

PURI SOLUTIONA

A purifying, deep pore, balancing treatment for combination or oily skin, combining a heating scrub with a peel-off mask to perfectly purify the skin and leave it radiant.

TREATMENT TIME

60 minutes - €100

ELEMIS BIOTEC FACIAL

Delivering immediate, visible and longer-lasting results
Discover how our professional high potency actives, Elemis' unique Skin lift touch and the science of 5 in 1 advanced technology work in perfect synergy with the skin's natural bio-electric field.

TREATMENT TIME
60 minutes - €100

| | MICRO FIRM- A-LIFT FACIAL | TRIPLE- TEC ANTI- WRINKLE FACIAL | SONIC SKIN- RADIANCE FACIAL | SONIC SKIN- RESURFACING FACIAL | L.E.D BLEMISH CONTROL FACIAL | O2 SENSITIVE SKIN SOOTHING FACIAL | SUPER-CHARGE FACIAL FOR MEN |
|---------------------------|------------------------------|-------------------------------------|--------------------------------|-----------------------------------|---------------------------------|--------------------------------------|--------------------------------|
| FIRMING | • | | | | | | |
| LINES AND WRINKLES | | • | | • | | • | • |
| DULL AND TIRED | • | • | • | • | • | • | • |
| DRYNESS | • | • | | | | • | • |
| DEHYDRATION | • | • | • | • | • | • | • |
| CONGESTION | | | | • | • | | • |
| BLEMISH-PRONE AND OILY | | | | • | • | | • |
| SENSITIVITY | | | • | | • | • | • |
| UNEVEN SKIN TONE | | | • | • | | | |
| SUN DAMAGE | • | • | | • | | | |
| PIGMENTATION | | | | • | | | |
| SCARRING | • | • | | • | • | | |
| PUFFY EYES | | • | • | | | • | |
| DARK CIRCLES | | | • | | | | • |

SOLUTION PEAU NETTE

Express Facial 45 mins

Radiance treatment to rid skin of impurities and revive it's beauty.

TREATMENT TIME
45 minutes - €69

CACI – ULTIMATE EYE LIFT

Ideal for lifting tired and puffy eyes whilst smoothing the eye contour, this treatment involves a cleanse, tone and enzyme based exfoliation of the face and neck area.

TREATMENT TIME

45 minutes - €48

CACI – NON SURGICAL FACE LIFT

The caci ultra is the ultimate facial treatment system combining the lifting and toning functions of the award winning non surgical face lift system. It incorporates micro current, ultrasound, high frequency and 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 and wrinkles and improves facial toning.

TREATMENT TIME

90 minutes - €125

Course of 6 treatments - €630

BODY TREATMENTS

FACE AND BODY SENSATION

The perfect duo when time is of the essence. A sensational Hot Stone Back Massage, combined with an Anti-Ageing Booster Facial. Choose from the Re-Energiser, Ice-Cool Thermal Massage, or the Tranquillity Thermal-Soothing Massage, whilst your facial helps smooth wrinkles and restore youthful radiance.

TREATMENT TIME

55 minutes - €109

BEAUTIFUL BACK RITUAL

This super-relaxing treatment combines massage with deep cleansing and polishing to ensure your back is always perfectly presentable.

After a purifying exfoliation with our Marine Crystals and Gemstone Balm rich in clarifying Copper, any blackheads and blemishes are extracted without irritation due to the application of a super-healing preparation.

A deeply relaxing massage with a blend of essential oils is followed with a warm, deep cleansing and softening Green Clay Mask rich in essential minerals to absorb any remaining impurities as you completely unwind. Your mind is relieved of any stress and your back is prepared for any occasion.

TREATMENT TIME

45 minutes - €59

ENERGY BOOSTING AND MUSCLEASE

HOT MINERAL BODY BOOST

A powerful treatment to stimulate every cell in the body, helping alleviate muscular pain and remove toxins. This is a revolutionary, mineraly-charged experience of skin conditioning, metabolic balancing and energising wellness.

TREATMENT TIME

60 minutes - €90

SCRUBS

INTENSELY CLEANSING SALT SCRUB -

LIME AND GINGER OR FRANGIPANI

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

TREATMENT TIME

30 minutes - €65

DETOX AND CELLULITE

THOUSAND FLOWER DETOX WRAP

This nutrient-rich detox wrap uses the deeply nourishing Green Tea Balm to encourage super skin health and powerful detoxification. It helps stimulate the elimination process and restore equilibrium to leave you feeling completely reinvigorated.

TREATMENT TIME

60 minutes - €90

TARGETED TONING TIGHTENER

A powerful blend of massage and detoxifying clay for targeted toning and tightening on hips, thighs, abdomen and backs of arms. Clinically proven to reduce the appearance of cellulite after just one treatment. Independent Clinical Trials..

TREATMENT TIME

90 minutes - €100

SPECIALISED MEN'S TREATMENTS

EXECUTIVE MANICURE

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

HOLISTIC BODY TREATMENTS

REFLEXOLOGY

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

TREATMENT TIME
50 minutes - €79

INDIAN HEAD MASSAGE

A facial pressure point and 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 - €69

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 and over-all well being.

TREATMENT TIME
55 minutes - €75

PREGNANCY TREATMENTS

PLEASE BE ADVISED THAT OUR PREGNANCY TREATMENTS ARE AVAILABLE TO EXPECTANT MOTHERS WHO ARE 12 WEEKS PREGNANT OR MORE.

BASQ IN THE MOMENT PREGNANCY MASSAGE

A customised full body massage using safe pre-natal techniques. To help relax, reduce fatigue, release tension, aches, pains, swelling all associated with pregnancy. This massage will help increase circulation and benefit mum to be.

TREATMENT TIME

75 minutes - €95

BASQ BABY BUMP TREATMENT

This treatment is designed to reinforce the skin with deep hydration and a mega dose of nourishment that targets scars and marks also helping with the tone and elasticity of the bump. To begin the skin is exfoliated through dry brushing and application of basq Lavender Perfect Scrub. Next the tummy is treated to a layering of our wondering stretch mark oils and butter which work to replenish deep down while soothing itchy skin. While these absorb the lower legs are treated to a massage to assist with circulation and reduce any swelling and heaviness in the legs.

TREATMENT TIME

45 minutes - €60

BASQ HEAD TO TOE EXPERIENCE

A complete head to toe spa experience to include; head, bump and lower legs. To begin, melt the stresses away with a relaxing head, neck & shoulder massage to release tension. Following this, is a treat for the bump, where gentle dry brushing increases circulation and exfoliation follows to remove dead dull cells to improve the tone and elasticity of the skin. Next our Basq Resilient Body Oil and Basq Mega Moisture Butter are applied to treat the skin to prevent stretch marks. While the cream absorbs and takes affect you are treated to a lower leg exfoliation and foot massage to reduce swelling and stimulate circulation.

TREATMENT TIME

90 minutes - €120

BASQ SKIN BOOSTING BODY EXFOLIATION

Relax and breathe deep; inhale the calming benefits of Lavender in this completely balancing and rejuvenating spa experience. Using our basq Perfecting Lavender Sugar Scrub as our secret weapon for damage repair and smooth youthful skin. An instant fix for dry, itchy and stretched skin. Exfoliation is the absolute best way to fuel skin renewal and push damage up and out. As you polish, thirsty skin pulls in nutrients. Following this is a pampering application of Basq Mega Moisture Butter to nourish the skin with the powerful omega oils.

TREATMENT TIME

75 minutes - €95

BASQ TIRED LEGS SOOTHER

An exfoliating lower leg and foot massage to improve circulation and improve any swelling and heaviness in the legs associated with pregnancy. Whilst the legs are wrapped you are treated to a relaxing scalp massage. It's a wonderful treatment for giving your mind and body a rest.

TREATMENT TIME

30 minutes - €45

BASQ ...GRAB A FEW MOMENTS TO CARE FOR YOURSELF AND ENJOY!

PLEASE NOTE ALL PAYOT FACIALS, MANICURES AND PEDICURES ARE SUITABLE DURING PREGNANCY

FOR THE PERFECT MANICURE...

2 WEEK NAIL PAINT

TREATMENT TIME
30 minutes - €35

CUSTOM MANICURE

The ultimate speedy treat for the 'best dressed hands and nails'. The Custom Manicure is a 'celebrity' manicure for those who want a little luxury when time is of the essence.

TREATMENT TIME
30 minutes - €30

IMMACULATE MANICURE

This treatment provides the ultimate in luxury and glamour for hands that deserve only the best. This complete treatment exfoliates, nourishes and protects your hands and nails against the daily wear and tear of busy lifestyles, whilst helping to improve the signs of premature ageing.

The advanced, high performance nail polish provides a long lasting, chip-resistant manicure for even the most hardworking of hands.

TREATMENT TIME
60 minutes - €65

IMMACULATE MANICURE

This is the last word in conditioning, restorative, anti-ageing hand treatments. Targets age spots and dryness.

TREATMENT TIME
30 minutes - €40

...AND PEDICURE

2 WEEK NAIL PAINT

TREATMENT TIME
30 minutes - €35

CUSTOM PEDICURE

A speedy treat for those hard working feet! Revive tired looking feet and toes with Custom Pedicure, designed to make the best of your feet when time is of the essence.

TREATMENT TIME
45 minutes - €65

PRISTINE PEDICURE

This pedicure service will leave you feeling 'Like walking on air'. Hard working feet need special care when it comes to keeping them looking and feeling fabulous. This luxury treatment is fantastic for even the most neglected feet - they'll be transformed and reinvigorated.

The wonderful restorative benefits of this pedicure are completed with our advanced, high performance nail polish that provides a long lasting, chip resistant colour finish for your toes.

TREATMENT TIME
75 minutes - €79

BEST FOOT FORWARD

Take a load off with this foot-focused tension releaser. Lower legs and feet are thoroughly exfoliated, bathed and massaged. Feet are left nourished, soft and smooth.

TREATMENT TIME
30 minutes - €40

LADIES DON'T FORGET YOUR FLIP FLOPS!

MASSAGE TREATMENTS

NEOM WELLBEING TREATMENTS

100% Natural Fragrances for the Mind & Body .

Four Unique Treatments...

SLEEP

Nothing affects how you look or feel as much as sleep or lack of it.

Enter a room, deeply scented with Neom's extraordinary blend of 19, first pressed essential oils blended with one purpose: to induce deep sleep. This treatment begins with peaceful relaxation, reflexology and breathing techniques.

Throughout, we drizzle Neom's Intensive Skin Treatment Candle oil over the skin, and massage every inch of the body, including key stress relieving points of head, face, neck and back. We harness the very best techniques of Shiatsu, Cranio and Thai massage and trigger point work.

Prepare to be lost in a blissful state, ready for deep night's sleep.

TREATMENT TIME

60 minutes - €95

DE-STRESS

By 2020 the top 4 diseases will be stress related.

Neom's complex blend of 24 first pressed essential oils creates a de-stressing environment the moment you enter the room, this treatment begins with peaceful relaxation, reflexology and breathing techniques

Throughout, we drizzle Neom's Intensive Skin Treatment Candle oil over the skin, and provide specialist massage to key stress relieving points of head, face, neck and back. We harness the very best techniques of Shiatsu, Cranio and Thai massage and trigger point work.

This treatment allows tension to drift away and for a calm new-you to be uncovered.

TREATMENT TIME

60 minutes - €95

BOOST YOUR ENERGY

Energy is the single most powerful fuel to accomplish anything in life.

Using changes in temperature, speed-of-touch and different textures. This treatment begins with peaceful relaxation, reflexology and breathing techniques.

Your skin will be buffed head-to-toe, left feeling amazingly uplifted and ready to be fully enveloped in Neom's energising cream clay wrap where the stimulating essential oils of rosemary, lemon and grapefruit penetrate the skin and allow for detoxification.

Whilst you're wrapped you'll experience a 20 minute face and scalp pressure point massage plus specialist reflexology techniques.

Your body's immune system will be stimulated, the lymphatic system detoxified, leaving you feeling recharged and fully revived.

TREATMENT TIME
60 minutes - €95

LIFT YOUR MOOD

Over 160 studies tell us that happy people are healthier.

Surrounded with the most complex blend of 7 of the most potent first pressed oils. This treatment begins with peaceful relaxation, reflexology and breathing techniques all designed to really lift your mood.

Your skin will be buffed head-to-toe with the Neom Body Scrub, with its potently invigorating oils of wild mint and mandarin, and by applying purposeful techniques of Shiatsu, Cranio and Thai massage and trigger point touch to the back, shoulder, face and scalp we work to decrease stress levels and release endorphins, leaving you feeling relaxed and happier.

This purposeful combination of thoughtful touches will lift your spirits and leave you feeling like the best version of you.

TREATMENT TIME
60 minutes - €95

PERSONALISED FULL BODY SWEDISH MASSAGE

TREATMENT TIME

55 minutes - €85

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 / Full Body -€125

FREESTYLE DEEP TISSUE MASSAGE

Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation.

TREATMENT TIME

60 minutes - €105

30 minutes - €59

ULTIMATE TENSION RELEASE

Back, neck, shoulder and scalp massage.

TREATMENT TIME

45 minutes - €69

STRESS BUSTER

Back neck and shoulder massage..

TREATMENT TIME

25 minutes - €49

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 - €45

RASUL EXPERIENCE

THE TREATMENT

The rasul (or Rhassoul) is a traditional Arabian bathing ritual involving steam and mud. Guests cleanse and exfoliate skin, and then apply thick, hand-harvested rasul mud in a steam environment. After the rasul mud is left on the skin for up to 20 minutes it is rinsed off, leaving skin feeling softer.

THE MUDS

Rasul muds contain finely ground minerals that are good for the skin, including:

- Mica. Improves the feel of skin.
- Bentonite. An excellent detox aid.
- Silica. Moisturises and aids skin regeneration

THE BENEFITS

Rasuls rejuvenate and soften the skin, helping remove impurities and draw out toxins.

Because they also help soothe and warm muscles, rasuls make a great treatment for priming the body before a massage, and are also excellent post-workout.

They have therapeutic properties for the mind too, leaving guests feeling simultaneously relaxed and invigorated. Rasuls are ideal for couples and groups, and empower guests to embrace their own wellness by giving them an active part in their treatment. Muds come in wet and dry formulations. The white dry mud is perfect for allowing guests to choose their own fragrance for the mud.

RASUL EXPERIENCE

FORBIDDEN FRUIT

TREATMENT TIME

45 minutes - €75

Enjoy a personalised Rasul experience by choosing one of our five rasul mud blending oils. Empower yourself to feel more connected with your treatment and self-care.

Five evocative fragrances that will make your rasul a sensorial sensation.

CHOOSE FROM ONE OF THE FOLLOWING:

APHRODISIAC

Decadent chocolate aroma to indulge and luxuriate.

PEACE KEEPER

Soothing lavender aroma to calm and relax body and mind.

MOOD BOOSTER

Fresh, zingy aroma to invigorate and revive.

SPIRIT RAISER

Uplifting fruity aroma to help boost.

KEEP IT CLEAN

Clean floral aroma to restore and nourish.

THE JOURNEY STARTS:

CHOOSE THE FRAGRANCE

CLEANSE:

Fig & Vanilla Body Wash

EXFOLIATE:

Yuzu, Pink Beets & Watermelon Body Scrub

RASUL:

White, fragranced mud

CLEANSE:

Rinse away all mud residue, Fig & Vanilla Body Wash

MOISTURISE:

Fig & Vanilla Body Lotion

ADDITIONAL ADD-ONS:

Hair & Face Mask €10.00

ADDITIONAL TREATMENTS

SPRAY TANNING

Full Body Tan - €30

We recommend loose clothing & flip flops for comfort after tanning.

MAKE UP APPLICATION - €30

WAXING

(Patch test required 24hr prior to waxing)

Californian (Ultra Tidy) - €25

Brazilian (Landing Strip) - €35

Hollywood (All Gone) - €45

Full Leg - €32

Half Leg - €20

Bikini Wax - €18

Full Leg & Bikini - €40

Under Arm Wax - €14

Eyebrow Wax - €12

Lip & Chin Wax - €14

GROOMING

(Patch test required 24hr prior to tinting)

Eyebrow Tint - €10

Eyebrow Shape - €10

Eyebrow Tint & Shape - €18

Eyelash Tint - €15

THE HAIR BOUTIQUE

BLOW DRY

Short Blow Dry

Long Blow Dry

Curly Blow Dry

€25

STYLING BAR

Upstyle - €45

Wand, GHD & Barrel Curls - €25

ADDITIONAL OCEO SPA INFORMATION

OCEO SPA GIFT VOUCHERS

Gift Vouchers are available for all treatments and products and are an ideal present for someone special.

SPA TIMES

We are open from 8am to 8pm daily. Oceo Spa is complimentary to residents of the Hotel between the hours of 3pm on the day of check in and 12 noon on the day of check out.

TREATMENT POLICY

To ensure efficiency for all guests we would ask for you to arrive at least 15 minutes prior to your treatment start time. Credit card details will be asked for when making your appointment. Please understand that your late arrival may result in a reduction of treatments time as a courtesy to our next client.

COMFORT

For your comfort and convenience, slippers and bathrobes are provided to residents in their rooms and we ask that you change into these prior to arriving at the spa. Comfort robes will be provided to non-residents. Oceo Spa Thermal Suite guests are required to wear flip flops. Guests may bring their own or they may be purchased at Oceo Spa Reception, at a cost of €2.50 per pair.

CHILDREN

Please be advised for safety reasons, children under 18 are not permitted to use the Gym and Children under 16 are not permitted to use the Thermal Suite Areas. Children between the ages of 16-18 years must be accompanied by an adult in the Thermal Suite Areas at all times.

Proof of age will be requested for guests 16-18 years.

NOISE LEVEL

In order to maintain the serene and relaxing environment within the Spa, we ask that noise be kept to a minimum. Mobile phones are not permitted in Oceo Spa.

CANCELLATION

There will be a 50% charge if cancellation is within 48 hours of treatment and 100% charge if within 24 hours of treatment.

PRE & POST PREGNANCY

We have specially designed treatments for expectant and nursing mothers; please contact our spa reception for more information. If you have undergone a c section in the previous 6 months it will not be possible to have any massage or body treatments.

PERSONAL BELONGINGS

Lockers are provided for the safety of your personal belongings. Please remove all jewellery before entering the spa.

HEALTH

If you have any condition that you feel may prohibit you from using our facilities please consult your GP prior to your visit. A medical note may be needed in order for us to perform some treatments. Surgery received within 6 months prior to the date of appointment may limit your choice of treatments available.

Please ask our Spa Reception Team for advice on booking, to avoid disappointment on arrival.

THERMAL SUITE CHARGES FOR NON HOTEL RESIDENTS (4 HOURS)

€25 Monday - Friday

€35 Saturday and Sunday

COURTYARD SUITE RESIDENTS

Please note a €10.00 charge per person per visit is applicable for guests from our Courtyard Suites when visiting our Oceo Spa Thermal Suite, payable at Spa Reception before your Spa Visit.

DAY GUESTS

Please note day guests having treatments must be spending €100 per person to use the pool areas. If having treatments under this amount then Thermal Suite Charges will apply.

YOUR NEXT APPOINTMENT

DATE

TIME



SEAFIELD
HOTEL & SPA RESORT



SEAFIELD
PROPERTY

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