



Invitation.....

.....Journey to the Heart of Silence



At Ciúnas Spa we are here to embrace the needs of your Body, Mind and Spirit. Symbolically, our Ciúnas Spa is on three levels.....

.....On the lower ground floor we have our thermal area which includes steam room and sauna. Also included on this level are our changing rooms, shower areas and one of our relaxation areas. Leading towards the outdoors there's our unique seaweed bathing annexe which allows you to take in the wonderful views from our patio through one-way glass as you enjoy the benefits of salt-water and seaweed. This room contains two baths so - if you wish - you can share the experience with a friend or partner. Situated out on the edge of the patio area is our Jacuzzi. Revel in the sensation of merging with the mountain landscape as you are gently massaged with hot water while enraptured by the ancient and beautiful Bricklieve Mountains.



On the ground floor we have our reception area and four therapy rooms where you will receive both our local VOYA treatments and our Australian USPA treatments.

VOYA products and therapies are the world's first certified organic seaweed based range. USPA have a similarly impressive provenance offering a range of luxury products and treatment rituals using only pure elements and natural extract from plants. Both of our ranges have been carefully chosen to offer you the ultimate spa experience.

On this level we have another relaxation area - which affords stunning views over tranquil Lough Arrow and the five thousand year old Carrowkeel Cairns beyond - where you can linger as you continue to unwind after your treatment, or as you wait to begin your journey...

The top level comprises two additional therapy rooms - our hydrotherapy bathing room and our hot stone massage room. Here also we have indoor and outdoor relaxation areas where we can offer you a complimentary herbal tea and some homemade biscuits.



Whether you are in pursuit of relaxation, rejuvenation, detoxification or you would like a complete break from the stresses of life in the twenty first century, we can offer you therapies that will bring you to your ultimate destination. However, the most important component of Ciúnas Spa is *your* time. We would encourage you - our guest - to spend as much time as you can spare to get the greatest possible benefit from your chosen treatments.

With regard to choice, we have a few suggestions to make.....

The advantages of steam treatment are many and various. First of all, it is a relieving treatment for the respiratory system. Also, a short period in our steam room will greatly enhance the efficacy of massage and of seaweed bathing. Not only does this approach make following treatments more luxurious and relaxing, it increases the health benefits of both.

Reiki healing can restore the body as effectively as a night's sleep. The profound relaxation encountered in this treatment gives our natural healing impulses better opportunity to do their work. Combine this with another treatment of your choice to deepen the experience of both.



Seaweed bathing is *the* treatment for those of us who occasionally suffer from psoriasis or similar skin conditions. It is also proven to speed recovery from sports injuries and to shorten the time needed for rest in a testing training schedule. Precede this with a short time in our steam room and perhaps follow it with a VOYA massage to feel thoroughly invigorated by the healing properties of the ocean.

Massage is on one level the ultimate pampering experience. On a deeper level, regular massage offers considerable and long term health benefits - not least, the healing power of touch - particularly when chosen with other treatments as already outlined.

The above are just a few examples of the advantages of combining therapies.

Modern living requires that we care for all aspects of our being if we are to function at optimum level in our lives. Here at Ciúnas Spa we are particularly conscious of the need to nourish all aspect of the person and the personality and will be very happy to accompany you on your ritual journey to that destination



Please read through our brochure at your leisure and when you visit us we will give you ample time to outline your needs, and help you choose therapies that will best nourish all aspects of your being.

Finally, let us invite you to remain with us for as long as you please, allow your spirit to be soothed by contemplation of the magical and mythical landscape of this special place, indulge in some of the treats available and enjoy the various magazines and books provided for you enjoyment and pleasure.....

- Ciúnas -

Let us accompany you on your personal journey.....



Voya Facial Treatments

The Voya Anti Ageing Reviver Facial

Suitable for all skin types, this facial is of particular benefit to mature, dry or dehydrated skin types.

This skin rejuvenating facial is designed using **VOYA's** organic ingredients that have a combination of anti

Oxidant algae complexes, pro collagen organic extracts as well as a restorative blend of organic ingredients

to fight the signs of visible aging, reduce the appearance of fine lines and wrinkles and hydrate and plump the

skin texture. The result is instantly firmed and tightened skin with a natural radiant glow. **Time: 60 minutes €70**

The Voya Environmental Defence Facial

Suitable for all skin types, this back, face and scalp facial has been created for the needs of city dwellers or those

with oily, congested, problematic skin. This therapy begins with a deep cleansing back treatment leaving the skin

feeling purified, smooth and re-hydrated. A double action technique will work to eliminate toxins, re- balance the

facial skin with a hot and cold cleanse, a facial massage & lymphatic drainage and a marine mask with hand harvested

seaweed leaf strips. The combination will leave the skin calm, cleansed, re balanced and the complexion visibly clearer.

Time: 90 minutes €99





VOYA Body Wraps

VOYA Mermaids Purse Body Wrap is a deeply hydrating and cleansing treat for skin that has become a little dull. The effects can be long term as the skin is nourished enough to continue its own healing journey.

Time: 50 minutes €90

VOYA Organic Seaweed Leaf Wrap is amazingly luxurious. The body is wrapped first in organic seaweed leaves and then cocooned in one of our special muslin sheets while you receive a calming head massage. As well as leaving your skin silky smooth this treatment is an effective addition to weight loss programmes.

Time: 80 minutes €120

VOYA



VOYA Massage

Ciúnas Massage

VOYA Foot Retreat is a truly reviving, nourishing therapy for tired feet and legs. It begins with a sea salt exfoliation and continues with a deeply relaxing massage of the lower legs.

VOYA Massage is exceptional because it introduces your skin to the world's only organic seaweed oil which renews damaged skin cells, combats the signs of aging and works effectively to combat cellulite. This is really a gift from the sea.

VOYA Seaweed Stone Massage is a deep tissue treatment that will take you on a journey deep within. The combination of Seaweed leaves and warmed stone is immensely soothing to body, mind and spirit.



Voya Full Body Massage	50 minutes	€70
Voya Back Massage	30 minutes	€50
Voya Hot Stone with Seaweed Full Body Massage	50 minutes	€90
Voya Foot Retreat	50 minutes	€70

Ciúnas Full Body Massage	50 minutes	€65
Ciúnas Back Massage	30 minutes	€45



Ciúnas Hot Stone Full Body Massage
Ciúnas Hot Stone Back Massage

50 minutes €65
30 minutes €35



Voya Body Exfoliations

VOYA Sweet Organic Lavender & Seaweed Sugar Glow is a fusion of exfoliating ingredients - organic seaweed, organic lavender buds and organic sugar - that invigorate the skin. After a cleansing shower Voya's "Softly Does It" body moisturiser is lightly applied.

Time: 50 minutes €65

VOYA Pure Organic Peppermint & Seaweed Sugar Glow is a refreshing and cooling treatment that awakens the senses and the skin with its combination of organic Peppermint leaves, Seaweed and organic sugar -an ideal summer treatment.

Time: 50 minutes €65

VOYA Bladderwrack Body Buff is a warming comforting treatment designed to nourish dull skin. The anti-oxidant rich Bladderwrack combines with massage oil to give your skin the ultimate make-over.



Time: 50 minutes €65

Reiki

Reiki is a non invasive hands-on healing modality. In these days of hurried lifestyle it's difficult to make time for the needs of the spirit..... Reiki is experienced as deeply relaxing - an excellent de-stresser for body and mind, and provides the client with an opportunity to connect with the inner self.

Time 40 minutes €60





Hopi Ear Candling

Relaxing and calming.....

.....this is the treatment of choice for those of us experiencing irritation in ears and sinuses

The candles work on a chimney principle, drawing any impurities to the surface where they can be gently removed. The benefits can be felt for hours or days afterwards

The Candling is followed by a gentle head massage - **Time: 35 Minutes €45**





Water Treatments

Seaweed Bathing allows you to luxuriate in a combination of salt water and organic seaweed harvested off the Atlantic coast. This is a deeply relaxing and therapeutic experience and is best enjoyed when preceded by a 15 minute steam in our steam room.

Time: 45 minutes €45

Seaweed Bath for Two

Time: 45 minutes €70

Our hydrotherapy Bathing room is a haven of relaxation for mind body and spirit. Lie back and watch the clouds going by as you revel in the sensation of the outdoors being brought in. Meanwhile your body is being massaged by powerful jets of water that will relieve tired muscles using a programme specially tailored to your needs. For further options on Hydro bathing see overleaf

Time: 25 minutes €35





Deluxe Hydrotherapy bathing

From Voya come wonderful bath salts which are combination of seasalt and seaweed extract. After your massage by water you will be treated to a full body moisturising with Voya's wonderful Softly Does It

Time: 40 minutes €45



VOYA
Organic beauty from the sea



From Uspa by you can enjoy a milk and rose petal bath which will leave you with silky soft skin and this is further enhanced by a full body moisturising treatment.

Here you can choose either

Uspa's Lu'Lur Coco Cream or their delicately fragrant Rose & Tangerine

Time: 40 minutes €45



Uspa Facial Treatments

Uspa Hydramax Facial is particularly designed for skin in need of intense moisturising. Allow your skin to be soothed and nourished by an infusion of aloe, intense rose absolute, evening primrose and calendula restoring it to former radiance.

Time: 90 minutes €99

Uspa Regenerative Facial is an intensive treatment which can renew damaged or aging skin using the potency of Vitamin C, and the vital essential oils of Neroli, Fennel and Camellia.

Time: 90 minutes €99

Uspa Refining Fruit Acid Facial is an ideal treatment for the rejuvenation of dull and pigmented skin. An application of stimulating plant serums containing botanical alpha hydroxyl acids, sandalwood, lavender and apricot kernel oil reveal fresher brighter complexions.

Time: 90 minutes €99

Uspa Purifying Facial refreshes and detoxifies oily or congested skin by gently cleansing with oils of peppermint, vetiver and lime.

Time: 90 minutes €99





Uspa Facial Treatments

Uspa De-Sensitising Facial is perfect for comforting, calming and cooling sensitive irritated skin. This treatment brings skin back to balance by incorporating elixirs and serums rich in soothing camomile, jojoba, borage and calendula.

Time: 90 minutes €99

Uspa Clarity Essential Facial is the perfect 'taster' when time is of the essence. It includes a hand and arm exfoliation with thyme pumice and a massage with tangerine and rose oil leaving the skin refreshed.

Time: 45 minutes €55

Uspa Eye Contour Wrap is a cooling refreshing treatment for the delicate eye area. It can be a treatment by itself or combined with a facial or body treatment. Its aim is to eliminate puffiness and diminish dark circles and the appearance of fatigue. An ayurvedic eye masque is part of this unique treatment.

Time: 45 minutes €50





Uspa Body Wrap & Exfoliation Treatments

Uspa Rejuvenating Body Mud Wrap brings unique detoxifying benefits from the earth. It is combined with The natural nut and essential oils. This warmed fragrant mixture is applied and you are then cocooned in cloth of natural fibres to deepen the benefits of this sensuous experience which leaves the skin silky smooth

Time: 60 minutes €88

2 hours with Full Body Massage €150

Uspa Coffee and Sea Kelp Contour Wrap is rich in anti-oxidants contained in the nanah menthe leaves, vanilla and grapefruit and also in the ground coffee beans and sea kelp which will exfoliate and invigorate the skin. Macadamia nut oil will leave the treated skin soft and supple.

Time: 1 hour 15 minutes €99

Time: 2 hours - with Lymphatic drainage Full Body Massage - €160



Uspa Body Wrap & Exfoliation Treatments

Uspa Aloe Vera Linen Wrap is a calming anti-oxidant body wrap. A combination of Green Tea and Aloe soothes and moisturises the skin, encouraging suppleness in underlying skin tissue as well as being a cooling after sun treatment.

Time: 1 hour €99

Uspa Organic Herbal Hydration Wrap is an organic hydro-powder masque - a unique blend of 9 organic herbs, to facilitate exfoliation, decongestion and hydration of the skin before being comfortingly wrapped in natural cloth. A relaxing mini facial further enriches this experience.

Time: 1 hour €99

Time: 2 hours - to include full body massage - €160

Uspa Bamboo and Ginseng Polish is a tingling exfoliant that removes impurities to reveal smooth soft skin. This experience is enhanced by a gentle Dry Oil massage coupled with Tangerine and Rose Moisturiser.

Time: 45 minutes €80

Time: 90 minutes €145

Uspa Hot Oil Elixir Infusion is a holistic experience - involving 5 aromatic elixirs - which begins with a foot ritual. A dry body-brushing follows and the journey continues with a gentle rhythmic oiling leading to the destination of bliss!

Time: 75 minutes €90



Ciúnas Beauty

Waxing

Full Leg	€30
Half Leg	€18
$\frac{3}{4}$ Leg	€20
Full Leg & bikini	€40
Half Leg & Bikini	€28
Bikini Wax	€14
Underarm	€14
Eyebrow/Chin/Lip	€10
Eyebrow&Chin&Lip	€25

Eye Care

Eyelash Tint	€12
Eyebrow Tint	€10
Eyebrow Shape	€10
Eyebrow & Eyelash Tint & Shape	€25

(Skin patch test required 24hrs before treatment for all of the above treatments)





JESSANA PROFESSIONAL NAIL SPA

Luxury Manicure.....	€50
Luxury Pedicure.....	€60
Mini Manicure.....	€30
Mini Pedicure.....	€35
File & Polish.....	€15
File & French Polish.....	€18





"The most beautiful cosmetic you can wear is healthy skin"

"Jane Iredale make-up is not just a refinement of normal make-up:
it is a new technology.

So effective it is recommended by plastic surgeons, dermatologists
and skin care professionals"

In keeping with our philosophy of offering the most natural products
we are happy to offer this mineral-based make-up in Ciúnas Spa



Our expertly trained therapists will be happy to advise you on what suits you best and offer you a make-up make-over!
€45 for 45 minutes (includes €10 off make-up purchase)

We are delighted to be able to offer
In-house Make-up service to our Bridal Parties
Cost on request





Journey from the Ocean to the Mountain - Ciúnas Spa Signature Treatment - €180

Begin with a short time in our steam room, followed by a visit to *Cuan na Mara* which is our beautifully appointed VOYA Seaweed bathing room. Here you can enjoy a view of legendary Lough Arrow while you are cradled in a bath of salt water infused with seaweed harvested from the Sligo coast.

Journey upwards then from the watery depths to be embraced by the earth in *Cuan na gCré* where you will be treated to a fabulous Uspa mud wrap.

Spiral still further upwards to encounter the mountain top in *Cuan na gCloch* where you will be comforted by the heat of stone during our wonderful hot stone massage.

At journey's end you are thoroughly relaxed and at peace with yourself so it's time to step into our relaxation area where you can sit and enjoy the wonderful views of water, earth and stone.

If you are so inclined there are some books to browse through in our relaxation area on the



myths and legends of this wonderful landscape...

Ciúnas Spa Etiquette

As we welcome you to our Ciúnas Spa we would ask you to familiarise yourself with, and adhere to, our spa etiquette which has been carefully devised to ensure the ultimate comfort of our guests.

We are happy to welcome everyone over the age of eighteen. We would request that our guests discuss any health issues they may have to ensure that they are guided towards the most suitable therapy.

Our Non Resident guests will be shown to the appropriate dressing room and assigned a locker. Your locker will contain a robe, slippers, towels and a little wooden bowl for the safe keeping of small valuables. You will be invited to have a shower and don your robe before entering the thermal areas or continuing to your appointed therapy.

Our Resident Guests will have their shower before leaving their room in their robes to follow the signs to Ciúnas Spa. When you reach the spa we will provide you with non-slip slippers which are yours for the duration of your stay. We would be very happy to welcome you to enjoy the thermal and relaxation areas in advance of your appointment time, and will be delighted if you choose to linger afterwards.

If you are using our thermal areas - steam room and sauna - we would respectfully ask that you enter and exit in your robe. However, whilst in either of these facilities it is your personal choice whether you wear swimwear, or not. We require you to wear swimwear in our outdoor hot-tub.



At all times we would appreciate respectful awareness of the sensitivities of your fellow guests. You are very welcome to call into our spa reception area for information and brochures. Show-arounds can be facilitated during quiet periods or outside of Spa opening hours. We hope you will find your visit to Ciúnas Spa a welcoming and wonderful experience. We will appreciate - and attend to - your comments and advice so that we can continue to give you the high level of service to which all of us here in Cromleach aspire.

For your ultimate comfort we would ask that arrive 20 minutes ahead of your appointment time to facilitate preparation and consultation time with your therapist.

Late arrival for appointments will result in your treatment time being shortened.

Our cancellation policy is 48 hours after which time full charges will apply.

It is not permitted to enter the spa whilst under the influence of alcohol to any degree.



**Cromleach Lodge
Country House Hotel & Ciúnas Spa
Lough Arrow
Castlebaldwin
Co Sligo**

**Opening Hours - Wednesday to Sunday
(Closed Monday & Tuesday)**

**Thermal Areas: 10.00 - 19.00
Treatments - by appointment only - 10.30 - 17.30**

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