



## FULL DAY PACKAGES

These packages include lunch, chosen from The Amber's healthy options menu, and the time spent in our Thermal Suite and Hydrotherapy Suite.

### Rejuvenation Day

Regenerating Grape Bath & Kerstin Florian Ultimate Rejuvenation Treatment  
€230

This wellness-inspired face and body experience promises to deliver full body and mind rejuvenation.

The journey begins with a multi massage hydrotherapy bath, with added grape extract bursting with anti-ageing properties. After unwinding in the bath your skin is treated to a full body exfoliation using a gentle Spanish rosemary and bamboo manna polish.

This top to toe treatment is followed by a full body massage using a unique blend of oils and lotions packed with healthy minerals and trace elements. After a luxurious scalp massage, the treatment is completed with a results-driven, anti-ageing luminescent facial. We use our exclusive Pearl Powder, an ancient beauty secret used to exfoliate, nourish and bring

radiance to the skin. An acupressure point exercise with firming extract refines the skin before using a unique cooling masque with luminous rice, as well as a concentrated powerhouse ampoule to provide long lasting hydration. Skin appears lighter, brighter and more refined. Results are immediate, leaving the skin looking supple, vibrant and luminescent.

### A Day of Harmony

Tranquility Bath, Indian Head Massage & [ Comfort Zone ] Hydramemory Facial  
€220

Your body goes through a lot on a daily basis- allow us to create some time for you to slow things down and recharge, leaving you refreshed with a healthier, happier glow. Your time at the spa will begin with a tranquility bath to melt away your stresses as the nourishing tranquility oil deeply hydrates and moisturises the skin. Following on from this your therapist will transport you to an oasis of tranquility with an Indian head massage based on ancient Ayurvedic techniques. Your skin will be treated to a moisturising [ Comfort Zone ] Hydramemory facial, to hydrate and protect. Tired limbs are treated to a deeply relaxing arm and hand massage allowing you to unwind and

release any remaining tensions. You'll leave looking and feeling revitalised, ready to take on the world again.

## HALF DAY PACKAGES

### Calm Mind

Kerstin Florian Oxygenating Facial & Full Body Massage  
€175

Begin your journey in the Thermal and Hydrotherapy Suites, which relieves muscle tension and begins to ease the mind. Relax and rejuvenate with our Kerstin Florian Oxygenating Vitamin Facial. This oxygenating, anti-ageing facial utilises ingredients brimming with anti-oxidants, including an application of natural spirulina algae rich in protein, vitamins, minerals and botanical extracts. Your journey is completed with a Full Body Massage, which will stimulate circulation, ease muscle tension, improve flexibility and promote relaxation.

## Serene Selections

Kerstin Florian Turkish Body Scrub & choice of treatments  
€145

The ideal package for those looking to create their own perfect spa experience. Your journey begins with a Turkish Body Scrub, a refreshing top to toe body thermal salt exfoliation that will invigorate tired, dull skin, boosting circulation with rich minerals and essential oils. A treat for the senses, this treatment includes an application of a luxurious body crème to smooth and soften skin.

The next step is up to you; choose one of the following:

- Soothing Harmony Back, Neck and Shoulder Massage with Basalt lava hot stone and classic massage techniques to release muscle tension

- Deep cleansing Kerstin Florian Refresher Facial to demineralise tired, dull skin

Finally, complete your journey with a choice of a mini luxury scalp massage or anti-ageing eye care treatment.

Why not complete your perfect spa experience with Wash & Blowdry for an additional €30.

## Moments

To Energise, Calm, Detoxify, Cleanse

## Single Treatment Package

€65pp | Monday to Thursday

€70pp | Friday to Sunday

## Double Treatment Package

€105pp | Monday to Thursday

€115pp | Friday to Sunday

How are you feeling? Customize your moments in time experience by choosing a 30 minute treatment from the list below to suit your individual needs, combined with Thermal and Hydrotherapy experience. Complete your luxury afternoon getaway with Spa Afternoon Tea served in The Amber.

### Energising Treatment

Rise and Shine Back, Neck and Shoulder Massage. This pick-me-up massage is complemented with a luxurious massage oil with lemon notes.

### Calming Treatment

De-stress, relax and breathe with our soothing scalp, face and shoulder massage. Includes a calming hair mask to melt away your stresses.

### Detoxifying

Eliminate toxins while you drift away in our Dry Floatation Dead Sea Mud body treatment. As you rest, a deep cleansing Moor Mud face mask compliments your body treatment.

### Cleansing

A deep cleansing facial to refine and remineralise dull, lifeless skin. Includes a hydrating foot mask.



## Couples Massage

45 mins | €80pp

Together you can experience a massage which allows you to relax and rebalance the mind and body in our couple's suite.

## Twice as Nice Facials

50 mins | €85pp

A treatment for couples and friends; experience a [ Comfort Zone ] facial side by side. Your therapist will consult with you on the facial best suited for your skin's condition.

## Couples Full Day Spa Package

€195pp

Includes lunch chosen from our healthy options menu and the use of the Thermal Suite and Hydrotherapy Suite.

A rejuvenating experience, relax and unwind with a back, neck and shoulder massage followed by a [ Comfort Zone ] 50 minute facial. Take a seat in our American style massage pedicure chairs where your feet will be pampered, while you enjoy a glass of Prosecco (pedicure customised for male clients).