



# VOYA



## MASSAGES

### **Golfer's Massage**

With attention to relief of the muscle groups associated with a perfect swing, this is a golfer's paradise. Try a relaxing massage to unwind or to warm up before teeing it up.

**1 hour: €100**

### **Deep Tissue Massage**

Similar to the Swedish massage but with more intense pressure. It is also a more focused type of massage where the therapist works to release chronic muscle tension or knots.

**1 hour: €100**

### **Swedish Massage**

Long smooth massage strokes, gentle percussion & stimulating friction make a comforting massage for the experienced or first time spa-goer.

**1 hour: €100**

### **Sport Massage**

A firm touch to address the more active athletic body type. Relieves aches & pains.

**1 hour: €100**

### **Aromatherapy Massage**

Aromatherapy combines the use of essential oils & therapeutic massage. Helpful for many health conditions, but there are two areas where it excels: stress & bad backs.

**1 hour: €100**

### **Multivitamin Massage**

A very popular massage using the vitamins your body needs to relax & destress.

**1 hour: €100**

### **Indian Head Massage**

Massage of the head, neck, face & shoulders using relaxing movements & pressure points to relieve tension & migraine. Balances your energy flow promoting an overall feeling of tranquillity.

**1 hour: €100**

### **Back, Neck, Shoulder & Head Massage**

This quick massage is a great way to get rid of stress and lower back pain.

**½ hour: €60**

**THE 60-MINUTE MASSAGES CAN BE EXTENDED TO 1½ HOURS IF DESIRED (COST: €150)**

## VOYA MASSAGES

### **Voyager Massage Journey**

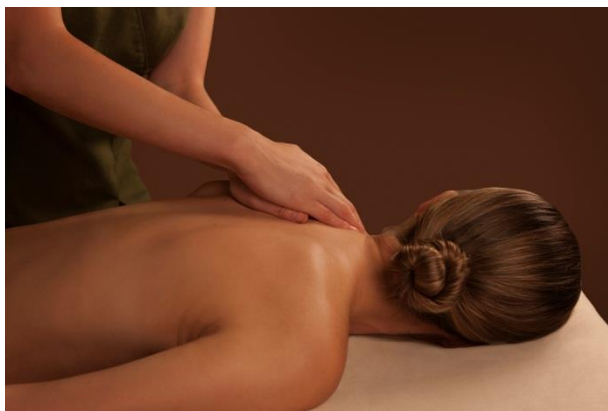
A complete top-to-toe relaxation journey, incorporating scalp massage, exfoliation, stretches & body massage that replicates the movement of the sea combining both gentle & stimulating movements. The ultimate luxury treatment to relieve aches & pains.

**1½ hours: €160**

### **Certified Organic Muslin Bag Massage**

A real sensory treat. Warm steamed bags of herbs & Fucus Serratus seaweed are gently massaged into the body, releasing precious seaweed oils to massage your body, gently exfoliating & nourishing your skin.

**1½ hours: €160**



## VOYA FACIAL TREATMENTS

### **Organic Ocean Fresh Facial Experience**

Ideal prior to a social occasion, in this truly organic facial, we use a spiny bamboo facial exfoliator to reveal a more radiant glow & then provide a VOYA signature massage using a face serum containing an intense blend of organic oils & anti-oxidant seaweed, followed by a VOYA Maskerade gel mask applied to deeply hydrate & detoxify, complemented with a relaxing scalp massage. For all skin types, of particular benefit for facial puffiness.

**1 hour: €90**

### **Organic Deluxe Facial Experience**

This revolutionary seaweed facial is a truly me-time treatment. It begins with a back exfoliation & back massage. We then use a spiny bamboo facial exfoliator to gently renew your skin and follow this by an intense VOYA signature facial massage. Freshly-harvested organic seaweed leaves are placed on the face over a warm poultice seaweed mask. To top it off, we enhance the mask with a light head massage. This experience will renew, revive & soften dry & dehydrated skin, alleviating fine lines & wrinkles.

**1½ hours: €130**



## VOYA BODY TREATMENTS

### **Organic Ocean Essence Total Body Wrap**

Combining the detoxifying power of Fucus Serratus seaweed & cellulite-reducing abilities of Laminaria seaweed, this treatment stimulates the blood & lymph flow, detoxifies the skin & stimulates the renewal of damaged cells through a full body exfoliation with ground walnut shells which defines, tones & increases lustre. It is an excellent skin rejuvenator, combating cellulite & muscle fatigue with the smoothening & moisturising effects of 2 powerful seaweeds. You will also enjoy a relaxing scalp massage.

**1¼ hours: €110**



## VOYA PACKAGES

### **VOYA 1**

**Organic Deluxe Facial Experience  
and**

**Organic Ocean Essence Total Body Wrap  
2¼ hours: €230**

### **VOYA 3**

**Voyager Massage Journey Massage  
or**

**Certified Organic Muslin Bag Massage  
and**

**Organic Deluxe Facial Experience  
3 hours: €270**

### **VOYA 2**

**Organic Ocean Essence Total Body Wrap  
and**

**Voyager Massage Journey Massage  
or  
Certified Organic Muslin Bag Massage  
2¼ hours: €260**

### **VOYA 4**

**Organic Deluxe Facial Experience  
and**

**Organic Ocean Essence Total Body Wrap  
and**

**Voyager Massage Journey Massage  
or  
Certified Organic Muslin Bag Massage**

**4¼ hours: €375**

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# VOYA

**VOYA** is the leading luxury spa and skincare brand, located in County Sligo on the wild Atlantic coast of Ireland. They have created exceptional luxury organic beauty and skincare products with integrity and in full harmony with nature. Using their hand-harvested organic seaweed and its benefits, they strive to bring the full power of nature in its purest forms throughout its range. They are the world's first producers of certified seaweed-based products.

Old Head Spa is delighted to be able to offer a carefully chosen selection of **VOYA** treatments.

You will also find a full range of products in the Golf Shop for you to purchase so that you can continue to benefit from these seaweed-based products back in the comfort of your own home.

## RESERVATIONS

24 hours notice is needed in order to guarantee your appointment, although we will endeavour to have the therapist available at shorter notice if possible. To make an appointment, please email [spa@oldhead.com](mailto:spa@oldhead.com) or call (+353) (0)21 4778444.

## ARRIVAL TIME

We ask that you arrive at least 15 minutes before your appointment is due to start. You may also enjoy the Old Head Thermal Spa as a prelude to your treatment or the Fitness Suite before or after your treatment.

## DISCLAIMER FORM

All clients will be asked to sign a Disclaimer Form before your treatment.

## HOURS OF OPERATION

Treatments are available from 8 am to 8 pm, 7 days a week, subject to pre-booking with the necessary advance notice. We will do our best to accommodate out-of-hour requests.

The Thermal Spa is open from 12 pm to 9 pm, 7 days a week.

The Fitness Suite is open from 7 am to 9 pm, 7 days a week.

## IN-SUITE SPA (Residents only)

Some treatments can be experienced within the privacy of your Suite. Enquire at the Suite desk as to which of the treatments are available in this manner.

## PAYMENT OF SERVICES

Members: treatments will be charged to your Member's account.

Residents: treatments will be charged to your Suite.

Other: payment is due after the treatment at the Suite desk. A credit card number will be required to confirm a booking.

## GRATUITIES

Gratuities are not included in the prices listed. This is at your own discretion and can be paid directly to the therapist or added to your bill.

## SPA ATTIRE

You will be provided with an Old Head bathrobe and slippers. Disposable underwear is also available.

## VALUABLES

Members: please place all valuables in your locker.

Residents: please place all valuables in the safe in your suite.

Other: please go to the Suite desk where they will safely store your valuables for the duration of your treatment.

## CANCELLATION POLICY

A minimum of 24 hours' notice is needed to cancel an appointment. Without this notification, you will be billed for the full price of the service. Should you need to change the time of your treatment within the 24-hour cancellation period, we will make every effort to accommodate your wishes.



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