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Thyme 4 me

SPA

Spa Menu



MASSAGES

Head, Neck & Back Massage

🕒 30 Mins | €35

Firm, relaxing & medium pressure massage on the back, shoulders & scalp area.

Leg & Foot Massage

🕒 30 Mins | €35

Firm, relaxing & medium pressure massage on the legs & feet.

Indian Head Massage - includes scalp, face, arms & shoulders

🕒 30 Mins | €35

A treatment that is guaranteed to release any blocked negative energy in the body & take care of those tense shoulders. Also includes a gentle face massage to aid circulation, improve skin tone, & reduce sinus & headache problems.

Reflexology (Zone Therapy)

🕒 45 Mins | €50

Starts with a relaxing foot massage followed by gentle pressure-point massage of the key points of the feet. Reflexology is deeply relaxing, very pleasant to receive & can help to ease discomfort of many illnesses.

Full Body Massage

🕒 60 Mins | €60

A traditional massage designed to improve circulation, soothe muscles and improve relaxation. An incredibly relaxing massage championed for its ability to reduce both emotional and physical stress.

Full Body Aromatherapy

🕒 60 Mins | €65

Massaging the whole body with the use of aromatic oils to release muscular tension, increase energy & create a feeling of well-being.

Pregnancy Full Body Massage

🕒 60 Mins | €75

For expectant mothers. Helps to relieve aches & pains, reduces stress & improves sleep.

Lymphatic Massage

Back 🕒 30 Mins | €40 - Full Body 🕒 60 Mins | €75

Ideal for clients suffering from water retention, pain & congestion in arthritic joints, for pre or post-surgery & after long flights. Using very gentle massage combined with specialised silicone cups to aid in lymph flow.

Thai Massage

Back ⌚ 30 Mins | €40 - Full Body ⌚ 60 Mins | €75

A deep massage combining stretching and pressure points to target high tension areas in the body. Ideal for releasing stiff & tight muscle & joint pain.

Sports Massage

Back ⌚ 30 Mins | €40 - Full Body ⌚ 60 Mins | €75

A deep tissue & strong massage to help improve flexibility, range of motion & performance for the athlete.

Deep Therapeutic Massage

Back ⌚ 30 Mins | €40 - Full Body ⌚ 60 Mins | €75

Ideal for aches & pains. Using both Traditional & Sports Massage techniques combined with cupping & magnets to give an intense & effective personalised treatment.

LaStone Massage

⌚ 30 Mins | €45 - Full Body ⌚ 60 Mins | €80

Also known as hot & cold stone therapy. Heated & cooled stones are used to massage & relieve stiffness & soreness to aching muscles & joints. The temperature of the stones penetrates deeper giving quicker & long lasting results.



BODY TREATMENTS

Jetlag Legs

🕒 30 Mins | €40

Ideal to help the legs recover from the stresses of travelling & for heavy feet. An effective treatment including a foot scrub, a cooling gel wrap & a lower leg & foot massage.

Full Body Scrub

🕒 30 Mins | €40

Massaging the body with a scrub, removing dead cells & also boosting circulation. Can be done in the beginning of Summer to prepare the skin for an even tan.

Full Body Moisturising

🕒 45 Mins | €50

Ideal for dry & dehydrated skins. Consisting of a full body scrub followed by a mineral-rich cream application massage to give the skin a super smooth hydrated finish.

Cleanse My Back - A facial for the back

🕒 45 Mins | €55

Ideal for clients who suffer from breakouts on the back. A deep cleansing back treatment consisting of steaming & extractions, including a firm relaxing massage & a purifying mask.

Magnesium - Rich Body Treatment

🕒 60 Mins | €65

A super charger professional treatment including magnesium booster followed by a relaxing specialised full body massage and mineral moisturising, This treatment is excellent for targeting stress, tiredness, muscular tensions, poor sleep and ideal for pregnant women.

Oceanic Bliss Ritual - Signature Treatment

🕒 90 Mins | €95

A deeply relaxing, multi-sensory treatment using 100% natural marine-based products. The ritual begins with a choice of uplifting scents - Captivating Tiare or Sparkling Citrus - followed by a luxurious body scrub and a deeply relaxing Oceanic Bliss massage using slow, flowing movements. It concludes with a soothing balm, creating a complete moment of peace and wellbeing.

Oceanic Bliss Massage

🕒 60 Mins | €80

The body is massaged into a wonderful feeling of well being with an exquisite massage oil. The technique used offers a perfect sensation of relaxation. The ritual ends with a melting balm for an absolute feeling of peace.



ProSkin

⌚ 30 Mins | €40 ⌚ 60 Mins | €65

The ultimate customizable treatment. Depending on your skin's needs, it may include enhanced technologies and a combination of professional-grade actives.

ProPower Peel (Available only in Winter months) ⌚ 30 Mins | €55 ⌚ 60 Mins | €80

Our strongest, fastest chemical peel. This unique three-acid approach provides deep exfoliation that is 100% tailored to your skin. Target discolorations, texture, and breakouts.

ProEye Flash

⌚ 30 Mins | €35

Powerful treatment that helps tone, smooth and brighten the eye contour through intense stimulation and infusion of botanical actives.

LuminFusion

⌚ 75 Mins | €100

LuminFusion supercharges skin smoothness and luminosity with no downtime. High-tech modalities including NanoInfusion and LED red light combined with a targeted Retinol Peel, infuse actives to reduce the appearance of skin aging and restore skin vibrancy.

ProNanoneedling

⌚ 60 Mins | €80

Want visibly smoother skin texture with zero downtime? Resurfacing actives and professional serums are infused into skin with a unique device which uses tiny cones to maximize penetration.

ProMicroneedling (Available only in Winter months)

⌚ 45 Mins | €100

An advanced treatment that delivers innovative techniques and powerful, professional-grade actives to brighten the complexion, refine the look of pores, reduce the appearance of dark spots, and diminish the appearance of lines and wrinkles.

ExoBooster Microneedling (Available only in Winter months) ⌚ 60 Mins | €250

This advanced bi-phase treatment uses Lactobacillus Exosomes and Pro Resolution Technology to support cell renewal and revitalize the skin. It includes a 7-day booster serum to firm, smooth, and rejuvenate the complexion.

HANDS & FEET

Basic Manicure

€40

File, Cuticle Work & Gel Nail Polish (or normal polish if preferred)

Basic Pedicure

€45

Foot Soak, Cutting, Filing, Cuticle Work, Hard Skin Filing & Gel Nail Polish (or normal polish if preferred)

Spa Manicure

€50

Hand Soak, Nail Shaping, Cuticle Work, Massage, Paraffin Mask & Gel Nail Polish (or normal polish if preferred)

Spa Pedicure

€55

Foot Soak, Nail Shape, Cuticle Work, Hard Skin Filing, Foot Scrub, Foot Massage, Paraffin Mask & Polish

Removal of Gel Nail Polish

€10



WAXING

Upper Lip	€5
Eyebrow Shape	€10
Underarms	€10
Bikini Line	€15
Brazilian	€30
Forearm	€15
Full Arm	€20
Half Leg (Lower)	€15
Half Leg (Upper)	€20
Full Leg	€25
Full Leg & Bikini	€30
Back	€35
Eyebrow Tint	€15
Eyebrow Tint & Eyebrow Shape	€20
Eyelash Tint	€15