



Spa Rituals

	Time	Cost
ULTIMATE INDULGENCE	2hrs	€205
HEAVENLY RETREAT	3hrs	€275
SIGNATURE CARA EXPERIENCE	5hrs	€390

Anne Semonin

Exquisite Massage Collection

	Time	Cost
AROMA ENERGISER	25Min/60Min/90Min	€55/€110/€135
PURE REJUVENATION	25Min/60Min/90Min	€55/€110/€135
VITAL DETOX	25Min/60Min/90Min	€55/€110/€135
RELAX & RENEW	25Min/60Min/90Min	€55/€110/€135
ANTI-FATIGUE BACK REMEDY	60 Min	€110

Anne Semonin

Ultimate Facial Collection

	Time	Cost
OLIGO PROTECT	60 Min	€110
SOOTHING SKIN SAVIOUR	60 Min	€110
AGE DEFEND	60 Min	€110
ULTIMATE SKIN RENEW	1hr 15 Min	€145
CRYO TIME FREEZE	60 Min/90 Min	€125/ €150
EXQUISITE MIRACLE EYES	45 Min	€70



ESPA Holistic Massage Therapy

	Time	Cost
BACK, NECK & SHOULDER MASSAGE	25 Min	€55
CARA ORGANICE SIGNATURE FULL BODY MASSAGE	55 Min / 85 Min	€110/€130
HOT STONE MASSAGE	25 Min / 60 Min	€60/€125
INDIAN HEAD MASSAGE	40 Mins	€75
REFLEXOLOGY	55 Min	€80

ESPA Specialised Massage Therapy

	Time	Cost
INNER CALM MASSAGE	60mins/ 90 mins	€125/€145
MINDFUL MASSAGE	60mins/ 85 mins	€125/€145
STRENGTH & RESILIENCE MASSAGE	60mins/ 85 mins	€125/€145

ESPA Facial Collection

	Time	Cost
INNER BEAUTY FACIAL	60 Min	€95
OPTIMAL SKIN HEALTH	60 Min	€95
INTENSE REGENERATING FACIAL	60 Min	€95
INSTANT RADIANCE FACIAL	85 Min	€120
THE NATURAL FACELIFT	85 Min	€140
EXPRESS FACIAL	30 Min	€59
REVITALISING EYE LIFT	25 Min	€50



ESPA Body Treatments

	Time	Cost
BACK, FACE & SCALP TREATMENT	85 Min	€150
SALT & OIL SCRUB	30 Min	€65
DETOXIFYING ALGAE WRAP	60 Min	€95
NOURISHING MARINE MUD WRAP	60 Min	€95

Treatments For Men

	Time	Cost
CARA ORGANIC SIGNATURE FULL BODY MASSAGE	60 Min	€110
ESPA MUSCLE REVIVER	40 Min	€75
ESPA DEEP PORE CLEANSING FACIAL	60 Min	€95

Treatments For Mum to Be

	Time	Cost
BABY BLISS PREGNANCY MASSAGE	60 Min/ 90 Min	€110/€135
BABY BLISS PREGNANCY FACIAL	60 Min	€110
GLOWING MUM TO BE	90 Min	€150
ESPA PRE-NATAL RELAX & RESTORE	25 Min/60 Min/90 Mins	€60/€110/€135

Eye Care

	Cost
EYEBROW SHAPE	€12
EYEBROW SHAPE & TINT	€20
EYELASH TINT	€15
EYEBROW SHAPE, TINT & EYELASH TINT	€30



Hair Removal

Alexandra Sugaring - The New Smooth

	Cost
FULL LEG	€35
HALF LEG	€25
STANDARD BIKINI	€20
LA BIKINI	€45
LA BIKINI WITH MUD TREATMENT	€55
UNDERARM	€18
HALF ARM	€20
UPPER LIP	€10
CHIN	€15-€25

Finishing Touches

	Time	Cost
LUXURY MANICURE	75 Min	€75
LUXURY PEDICURE	75 Min	€75
TRADITIONAL MANICURE	45 Min	€50
TRADITIONAL PEDICURE	45 Min	€50
SHELLAC NAILS	30 Min	€40
MAKEUP	45 Min	€40
BRIDAL MAKEUP	60 Min	€50