



BALLYLIFFIN LODGE



THE ROCK CRYSTAL SPA

Treatment Menu

ORGANIC BEAUTY

VOYA

Spa Policy

Welcome to the Rock Crystal Spa

Here at the Rock Crystal Spa we can offer you complimentary use of our Relaxation Room. Use of the Pool, Sauna, Steam Room and Hot tub with payments over €60.00, which you can avail of prior to and after your treatment.

Appointments and reservations

We recommend that you should schedule spa treatments before your arrival. Reservations are subject to availability and must be secured with a valid payment card

Cancellations

Treatment times are reserved especially for you, we kindly request that cancellations or appointment modifications must be made 48 hours in advance, failure to follow this policy will result in 100% charge to your payment cards, no show appointments will be charged in full.

Special Health considerations

Please notify our reservations department if you have high or low blood pressure, allergies or physical ailments, special needs or if you are pregnant. This information may also be completed upon arrival at the spa.

Arrival

We suggest that you arrive at least 15 minutes before your treatment is due to start, if you have arranged to use the leisure facilities please confirm with reservations that you wish to use the facilities before or after your treatments.

Spa therapists normally recommend using the leisure facilities (Pool, Jacuzzi, hot tub, steam room and sauna) before your treatments

Late Show:

As a courtesy to following guests, late arrivals will only receive the remaining available appointment time and will be charged in full.

VOYA
ORGANIC BEAUTY

Choosing your treatment

Our Spa reservations team will help you plan the perfect Spa experience based on your specific needs.

Attire

A robe, slippers and a locker will be provided upon your arrival at the Spa, please wear under garments or dry swim wear. Disposable undergarments will be provided for specific treatments. Disrobe to the level of your comfort

Shaving

Shaving is not recommended prior to any body exfoliation treatments or hair removal services, we do however recommend that men please shave 2 hours prior to their scheduled facial treatments.

Etiquette

The Spa is designed to be calm quiet and relaxing, for this reason mobile devices are prohibited, we also ask that you respect other spa guests by speaking quietly while in the relaxation room.

No children allowed in the spa area.

Leisure Facilities

Here at the Rock Crystal Spa we can offer you complimentary use of our Relaxation Room, Pool, Sauna, Steam Room and Hot Tub.



Opening Times

Monday to Sunday 10am to 6pm

To make an appointment please contact the spa on 074 9317955
or the Hotel direct on 074 9378200 option 5
or
Email: rockcrystalspa@ballyliffinlodge.com

Spa Treatments

Massage Therapy

Swedish Full body massage (55mins) €90.00

Our Swedish massage technique is to relax the entire body. This is accomplished by rubbing the muscles with long gliding strokes in the direction of blood returning to the heart. But Swedish massage therapy goes beyond relaxation. Swedish massage is exceptionally beneficial for increasing the level of oxygen in the blood, decreasing muscle toxins, improving circulation and flexibility while easing tension.

Back Neck and Shoulder massage (25 Mins) €60.00

Swedish massage techniques specifically targeting muscle tension in the back neck and shoulders.

Aromatherapy Full body massage (55mins) €95.00

A massage to promote beneficial changes in your body and mind using VOYA essential aromatherapy oil.

Aromatherapy Back Massage (25mins) €65.00

Hot stone Full Body Massage (60mins) €100.00

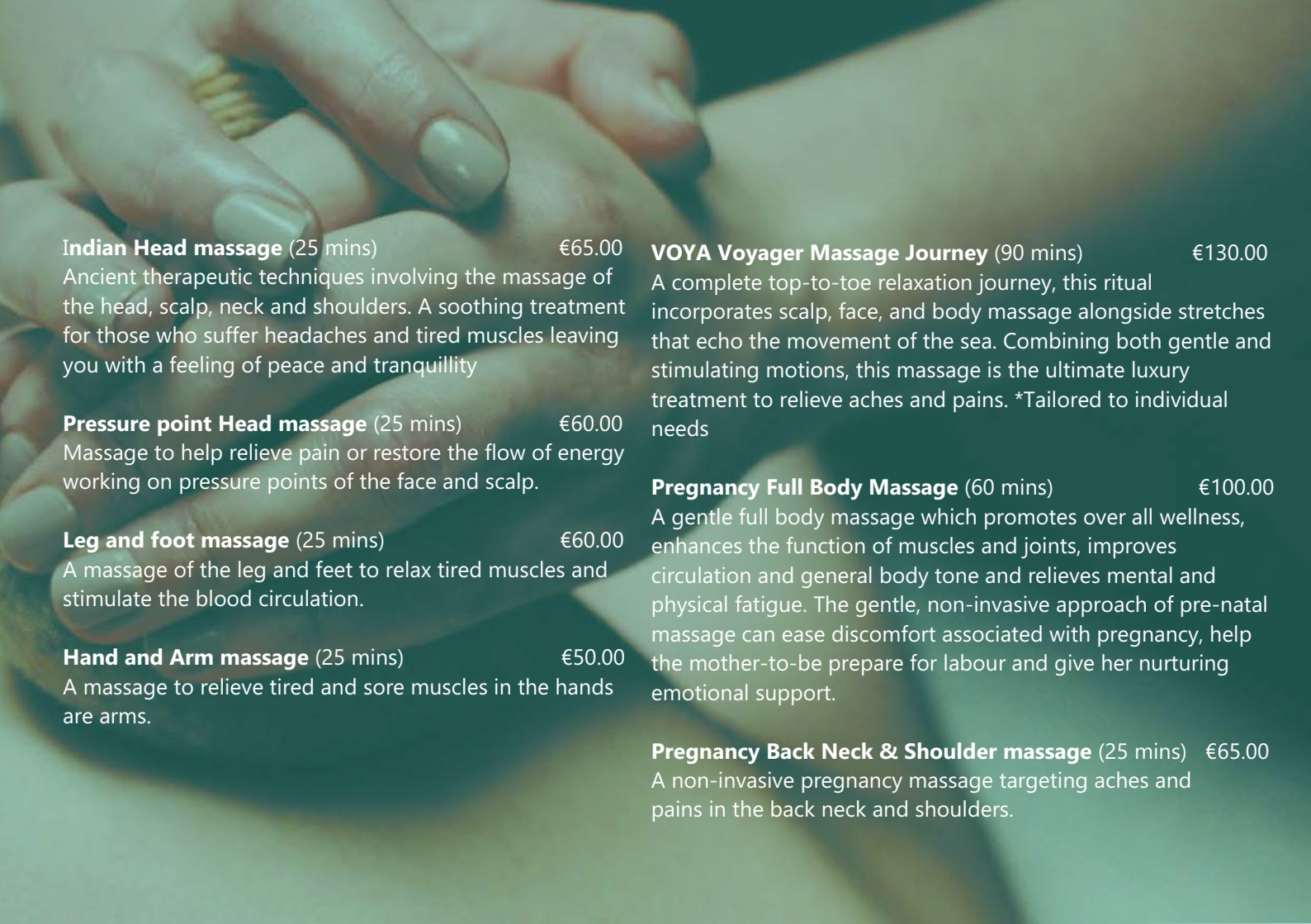
A massage to help you relax and ease tense muscles throughout your body using hot basalt stones.

Hot stone back massage (25mins) €65.00

A hot stone massage targeting tense muscles in the back neck and shoulders.

Signature Rock Crystal Massage (60 mins) €95.00

This is a memorable treatment which allows you to venture to highest point of relaxation. The Ritual starts with a facial cleanse & exfoliation followed by a scalp and arm massage along with a leg and foot massage, pressure point massage on feet and ending with a wonderful back massage.



Indian Head massage (25 mins) €65.00
Ancient therapeutic techniques involving the massage of the head, scalp, neck and shoulders. A soothing treatment for those who suffer headaches and tired muscles leaving you with a feeling of peace and tranquillity

Pressure point Head massage (25 mins) €60.00
Massage to help relieve pain or restore the flow of energy working on pressure points of the face and scalp.

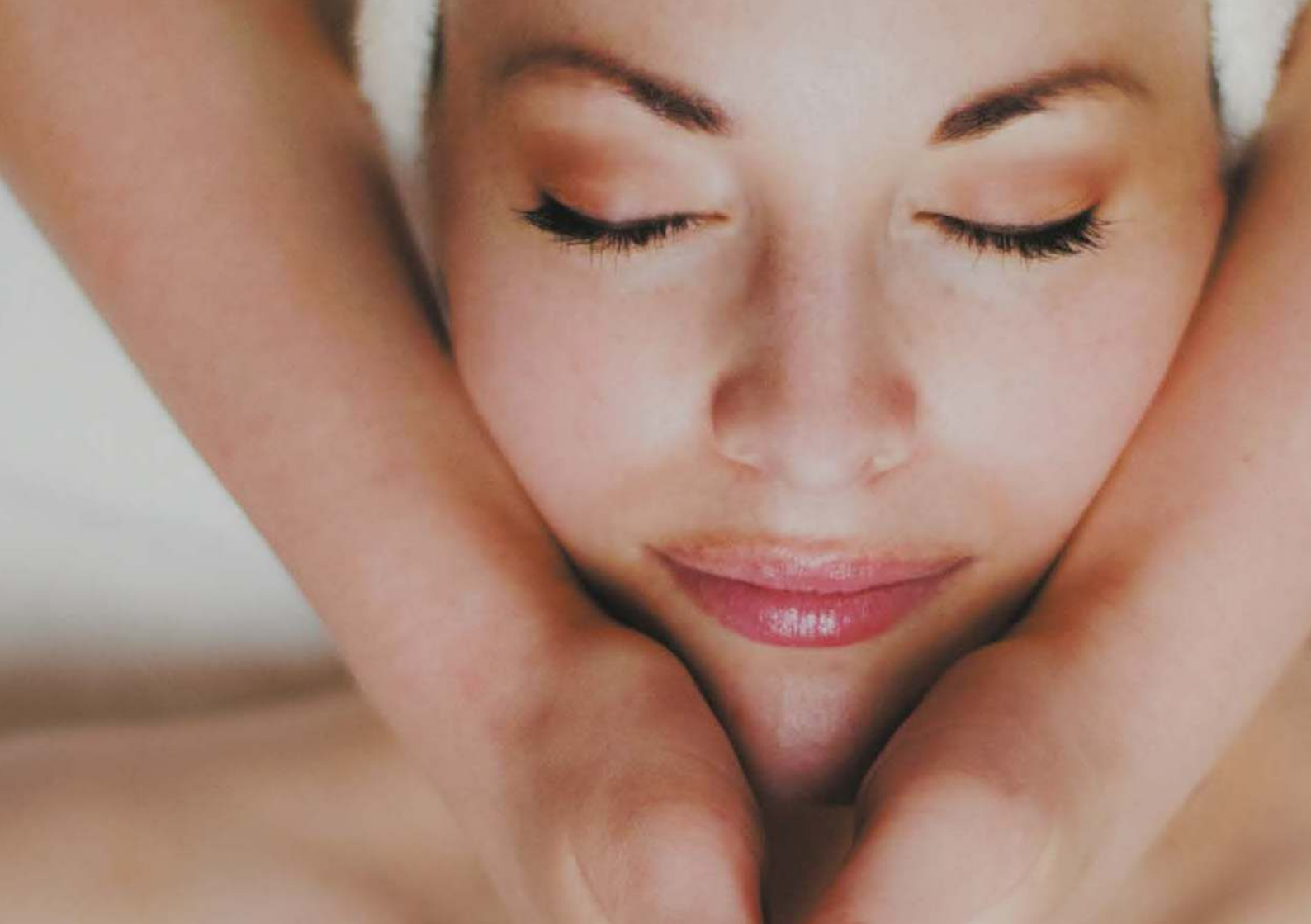
Leg and foot massage (25 mins) €60.00
A massage of the leg and feet to relax tired muscles and stimulate the blood circulation.

Hand and Arm massage (25 mins) €50.00
A massage to relieve tired and sore muscles in the hands and arms.

VOYA Voyager Massage Journey (90 mins) €130.00
A complete top-to-toe relaxation journey, this ritual incorporates scalp, face, and body massage alongside stretches that echo the movement of the sea. Combining both gentle and stimulating motions, this massage is the ultimate luxury treatment to relieve aches and pains. *Tailored to individual needs

Pregnancy Full Body Massage (60 mins) €100.00
A gentle full body massage which promotes overall wellness, enhances the function of muscles and joints, improves circulation and general body tone and relieves mental and physical fatigue. The gentle, non-invasive approach of pre-natal massage can ease discomfort associated with pregnancy, help the mother-to-be prepare for labour and give her nurturing emotional support.

Pregnancy Back Neck & Shoulder massage (25 mins) €65.00
A non-invasive pregnancy massage targeting aches and pains in the back neck and shoulders.



Facials

VOYA Organic anti-aging facial (70 mins) €100.00

This treatment is suitable for all skin types, but in particular those in search of anti-aging results. This restorative facial uses VOYA's finest organic ingredients combined with antioxidant algae complexes and a restorative blend of aroma therapy oils. It is this mix of seaweed and botanical ingredients that helps to stimulate collagen production and reduce the appearance of fine lines and wrinkles resulting in instantly firmed and tightened skin with a natural and more radiant glow.

Deluxe Facial Experience (90 Mins) €130.00

The ultimate VOYA facial experience. Your treatment begins with a relaxing back massage to gently melt away muscular pain, followed by a 70 minute results driven hydrating and purifying facial, including a 20 minute facial massage to deeply hydrate the skin, along with a dual action facial mask which utilizes the exclusive re-mineralising Mermaid's Purse and Laminaria Seaweed Leaves. Leaving the skin rejuvenated, the appearance of deep set wrinkles are reduced and the skin's texture is left hydrated and plumped. This is the crème de la crème of all facial experiences

VOYA taster facial (30mins) €65.00

Taster of the VOYA products which includes a double cleanse, exfoliation, tone, mask, and moisturising of the skin.

Marine Eye Treatment (45 mins) €70.00

Using hand-crafted organic Laminaria Digitata seaweed eye compresses, which are harvested from the wild Atlantic Ocean, this is a unique treatment for refreshing and rejuvenating tired eyes. Combining both relaxing and decongesting lymphatic massage movements to banish puffiness and dark shadows. Your therapist will also use specialized eye masks for those individuals who are specifically concerned with ageing around the eye area. This is a firming, hydrating and results-orientated treatment that uses specific products rich in seaweed extract and green tea, to help reduce the appearance of fine lines and decongests the eye area.

Beauty Room

Make-up	€30.00
Make up and Individual Lashes	€40.00
Add Lashes	€16.00
Make up trial (60min)	€50.00

Tanning Treatments

Full Body Tan	€30.00
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(Scrub and moisturise the night before, wear loose dark clothing and toeless shoes, do not use soap, moisturiser, deodorant or perfume on day of appointment).

Waxing Treatments

Eyebrow Wax	€12.00
Lip/Chin Wax	€10.00
Lip & Chin	€15.00
Side of Face	€12.00
Full Leg and Bikini (Tidy Up)	€50.00
Bikini (Tidy Up)	€15.00
Half Leg	€20.00
Full Leg	€40.00
Underarm	€12.00
Male Back Wax	€40.00

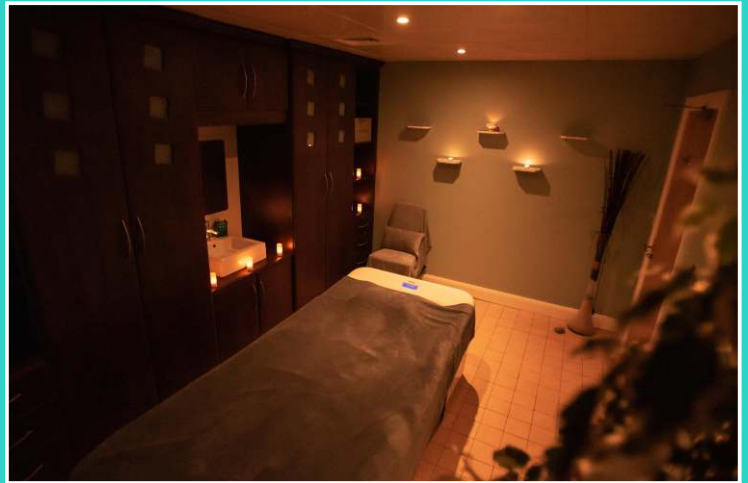
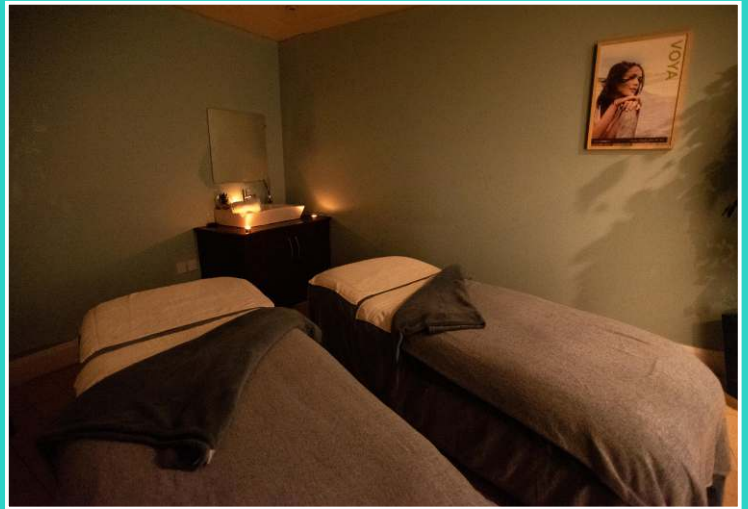
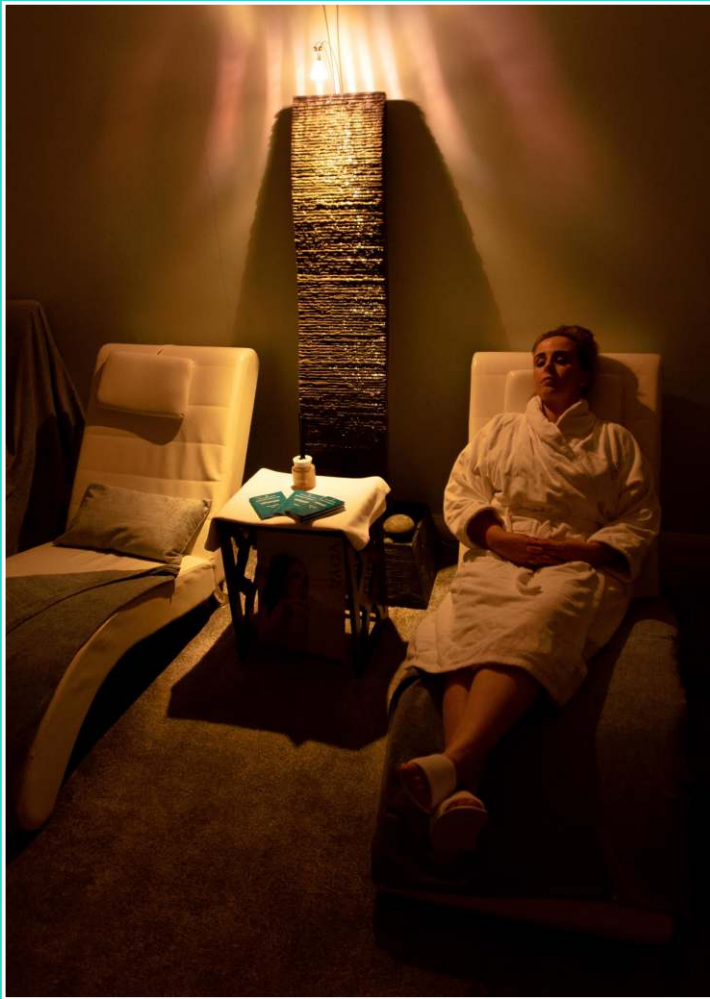
Eye Treatments

Eyelash Tint	€10.00
Eyebrow Tint	€8.00
Eyelash & Eyebrow Tint & Eyebrow wax	€30.00



Hand and Foot Care

Luxury Manicure (45 mins)	€45.00
Hand treatment which includes a hand exfoliation, hand mask, hand & arm massage, cuticle work ending with a file & polish.	
Luxury Pedicure (55 mins)	€65.00
Foot treatment which includes a foot soak, foot scrub & mask, cuticle work, leg and foot massage ending with a file & polish.	
Foot Ritual (30 mins)	€45.00
Foot Soak, scrub, mask & moisturise.	
File & Polish	€15.00
File & Polish (French)	€20.00
Cuticle Work	€10.00



Added Comforts

Dry Floatation Bed (30 mins)

€40.00

The ultimate in relaxation for the body and mind, this treatment encourages the feeling of complete weightlessness resulting in absolute revival both mentally and physically, 30 mins is equivalent to 3 hours sleep.

Balneo Therapy Bath (30 mins)

€40.00

A lavish bathing treatment that detoxifies the body and aid circulation while 150 individual air jets massage and relax to ease muscular tension and discomfort.

Aromatherapy Balneo Bath (30 mins)

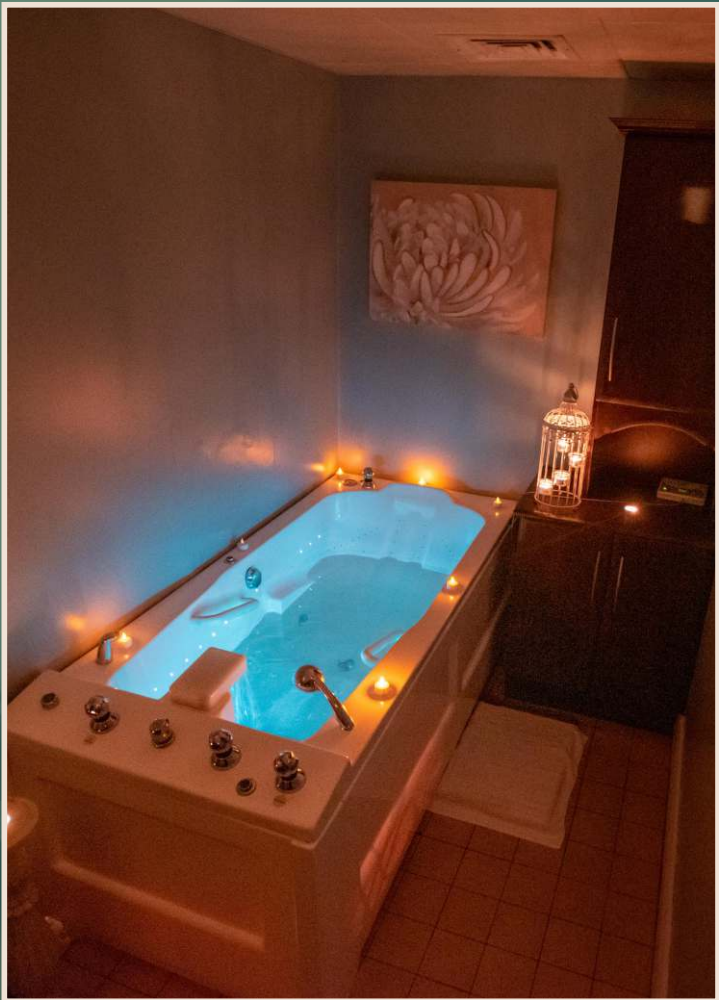
€45.00

Bath treatment as above but with the added benefits of our VOYA aromatherapy oils for the ultimate relaxation.

VOYA 100% Organic Seaweed Bath (Jets off) (40 mins)

€65.00

Submerge your body into a bath of pure organic, hand-harvested Atlantic seaweed to help release unwanted toxins and alleviate aches and pains. This bathing ritual is the simplest and purest of all organic treatments, stemming from a 300-year-old tradition and is Ireland's only indigenous therapy. Utilising only the natural power of organic seaweed this unique therapy will deeply moisturise the skin, increase circulation, and promote healing.





Body Treatments

Scrub

Voya Organic luscious salt glow (55min) €80
VOYA's Luscious Salt Glow is infused with Dead Sea salts and organic seaweed oil, a combination which hydrates the skin, stimulates blood and lymph flow while firming skin tone and increasing lustre. This treatment removes dull skin and refines skin texture.



Wrap

Voya Organic Seaweed Leaf Wrap (90 minutes) €110
Unlike any other seaweed treatment, this truly amazing detoxifying therapy uses organic seaweed leaves to exfoliate and wrap your body. Beginning with a bladderwrack body buff, this treatment detoxifies, firms and softens the skin. Your whole body is then enveloped in Laminaria Seaweed leaves for instant results. Completed with a massage application of VOYA's Softly Does It body moisturiser to nourish and soften the skin.



Spa Packages

Couples Retreat (130 mins)

Full Body Massage
Voya Taster Facial
Pressure Point Head Massage
Choice of Balneo Therapy Bath
or Dry Floatation Bed

€350 per couple

Little Bit of Heaven (75 mins)

Hot Stone Back Massage
Indian Head Massage
Dry Floatation Bed

€120

Mind body and soul experience (100 mins) €140

Back massage

Voya taster facial

Leg and foot massage

Dry floatation bed

Please see our website for seasonal special offers!



The Rock Crystal Spa

The Rock Crystal spa, offers the perfect way to rejuvenate mind, body & soul. This facility includes 5 treatment rooms, a Thermal Suite (Sauna, Hot Tub, Steam Room and Pool) and Relaxation Suite, The Spa features the Voya collection, a range of treatments all based on exotic rituals of celebration that capture the essence of sensuality, simplicity and vibrancy, which offers complete care for the face and body, as well as a unique range of new Spa Therapy Treatments for men and women.



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The Ballyliffin Lodge & Spa
Ballyliffin
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