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THE SALTHOUSE SPA

# The Spa at The Salthouse Relax and Unwind

Immerse yourself in a world of calm and relaxation, soothe your body, mind and spirit at The Salthouse Spa.

Discover your coastal calm with a rejuvenating spa break, a relaxing one-off treatment during your stay or leave it all behind with a day spa experience.

Simply check in, chill out and leave the rest to us.... Bliss!

Complimentary use of Thermal Suite (90mins) with any spa treatment.

# Spa Treatments

## Massages

### MINDFUL DREAMS

60 MINUTES FOR £80

Mindful Dreams is a relaxation treatment that offers luxury and comfort in an incomparable sleep-encouraging experience. Be ready to have all stresses and strains melt away in this ultimate sensory treat, helping you achieve the perfect night's sleep. Incorporating products especially chosen for their soothing properties, alongside sleep-inducing, cultural massage and meditation techniques, this well-being focused treatment induces instant tranquillity and fosters inner calmness and serenity.

### VOYAGER MASSAGE JOURNEY

90 MINUTES FOR £95

A complete top-to-toe relaxation journey, this ritual incorporates scalp, face and body massage alongside stretches that echo the movement of the sea. Combining both gentle and stimulating motions, this massage is the ultimate luxury treatment to relieve aches and pains. Tailored to individual needs.

### SALTHOUSE SWEDISH MASSAGE

60 MINUTES FOR £85

This renowned traditional full body massage is ideal for stress relief, improving blood circulation and general well-being, this lavish massage uses hot oils to relieve tired, achy muscles and reduce tension.



SOOTHE



# Spa Treatments

## Facials

### SELF DISCOVERY RADIANCE FACIAL

60 MINUTES FOR £70

This skin type-specific, ocean-inspired organic facial is deeply detoxifying, thoroughly revitalising and helps to smooth skin tone and increase clarity. VOYA's Self Discovery Radiance Facial incorporates a relaxing facial massage to release any build-up of toxins and to repair and nourish skin cells damaged by pollution and chemical exposure. You will be left with a revived glowing complexion that is both enriched and strengthened.

### ANTI-AGEING RESTORATIVE FACIAL

70 MINUTES FOR £80

This treatment is suitable for all skin types, but in particular those in search of anti-aging results. This restorative facial uses VOYA's finest organic ingredients combined with antioxidant algae complexes and a restorative blend of aroma therapy oils. It is this mix of seaweed and botanical ingredients that helps to stimulate collagen production and reduce the appearance of fine lines and wrinkles resulting in instantly firmed and tightened skin with a natural and more radiant glow.

### RESURFACING RADIANCE FACIAL

45 MINUTES FOR £65

This highly effective resurfacing facial targets congested, lack lustre and dull skin. Using a combination of seaweed extract, naturally derived glycolic and lactic acids, blended with pineapple fruit enzymes, this facial will give your skin back its natural radiant glow. Our advanced exfoliation trio assists in diminishing fine lines, reducing pore size and will brighten the skin's appearance. This is the next generation of advanced organic skincare.

### ORGANIC MARINE EYE TREATMENT

45 MINUTES FOR £50

Using organic laminaria digitata seaweed eye compresses, hand harvested from the Atlantic, this is a unique treatment for refreshing and rejuvenating tired eyes. This treatment combines both relaxing and decongesting lymphatic massage movements to banish puffiness and dark shadows. This is a firming, hydrating and results orientated treatment that uses specific products rich in seaweed extract, green tea and vitamin C to help reduce the appearance of fine lines and decongest the eye area.

### INTENSE DEFENCE FACIAL FOR MEN

60 MINUTES FOR £70

Exclusively created for men's specific skincare needs, this powerfully effective treatment exfoliates the skin with bamboo spines, following a deep cleanse. The client will enjoy a beautiful face and foot massage where VOYA's seaweed leaves and mermaids' purse are used to soothe and refresh even the most sensitive of skin. The skin is left feeling refreshed, hydrated and mattified.

### VOYA DELUXE FACIAL

90 MINUTES FOR £90

The ultimate VOYA facial experience, this treatment allows guests to experience the best of both worlds. The treatment starts with a relaxing back massage to induce relaxation and gently melt away muscular pain. This facial contains a 20-minute massage to deeply hydrate the skin followed by a dual action facial mask utilising the exclusive re-mineralising mermaids' purse face mask and laminaria leaves. This facial leaves the skin rejuvenated and hydrated. This is the crème de la crème of all facial experiences.

# Spa Treatments

## Body

### 'TIME TO SHINE' ORGANIC BODY SCRUB

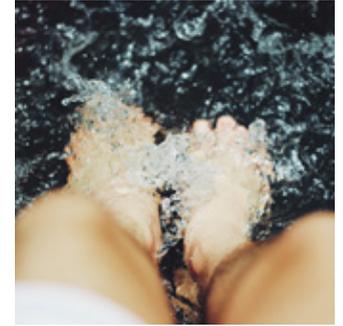
60 MINUTES FOR £60

Our dual action lathering body buss exfoliates with finely ground walnut shells and nourishes the skin with a blend of almond oil, seaweed and ginger extracts. Our gentle yet effective formula removes rough and lifeless looking skin cells to reveal a much more refined softer, silky smooth skin.

### ORGANIC FOOT TREATMENT

45 MINUTES FOR £50

Using VOYA's invigorating 'Time To Shine' body buff followed by a luxury foot mask, the feet and legs are left feeling smooth and revitalised, this treatment includes a relaxing scalp massage, to leave you feeling truly tranquil.



SHINE





# SENSES

RELAX AND UNWIND

# Spa Treatments

## Indulgent Baths

### DETOX SEAWEED BATH

45 MINUTES FOR £55

An indulgent, relaxing seaweed bath for all skin types, with particular benefits to anyone suffering from severe skin diseases like eczema or dermatitis, great for boosting blood circulation and stimulating the lymphatic system, this deeply detoxifying treatment will remove unwanted toxins, hydrate and nourish the skin, providing an incredible over all feeling of well-being.

### ORGANIC WARMED SPICED MUD BATH

45 MINUTES FOR £45

Peat baths were traditionally used for a variety of skin and rheumatic conditions. It offers a potent detoxification, due to its trace elements, vitamins, lipids, polyphenols and humic acids from Irish peat. Infused with organic seaweed extracts, it assists in reducing the appearance of cellulite and combats the signs of aging. This dark, deep relaxing bath can also soothe muscular aches and pains, relieve stress and fatigue, energise mind and soul.

### ORGANIC SEAWEED AROMA BATH SALTS THERAPY

45 MINUTES FOR £45

A relaxing bath soak with a blend of VOYA organic essential oils, organic lemon, lime, clove, basil, mandarin and patchouli, combined with bath salts. This is a wonderful aromatic bath treat prior to further VOYA treatments.



SOAK



# Spa Treatments

## Salthouse Signature

### **SALTHOUSE SIGNATURE**

105 MINUTES FOR £110

#### **STEP ONE: BATH OF CHOICE (45MINS)**

Immerse yourself into our delightful VOYA baths and discover the true power of seaweed. This detoxifying and stimulating treat will revive tired, achy muscles, soothe and calm irritated skin and leave you with an over-all feeling of improved well-being.

Seaweed baths have been used for generations in the care and repair of the skin and have also shown to help signs of ageing and cellulite.

#### **STEP TWO: BACK MASSAGE & FACIAL (60MINS)**

This is followed by a muscle melting back massage to further aid the reduction of lactic acid in the muscles and soothe any aches and pains.

To finish; enjoy a delightful scalp and anti-ageing facial massage, guaranteed to leave you feeling refreshed and rejuvenated.

### **UPGRADE**

150 MINUTES FOR £135

Changing the back massage to a full body massage and an offering of prosecco after treatment is finished.



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DUNAMALLAGHT ROAD, BALLYCASTLE, COUNTY ANTRIM, BT54 6PF  
SPA@THESALTHOUSEHOTEL.COM T.028 2051 0000