

The background is a full-page image of a marbled pattern. It features organic, flowing shapes in various shades of green, from light sage to deep forest green, interspersed with fine, shimmering gold or bronze speckles and veins. The overall effect is reminiscent of natural stone or liquid paint. In the center, there is a white square frame containing the text 'SPA VEDA'.

SPA
VEDA



WELCOME TO SPA VEDA

Welcome to Spa Veda, where tranquility and rejuvenation merge to create an unforgettable spa experience. Step into a world of ultimate relaxation and let our skilled therapists transport you to a state of pure serenity. We believe in the power of holistic wellness, our treatments are carefully crafted to harmonize your mind, body, and spirit.

VOYA

A global lifestyle brand that champions sustainable organic luxury, blending science with the ancient Irish tradition of seaweed bathing. Rooted in the Atlantic Ocean, we combine natural seaweed with the purest organic ingredients and essential oils to create skincare products that harness nature's power for your well-being.

RELAXATION SUITE . AVAILABLE AFTER A SPA TREATMENT

Designed to transport you to a state of complete relaxation and rejuvenation. A place where time seems to stand still, and the outside world fades away.

THERMAL SUITE

60 MIN €20

Spa Veda's state of the art thermal suite is in the heart of our spa. Based on ancient healing and cooling bathing rituals, a journey through the thermal suite offers you the ultimate cleansing and rejuvenating experience. Enjoy the detoxifying, soothing warmth of the specialised dry and wet heat cabins and steam room. This tranquil sanctuary is designed for guests to relax and unwind. To enjoy the full benefit of the thermal suite it is recommended that you arrive 1 hour prior to your treatment.

AROMATHERAPY STEAM ROOM

Soothe aching muscles while you cleanse and detoxify your body with temperatures of around 43-46 degrees plus 100% humidity. The steam room is especially beneficial for cleansing the respiratory system.

ICE FOUNTAIN

For cooling and refreshing between heated treatments. A great stress reliever and best used after the warming effects of the sauna and steam room. Soothe your skin with the ice cold flakes to stimulate circulation.

ROCK SAUNA

A classic sauna with a temperature of 80-100 degrees having a purifying effect on the body.

TROPICAL DRENCH SHOWER

Combine hot and cold treatments with this unique tropical experience. Feel the shower drench your skin in soothing tropical rain to refresh and revive in between the sauna and steam room

LIFE STYLE POOL & JACUZZI

Take some time out in our luxurious lifestyle pool where you can relax and unwind. The bubbling of the Jacuzzi is particularly soothing and will help you relax not only mentally but also physically. The water jets inside the tub allow for a high-pressure hydro massage that you direct to specific parts of your body soothing your aches and pains.

HIMALAYAN SALT ROOM SUBJECT TO AVAILABILITY
Rejuvenate your mind and body in our Himalayan Salt room. Salt therapy helps to heal a variety of skin conditions and is very beneficial for anyone suffering from respiratory diseases or migraines. Complimentary with any of the Bathing Rituals.

SPA VISITORS

Complimentary use of Thermal Suite with spa treatments booked, please bring swimwear.

VOYA DELUXE FACIAL

80 MIN €135

The ultimate VOYA facial experience, this treatment allows guests to experience the best of both worlds. The treatment starts with a back massage to induce relaxation and gently melt away muscular pain. The facial contains a 20-minute massage to deeply restore and recondition the skin followed by a dual action facial mask utilizing the exclusive re-mineralising Mermaid's Purse face mask and laminaria leaves. This indulgent facial leaves the skin rejuvenated and hydrated, softening the appearance of fine lines and reducing the skin's texture leaving the skin supple and plumped.

VOYA SKIN RENEWAL FACIAL

50 MIN €120

This specialized facial is the complete approach to results driven organic skin health. Using VOYA's first bio-tech skin specific serums, combined with the sonic pulses of the Haumea Brush technology, targeting various skin concerns for optimal skin health. Starting with VOYA's deep cleansing ritual to ensure your skin is prepared for the Resurfacing AHA peel that diminishes congestion and lackluster skin. Followed by a powerful age defying facial massage and shoulder massage, all to be polished off with VOYA's advanced serum and moisturiser tailored to your skin's needs.

VOYA DISCOVERY FACIAL

50 MIN €95

Allow VOYA to tailor your facial specifically to your skin's unique needs. This skin type-specific ocean inspired organic facial is deeply detoxifying, thoroughly revitalising and helps to smooth skin tone and increase clarity. It incorporates a relaxing facial massage used to release any build-up of toxins and toxic micro particles, to repair and nourish any skin cells damaged by pollution and chemical exposure. You will be left with a revived glowing complexion that is both enriched and strengthened.

VOYA MARINE EYE TREATMENT

50 MIN €80

ADD TO ANY 80 MIN TREATMENT

25 MIN €40

Organic Laminaria digitata Seaweed eye patches are hand harvested from the wild Atlantic ocean. This is an ultimate treat for refreshing and rejuvenating tired eyes. The Seaweed Marine Eye treatment combines relaxing and decongesting lymphatic massage movements with specialised products for individual concerns of aging which appear around the eye area.



BATHING RITUALS

AROMA BATH SALT THERAPY 40 MIN €65

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

LAZY DAYS DETOX SEAWEED BATH 40 MIN €65

Submerge your body into a bath of organic, hand harvested Atlantic seaweed (*fucus serratus*) to remove unwanted toxins and alleviate aches and pains. This bathing ritual is the simplest and purest of all organic treatments. With its organic status approved by the IOFGA, Lazy Days utilises the natural power of organic hand-harvested seaweed to deeply moisturise the skin, increase circulation and promote healing internally and externally.

ORGANIC WARMED SPICED MUD BATH 40 MIN €65

VOYA's Organic Warmed Spiced Mud Bath offers a potent detoxification, due to its trace elements, vitamins, lipids, polyphenols and humic acids from peat. Infused with organic seaweed extracts, this treatment assists in reducing the appearance of cellulite and combats the signs of ageing. This dark, deep relaxing bath will assist in soothing muscular aches and pains, relieve stress and fatigue and energise mind and soul.

VOYA ORGANIC HAND RITUAL 50 MIN €85

A Time to Shine exfoliation from hand to elbow, a deeply relaxing hand, arm and scalp massage after which your hands are wrapped in warmed Atlantic seaweed leaves to hydrate, increase circulation and nourish dry hands. To complete this treatment, nourishing Handy to Have cream is applied.

VOYA ORGANIC FOOT RITUAL 50 MIN €85

A sea salt exfoliation from the knees down, a deeply relaxing massage of the lower legs after which your legs are wrapped in warmed Atlantic seaweed leaves to detoxify, increase circulation and nourish tired feet and legs. To complete this treatment nourishing 'Softly Does It' lotion is applied.

VOYA WELLNESS & MENOPAUSE JOURNEY

FORTIFY FACE & BODY

80 MIN €145

This treatment is highly recommended to support your wellbeing during changes in your life, such as menopause or periods of stress & anxiety. Transform your inner and outer self with VOYA's balancing ritual which celebrates and supports you through the natural tides of life.

Using aromatherapy oils, stress and anxiety are washed away with massage to the back of the body to unwind. A grounding foot reflex massage anchors you to the present moment, while a soothing tummy massage eases bloating and aids digestion. Finish your treatment with a hydration boost to cool and calm your skin, easing irritation as busy minds are quietened with a blissful scalp massage.

This treatment includes: Back of body massage, Tummy massage, foot massage, facial & scalp massage.

NOURISHING COCOON JOURNEY

80 MIN €130

Rebalance the body, hydrate the skin and calm the mind with this transformative experience. Your journey begins with a Voya's time to shine exfoliation which will leave skin looking radiant. Lavender body butter is then applied and you are cocooned in soft muslin. Slip into a deeper state of relaxation with a soothing mini facial and scalp massage whilst a calming mask hydrates your face.



EXCLUSIVE TO SPA VEDA & SPA SULA :

THE VOYA SIGNATURE JOURNEY 80 MIN €150

Tension melts away as warm steamed poultices of orange, clove and ginger glide over the skin releasing the precious seaweed oils while soothing muscle aches and pain, followed by a warm mud wrap infused with aromatic spices which also revive the senses, calms the mind and restores hydration.

This treatment includes: Poultice Back massage, mud wrap, scalp and face massage.

VOYAGER MASSAGE 80 MIN €140

A true grounding journey, incorporating scalp massage, face massage, stretches and body massage that replicates the movement of the sea combining both gentle and stimulating movements. The ultimate luxury treatment to relieve aches and pains tailored to individual needs.

This treatment includes: body brush, body massage, application of body lotion, facial massage, scalp massage.

CHOOSE FROM:

| **UPLIFT** – Angelicus Serratus

| **RELAX** – Mindful Moments

| **MUSCLE** – Serenergise

VOYA TASTER 50 MIN €95

Renew and revive, choose one of the following tasters :

VOYA SPA VEDA TASTER -

Back, Neck & Shoulder Massage & Express Facial

VOYA RELAXATION TASTER -

Back, Neck & Shoulder Massage & Indian Head Massage

VOYA PRECIOUS MOMENTS 50 MIN €90

This is tailored especially to Mum and her growing bump. The growing bump is enveloped in a specialised mask helping to support connective tissue and prevent stretch marks. Your feet will be wrapped in Laminaria Digitata Seaweed leaves to help boost circulation, improve lymphatic drainage and reduce fluid retention.

The hydrating organic masks work their magic while Mum enjoys a beautifully relaxing face, hand and arm massage.

MOTHER TO BE FULL BODY MASSAGE 50 MIN €90

A gentle side-lying massage to release tensions in the back and the legs. Organic virgin coconut oil nourishes dry and sensitive skin. This treatment is designed to answer all the developing needs of you and your baby, giving the nurturing treatment you both deserve. Eases aches and pains of your whole body. Recommended after first trimester only.

REFLEXOLOGY

50 MIN €85

This ancient pressure point foot treatment concentrates on a map of the body's organs and systems. This technique helps the body's natural healing process.

HOT STONE MASSAGE

75 MIN €135

Ease those knots away with a combination of deep heat from basalt stone, relaxing body oils and a flowing massage to heal and balance your body's needs.

YLANG & LIME BLOSSOM SALT SCRUB

45 MIN €75

This heavenly treatment is designed to exfoliate your skin gently, leaving it radiant, smooth, and nourished. The salt scrub is followed by a nourishing body lotion that replenishes your skin's moisture, leaving it hydrated, silky smooth and glowing. Our Ylang & Lime Blossom Salt Scrub treatment not only revitalizes your skin but also uplifts your spirits, leaving you feeling refreshed and reinvigorated.

VOYA ORGANIC

50 MIN €80

STIMULATING SEAWEED BODY BUFF

Letting us scrub your body head to toe with certified organic bladder wrack body buff (*Fucus Vesiculosus*) is the ultimate treat for tired and dull skin. The anti-oxidants from our mineral-rich bladder wrack seaweed combines with VOYA's signature seaweed massage oils to offer a powerful organic way to better skin. Includes: welcome ritual, exfoliation, application of body lotion, closing ritual.





WARM OIL ABHYANGA MASSAGE 50 MIN €90

A rhythmic and gentle whole - body massage, considered to be one of the most rejuvenating massage therapies available worldwide. This unique massage promotes sleep, reduces tiredness and strengthens the body. This massage helps to pacify vata (that nervous feeling) in our bodies and create a sense of “grounding”.

LYMPHATIC DRAINAGE MASSAGE 50 MIN €90

This is a light flowing gentle massage technique that targets specific areas and encourages the lymphatic system to eliminate toxins from the body particularly helping conditions such as fluid retention, cellulite and chronic fatigue syndrome. This deeply relaxing massage is also recommended for insomnia.
Reducing stress and promoting vitality.

FIRM PRESSURE 50 MIN €105

This firm pressure massage is designed to stimulate and invigorate your muscles using slow strokes and firm pressure on areas of the body suffering from chronic muscles tension or areas that simply ache.

SWEDISH MASSAGE 50 MIN €95

This massage has a light to medium touch and is used to promote overall relaxation, stimulate circulation, reduce muscle tightness and enhance muscle tone.

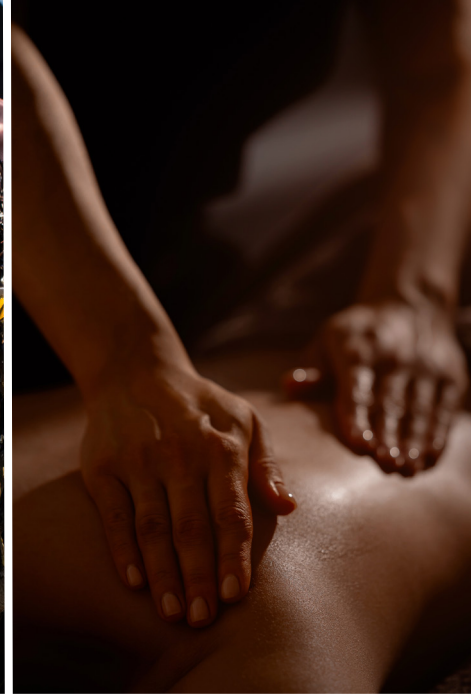
LUXURY MANICURE	50 MIN	€60
LUXURY PEDICURE	50 MIN	€60
With this fabulous luxury manicure or pedicure you will be polished & buffed to perfection.		
Add Semilac to Luxury Manicure or Pedicure €10		
Shellac removal €10		

FILE & SHELLAC	€30
WAX	
Eye brow/Chin/Lip (each)	€15
Eye brow, Chin & Lip	€35
Underarm	€15
Bikini	€15
Half leg	€25
Full leg	€35
Back/Chest (each)	€35

EYE CARE	
Eyelash tint	€15
Eyebrow tint	€10
Eyebrow shape	€15
Lash tint & brow shape	€25
Lash, brow tint & shape	€35



SPA ETIQUETTE



SPA VEDA

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Discover ...you

Whether you seek relief from everyday stress, a pampering treat, or a revitalizing escape, Spa Veda Westport is your sanctuary of tranquility. Immerse yourself in a world of pure indulgence, let us awaken your senses, renew your energy, and restore your inner balance.