

CEDARWOOD SPA





WELCOME

Relax your body and mind with us at Cedarwood Spa. Escape from your everyday cares while soaking in the serene views of Lough Ree from our deep seaweed baths. Enjoy the calmness and tranquility of our treatment cabins and simply watch the golden reeds swaying hypnotically from our hot tubs, outdoor bathing balcony or infinity pool.

Cedarwood Spa has the ultimate selection of VOYA and Yon-Ka spa treatments, you will be pampered by our highly skilled therapists and left floating after your unique experience.

Christine Mannion, Cedarwood Spa Manager

MASSAGE TREATMENTS

BACK NECK AND SHOULDER MASSAGE

Relax and unwind your every care away with hot oils and traditional massage movements.

25 minutes ————— €85

35 minutes with hot stones ————— €95

SWEDISH FULL BODY MASSAGE

Sooth your body and mind with these Swedish comforting techniques. Personalise your journey to uplift, relax or relieve – this is your time, and your choice.

55 minutes ————— €130

65 minutes with hot stones ————— €150

BUOYANCY TREATMENT

Enjoy this rhythmic back neck and shoulder massage and enter an ultimate state of bliss with a soothing scalp massage using VOYA's Buoyancy Body Butter infused with lavender and rosemary.

45 minutes ————— €110

SCALP AND FACIAL MASSAGE

Renew your energy levels and unwind with this firm but gentle massage. Ideal for people who suffer from migraines, headaches, anxiety or insomnia. The ultimate unwind treatment.

30 minutes ————— €85



VOYA | organic luxury
from the sea

FACIAL TREATMENTS

RADIANCE FACIAL

Restore your glowing complexion with this revitalizing treatment: Choose from our Purifying, Ultra calming, or Intensive hydra veil facials

55 minutes ————— €130

ANTI-AGEING FACIAL

Firm and tighten your skin with this stimulating treatment packed full of antioxidants for a natural radiant youthful glow.

55 minutes ————— €150

TASTER FACIAL

Reveal your natural glow with this hydrating and brightening treatment.

30 minutes ————— €85







FACIAL TREATMENTS

LA GRAND CLASSIQUE

A personalized facial which targets all your skin's needs revealing radiant results.

55 minutes

€130

HYDRALESSENCE

This intensely hydrating facial repairs and nourishes your skin's natural barrier.

55 minutes

€140

EXCELLENCE CODE

This luxurious collagen treatment activates the deeper layers of your skin to encourage a younger, smoother and firmer looking skin.

55 minutes

€150





ADVANCED OPTIMZER

A lifting and firming treatment to promote your skin's regeneration.

55 minutes ————— €130

ESSENTIAL WHITE

A brightening treatment to erase dark spots and unwanted pigmentation. A 30% Glycolic peel to stimulate collagen and activate cell renewal revealing a more rejuvenated and brighter skin.

55 minutes ————— €140

ESCALE BEAUTE

Reveal your natural glow with this hydrating and brightening taster treatment.

30 minutes ————— €85

COOL TOUCH TREATMENT

Unwind with this uniquely chilled facial treatment. Specifically design for menopausal ladies with a combination of refreshing and deeply nourishing products applied with crisp techniques to soothe and relax your body while preventing overheating, leaving you blissfully relaxed.

55 minutes ————— €130

RECOMMENDED FOR YOU

CEDARWOOD SIGNATURE TREATMENT

Ease away any stress with a hot oil back neck and shoulder, followed by radiance boosting facial to hydrate and nourish your skin.

60 minutes ————— €150

ULTIMATE MUM TO BE TREATMENT

Customized full body massage to reduce fatigue and release tension followed by a soothing and nourishing taster facial to enhance your mum to be glow.

90 minutes ————— €165

CEDARWOOD TOP TO TOE

Enjoy this deep muscle release massage from head to toe followed by deep exfoliation and nourishing facial treatment.

90 minutes ————— €170



HOLISTIC TREATMENTS

REFLEXOLOGY

Relax and heal with these ancient origin techniques using pressure point massage on your feet which encourages your body to naturally restore its own healthy balance.

60 minutes ————— €125

REIKI

This is a complementary therapy that involves encouraging a healthy flow of energy in the body to lower stress and promote healing in a safe relaxing non-invasive and effective therapy.

55 minutes ————— €90

REIKI WITH REFLEXOLOGY

Relax and heal with these ancient origin techniques using pressure point massage on your feet with the complementary therapy of Reiki encouraging a healthy flow of energy in the body for the ultimate healing experience.

85 minutes ————— €185



BATHING RITUALS

SEAWEED BATH

Submerge your body in a bath of organic, hand-harvested Atlantic seaweed (*Fucus Serratus*) to remove unwanted toxins and alleviate aches and pains.

45 minutes ————— €65

LAZY DAYS

A lazy days seaweed bath in your room for you to enjoy at your leisure. ————— €28

ORGANIC WARMED SPICE MUD BATH

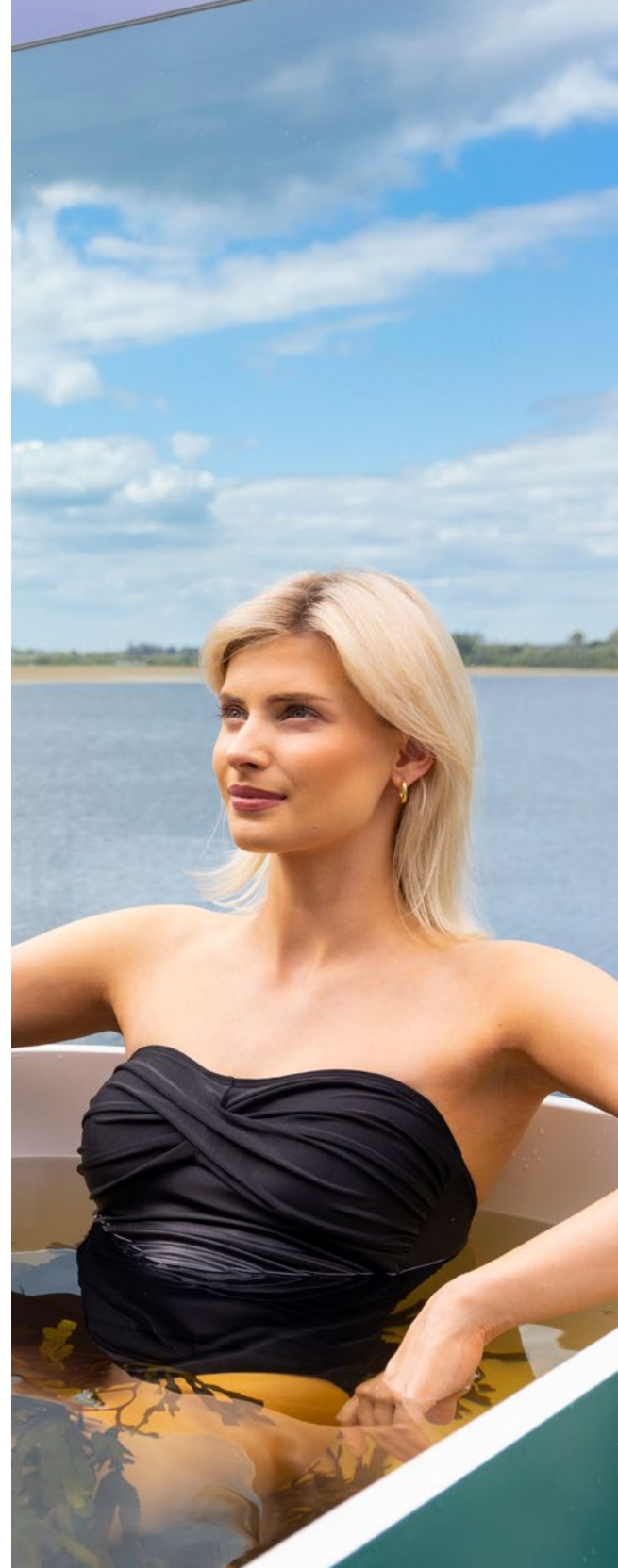
This dark deep relaxing bath soothes muscular aches and pains, relieves stress and fatigue, energising mind and soul.

45 minutes ————— €65

ORGANIC SEAWEED AROMA BATH SALTS THERAPY

A relaxing bath soak with a blend of VOYA organic essential oils, organic lemon, lime, clove, basil, mandarin and patchouli, combined with bath salts.

45 minutes ————— €65





YON-KA PHYTO BAIN

An aroma-fusion bath with a blend of lavender, everlasting and petitgrain essential oils that work to rebalance, regenerate, drain and tone your skin and activate blood flow.

45 minutes ————— €65

BATHING RITUALS SELF SERVICE ADD ONS

FLOATING FACIAL ————— €25

Indulge in the ultimate experience and add on our facial option to your bathing treatment.

BODY BUFF ————— €15

Increase your lustre and aid absorption of your bathing therapy with a body exfoliation.

MARINE EYE ————— €20

Rejuvenate your tired eyes, banish puffiness leaving you looking refreshed with Irish facial seaweed.

FINAL TOUCH ————— €10

A Tailor-made blend of body moisturiser and oils to lock in all the beneficial properties.

HANDS & FEET

CEDARWOOD SPA MANICURE

Light hand scrub, nail shaping, cuticle work, a gentle hand massage and a two week polish of your choice.

45 minutes

€80

CEDARWOOD SPA PEDICURE

Pamper your aching feet with a deep exfoliation, nail shaping, a relaxing massage and a two-week polish of your choice.

55 minutes

€95

*Bridal Makeup and Packages upon request.



SPA ETIQUETTE

- The Spa environment is one of tranquillity and relaxation, please do not use mobile phones within the spa.
- We kindly ask Guests to arrive 15 minutes prior to your treatment reservation.
- In the event of a late arrival, we will endeavour to provide full treatment duration where possible.
- Please advise the spa of any allergies, medical conditions or disabilities, prior to your arrival as some treatments are cautioned for certain conditions
- For use of the outdoor Hot Tubs and Relaxation Pool Guests need to bring their own swimwear. Robes and slippers will be provided and alternatively guests can bring their own flip flops.
- Our Spa is a strictly adults only environment and we can only offer treatments to clients aged 18 years and older.
- The Spa is the perfect place to relax during pregnancy. We have specially designed treatments for expectant mothers for after the first 12 weeks of pregnancy. If you have had surgery in the last 6 months (including caesarean section) it will not be possible to have any massage or body treatments. Please allow our Spa team to guide you in selecting which treatments are most suitable during this special time.
- Please note that use of the spa thermal suite and outdoor hot tubs is not recommended during pregnancy.



CANCELLATION POLICY

As a courtesy to other clients, we kindly request that you inform us of cancellations as early as possible. If for any reason you need to change a booking or make a cancellation, please ensure you give us a minimum of 24 hours' notice to avoid incurring a cancellation fee. If you do not call to cancel or do not show up for your appointment you will be charged the full amount on your credit card or room bill.



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