



Thyme & me
SPA

Spa Menu

MASSAGES

Head, Neck & Back Massage

🕒 30 Mins | €30

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

Leg & Foot Massage

🕒 30 Mins | €30

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

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

🕒 30 Mins | €30

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 | €40

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 | €55

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 | €58

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 | €65

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

Lymphatic Massage

Back 🕒 30 Mins | €35 - Full Body 🕒 60 Mins | €65

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.

MASSAGES

Thai Massage

Back ⌚ 30 Mins | €37 - Full Body ⌚ 60 Mins | €70

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 | €37 - Full Body ⌚ 60 Mins | €70

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

Deep Therapeutic Massage

Back ⌚ 30 Mins | €37 - Full Body ⌚ 60 Mins | €70

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

LaStone Massage

Back ⌚ 30 Mins | €37 - Full Body ⌚ 60 Mins | €70

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 | €30

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 | €30

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 | €45

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.

Treat My Back

🕒 45 Mins | €45

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.

Relaxing Polynesian Journey

🕒 120 Mins | €90

The ultimate relaxing journey derived from the Polynesian aromas of coconut & the Tiare flower. Consisting of a full body coconut pulp scrub, followed by a transparent gel wrap & a full body massage. Finished off with a generous application of pearly body cream that gives the skin a mother-of-pearl shimmer.



dermalogica
professional-grade skin care by The International Dermal Institute

ProSkin 30 (Basic Facial Treatment)

⌚ 30 Mins | €35

A personalized 30-minute treatment that addresses your top skin concerns in a convenient amount of time.

ProSkin 60 (Deep Cleansing Facial Treatment)

⌚ 60 Mins | €60

A personalized, 60-minute treatment that takes you on a relaxing journey to your healthiest looking skin.

ProPower Peel 60 (Available only in Winter months)

⌚ 60 Mins | €65

Combines the benefits of the ProPower Peel 30 treatment with additional advanced technologies to thoroughly address your skin's ever-changing needs.

ProFirm Neck & Face

⌚ 60 Mins | €65

This is a comprehensive workout for your neck and face. This unique treatment combines firming, toning, deep tissue, facial massage with specialised products for smoother eyes, neck and face.

MARY COHR
PARIS

Catiovital

⌚ 75 Mins | €60

Ideal for all skin types. Cleansing, exfoliation & extractions are followed by penetration of active ingredients through the Ionizing method. A face & scalp massage & appropriate facemask & moisturisers complete this effective facial treatment with wonderful results.

Catiolift

⌚ 60 Mins | €70

The non-surgical, immediate "lifting effect" through muscular stimulation. Produces Instant results after only 1 session. The face shape is redefined, features smoothed, wrinkles & fine lines are visibly minimised.

Super Catiovital Lift

⌚ 90 Mins | €85

A combination of Catiovital & Catiolift. An intensive facial aimed at gently cleansing the pores, hydrating the skin & toning the facial contours leaving the facial features firmed & toned. Incorporating a relaxing massage to the face & shoulders using specific essential oils, ending with a revitalising mask leaving the skin revived & rejuvenated.

HANDS & FEET

Basic Manicure

€30

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

Basic Pedicure

€40

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

Spa Manicure

€40

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

Spa Pedicure

€45

Foot Soak, Nail Shape, Cuticle Work, Hard Skin Filing, Foot Scrub, Foot Massage, Paraffin Mask & Gel Polish (or normal polish if preferred)

Removal of Gel Nail Polish

€10



WAXING

Upper Lip	€4
Eyebrow Shape	€7
Underarms	€8
Bikini Line	€10
Brazillian	€20
Forearm	€10
Full Arm	€18
Half Leg (Lower)	€10
Half Leg (Upper)	€15
Full Leg	€20
Full Leg & Bikini	€25
Back	€25
Chest	€25
Eyebrow Tint	€10
Eyebrow Tint & Eyebrow Shape	€15
Eyelash Tint	€10



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