The image features a background of marbled paper with shades of green and gold. The marbling consists of organic, flowing patterns of dark green, light green, and gold speckles. In the center, there is a white rectangular box with a thin black border. Inside this box, the text "Spa Sula" is written in a white, elegant cursive script. The word "Spa" is smaller and positioned to the left of "Sula", which is larger and more prominent. The overall aesthetic is sophisticated and natural, suggesting a spa or wellness brand.

*Spa Sula*



## **WELCOME TO SPA SULA**

It all begins with a warm friendly smile. Step into Spa Sula and you enter a luxurious temple of harmony for body, mind and spirit – an indulgent sanctuary created exclusively for your pleasure and well being. Under the attentive care of our dedicated staff your experience at Spa Sula will leave your body, mind and spirit feeling revitalised, renewed and restored.

## **VOYA**

VOYA is a leading global lifestyle brand which promotes sustainable organic luxury. Grounded in science but inspired by the Atlantic Ocean and the ancient Irish tradition of seaweed bathing, wellbeing has always been at the heart of everything we do. We blend our cherished natural resource with a wealth of the purest organic active ingredients and essential oils. Inspired by their wild environment, every product is carefully crafted to harness the power of nature and bring you the best in skin care.

**Complimentary one hour use of the Thermal Suite with facial and body spa treatments booked.**

## **THERMAL SUITE**

60 MIN €15

This spacious, tranquil sanctuary is designed for guests to relax and luxuriate in. To enjoy the full benefit of the thermal suite it is recommended that you arrive 1 hour prior to your treatment. Enjoy the detoxifying, soothing warmth of the specialised dry and wet heat cabins as you voyage between the rock sauna, steam room and aroma grotto before refreshing under the tropical rain showers or cool yourself with the ice fountain. Our Thermal Suite includes the following:

### **FOOT SPA**

To enhance the thermal experience, feet can be warmed and soothed in two individual foot baths. A wonderful way to relax with a partner or friend.

### **ROCK SAUNA**

A classic sauna with a temperature of 80-100 degrees having a purifying effect on the body.

### **ICE FOUNTAIN**

Ice Fountain for cooling and refreshing between heated treatments.

### **STEAM ROOM**

With temperatures of approximately 43-46 degrees plus 100% humidity, the steam room is especially beneficial for cleansing the respiratory system.

## **SALT GROTTA**

The salt grotto is decorated with mosaics and filled with mist containing mineral salts. The inhalation of the salts and aromas aid breathing and increase metabolism. It is especially beneficial for people with respiratory ailments such as asthma. Recapture the healing essence of the sea with each breath.

## **LIFE STYLE SHOWERS**

Showers simulate tropical rain or cool mist which cleanses and prepares your skin for further heated treatments.

## **OUTDOOR ROCK POOL**

Experience our exhilarating outdoor heated rock pool with massage jets in the calming oasis of our Zen Garden.

## **GARDEN RETREAT**

Complete your journey by relaxing in the outdoor garden.

## **SPA VISITORS**

Complimentary use of Thermal Suite with spa treatments booked, please bring swimwear.

## **RASUL CHAMBER**

40 MIN €40 PP

1 hour thermal suite plus an exotic Arabic body treatment in a private chamber for up to four guests. A cleansing ritual involving steam and mud that will leave you feeling calm and relaxed with beautifully exfoliated soft skin.

**VOYA DELUXE FACIAL** 80 MIN €130

The ultimate VOYA facial experience, this treatment allows guests to experience the best of both worlds. The treatment starts with a back massage to induce relaxation and gently melt away muscular pain. The facial contains a 20-minute massage to deeply restore and recondition the skin followed by a dual action facial mask utilizing the exclusive re-mineralising Mermaid's Purse face mask and laminaria leaves. This indulgent facial leaves the skin rejuvenated and hydrated, softening the appearance of fine lines and reducing the skin's texture leaving the skin supple and plumped.

**VOYA SKIN RENEWAL FACIAL** 50 MIN €115

This specialized facial is the complete approach to results driven organic skin health. Using VOYA's first bio-tech skin specific serums, combined with the sonic pulses of the Haumea Brush technology, targeting various skin concerns for optimal skin health. Starting with VOYA's deep cleansing ritual to ensure your skin is prepared for the Resurfacing AHA peel that diminishes congestion and lackluster skin. Followed by a powerful age defying facial massage and shoulder massage, all to be polished off with VOYA's advanced serum and moisturiser tailored to your skin's needs.

**VOYA DISCOVERY FACIAL** 50 MIN €90

Allow VOYA to tailor your facial specifically to your skin's unique needs. This skin type-specific ocean inspired organic facial is deeply detoxifying, thoroughly revitalising and helps to smooth skin tone and increase clarity. It incorporates a relaxing facial massage used to release any build-up of toxins and toxic micro particles, to repair and nourish any skin cells damaged by pollution and chemical exposure. You will be left with a revived glowing complexion that is both enriched and strengthened.

**VOYA MARINE EYE TREATMENT** 50 MIN €65

**ADD TO ANY 80 MIN TREATMENT** 25 MIN €35

Organic Laminaria digitata Seaweed eye patches are hand harvested from the wild Atlantic ocean. This is an ultimate treat for refreshing and rejuvenating tired eyes. The Seaweed Marine Eye treatment combines relaxing and decongesting lymphatic massage movements with specialised products for individual concerns of aging which appear around the eye area.



## **BATHING RITUALS**

### **AROMA BATH SALT THERAPY** 40 MIN €55

A relaxing bath soak with a blend of VOYA organic essential oils, organic lemon, lime, clove, basil and mandarin combined with bath salts. This is a wonderful aromatic bath treat prior to further VOYA treatments.

### **LAZY DAYS DETOX SEAWEED BATH** 40 MIN €55

Submerge your body into a bath of organic, hand harvested Atlantic seaweed (*fucus serratus*) to remove unwanted toxins and alleviate aches and pains. This bathing ritual is the simplest and purest of all organic treatments. With its organic status approved by the IOFGA, Lazy Days utilises the natural power of organic hand-harvested seaweed to deeply moisturise the skin, increase circulation and promote healing internally and externally.

### **ORGANIC WARMED SPICED MUD BATH** 40 MIN €55

VOYA's Organic Warmed Spiced Mud Bath offers a potent detoxification, due to its trace elements, vitamins, lipids, polyphenols and humic acids from peat. Infused with organic seaweed extracts, this treatment assists in reducing the appearance of cellulite and combats the signs of ageing. This dark, deep relaxing bath will assist in soothing muscular aches and pains, relieve stress and fatigue and energise mind and soul.

### **VOYA ORGANIC HAND RITUAL** 50 MIN €75

An exfoliation from hands to elbows, followed by a deeply relaxing hand and arm massage. A seaweed mask is applied and Warmed Atlantic Seaweed is wrapped around the hands to hydrate, ease aches and pains and detoxify whilst you enjoy a deeply relaxing scalp massage. To complete this treatment, nourishing hand cream is then applied.

### **VOYA ORGANIC FOOT RITUAL** 50 MIN €75

An exfoliation from knees down, followed by a deeply relaxing massage of the lower legs and feet. A seaweed mask is applied and Legs are then wrapped in warmed Atlantic Seaweed to detoxify, increase circulation and nourish tired feet and legs whilst you enjoy a deeply relaxing scalp massage. To complete this treatment nourishing moisturiser is then applied to the lower legs.

### **VOYA ORGANIC STIMULATING SEAWEED BODY BUFF** 50 MIN €75

Letting us scrub your body head to toe with certified organic bladder wrack body buff (*Fucus Vesiculosus*) is the ultimate treat for tired and dull skin. The anti-oxidants from our mineral-rich bladder wrack seaweed combines with VOYA's signature seaweed massage oils to offer a powerful organic way to better skin. Includes: welcome ritual, exfoliation, application of body lotion, closing ritual

## VOYA WELLNESS & MENOPAUSE JOURNEY

### FORTIFY FACE & BODY

80 MIN €140

This treatment is highly recommended to support your wellbeing during changes in your life, such as menopause or periods of stress & anxiety. Transform your inner and outer self with VOYA's balancing ritual which celebrates and supports you through the natural tides of life.

Using aromatherapy oils, stress and anxiety are washed away with massage to the back of the body to unwind. A grounding foot reflex massage anchors you to the present moment, while a soothing tummy massage eases bloating and aids digestion. Finish your treatment with a hydration boost to cool and calm your skin, easing irritation as busy minds are quietened with a blissful scalp massage.

This treatment includes: Back of body massage, Tummy massage, foot massage, facial & scalp massage

### NOURISHING COCOON JOURNEY

80 MIN €125

Rebalance the body, hydrate the skin and calm the mind with this transformative experience. Your journey begins with a Voya's time to shine exfoliation which will leave skin looking radiant. Lavender body butter is then applied and you are cocooned in soft muslin. Slip into a deeper state of relaxation with a soothing mini facial and scalp massage whilst a calming mask hydrates your face.



## **EXCLUSIVE TO SPA SULA & SPA VEDA :**

### **THE VOYA SIGNATURE JOURNEY** 80 MIN €150

Tension melts away as warm steamed poultices of orange, clove and ginger glide over the skin releasing the precious seaweed oils while soothing muscle aches and pain, followed by a warm mud wrap infused with aromatic spices which also revive the senses, calms the mind and restores hydration.

INCLUDES: Poultice Back massage, mud wrap, scalp and face massage.

### **VOYAGER MASSAGE** 80 MIN €135

A true grounding journey, incorporating scalp massage, face massage, stretches and body massage that replicates the movement of the sea combining both gentle and stimulating movements. The ultimate luxury treatment to relieve aches and pains tailored to individual needs.

Includes: body brush, body massage, application of body lotion, facial massage, scalp massage

CHOOSE FROM:

| **UPLIFT** – Angelicus Serratus

| **RELAX** – Mindful Moments

| **MUSCLE** – Serenergise

### **VOYA PRECIOUS MOMENTS** 50 MIN €90

This is tailored especially to Mum and her growing bump. The growing bump is enveloped in a specialised mask helping to support connective tissue and prevent stretch marks. Your feet will be wrapped in Laminaria Digitata Seaweed leaves to help boost circulation, improve lymphatic drainage and reduce fluid retention. The hydrating organic masks work their magic while Mum enjoys a beautifully relaxing face, hand and arm massage.

### **MOTHER TO BE FULL BODY MASSAGE** 50 MIN €85

A gentle side-lying massage to release tensions in the back and the legs. Organic virgin coconut oil nourishes dry and sensitive skin. This treatment is designed to answer all the developing needs of you and your baby, giving the nurturing treatment you both deserve. Eases aches and pains of your whole body. Recommended after first trimester only.

### **YLANG & LIME BLOSSOM SALT SCRUB** 40 MIN €70

This heavenly treatment is designed to exfoliate your skin gently, leaving it radiant, smooth, and nourished. The salt scrub is followed by a nourishing body lotion that replenishes your skin's moisture, leaving it hydrated, silky smooth and glowing. Our Ylang & Lime Blossom Salt Scrub treatment not only revitalizes your skin but also uplifts your spirits, leaving you feeling refreshed and reinvigorated.



**FIRM PRESSURE**

50 MIN €100

This firm pressure massage is designed to stimulate and invigorate your muscles using slow strokes and firm pressure on areas of the body suffering from chronic muscles tension or areas that simply ache.

**REFLEXOLOGY**

50 MIN €85

This ancient pressure point foot treatment concentrates on a map of the body's organs and systems. This technique helps the body's natural healing process.

**SWEDISH MASSAGE**

50 MIN €85

This massage has a light to medium touch and is used to promote overall relaxation, stimulate circulation, reduce muscle tightness and enhance muscle tone.

**HOT STONE MASSAGE**

75 MIN €125

Ease those knots away with a combination of deep heat from basalt stones, relaxing body oils and a flowing massage to heal and balance your body's needs.

**VOYA TASTER**

50 MIN €90

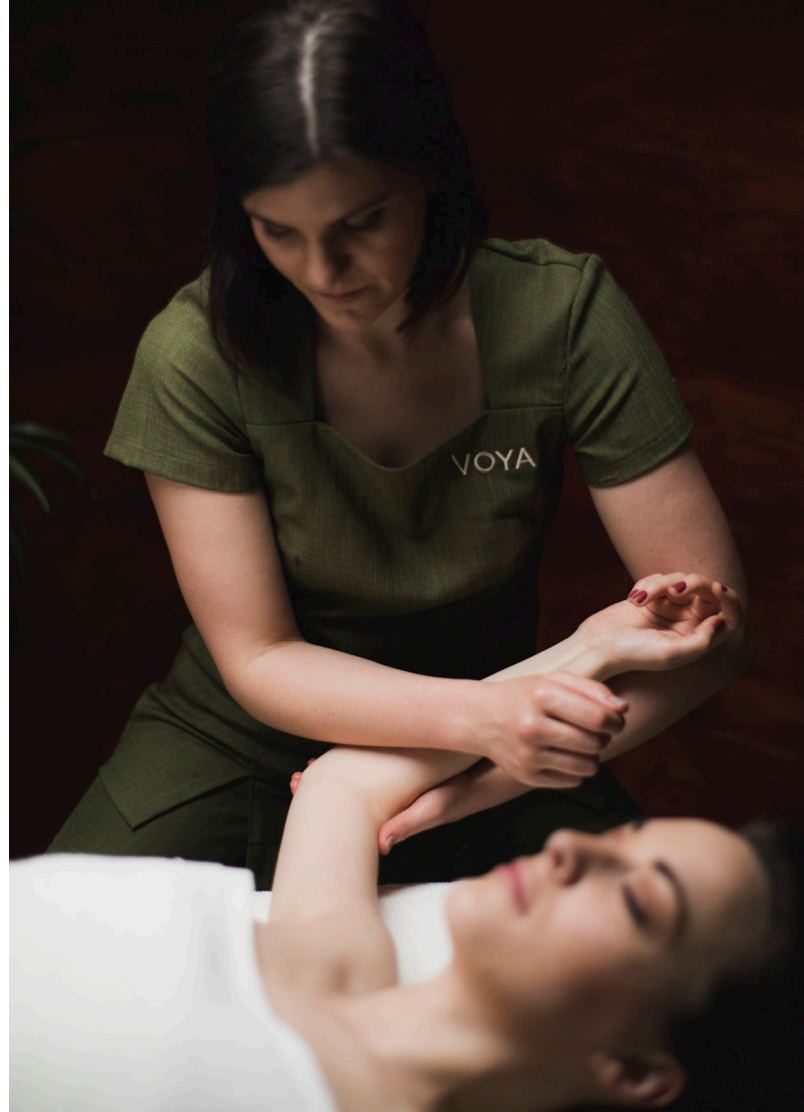
Renew and revive, choose one of the following tasters :

**VOYA SPA SULA TASTER** -

Back, Neck & Shoulder Massage & Express Facial

**VOYA RELAXATION TASTER** -

Back, Neck & Shoulder Massage & Indian Head Massage





**WARM OIL ABHYANGA MASSAGE** 50 MIN €85

A rhythmic and gentle whole - body massage, considered to be one of the most rejuvenating massage therapies available worldwide. This unique massage promotes sleep, reduces tiredness and strengthens the body. This massage helps to pacify vata (that nervous feeling) in our bodies and create a sense of “grounding”.

**LYMPHATIC DRAINAGE MASSAGE** 50 MIN €80

This is a light flowing gentle massage technique that targets specific areas and encourages the lymphatic system to eliminate toxins from the body particularly helping conditions such as fluid retention, cellulite and chronic fatigue syndrome. This deeply relaxing massage is also recommended for insomnia. Reducing stress and promoting vitality.

**WARM BAMBOO ANMA** 80 MIN €130

In the tranquil embrace of a Warm Bamboo Massage, one discovers not only relief from physical tension but also a profound sense of renewal and rejuvenation. This medium pressure full body treatment incorporates both Voya Hot poultices of orange clove and ginger with seaweed oils that help inflammation while soothing muscle aches and pain and warmed bamboo to help fight cellulite, tone muscles, stimulate lymphatic system and detoxify the organs. Leaving you more energised and less stressed.

**LUXURY MANICURE** 50 MIN €55

**LUXURY PEDICURE** 50 MIN €55

With this fabulous luxury manicure or pedicure you will be polished & buffed to perfection.

|Add Semilac to Luxury Manicure or Pedicure €10

|Shellac removal €10

**FILE & SHELLAC** €30

### WAX

Eye brow/Chin/Lip (each) €15

Eye brow, Chin & Lip €35

Underarm €15

Bikini €15

Half leg €25

Full leg €35

Back/Chest (each) €35

### EYE CARE

Eyelash tint €15

Eyebrow tint €10

Eyebrow shape €15

Lash tint & brow shape €25

Lash, brow tint & shape €35



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**SPA ETIQUETTE**

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*Discover ...you*

At Spa Sula, we believe that wellness is not just about pampering, it's a lifestyle. We are dedicated to providing our guests with a holistic and rejuvenating experience that nourishes the body, mind and spirit. Come and discover the magic of Spa Sula and discover the secret to true relaxation and inner peace.