

**SPA VEDA TASTER**

55 MIN

€80

Escape to Spa Veda and have that relaxed, de-stressed and refreshed feeling with our Taster package, it is perfect for taking away aches and pains, leaving re-energised and renewed this will include a Warm Oil Back Neck and Shoulder Massage. PLUS Choose 1 of the following treatments:

●Luxurious Indian Head Massage ●Lighter Legs Massage ●Express [comfort zone] facial

**SUBLIME SKIN DELUXE LIFT**

55 MIN

€95

A powerful lifting facial with retinol, hyaluronic acid and lacto proteins for a deep and visible wrinkle reducing action. To deeply renew we incorporate comfort zones advanced double peel action for instant smoothing and re-plumping effect. The advanced mask mimics the action of Botox giving that firming effect and also oxygenating skin cells. Ideal for mature skin with visible signs of ageing.

**HYDRAMEMORY FACIAL**

55 MIN

€75

24 hour deep hydrating, nourishing treatment for dull, dry skin on the face, neck and décolleté that results in renewed moisture and silkiness. Restoring firmness, elasticity, tones and brings luminosity back into the skin. Returning hydro-balance to the surface of the skin.

**SWEDISH MASSAGE**

55 MIN

€75

A full body massage using traditional movements to improve well-being, blood circulation and muscle tone.

**REFLEXOLOGY**

55 MIN

€75

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

**WARM OIL ABHYANGA MASSAGE**

55 MIN

€85

Abhyanga is 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".

**HAND AND FOOT TREATMENTS**

Luxury Manicure

55 MIN

€55

Luxury Pedicure

55 MIN

€55

With these treatments you will be polished and buffed to perfection. This treatment includes a soak, nourishing exfoliation and revitalizing mask followed with a colour of your choice.

**IHF SPA SAFETY GUIDELINES**

Please arrive no sooner than 10 minutes before treatment is to begin, a complimentary robe, flip flops and locker can be allocated to you for your duration at Spa Veda, or can be delivered to your room on request.

Cancellations within 12 hours of treatment will incur a 100% charge. View our spa policy at [www.spaveda.ie](http://www.spaveda.ie)



**SPA VEDA**  
**WESTPORT COAST HOTEL**  
**DIAL "0" OR "491" FROM YOUR ROOM TO RESERVE A TREATMENT**