

## FACIALS

### Sublime Skin

*Anti-ageing lifting treatment.* Improves the appearance of expression lines and restores skin tone and radiance to the face.  
**60 min | €90**

### Active Pureness

*Purifying and rebalancing treatment.* Deep cleanses leaving the skin luminous, fresh and toned. Ideal for both oily/impure skins & those more delicate.  
**60 min | €80**

### Recover Touch

*Anti-oxidant vitamin treatment.* Neutralises free radicals and nourishes the tissues whilst calming and moisturising. Refreshes the skin.  
**50 min | €70**

### Hydramemory

*Deep hydrating treatment.* A deeply hydrating treatment for the face, neck and décolleté. Restores tone and luminosity to the skin and balances the hydro-lipid system of the epidermis which contributes to prolonging youthful skin.  
**50 min | €70**

## HAND & FOOT THERAPY

### Essential Hand Therapy

An intensive hand treatment including a fragrant hand bath, gentle exfoliation, hydrating hand mask with hot compresses and therapeutic hand and arm massage.  
**60 min including full manicure, file & polish | €45**

### Essential Foot Therapy

*Intensive foot treatment.* This treatment includes a fragrant foot bath, invigorating exfoliation, healing foot mask with hot compresses, nourishing lower leg foot massage.  
**60 min includes complete pedicure | €50**

**Hand File & Polish**  
**Toe File & Polish**

**30 min | €20**  
**30 min | €20**

## IMPORTANT SPA INFORMATION

We recommend that you pre-book your treatments.

Please advise us of any health conditions or if you are pregnant as this may affect your spa treatment options.

Please arrive at the Waiting Area five minutes before your scheduled appointment.

Children of guests staying on site will have access to the indoor pool all day.  
Credit card details are required to secure treatment bookings in excess of €250.

Please provide 24hours notice in the event of cancellation or full payment will be taken.

Please see the Belmar Spa Guest Information sheet for more details of our spa rules.

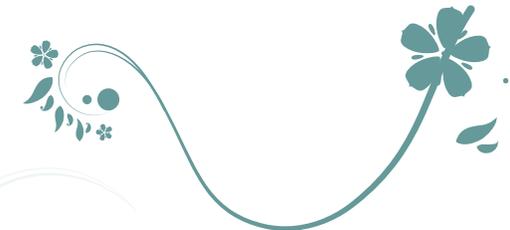
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**BELMAR**  
SPA & FITNESS



## SPA THERAPY MENU



**[ comfort zone ]**

a complete sense of beauty



## MASSAGE

### Aromasoul Back Massage

*De-stress massage.* A soothing back, neck and shoulder massage targeting areas of stress and tension.

30 min | €50

### Aromasoul Head, Neck & Back Therapy

*Energising massage.* Revitalising body polish gently exfoliates and cleanses the skin and improves circulation, followed by a relaxing massage.

45 min | €65

### Aromasoul Ritual Massage

*World massage – Oriental, Indian, Arab and Mediterranean.* A contemporary interpretation of aromatherapy based on the use of essential oils. It is ideal for times of great stress and fatigue. 60 min | €85

### Deep Tissue Massage

*Ease aching muscles and revive the senses* with this deep tissue massage of rhythmic pressures and deep strokes. Soothes aches, pains and joint inflammation.

60min | €85

### Bamboo Massage

Bamboo canes of different sizes are used to eliminate stress and tension of the muscles, generate physical and mental relaxation, unlock the chakras and harmonize body energy. Also helps delineate and tone the body, reactivate the circulation, detoxify and drain the lymphatic system fight cellulite.

60 min | €95

### Hot Stones Massage

*Detoxifying hot stones massage.* A therapeutic heat treatment using warm Basalt stones to melt away tension. Small stones are placed on key energy points, whilst luxuriously warmed oils are massaged deeply into the body for maximum relaxation. 60 min | €95

### Therapeutic Session

Ideal for treatment of musculoskeletal injuries, using manual therapies such as myofascial release, muscle activation and deep transverse massage.

€45

### Sports Massage (on request)

*Pressure-point massage.* Deep massage techniques are used to relieve muscular tension, ease aches and pains and improve flexibility. Ideal as a post work-out treatment. 60 min | €85

60 min | €85

## MOTHER-TO-BE

### Wellbeing Massage for Pregnancy

Nurturing massage techniques help to ease tension, fatigue & soothe the mind whilst the nourishing properties of oils help condition the skin. (from 12 weeks pregnant)

### Face & Body

75min | €100

### Full Body

60min | €85

### Back

30min | €50

## BODY WRAPS, EXFOLIATION & RITUALS

### Body Strategist Remodeller

*Double action anti-cellulite treatment.* An intensive treatment specifically designed to fight cellulite. The thermogenic action stimulates microcirculation and helps the absorption of the active ingredients. 60 min | €85

60 min | €85

### Body Strategist Mud Therapy

*Balancing and detoxifying treatment.* This treatment will accelerate the body metabolism detoxification and purification as well as an effective slimming action. 60 min | €85

60 min | €85

### Aromasoul Volcanic Ritual Scrub

*Skin regenerator exfoliation.* The particles used in this scrub originate from Sicilian volcanoes and give deep nourishment to your skin. 50 min | €70

50 min | €70

### Tranquility Ritual

*Aromatic wellbeing ritual for the face and body.* This treatment helps eliminate stress and tension whilst it hydrates and tones the skin. Deeply relaxing for mind & body 80 min | €120

80 min | €120

### Belmar Signature Ritual

Our spa signature treatment includes a skin regenerating exfoliation followed by full body massage to ease muscular aches and pains and a prescription facial to suit your individual needs for complete mind body and soul rejuvenation. 110 min | €160

110 min | €160

(Upgrade any spa ritual to anti ageing for additional € 20)

## VICHY SHOWER THERAPY

*A soothing water massage.* Using seven powerful shower jets, warm water gently eases aching muscles, firms and tones the skin and aids lymphatic drainage.

### Vichy Massage

20 min | €45

### Vichy Exfoliation

30 min | €60

## TIME FOR MEN

### Hydra Performance Facial

*Deeply hydrating treatment.* Active treatment for dry and dehydrated skin caused by biological and environmental stress, frequent flying, exposure to sun and extreme weather conditions. 50 min | €70

50 min | €70

### Pure Performance Facial

*Purifying treatment.* Removes impurities, balances excess sebum & leaves skin visibly clearer. 60 min | €80

60 min | €80

### Men's Pedicure

*Take a step in the right direction.* A tailored foot treatment especially designed for men. Includes toe file, hard skin removal and invigorating exfoliation as well as a heavenly foot massage. 45 mins | €35

45 mins | €35