

Senses
Spa
at hotel westport



Pamper Relax Renew





Senses Spa at Hotel Westport

If you are looking for pure indulgence and total relaxation, **Senses Spa** at **Hotel Westport** will certainly not disappoint. We are proud to offer a stunning complement of therapeutic and rejuvenating face and body care treatments, using only the best products with the finest ingredients from top European skincare house, **Germaine de Capuccini** and the Luxury maternity brand **BASQ NYC**.

INTRODUCTION TO OUR PRODUCTS

- ▶ **Germaine de Capuccini** offers some of the world's most advanced skin care products and luxurious spa treatments Worldwide. **Germaine de Capuccini** has been creating and developing cutting edge skin care and cosmetic solutions for over 50 years.
- ▶ **BASQ NYC** offer the best in maternity skin care by providing products free from harmful ingredients. Whether it is dry skin, swollen feet, or stretch mark repair, **BASQ NYC** uses only the highest quality ingredients, carefully selected to deliver results.







Signature Treatments

INDULGE YOURSELF WITH ONE OF OUR SIGNATURE TREATMENTS LEAVING YOU FEELING FABULOUS

Vitamin C Body Wrap

- ▶ Loaded with Vitamin C, this wrap treatment provides an extra-ordinary regenerating effect on the body, stimulating collagen production, improving firmness and suppleness. Your treatment commences with a body polish rich in Vitamin C, lemon & papaya concentrate, and continues with a relaxing massage as the vitamin wrap gently regenerates the skin.

€65

50mins



Pure O2 Cityproof Oxygenating Facial

- ▶ A superb anti-aging treatment that uses proteins and oxygen to rejuvenate intercellular activity to increase the skin's firmness and elasticity. The key ingredients help to restore the skin's cellular communication and oxygenation functions, offering it the necessary mechanisms to work against ageing. The skin is transformed: oxygenated, detoxified, strengthened and regenerated. It appears radiant, soothed and bright with a high level of well-being.

€95

60mins

The Ultimate Gift to your Body


- ▶ Start your journey with a Mini Back Massage to relax and relieve tension in your muscles, followed by our Vitamin C Body Wrap, which begins with a body polish rich in Vitamin C, lemon and papaya concentrates. While the Vitamin wrap gently regenerates your skin enjoy our Cityproof Oxygenating Facial to revive skin cells to promote anti-aging effects.

€165

115mins



Facials USING THE GERMAINE DE CAPUCCINI PRODUCT RANGE

<p>Hydracure Intense Hydration</p>	<ul style="list-style-type: none"> ▶ Deeply hydrating facial for dehydrated skin. Combining hyaluronic acid with thermal aqua from a volcanic spring, this facial will nourish, repair and protect skin suffering from dehydration. Key ingredients include 3 types of hyaluronic acid (high, medium and low molecular weight) to regulate water loss, strengthen the skin's defence system and deeply hydrate the dermis. Volcanic Japanese Thermal waters are rich in nutrients to soothe, nourish and moisturise the skin. 	<p>€70</p>	<p>60mins</p>
<p>Vitamin C + Age</p>	<ul style="list-style-type: none"> ▶ Firmness, luminosity and youthfulness. This wonderful facial is the solution for skin which looks dull and tired. The very first professional anti-glycation treatment on the market. This advanced treatment is based on pure vitamin C. 	<p>€75</p>	<p>60mins</p>
<p> Pure O2 Cityproof Oxygenating Facial</p>	<ul style="list-style-type: none"> ▶ A superb anti-aging treatment that uses proteins and oxygen to rejuvenate intercellular activity to increase the skin's firmness and elasticity. The key ingredients help to restore the skin's cellular communication and oxygenation functions, offering it the necessary mechanisms to work against ageing. The skin is transformed: oxygenated, detoxified, strengthened and regenerated. It appears radiant, soothed and bright with a high level of well-being. 	<p>€95</p>	<p>60mins</p>
<p>Time Expert Rides (Advanced Correction Facial)</p>	<ul style="list-style-type: none"> ▶ Advanced collagen facial. Powerful anti ageing facial. The most effective alternative to botox collagen micro injections. The triple effect, neutralises skin contractions, fills in expression lines and smooths wrinkles. Results can be seen from the first session. 	<p>€115</p>	<p>75mins</p>
<p>Time Expert Lift (Firmness & Density Advanced Programme)</p>	<ul style="list-style-type: none"> ▶ A new era in skin lifting. A truly superb facial therapy that helps redefine the facial contour emulating surgical lifting, providing a global result, with unprecedented results, visible after just one session. Firmness is restored, features are lifted and wrinkles faded. Volume and density improved. 	<p>€115</p>	<p>75mins</p>



Facials CONTINUED



Revitalising Express Facial

▶ Our express facial includes a relaxing scalp massage.

€45

30mins



Germaine Skin Specific Facial

▶ We will tailor the facial to suit the needs of your skin.

€65

60mins

Collagen Eye Booster

– For Lines and Wrinkles

▶ Utilising our exclusive Micro-Dermoxine Complex and Azarole Buds, results are seen immediately after this amazing eye treatment. Lines and wrinkles are filled in and puffiness is reduced, rejuvenating the eye contour.

€45

25mins

MENS FACIALS

Mens Skin Specific Facial

▶ We will tailor the facial to suit the needs of your skin.

€65

60mins

Mens Express Facial

▶ This includes a relaxing scalp massage.

€45

30mins

Add on any of these 15 minute Mini Treatments for €25

- ▶ Mini Collagen Eye Booster Treatment
- ▶ Mini Back Massage
- ▶ Mini Indian Head Massage
- ▶ Mini Foot Massage



Speciality Treatments

Spa Taster	<ul style="list-style-type: none"> ▶ Aimed to relax the whole body our back, neck & shoulder Massage is both relaxing and energizing. Enjoy this along with our express facial including an stimulating scalp massage to get you feeling rejuvenated. 	€70	60mins
Tempting Trio Package	<p>Pick three 25 minute treatments from the following:</p> <ul style="list-style-type: none"> ▶ Indian Head massage. ▶ Back, neck and shoulder massage. ▶ Germaine revitalising express facial. ▶ Leg and foot massage. ▶ Cleopatra hydrotherapy bath. 	€90	75mins
Here Comes The Girls	<ul style="list-style-type: none"> ▶ This is something really special if you are enjoying a spa day or getaway with your friends, family or bridal party. Relax into your experience with a back, neck and shoulder massage, followed by an express facial to get your skin glowing. Then its glam time with a file & polish and Party hair in the salon to get you ready for a night to remember. 	€95	75min treatment + hair time
Couples Package	<ul style="list-style-type: none"> ▶ Enjoy the privacy of your own serial mud steam chamber for two, followed by a relaxing Swedish full body massage side by side in the couples suite. 	€99	120 mins per person
Head to Toe Pamper	<ul style="list-style-type: none"> ▶ Treat yourself to pure indulgence with our head to toe pamper package, start off with a rejuvenating Back Massage, a skin Specific Germaine Facial followed by a stimulating scalp massage, plus a choice of moisturising hand or foot ritual. 	€120	110 mins

Also including Lunch in our Maple Bar which can be enjoyed before or after your visit to the spa.



Speciality Treatments CONTINUED

Reek Retreat	▶ Ease aching and tired muscles with a relaxing Hydrotherapy Bath, followed by a Swedish full body massage.	€90	85mins
Cleopatra Hydrotherapy Bath	▶ Hydrotherapy is excellent for reducing or relieving sudden or long lasting aches and pains Tense, tight muscles are relaxed by the jets of water and cells hydrated, improving the tone of both the skin and muscles.	€30	30mins
Mud Razul Serial	▶ Nourish and hydrate your skin with an Ancient Middle-Eastern technique. Treatments involve soothing the skin with mineral infused mud and hot steam, a practice that originated in Turkey in ancient times.	€40	45mins
Serial for one		€60	45mins
Serial for two		€60	45mins
Hamмам	▶ Experience your treatment on a heated ceramic table. Your body is exfoliated, then refreshed with hot or cold water before enjoying a full body massage. You leave feeling revived and skin is glowing.	€100	75mins
Basq Tired Legs Soother	▶ A foot soak and exfoliation followed by an lower leg and foot massage to improve circulation and fluid retention. Soothes tired feet and legs. 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.	€50	30mins



Body Treatments & Wraps

Slim Me Chocolate Sensation

- ▶ Comfort food for your skin: the ultimate treat for both the mind and body. Imagine yourself totally immersed in a fat free chocolate indulgence that actually produces a slimming/anti-cellulite effect on the body! First, your body is gently polished with our chocolate body buff scrub. Next, you are wrapped in a rich, warm chocolate mousse masque. Enjoy the sensory experience while your skin is immersed in over 300 skin healthy compounds found in cocoa for nourishing, slimming and relaxing.

€85

75mins

Vitamin C Body Wrap

- ▶ Loaded with Vitamin C, this wrap treatment provides an extra-ordinary regenerating effect on the body, stimulating collagen production, improving firmness and suppleness. Your treatment commences with a body polish rich in vitamin c, lemon & papaya concentrate, and continues with a relaxing massage as the vitamin wrap gently regenerates the skin.

€65

50mins

BODY EXFOLIATION

Lime and Lemongrass with Dead Sea Salts

- ▶ Lemongrass is a bold clean zesty aroma that awakens the senses, detoxifies skin and has healing properties.

€45

45mins

Chocolate Sweet Orange and Vanilla Sugar Scrub

- ▶ Leaves skin silky smooth with a gorgeous, rich chocolate aroma

€45

45mins

Massage

Hot Stone Back Massage	€55	30mins
Swedish Back Neck Shoulder Massage	€50	30mins
Firm Pressure Back Neck Shoulder Massage	€55	30mins
Full Body Swedish Massage	€75	60mins
Full Body Firm Pressure Massage	€85	60mins
Back Of Body Massage	€60	40mins
Leg & Foot Massage	€40	30mins
Indian Head Massage	€55	30mins
Reflexology (subject to availability)	€60	50mins



Basq Pregnancy Treatments



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 and baby.

€90

70mins

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 skin, is exfoliated through dry brushing and application of Basq Lavender Perfect 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.

€55

40mins

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 gently dry brushing increases circulation followed by exfoliation 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 effect you are treated to a lower leg exfoliation and foot massage to reduce swelling and stimulate circulation.

€110

80mins

*PLEASE NOTE PREGNANCY TREATMENTS ARE NOT SUITABLE FOR ANYONE UNDER 12 WEEKS PREGNANT.



Basq Pregnancy Treatments CONTINUED

Basq Skin Boosting Body Exfoliation

- ▶ Relax and breathe deeply; 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 your skin is polished, thirsty skin pulls in nutrients. Following this is a pampering application of Basq Mega Moisture Butter to nourish the skin with powerful omega oils.

€65

60mins

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.

€50

30mins

Basq Pregnancy Back, Neck and Shoulder Massage

- ▶ 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.

€55

30mins

*PLEASE NOTE PREGNANCY TREATMENTS ARE NOT SUITABLE FOR ANYONE UNDER 12 WEEKS PREGNANT.

Manicure & Pedicure

Mini Manicure	€25	30mins
Luxury Manicure with Heated Mitts	€55	60mins
Add Shellac Toes	€15	
Luxury Pedicure with Heated Boots	€55	60mins
Add Shellac Hands	€20	
Shellac Hands	€25	45mins
Shellac Hands and Removal	€35	60mins
Shellac Toes	€20	30mins
Shellac Removal	€10	15mins
File and Polish	€15	20mins
File and Polish with French Polish	€20	25mins
Kids Polish – Hands Only	€8	15mins



Waxing

Full Leg Wax	€35
Bikini	€15
Half Leg	€25
Eye Brow Shape/Wax	€10
Lip Wax	€10
Chin Wax	€10
Wax Trio Eye / Lip / Chin	€27

Make-Up

Strip Lashes Application	€10
Mac Make-Up	€35
Mac Make-Up with Lashes	€45
Tinting	
Eye Brow Tint	€10
Eyelash Tint	€15
Eye Trio Brow Wax / Brow Tint / Lash Tint	€30

Tan

Full Body	€30
Half Body	€20

Senses Spa Etiquette



PREPARING FOR YOUR TREATMENT

- ▶ Please book well in advance to secure your preferred treatment. Confirmed bookings must be supported by a valid credit card.
- ▶ Please check in at Spa Reception 10 minutes prior to your treatment to allow for preparation. Arriving late will deny you of precious minutes of your treatments.
- ▶ Disposable underwear is provided for body treatments, alternatively swimwear may be worn.
- ▶ A robe and slippers are provided for your use while in Senses Spa.

PREGNANCY & HEALTH



- ▶ Please advise our staff when booking if you have any medical conditions or if you are pregnant.

SPA ETIQUETTE

- ▶ To preserve an ambience of peace and tranquillity in an area of rest and relaxation, please ensure that your mobile phone is switched off at all times whilst in the Spa and left in the lockers provided. In your interest, it is advisable not to bring valuables with you. Senses Spa does not accept responsibility for items that may be misplaced.

MINIMUM AGE

- ▶ Minimum age to receive treatments is 16 and parental consent is required. No massage for under 18s.

CANCELLATION POLICY

- ▶ As a courtesy to other guests and our therapists, should you need to cancel or alter your appointment, we require a minimum of 48 hours notice. Please note that there is a cancellation fee of 50% if the treatment is cancelled less than 48 hours prior to the booking. Likewise, no shows will be charged at 100% of the treatment price.





GIFT VOUCHER

The perfect gift for all occasions!

Available for all **Senses Spa** treatments in euro dominations

T: **+353 (0)98 50008** E: **SensesSpa@HotelWestport.ie**







SENSES SPA AT HOTEL WESTPORT · THE DEMENSE · NEWPORT ROAD · WESTPORT · CO. MAYO · F28 E438 · IRELAND

Phone: +353 (0)98 50008 Email: SensesSpa@HotelWestport.ie Website: www.HotelWestport.ie