



Group Spa Breaks

We are delighted to offer you a selection of our most popular treatments to ensure that your pamper weekend is memorable.

Ayurveda revives the memory of our immune system which allows our body to rekindle our intrinsic ability to heal ourselves through treatment and or the prescription of Ayurvedic Herbs and Oils.

Prior to your treatment enjoy our Thermal Suite which includes:

Rock Sauna

Aromatherapy Steam Room

Salt Grotto

Ice Fountain

Tropical Experience Showers

Lifestyle Pool (swim hats required)

Spa Veda Group Booking Special Offer

If you book a minimum of 8 people into Spa Veda, you can avail of a reduced group rate of €55.00 per person per treatment.

You have a choice of **one** of the following three treatments & use of our Thermal Suite for one hour prior to your treatment.

- Hydramemory Facial
- Spa Veda Rejuvenating Body Polish
- Spa Veda Swedish Massage

Or alternatively you can choose off our spa brochure.