




CedarSpa



Welcome to the Cedar Spa at the Westport Woods Hotel.

We invite you to step inside and immerse yourself in a world of relaxation, healing and revitalisation.

Our highly qualified therapists will help you get the best from your spa experience with information and advice on treatments and products.

Allow ample time for your spa visit, please arrive 20-30 minutes before your treatment if you wish to soothe away the outside world in the relaxation room and outdoor hot tub. This is time just for you. Please note all treatment times are approximate.

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## Gentlemen's Quarters

**Men's Face Treatment** 1 hour 15 mins €80.00

Soothes razor burn and gently removes dead cells and blackheads. Includes facial massage.

**Swedish Massage** approx. 1 hour €70

Overdone it in the gym or on the golf course? Eases and relaxes tense muscles.

**Handyman** approx. 30 mins €30

Thorough hand and nail treatment. Works on hard skin and tidies nails.

**Footwork** approx. 45 mins €45

Ideal for neglected feet and toenails. Removes hard skin, tidies cuticles and shapes nails.

All our treatments are available for male clients.

A full range of Yon-Ka products for gentlemen is available.

## Rejuvenating Yon-Ka Facial Treatments

All facials include a soothing massage and plant-based soft gel peel.

**La Grand Classique** approx. 1 hour 15 mins €80.00

Suitable for all skin types. Deep pore cleansing and rehydrating, specific to what your skin needs at the time.

**Hydralessence Visage** approx. 1 hour €75.00

Suitable for dry, dehydrated skin types. Bring the youthful glow back into your skin. Long lasting, deep hydrating facial to revive the most dehydrated complexion.

**Optimizer** approx. 1 hour 15 mins €90.00

Suitable for a slightly more mature complexion. Lift effect facial to plump and firm the skin.

**Plaisir D'Arômes** approx. 1 hour €75.00

Relaxing facial with warm aromatic compress. A stress buster working through all your senses to soothe you after a busy week.

**Vital-Intense** approx. 1 hour 15 mins €80.00

Perfect if your skin is looking dull and tired after illness, sun exposure or pregnancy.

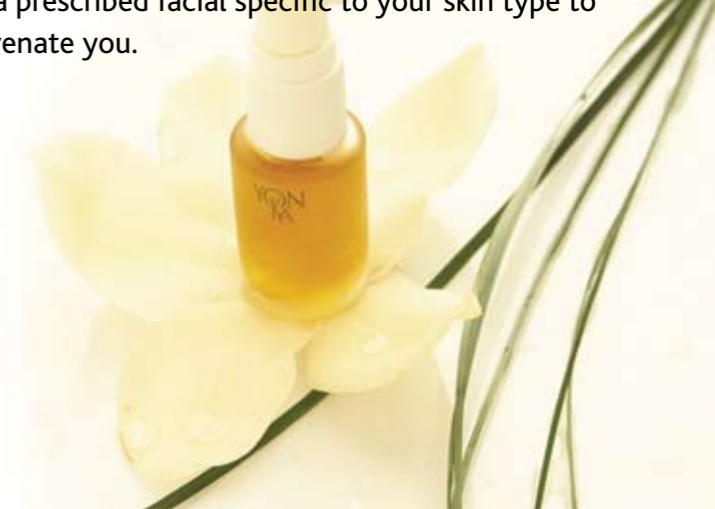
**Éclat Contour Eye Treatment** approx. 45 mins €45

Three treatments in one to combat lines, puffiness and dark circles.

**Secret de Beauty** (face & body)

approx. 2 hours €130

Head to toe reviver. A full body exfoliation with aromatherapy oils leaves your skin silky smooth and a prescribed facial specific to your skin type to rejuvenate you.



## Detoxing Body Treatments from Yon-Ka

### Deep Cleansing and Exfoliating Back Treatment

approx. 45 mins €50

Deep cleansing and exfoliating back treatment. Removes dead skin cells, fake tan etc. Also improves problematic skin on the back area.

### Hydralessence Corps Total Body Care

approx. 1 hour 30 mins €95

Gentle, effective total body exfoliation with a soothing gel peel followed by a seaweed body wrap (gel peel perfect for sensitive skins).

### Phyto-Marine Seaweed/Mud Wrap

approx. 1 hour 15 mins €85

Dust down all those dead skin cells with this dead sea salt scrub and wrap up warm in a seaweed or mud wrap. Great for aching bones and muscles or arthritic conditions.

### Body Detox Aromatic Mud Wrap

approx. 1 hour 30 mins €85

Perfect way to refresh after the weekend - feel brand new again. Includes face mask, body scrub and aromatic body wrap.

### Soins Velour

approx. 30 mins €45

Moisturising body polish. Removes dead skin and rehydrates with aromatherapy oils. Choice of scrub or gel peel.

### Jambes Toniques

approx. 35 min €45

Treatment for heavy/tired legs; a really refreshing treat especially during pregnancy or warm weather.

## Relaxing and Energising Massages

### Aroma-Luxe Massage

approx. 1 hour €70  
Relaxing full body or back treatment using Yon-Ka mixed aromatherapy oils.

### Swedish Massage

approx. 1 hour €60,  
Back 30 mins €40  
Deep and relaxing massage manipulating tired and tense muscles. Long, flowing, kneading strokes to rejuvenate and energise. Perfect after horse riding or strenuous exercise.

### Hot Stone Massage

approx. 1 hour 15 mins €100,  
Back 30 mins €55  
An ancient massage therapy using heated basalt stones and selected spices.

*All massage treatments completed with hot towel ritual on the back.*

### Traditional Seaweed Bath

approx. 30 mins  
Enjoy your own exclusive seaweed bath treatment with local seaweed. Naturally moisturising and uplifting experience. Relieves tired, aching muscles and helps arthritic conditions.

## Holistic Therapies *for women and men.*

### Reflexology

approx. 1 hour €60  
An ancient treatment working on the body through reflex points on the feet. You'll melt away with this treat - so relaxing.

### Indian Head Massage

approx. 45 mins €50  
A tension-relieving massage of the head, neck and shoulders. Excellent treatment for sinus issues or tension headaches.

## Nails Nails Nails

### Jessica De Luxe Manicure or Pedicure

approx. 1 hour €60  
Luxurious treatment with thermal mittens/booties encouraging deep and soothing moisturisation. The ultimate in hand/foot and nail care.

### Nail Shape and Polish

approx. 15-30 mins €20

### Nail Shape and French Polish

approx. 15-30 mins €25

### Heated Paraffin Wax Hand/Foot Treatment

approx. 45 min €45  
This treatment really nourishes the skin, nails and cuticles through the oils in the paraffin wax. The warm application increases blood circulation and relieves fluid retention. Recommended for aching muscles or bones.

## The Eyes Have It

- Eyelash tint €12
- Eyebrow tint €8
- Eyebrow shape €12

## Waxing

*All waxing and tinting treatments require a patch test 24 hours in advance.*

- Full Leg & Bikini €35
- Full Leg €25
- Half Leg €16
- Lip & Chin €14
- Lip €10
- Chin €10
- Arms €16
- Abdomen €10-16
- Side of Face €10-16
- Underarm €13
- Brow €12
- Bikini Line €15

- Men's Waxing Chest or Back €30

## St. Tropez Spray Tanning

### Full Body Tanning approx. 30 mins €45

An even golden tan from head to toe in just half an hour.

### Bodywise €70

For the ultimate tan - have a Soin Velour body polish and a St. Tropez tan. Special rate of €70 for both - a saving of €20.



## Mums to be

These treatments are specially designed for pregnancy but can be enjoyed by anyone - especially people suffering from heavy legs, fluid retention or wishing to enjoy a light, relaxing massage.

### **Pregnancy Massage** approx. 1 hour €75

Extremely relaxing full body massage, aids the prevention of stretch marks.

### **Deluxe Leg Relief Pedicure** approx. 1 hour €65

Great treatment for clients with heavy legs or fluid retention. Incorporates a leg treatment with a pedicure. Includes leg exfoliation, massage, cuticle work and nail polish.

### **Polish and Perfect Skin Smoother** approx. 1 hour €65

During pregnancy lots of women can suffer from skin sensitivity and dryness. This treatment gently exfoliates the full body with a gel peel and then nourishes the skin with specialised skin care to aid in the prevention of stretch marks.

**Mums-To-Be Pamper Package** approx. 2 hours €110  
Full body pregnancy massage and a French Facial with our specialised skin care range.

## Spa Specials

### **The Perfect Present half day break** €125

A half day luxury spa experience including Aroma-Luxe massage and gentle hydrating Plaisir D'Arômes facial to leave your complexion glowing. Full use of relaxation suite and hot tub.

### **Pamper Day Package** full day midweek €199, Saturday €249

A full day pamper package to leave you sparkling from head to toe. Soins Velour body polish, Plaisir D'Arômes facial, Jessana file and French polish on fingers and toes. Finish off with a full body St. Tropez spray tan. Includes lunch in our Bench Café Bar.

### **Massage and Facial** approx. 1 hour 15 min €90

Back and Neck Relaxation Massage plus a French Facial using our specialised skin care range.

### **Seaweed Bath and Massage**

approx. 1 hour 15 min €60

Relax and unwind while enjoying this specially discounted duo that complement each other perfectly.

## Spa Vouchers

Vouchers available for all treatments and packages.  
Telephone 098 29305

***Use your voucher mid-week and receive 10% off treatments.***



## Yon-Ka Products

Continue the good work at home. A full range of Yon-Ka products for both ladies and men is available. Please view the pricelist enclosed.

### **Booking Policy**

We require a credit card number to guarantee your booking.

### **Cancellation Policy**

Please let us know 24 hours in advance if you need to cancel your appointment. 50% of the treatment cost will be applied if cancellation notice is less than 24 hours. The full treatment will be charged for if cancellation is within 3 hours of the appointment. The full price will also apply if you are late for your appointment.

Cedar Spa, The Westport Woods Hotel, Quay Road, Westport, Co. Mayo

Tel: 098 29305, [www.westportwoodshotel.com](http://www.westportwoodshotel.com)

