



FOTA ISLAND
SPA

relax

YOUR PRIVATE ISLAND

welcome
TO PURE HARMONY

your JOURNEY

Philosophy of Fota Island Spa

The concept behind Fota Island Spa is one of well-being, offering a unique combination that caters for both the restoration of personal energy and vitality or holistic relaxation and pampering. Fota Island Spa lies deep within one of the most dramatic and outstanding natural settings on the Irish coast.

Breathe in the pure air, let your eyes linger over the stunning views of the Resort's mature woodlands, and surrender yourself to the luxurious natural serenity of Fota Island Spa; this is the magic that awaits you in one of Europe's finest spas.

For many, the ultimate luxury and way to rejuvenate the body and mind, is to indulge in a soothing spa treatment. In a job which is dedicated to caring for others, you are safe in the hands of our dedicated and talented male and female spa therapists. Relax as you slowly fall into a state of calm as you enjoy your treatment.

Fota Island Spa takes its commitment to sustainable practices seriously by taking the below measures:

At Fota Island Spa, all of our professional product containers are recycled or reused. At the spa we no longer use single use plastic cups, we encourage visitors to the spa to bring their own reusable bottles. We refill all of our glass bottles with the water from a filter system.

At Fota Island Spa we use low energy light bulbs and recycle all of our paper. We operate an environmentally conscious laundry facility in house, cutting down on transportation emissions. Waste bins are divided into food, recycle and general waste. We are committed to reducing our environmental impact and continually improving our environmental performance. This is an integral part of our business strategy and operating methods. We hope to inspire our customers, clients, suppliers and other stakeholders to follow this example.



Introduction to our Products

Spa Products

Award winning [Comfort Zone] is the ultimate spa experience which guarantees to give immediate and progressive results, embracing the powerful fusion of science and nature.

/Skin regimen/ designed in Italy by chemists and neuroscientists, is clinically proven to reduce the effects of stress and pollution. Plant-based, highly concentrated formulas target and correct lifestyle ageing.

VOYA provides over twelve years of expertise in seaweed bathing and organic skincare. Using cutting-edge marine-based science, combines sustainable innovation with a respect for tradition. VOYA takes pride in an authentic heritage and hand-harvesting this local resource from the fresh waters of the Atlantic coast.

GROUND treatments will invite self-awareness into your body while encouraging a relaxed and peaceful state, a return to self. Born from a passionate desire to make wellness products and treatments accessible and inclusive, GROUND believes

in 'wellbeing for all' and is a collection of 100% natural aromatherapy oils and balms to encourage mindful self care – 'tóg go bog e'. All of the products are handmade in small batches by founder Peigín Crowley in Ovens, Cork using vegan ingredients, organic where possible, blended with sincere intention to soothe the soul.

Thermal Suite & Hydrotherapy Pool

All guests receiving spa treatments receive complimentary access to the Hydrotherapy Pool and Acacia Thermal Suite. We recommend that you utilise these facilities prior to your treatment to enhance your experience.

If you are not receiving a treatment but would like access to the Hydrotherapy pool and Thermal Suite it is €25pp for residents and €35pp for non-residents.

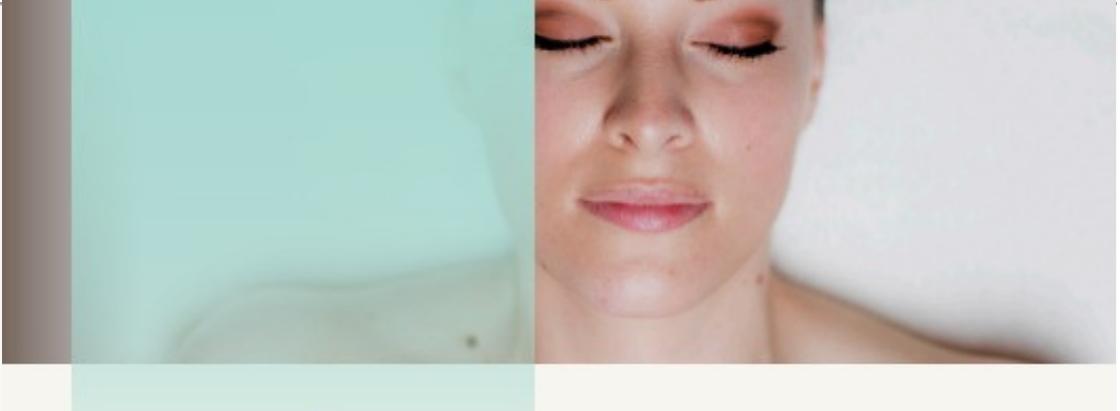
To book or discuss your personalised treatment, please contact Fota Island Spa

T +353 (0) 21 467 3131
E spa@fotaisland.ie



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facials

Microsonic Facial Device

Microsonic Facial Device is used during all our facials except: Skin Regimen and Illuminating Bamboo. Its 3 Key actions that instantly improve your skin texture and Appearance:

- Deep cleansing and exfoliation
- Cellular regeneration by stimulating cell metabolism
- Improved penetration of actives optimizes product absorption

Thanks to the ultrasound your skin will be deeply cleansed and exfoliated. The device's mechanical vibration displaces dirt with the help of water molecules.

Microcurrent of the device stimulates cell metabolism and increase your skin's microcirculation. As the microcurrent alternates positive and negative impulses, cell renewal is stimulated, and your skin becomes more elastic and feels more compact.

The last step in the treatment combines ultrasound and microcurrent, which optimizes absorption and provides skin massage.

Skin Regimen/ Urban Longevity Facial

50 mins | €135

The perfect antidote to modern fatigue and urban lifestyle, this facial is ideal for when you feel your skin is starting to show the first signs of ageing.

Customisable to correct dullness, dehydration, and expression wrinkles by using AHA acids and different masks depending on your skins condition. The combination of Skin Regimen natural aroma, Macro Waves Sound, and massage techniques such as unique Qigong and Rolling Roullage will leave you feeling recharged and ready to face your busy days.

Joy of Beauty Facial

50 mins | €115

A be-spoke power-packed facial designed especially for your skin's needs whether it be age protection, hydration, purification or soothing, with special touch points throughout this treatment, leaving you with that sensation of true joy and beauty

ACTIVE PURENESS - For impure, oily and acne-prone skins with a lot of surface congestion

HYDRAMEMORY - For dehydrated skin, normal or sun-drenched skins.

REMEDY - For sensitive, fragile, inflamed, sensitized and/or prone to redness skin.

Provides the specific care your skin needs. Rebalances and protects

Ground Yourself At Fota Island Spa

60 mins | €55

based on a minimum group of 5 people

Reflect with a guided meditation, including balancing breathwork using Tibetan singing bowls and bells, while connecting with mother earth in the tranquil gardens at Fota Island Spa, an environment created to provide a welcoming, quiet and calm retreat from the chaotic modern world.

Melt away stress, focus on yourself and reveal rejuvenated skin with a guided self-facial session. Our therapists will reveal the transformative benefits of incorporating facial massage into your daily routine.

Complete your journey with herbal tea, achieving a healthy mind and body and an uplifted soul, helping you to get more out of life.

(Relieve stress and improve sleep by availing of the Hydrotherapy pool prior to session).

Sublime Deluxe Skin Lift

80 mins | €160

This luxury facial combines the renewing efficiency of the double peel with Vitamin C powder and the innovative firming bi-phasic mask along with exclusive Active Lift massage techniques for immediate results.

Particularly recommended for mature, thickened, and wrinkled skin showing visible loss of tone and volume.

Harmony Facial

50 mins | €125

This treatment combines: classic back, neck and shoulder massage and nourishing Taster Facial. Suitable for all skin types, for both men and women.

Fota Island Spa Signature Illuminating Bamboo Facial

80 mins | €155

This signature facial is designed to nourish and rejuvenate the skin, it includes two mask treatments and is completed with the Skin Regimen Tulsi Booster. The Tulsi Booster contains sunflower and almond oil which nourishes, illuminates and has an antioxidant and protective benefit to the skin.

This facial includes a bamboo facial massage which reaches deeper levels of the skin to promote oxygen and nutrition in aiding skin cells to give the skin a plumper and firmer appearance.

The Fota Island Spa Therapists have thoughtfully designed this facial for our guests to achieve ultimate results and relaxation.



body
TREATMENTS
& RITUALS



Serenity Massage

65 mins | €145

Unique to Fota Island Spa, the Serenity Massage allows you to unwind in total relaxation. Begin your treatment with a refreshing foot soak and foot mask followed by a full body massage. A face and scalp massage will then complete your relaxing pampering experience.

Grounding Serenity Ritual

80 mins | €165

Based on our signature Serenity Massage, we upgraded this ritual to a more complete well-being experience by adding customised GROUND products and a Gua Sua stone face massage.

Little Bit Sweeter Ritual

80 mins | €165

Take time to relax and unwind with a signature massage at Fota Island Spa. This treatment is designed to combat mental and physical fatigue with a rich Chocolate Full Body Massage, which will leave your skin feeling soft and silky smooth, followed by a Full Body Wrap with luxury Scalp Massage and completed with a full body application of oil. You will also receive a delicious chocolate treat post treatment, the ultimate indulgence



Indian Head Massage

50 mins | €110

Indian Head Massage is based on ancient Ayurvedic healing techniques. It is one of the most widely practised complementary therapies in the West and involves massaging the head, face, neck, shoulders, and upper back.

Eastern Essence

90 mins | €170

Begin your journey with a Voya foot exfoliation. This is followed by a harmonious back massage using Swedish techniques to de-stress the body. Next you will receive a luxurious head, face, and neck massage, which includes elements of Indian head massage, before completing your experience with a Thai foot massage and a cup of herbal tea.

Tranquility Pro-Sleep Ritual

80 mins | €160

An innovative ritual acting on three different sensorial pathways: smell, touch, and hearing, for profound relaxation. The synergy of a unique blend of essential oils, the bespoke Tranquility Sound, Ayurvedic and Indonesian Sea Malay techniques combined with the use of soft brushes, and light, slow motion effleurage moments.

Recommended for those who feel stressed, unable to relax, and have problems sleeping.

Bamboo Back of Body Massage

50 mins | €125

Bamboo canes replace therapists hands and is used to give a deep firm massage to relieve stress, muscle tension and aches and pains.

Recommended for fatigue, chronic stress, and lack of energy, it is customised to suit your needs. It is also beneficial for back pain resulting from muscle tension.

Thai Foot Massage

50 mins | €105

An acupressure massage concentrating on the soles of the feet, combined with massage of the toes, ankles, and calves. The Oriental Blend oil is ideal to remove the feeling of heavy tired legs and aid the elimination of toxins. Thai foot massage detoxifies the immune system and improves quality of sleep. Regular treatments help to relieve everyday stress and reduce the risk of lifestyle ailments, which cause damage to the cardiovascular system. Complete your journey with a cup of herbal tea which will aid the removal of toxins

Chakra Healing Ritual

65 mins | €130

This unique treatment combines three aspects which work synergistically to relax, ease muscle tension, and instil peace and a sense of well-being in the mind.

Your journey starts with non-touch energy healing techniques. It brings balance and harmony to the energy centers of the body. Aromatherapy harnesses the energy and therapeutic benefits of the finest organic flowers, herbs, and resins to create an oil that is pleasing to the senses and a harmonizer of energy.

Each massage is infused with a gentle healing energy which adds an extra dimension to the treatment.

Deeply relaxing, the Chakra balancing energy flows through the entire Chakra system clearing any blockages, warming both body and emotion and bringing harmony and healing to your body, mind, and spirit.



ground body treatments

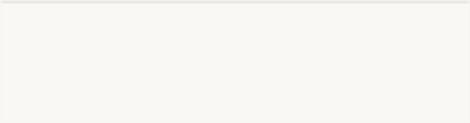
The Grounding Ritual

65 mins | €140

80 mins | €165

This treatment will provide you with the space and time to reconnect to source, leaving you feeling replenished and grounded in your body. Focused on the back of body and lower legs, specifically centred on the areas that are prone to tightness and tension. Feel your body and soul come together again.

The 80-minute option offers an added 15 minutes focused on the areas of the neck, shoulders, face, and scalp and includes the use of the soothing GROUND and Gua Sha stones.



The Restorative Face, Neck, & Scalp Ritual

50 mins | €125

Combining nurturing facial massage with soothing Gua Sha techniques, this slow, flowing massage treatment works to reconnect mind and body.

The focus within the treatment is on the face, neck, décolleté and scalp and as such will have a potent effect on tightness & tension, eye strain, migraines, headaches, TMJ issues, sinuses and puffiness. This is also the perfect treatment for anyone needing respite from the effects of stress and anxiety on their body. A calming but powerful treatment with one sole purpose; to leave you feeling peaceful & renewed.

S

BODY SCRUBS

50 mins | €110

Luscious Salt Glow

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 luster. This treatment removes dull skin and refines skin texture.

Organic Peppermint and Seaweed Sugar Glow

This refreshing and all-over exfoliation treatment awakens the skin and body. It features a beautiful mix of organic peppermint leaf, seaweed and sugar, all of which perform the double action of gently removing dead skin cells while introducing you to the uplifting effects of our peppermint essential oil.

Organic Hydrating Body Scrub

VOYA's dual action lathering body buff exfoliates with finely ground walnut shells and nourishes your skin with a blend of almond oil, seaweed and ginger extracts. The gentle yet effective formula removes rough and lifeless looking skin cells, to reveal a much more refined, softer, and silky smooth skin.

Organic Stimulating Seaweed Body Buff

Let VOYA scrub your body head to toe with certified organic bladderwrack body buff, this treatment is the ultimate treat for tired and dull skin. The antioxidants from our mineral-rich bladderwrack seaweed combines with VOYA's signature massage oils to offer a powerfully stimulating way to better your skin.

Voya Muslin Bag Ritual

80 mins | €165

A real sensory treat; warm steamed bags of orange, clove, ginger and Fucus Serratus seaweed are gently massaged into the body releasing precious seaweed oils. Your therapist will use a combination of the finest organic ingredients and seaweed to massage your body, to gently exfoliate and nourish your skin. To complete your spa experience your therapist will prepare Voya herbal bags for you to enjoy in a wellness bath in the comfort of your own home.

Voyager Massage Journey

80 mins | €165

A complete top-to-toe relaxation journey, this ritual incorporates body brushing 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. As an added gift, you will be provided with a Voya Exfoliating Body Brush with Cactus bristles to continue the Exfoliating routine at home

VOYA BODY WRAPS

Organic Seaweed Leaf Wrap

90 mins | €160

Unlike any other seaweed treatment, this truly amazing detoxifying therapy uses organic seaweed leaves to exfoliate and wrap your body. Beginning with 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.

Warm Spiced Mud Wrap

60 mins | €125

Seaweed is taken fresh from the ocean and its purifying elements, including potent antioxidants and minerals and we are encapsulated in VOYA's Organic Warm Mud Wrap. Infused with aromatic spices of ginger to revive the senses, this wrap has immediate and noticeable effects on the skin, including firming and toning, it is also a serious detoxifying metabolism stimulator and a natural anti-ageing boost. This treatment includes body brushing and is a must for the results-conscious client. As an added gift, you will be provided with a VOYA Exfoliating Body Brush with cactus bristles to continue the exfoliating routine at home.

VOYA BATHS

Organic Bath Salts Therapy with Seaweed Aroma

20 mins | €60

Organic Bath salts incorporated with multi-massage and Light Therapy to relax body and mind. A relaxing bath soak with a blend of Voya organic essential oils combined with bath salts. This is a wonderful aromatic bath treat prior to receiving further Voya treatments. 20 mins €60

Organic Warm Spiced Mud Bath

30 mins | €65

This offers a potent detoxification, due to its trace elements, vitamins, lipids, polyphenols and humic acids from Irish peat. Infused with organic seaweed extracts, this treatment assists in reducing the appearance of cellulite & combats the signs of ageing. The ritual is complemented by Voya Bathing Guided meditation and Voya herbal tea

Lazy Days Detox Seaweed Bath

30 mins | €65

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. The ritual is complemented by Voya Bathing Guided meditation and Voya herbal tea.



mother TO BE

Spa maternity treatments are suitable for expectant mothers who are past their first trimester.

MATERNITY FULL BODY MASSAGE

65 mins | €145

This customised indulgent massage will help to increase circulation, combat aches and pains, decrease swelling, and aid relaxation.

MATERNITY BACK MASSAGE

35 mins | €75 (Available for pregnant guests only)

A deeply nourishing back massage designed to target areas prone to stress and tension during or after pregnancy focusing on alleviating aches and pains.

GROUND CURAM EARTH MOTHER

85 mins | €165

A relaxing maternity Indian Head Massage which incorporates, head, scalp, face, shoulders and back to relieve stress followed by a stimulating lower leg and foot massage



full & half day
SPA PACKAGES

FULL DAY PACKAGES

Full day packages include lunch, chosen from The Amber Lounge's Healthy Options menu, and time spent in our Thermal and Hydrotherapy Suites.

VOYA OCEAN BREATH

€255

Relax in a VOYA Seaweed Aroma Bath, followed by a VOYA Organic Spiced Mud Wrap to hydrate and relax tired and lethargic muscles. Complete your journey with a luxurious Back of Body VOYA Muslin Bag Massage or a Joy of Beauty Facial.

TIME FOR ME

Tranquility Hydrotherapy Bath & Pro Sleep Massage

€210

Relax in a luxurious bath with nourishing tranquility oil to deeply hydrate and moisturise the skin. Complete your journey with an Pro Sleep Massage which acts on three different sensorial pathways: smell, touch, and hearing, for profound relaxation. The synergy of a unique blend of essential oils, the bespoke Tranquility Sound, Ayurvedic and Indonesian Sea Malay techniques combined with the use of soft brushes, gently guide the way to achieving a quiet and peaceful mind and body.

HALF DAY PACKAGES

Tea time, me time

€140pp

To Energise, Cleanse, Calm and Relax

Customise your Tea Time, Me Time experience by choosing one of the following treatments from the list below to suit your individual needs, combined with the Thermal and Hydrotherapy experience. Complete your luxury afternoon getaway with Afternoon Tea served in The Amber Lounge.

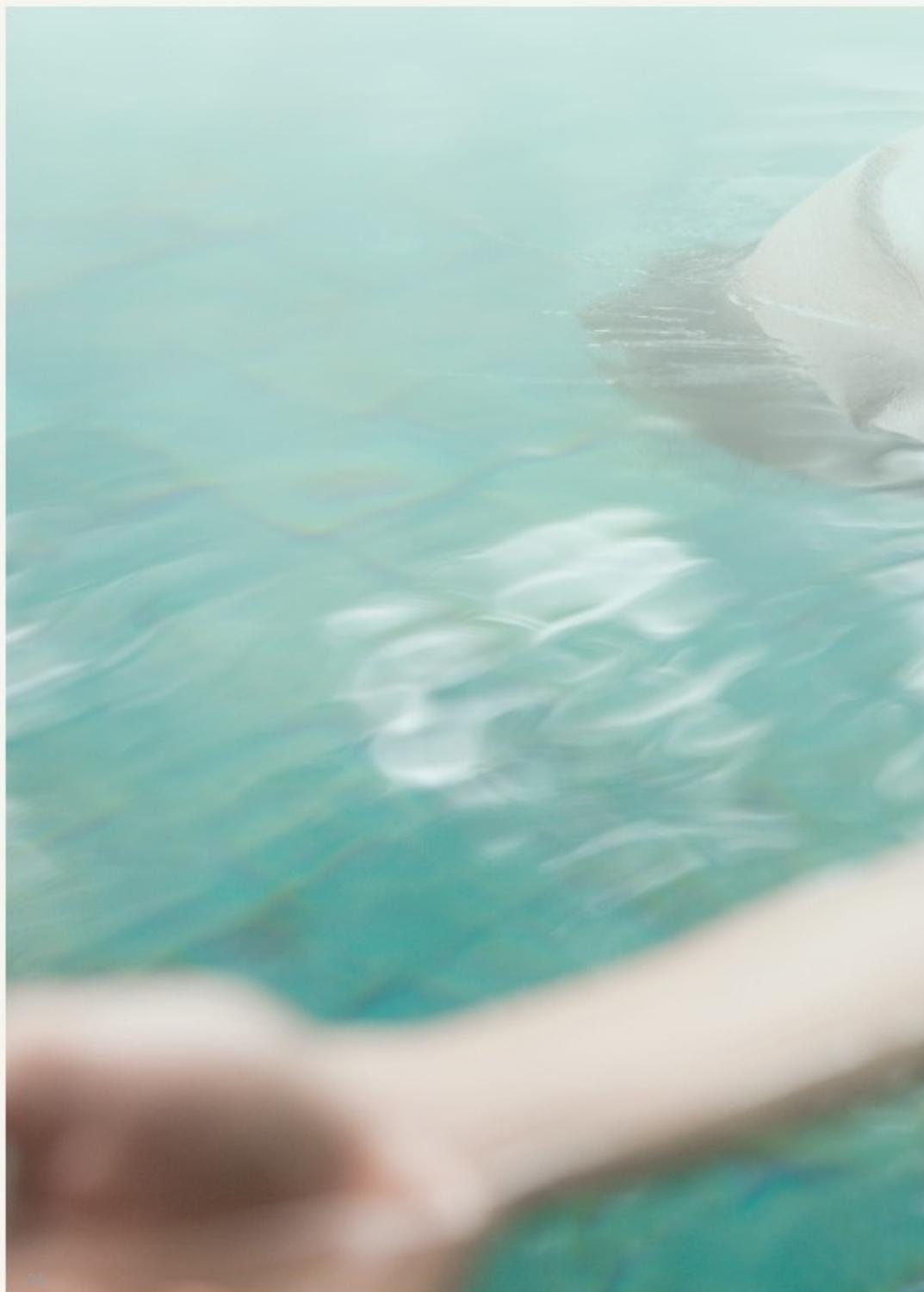
Thai Foot Massage

Indian Head Massage

Luscious Salt Glow Scrub

Available seven days per week

(Not available from December 1st - January 6th.)





FOTA ISLAND
FITNESS



FITNESS

At Fota Island Resort, we offer a wide range of classes & courses including an outdoor bootcamp, spinning, and personal training. Whether you are preparing for a marathon, need assistance losing weight, or simply want to tone up for that special occasion, the Fota Island Fitness Team have the expertise and passion to help you achieve your fitness goals.

FACILITIES

Swimming Pool

Within the tranquil setting of Fota Island Spa you will find our large indoor heated swimming pool, complete with sauna, jacuzzi, relaxation area, and children's pool.

Swimming pool is available to hotel guests and members only.

Gymnasium

One of the main features of Fota Island Fitness is the fully equipped and spacious gym, complete with TechnoGym and Life Fitness equipment including weight machines, rowing machines, cross trainers, stationary exercise bikes, treadmills, and a selection of free weights.

Gym is available to hotel guests and members only.

High Performance Gym

The High Performance Gym is located adjacent to the Fota Island Training Facility and offers teams a full range of top class fitness equipment to allow players to maintain their peak physical condition during their stay at Fota Island Resort. The gym contains the latest in fitness equipment including squat racks, Functional Trainer, two TRX units, stability balls, dumbbells, adjustable benches, kettlebells, and medicine balls.

PERSONAL TRAINING

Our personal training programmes are held in our High Performance Gym which offers a wide range of equipment. Each personal training programme is customised to cater for your needs and personal goals. Your highly skilled and experienced personal trainer will be with you every step of the way to motivate and ensure that you enjoy reaching your fitness goals. We will also provide weekly body composition analysis and nutritional advice to ensure you get the results that you deserve.

As a bonus, when you avail of your first block of Personal Training or Buddy Training sessions, you will receive complimentary passes to five fitness classes.

One-to-One Personal Training

6 x 60 mins or 8 x 45 mins

Choose a schedule that will best suit your daily routine with the option of either six 1 hour sessions or eight 45 minute sessions. Weight management and nutritional advice will also be included.

Buddy Training

6 x 60 mins

Train with your friend/partner and motivate one another to excel. This is a three week course with two 1 hour sessions per week (six sessions in total). Weight management and nutritional advice will also be offered.

Fitness Classes

A range of fitness classes are also available. Our full fitness timetable can be viewed on the website

www.fotaisland.ie

Fota Fitness offers a wide variety of fitness classes including Spinning, Bootcamp, and Circuits that are sure to challenge and motivate you. Whether you're a complete beginner or looking to add to your current exercise regime, our fully qualified fitness instructors and personal trainers are here to help. Class timetables are changed seasonally and are open to members and non-members. To view the current timetable visit

www.fotaisland.ie

All classes are held in the Recreational Building, situated within the Aviary Lodges.

For more information on fitness and personal training:

T: +353 (0)21 467 3131

E: fitness@fotaisland.ie



spa membership &
OPENING HOURS

OPENING HOURS

Fota Island Spa

Monday to Saturday 7.00am – 9.00pm
Sunday & Bank Holidays 8.00am – 8.00pm

Treatment Times

Monday to Friday 9.00am – 7.00pm
Saturday & Sunday 9.00am – 6.00pm

Children's Pool Times

Pool times may vary depending on the season and are subject to change. Please contact the spa reception desk on 021 467 3131 for further information.

Please note: These times are subject to change.

The swimming pool is open to members and guests of the hotel. Spa guests receiving treatments have free access to the Hydrotherapy and Thermal Suites. If you are not receiving a spa treatment, the Hydrotherapy pool and spa facilities are €25pp.

YOUR BOOKING

Advance booking prior to your intended treatment time is essential. To make an appointment or to discuss the perfect treatment for you please contact Fota Island Spa. Spa bookings can also be made online by visiting www.fotaisland.ie

FOTA ISLAND SPA MEMBERSHIP

An exclusive membership, which offers a variety of options, is available at Fota Island Spa. The spa has a fully equipped and spacious gymnasium, with a large indoor heated swimming pool, a relaxation area, and a children's swimming pool. In addition, membership entitles you to full access to the Spa's Hydrotherapy and Thermal Suites. Your membership is complemented by the vast array of amenities and facilities, including discounts on an array of products and services the resort has to offer. Enjoy this tranquil retreat daily; an elegant and relaxed place where life seems to run at a more leisurely pace.

If you are interested in more information regarding spa membership or would like to make a spa booking, please email us on or call us directly on

E: spa@fotaisland.ie
T: +353 (0)21 467 3131.



terms & **CONDITIONS**

GIFT VOUCHERS

An ideal present to treat yourself or that someone special to a gift voucher for any treatment, half and full day spa packages, or our vast array of treatment or purchase. Vouchers can be purchased at reception areas or online at www.fotaisland.ie

LATE ARRIVALS

Please allow sufficient time prior to your experience to complete a spa consultation form and/or health questionnaire. We recommend that you arrive up to 30mins in advance of your treatment so that you can change, relax, and enjoy the spa facilities. Please be advised that late arrivals will result in a reduction of your treatment time. Please note that times stated are for actual treatments.

CLOTHING

Swimwear is mandatory in the communal suites and pool area. Swim hats are mandatory in both the swimming and hydrotherapy pools.

MINIMUM AGE

To maintain a peaceful environment, children under 18 years are not permitted in the Spa or Fitness Suite at any time. Children are permitted to use the swimming pool during allocated hours only.

CANCELLATION

Cancellation within 12 hours of the treatment will incur a 100% charge, cancellation within 24 hours will incur a 50% charge.

MEETING YOUR NEEDS

Prior to your arrival, we ask you to kindly complete an online consultation form. You will be provided with a robe, towel, slippers, and a locker.

We would encourage all our spa guests to arrive at least forty five minutes prior to their appointment to enjoy the exclusive facilities at Fota Island Spa.

PREGNANCY / HEALTH

When making your reservation please advise the receptionist if you are pregnant or have any health issues which could affect your treatment. This will enable us to guide you through the best and most suitable options available for you.

Please note: Spa maternity treatments are suitable for expectant mother past their first trimester.

PREPARING FOR YOUR TREATMENT

For ladies, no preparation is necessary. Turn up and enjoy! For men, we recommend shaving prior to having a facial for maximum comfort and benefit to the skin. Other treatments require no preparation.

PRIVACY

Your privacy will be protected at all times. Your therapist will ensure that you are draped with towels, covering all parts of the body not being treated.

SPA ETIQUETTE

To preserve the harmony within the spa, we kindly ask you to turn off your mobile phone. Our Thermal Suite and Sanctum Relaxation are Quiet Zones and we appreciate your co-operation with this to maintain a tranquil experience.

E: spa@fotaisland.ie
T: +353 (0)21 467 3131

The
FOTA | *Collection*

HOTEL SPA GOLF CLUB GOLF ACADEMY LODGES
Fota Island Resort, Fota Island, Cork, Ireland.
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www.fotaisland.ie

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