

## Therapeutic Treatments

### 20/20 Bath & Back

Allow 50 mins €60.00  
Relax your muscles with the under water jets of the hydro therapy bath, then enjoy a 20 minutes therapeutic back and neck and shoulder

### Swedish Massage

Allow 1 Hour €65.00  
30 mins €35.00  
Using soft tissue techniques to relax muscles & ease every day stress and tension.

### Aromatherapy Massage

Allow 1 Hour €65.00  
30 mins €35.00  
Experience a sense of well being and complete relaxation, using essential oils to suit the individual needs.

### Full Body Aromatic Deep Tissue Massage

Allow 1 Hour 15 mins €75.00  
Relax your muscles in a aromatic hydrotherapy bath, followed by an intense massage using essential oils and pressure point techniques to work on the deep layers of the muscular and nervous system.

### Hot Stone Massage

Allow 1 Hour 30 mins €90.00  
A complete purifying, remineralising and relaxing treatment. using volcanic and cold marine stones. Brings about a sense of total relaxation and wellbeing

### Reflexology

45 mins €55.00  
Concentrating on reflex pressure points to the feet, restoring a sense of balance to the mind, body and soul.

### Indian Head Massage

45mins €55.00  
Experience this wonderful mixture of massage techniques to the scalp, neck, shoulders and face, easing away aches, and tension.



## Body Treatments

### Thalgo Body Polish

30 mins €35.00  
Exfoliate, revitalise & nourish the body

### Hot Stones Exfoliation

30 mins €40.00  
Ultimate exfoliation using 100% Algae, detoxifying and remineralising

### Micronised Marine Algae Body Wrap

1 Hour €70.00  
A deeply relaxing body treatment for an all over sense of well being.

### Marine Prelude

1 Hour 15mins €75.00  
The ultimate in relaxation and exfoliation to smooth skin dryness.

### Aromaceane Envelopment

Allow 1 hour 15mins €80.00  
Ultimate relaxation using pure essential oils & plant extracts

### Hydrotherapy Bath

20 mins  
Wonderfully relaxing to the body and mind. The following ingredients will be added at the therapist's advice.

Thalgo Seaweed Bath	25mins	€30.00
Precious Milk Bath	25mins	€30.00
Aromatic Oils	25mins	€30.00

## Facials

### Ocean Facial (For Men)

1 Hour €60.00  
An anti – ageing, anti – fatigue and energising facial.

### Micronised Marine Algae Facial MMA

1 Hour €60.00  
All skin types, especially oily/combo skin.

### Absolute Rehydrating Facial

1 hour 15mins €75.00  
A facial designed to treat fine lines and dehydrated skin.

### Collagen Velvet Facial

1 Hour €80.00  
A luxurious treatment for moisture deficiency, fine lines and wrinkles. Ideal for sun damage & dehydrated skins.

**Collagen eyes or neck patches** also available

SOS for special occasions €20.00

### Hot Stones Facial

1 Hour 15 mins €80.00  
A Marine Algae Mask combined with essential oils using hot and cold stones. A unique sensorial experience through which the face regains it's natural beauty.

### Aroma Essential Facial

1 Hour €60.00  
Combining the purest essential oils and plant extracts. The ultimate in relaxation for all skin types.

### O2 Marine Facial

1 Hour €60.00  
Booster facial for sluggish, tired skin.

### Purity Mini Facial

30 mins €35.00  
Skin revitaliser, includes exfoliate and mask to suit all skin types.

### Gelatine Verbena Facial for the Eyes

45 mins €55.00  
Revives, lifts, decongests & reduce puffiness around the eye area.

### Thalgo Give Perfect Contour Facial

1 Hour 15 mins €75.00  
Luxurious facial, featuring marine pro collagen to give mature skins dramatic firming, tightening, and lifting effects.

## Gift Vouchers

Available at The Club Vitae Reception

## Beauty Treatments

### Hand and Foot Treatments

*Using the Jessica Nail Range.*

File and Polish	€15.00
Manicure (45 mins)	€40.00
Manicure with paraffin (1 hour )	€50.00
Pedicure (1 hour )	€50.00
Pedicure with paraffin (1 hour 15mins )	€60.00

### Waxing

Half Leg	€20.00
Full Leg (incl bikini)	€40.00
Underarms	€15.00
Bikini	€15.00
Lip Wax	€10.00
Lip & Chin Wax	€15.00
Chest & Back Wax	€50.00
Eye Brow Shape	€12.00

### Eye Care

*Eyelash Tint	€15.00
*Eyebrow Tint	€10.00
*Eyebrow Tint & Tidy	€15.00
*Eyebrow Wax, Lash & Brow Tint	€24.00

*\*Patch test required 24 hours prior to treatment*

## Day Pamper Package The Perfect Pamper Package

Treatments include:

- ❖ Hydrotherapy Bath Session
- ❖ A one hour Therapeutic treatment
- ❖ Finishing Touches Treatment  
(Choice of: Mini-facial, Manicure or Pedicure)

+

Full use of Leisure facilities throughout the day  
(Gym, Pool, Sauna, Steam Room, Jacuzzi)

+

Mid morning tea break and 2 course luncheon in the  
Coast Bar.

€110.00 Mon – Thurs, €130 Fri - Sun

## Combination Packages

### Hot Stone Ultimate Spa Ritual

A combination of full body exfoliation, luxury Facial  
and Full Body Massage using hot volcanic and  
marine stones

2 hours 30 mins €200

### Top to Toe

Body Polish, Back Massage  
Hand Massage &  
Purity Mini Facial

1 hour 15 mins €80

### Beauty Blending Package

Combine a Thalgo Facial with an Aromatic Back  
Massage

1 hour 15 mins €80

### Therapeutic Blending Package

Combine a therapeutic treatment with a  
Purity Mini-Facial

1 hour 15 mins €80

### Moms to Be Package

Pamper Hands, Feet, Back & Face

1 hour 30 mins €85

*A 50 % cancellation fee is enforced if 24 hour  
notice is not given prior to treatment  
A screening form must be completed before  
treatments take place.*

The *Spa* At

**club**vitae  
HEALTH & FITNESS CLUB



Quality Hotel & Leisure Centre Youghal  
East Cork

Phone 024 93095

Email: [therapist@qualityhotelyoughal.com](mailto:therapist@qualityhotelyoughal.com)

Web: [www.qualityhotelyoughal.com](http://www.qualityhotelyoughal.com)

Extn 351 (Hotel Residents)

*Pampering Packages For All  
Your Needs!*

Gift Vouchers Available



BY CHOICE HOTELS