



O C E O

S P A

TREATMENT LIST

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OCEOSPA@SEAFIELDHOTEL.COM

## **PAYOT LUXURY FACIAL TREATMENTS**

### **THE SUPREME EXPERTISE**

#### **YOUTH AND LIGHT FOR MATURE SKIN**

An anti-ageing, precious regenerating treatment with exfoliating pearls and Criste Marine Extract. The crystal mask with Hyaluronic Acid, Sea Buckthorn and Brown Algae Extract plumps the skin, smooths wrinkles and improves skin firmness. The rose quartz gua sha helps to sculpt and lift the skin while draining and stimulating blood circulation.

#### **TREATMENT TIME**

60 minutes - €140

### **THE LISSE EXPERTISE**

#### **FINESSE AND CORRECTION FOR THE FIRST SIGNS OF AGEING**

An immediate “new skin” effect thanks to an AHA peeling treatment that smooths deep wrinkles and fine lines. After the 42-movement massage, the rebalancing mask with Hyaluronic Acid and Blue Chaste Tree Extract, restores the skin’s pH for amazing rejuvenation. The rose quartz gua sha firms and sculpts the face.

#### **TREATMENT TIME**

60 minutes - €140

### **THE SOURCE EXPERTISE**

#### **FRESHNESS AND HYDRATION FOR ALL SKIN TYPES**

A fresh hydrating mask with Aloe Vera, Hyaluronic Acid and Marine Collagen is applied to the entire face and neck to stimulate all the senses and thoroughly restore the skin’s hydration. The cryospheres massage activates lymphatic circulation to smooth and refresh the features. A unique moment for a complexion that radiates beauty.

#### **TREATMENT TIME**

60 minutes - €120

### **THE MY PAYOT EXPERTISE**

#### **RADIANCE AND VITALITY FOR TIRED SKIN**

A unique vitamin-enriched illuminating facial: a protocol containing a new peel-off mask with goji and acai berries. The revitalising roller boosts blood and lymph circulation. The skin is illuminated and recovers softness and radiance for an immediate healthy look.

#### **TREATMENT TIME**

60 minutes - €120

THE PATE GRISE EXPERTISE  
PURITY AND MATTE FINISH FOR COMBINATION SKIN

A purifying, deep pore, balancing treatment with Chilean Mint and Zinc Extract 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 - €120

**THE SPECIAL MOMENTS ADD-ONS**

OPTIONS THAT CAN BE COMBINED WITH ANY OTHER TREATMENT AS DESIRED:

Fatigue-Relieving Eye Treatment; restoring youth and radiance to the delicate eye area, with massage and stimulating eye patches.

TREATMENT TIME  
15 minutes - €20

Quartz Roller Face Sculpting Treatment; relaxing features and releasing muscular tension to reveal smooth, radiant skin.

TREATMENT TIME  
15 minutes - €20

Soothing Hand Treatment; high performance treatment designed to restore beauty and softness to the hands, with exfoliation, mask and massage.

TREATMENT TIME  
15 minutes - €20

Comforting Foot Treatment; gentle treatment celebrating absolute relaxation for tired feet and heavy legs, with exfoliation, mask and massage.

TREATMENT TIME  
15 minutes - €20

## 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 - €130

## 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 - €130

Course of 6 treatments - €650

## **MASSAGE TREATMENTS**

### **OTO CBD INFUSED MASSAGE TREATMENTS**

CBD has many therapeutic properties in a massage achieving muscular relaxation. With the aim to balance homeostasis and ensure the body's response to stress is well managed.

OTO delivers the world's first sensory CBD-infused massage experiences that contain pure CBD isolate in the most luxurious massage oils to delivery muscular relaxation quickly, and sound therapy to alter your state of consciousness, with the aim to balance homeostasis, promote relaxation and manage stress.

#### **OTO SLEEP SOUNDLY TREATMENT**

Combining the OTO signature sleep scent of mandarin and ylang ylang with high levels of CBD, the sleep soundly whole-body massage experience helps reduce inflammation in the soft tissues. Warmed Himalayan salt stones harness the parasympathetic nervous system- responsible for recovery and stress reduction whilst live sound helps identify imbalances in the bodies energy system, releasing emotional heaviness.

This treatment will renew the entire system holistically and encourage a full circadian rhythm reset. The use of Himalaya salt stones not only brings warmth but can improve sleep. When heated, the negatively charged ions and multiple minerals have the ability to combat the toxic effect of free radicals in the cell.

Throughout the treatment you will be immersed in a unique soundscape designed to step down the binaural frequencies.

#### **TREATMENT TIME**

90 minutes - €225

60 minutes - €150

#### **OTO CBD BALANCE TREATMENT**

Rejuvenating and Restorative

The Beauty of balance is the aim with this full body experience. Take a breath, inhale, and reset into this grounding experience.

Combining the art of crystal with the use of Rose Quartz, which has deep inner healing properties

This sensory journey will leave you more focused and grounded.

#### **TREATMENT TIME**

90 minutes - €150

#### OTO CBD FOCUS TREATMENT

Clarify, Fortify and Energise

This full body massage will nourish your body, revive your senses, and bring you back into the “present”

The warming scent of ginger has anti-inflammatory properties and can be soothing on digestive upset. Black pepper helps to boost the body’s natural defences and ease aching muscles.

Frankincense with comforting properties can help calm a busy mind, reduces the feelings of anxiety, and improve your concentration levels.

Combining the art of crystal with the use of aventurine, which has harmonising properties.

This ultimate sensory journey will leave you feeling less overwrought and more composed.

#### TREATMENT TIME

90 minutes - €150

#### OTO CBD AMPLIFY

Clear the mind, cleanse the spirit

Designed to relieve muscular tension and work on the deep levels of the muscle, an oil infused with Bitter Orange, Grapefruit and Juniper Berry coupled with a handcrafted bamboo roller delivers this.

Combining the art of crystal with the use of red jasper, which has strong grounding energies.

This sensory journey will leave you feeling less lethargic and more energised.

#### TREATMENT TIME

90 minutes - €150

#### **Please note:**

**OTO Treatments are not suitable for those under 18, those who are pregnant, breastfeeding, undergoing cancer treatment or those suffering from high blood pressure or currently taking liver medication.**

## **BODY TREATMENTS**

### **FACE AND BODY BLISS**

The perfect duo leaving you feeling restored from head to toe.

Choose from our 25 minute deeply relaxing back massage or hot stone back massage combined with the Payot Method, a deep cleansing facial treatment designed to give maximum results in minimum time.

#### **TREATMENT TIME**

60 minutes - €150

### **RENEW AND GLOW**

An intensely cleansing full body salt scrub and facial. Fragranced salt will gently exfoliate 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. Followed by the Payot Method, deep cleansing facial designed to give maximum results in minimum time.

#### **TREATMENT TIME**

60 minutes - €150

### **BEAUTIFUL BACK RITUAL**

This super relaxing treatment combines massage with deep cleansing and polishing to ensure your back is always perfectly presentable. A deeply relaxing cleanse, with a blend of essential oils is followed with a warm, purifying pistachio scrub. The deep cleansing D'tox mask absorbs any remaining impurities as you completely unwind with a back of leg massage. Your mind is relieved of any stress and your back is prepared for any occasion.

#### **TREATMENT TIME**

45 minutes - €75

### **PRECIOUS FOOT RITUAL**

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

#### **TREATMENT TIME**

45 minutes - €85

## **NEOM WELLBEING TREATMENTS**

100% Natural Fragrances for the Mind & Body

### **DE-STRESS**

From 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 - €125

### **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 - €145

### **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 - €130

### **PERSONALISED FULL BODY SWEDISH MASSAGE**

#### **TREATMENT TIME**

55 minutes - €110



## **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 - €95

### **REVIVING SCALP 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 wellbeing.

#### **TREATMENT TIME**

45 minutes - €85

### **HOPÍ 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 wellbeing.

#### **TREATMENT TIME**

55 minutes - €85

## **PREGNANCY TREATMENTS**

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

### **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 - €130

### **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 an application of Basq Perfecting Sugar Scrub. Next the tummy is treated to a layering of our wonderful 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 - €80

### **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 exfoliation increases circulation and removes 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 - €150

## **PREGNANCY TREATMENTS**

### **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 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 - €100

### **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 or hand and arm massage. It's a wonderful treatment for giving your mind and body a rest.

#### **TREATMENT TIME**

45 minutes - €85

## **PEDICURE**

### **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 - €85

### **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. Nail paint included.

#### **TREATMENT TIME**

45 minutes - €70

### **GELISH PEDICURE**

45 minute - €35

### **GELISH SOAK OFF**

15 minutes - €10

## **MANICURE**

### **IMMACULATE MANICURE**

This treatment provides the ultimate in luxury and glamour for hands that deserve only the best.

This treatment exfoliates, nourishes, and protects your hands and nails against the daily wear and tear of busy lifestyles, whilst helping improve the signs of premature aging.

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

#### **TREATMENT TIME**

60 minutes - €65

### **GELISH MANICURE**

45 minute - €35

### **GELISH SOAK OFF**

15 Minutes - €10

## **ADDITIONAL TREATMENTS**

### **SPRAY TANNING**

Full Body Tan - €30

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

### **WAXING**

(Patch test required 24hr prior to waxing)

Californian (Ultra Tidy) - €35

Brazilian (Landing Strip) - €45

Hollywood (All Gone) - €55

Full Leg - €40

Half Leg - €25

Bikini Wax - €25

Full Leg & Bikini - €55

Under Arm Wax - €20

## **RASUL EXPERIENCE**

Empower yourself to feel more connected with your treatment and self-care.

### **TREATMENT TIME**

45 minutes - €75

### **OUR RASUL JOURNEY INCLUDES**

CLEANSE: Rituals Sweet Orange & Cedarwood Body Wash

EXFOLIATE: Lime and Ginger Salt Body Scrub

RASUL: White, fragranced mud

CLEANSE: Rinse away all mud residue, Rituals Sweet Orange & Cedarwood Body Wash

MOISTURISE: Rituals Sweet Orange & Cedarwood Body Lotion

### **ADDITIONAL ADD-ONS:**

Use of private jacuzzi & Prosecco for two €50.00

## 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. Our Seafield card vouchers can be used throughout the Resort.

### OCEO SPA THERMAL SUITE TIMES

Oceo Spa is open from 8am to 8.30pm. Oceo Spa Thermal Suite access is complimentary for hotel residents from their check in time (3.00pm Monday – Saturday/ 4.00pm Sunday) until 12 noon on the day of departure.

Please be advised that visits to the Thermal Suite and Gym must be pre-booked in advance of your stay. Please note, should you wish to book both Thermal Suite and Gym, we kindly ask that both are booked separately with us. Guests of the hotel may book a 2-hour visit to the Thermal Suite/ Gym on each day of their stay. The available time slot is subject to availability.

For your own comfort and safety, we request that visitors to the Thermal Suite wear flip flops at all times. You may provide your own, alternatively they may be purchased at Oceo Spa Reception, price €2.50 a pair.

Please note that Oceo Spa Thermal Suite and Gym are an adult only facility (guests over 16 years only)

PLEASE BE ADVISED THAT THE USE OF ALL MOBILE PHONES OR TABLETS ARE STRICTLY PROHIBITED.

To book your visit to the Thermal Suite or Gym, please email us at [oceospa@seafieldhotel.com](mailto:oceospa@seafieldhotel.com) or call us on 053 94 85120.

### COURTYARD SUITE RESIDENTS

Guests staying in our Courtyard Suites may avail of a special reduced rate of €20.00 per person, per 2 hours visit to the Thermal Suite and Gym.

For all other information, please refer to "OCEO SPA THERMAL SUITE TIMES FOR HOTEL GUESTS"

### THERMAL SUITE CHARGES FOR NON-RESIDENTS

A charge of €40.00 per person applies per 2-hour visit to Oceo Spa Thermal Suite and Gym.

Please be advised that it is essential to pre-book your 2 -hour visit to the Thermal Suite and Gym. For your own comfort and safety, we request that visitors to the Thermal Suite wear flip flops at all times. You may provide your own, alternatively they may be purchased at Oceo Spa Reception, price €2.50 a pair.

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#### THERMAL SUITE CHARGES FOR NON-RESIDENTS BOOKING SPA TREATMENTS

Where treatments of at least 1 hour duration are booked, complimentary use of the Thermal Suite and Gym is included, and this must be booked in advance of your visit.

For your own comfort and safety, we request that visitors to the Thermal Suite wear flip flops at all times. You may provide your own, alternatively they may be purchased at Oceo Spa Reception, price €2.50 a pair.

Please note that Oceo Spa Thermal Suite and Gym are an adult only facility (guests over 16 years only)

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#### 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 required 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, bathrobes are provided to residents in their rooms and we ask that you change into these prior to arriving at the spa. For your own comfort and safety, we request that visitors to the Thermal Suite wear flip flops at all times. You may provide your own, alternatively they may be purchased at Oceo Spa Reception, price €2.50 a pair.

#### CHILDREN

Please be advised children under 18 are not permitted to use the Gym. 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

To maintain the serene and relaxing environment within the Spa, we ask that noise be kept to a minimum.

PLEASE BE ADVISED THAT THE USE OF ALL MOBILE PHONES OR TABLETS ARE STRICTLY PROHIBITED.

#### 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 required 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.