



FOTA ISLAND
SPA

SPA TREATMENTS

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 at Fota Island Resort lies deep within one of the most dramatic and outstanding natural settings on the Irish coast.

Breathe 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 in one of Europe's finest Spas.

Introduction to our 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.

Kerstin Florian is a luxury spa range designed to meet all specific skincare needs using high technology ingredients from natural resources.

Mama Mio provides high performance bodycare and spa treatments using facial skincare technology and ingredients to ensure every inch of you looks and feels fantastic.

Les Luneïdes, which appears in some of the most prestigious spas in the world, is a natural spa care product of the highest quality for beauty and well-being.

Lycon Wax delivers superior performance by removing stubborn hair as short as 1mm, using only the finest resins, natural ingredients and aromatherapy oils.



Facilities

Fota Island Spa offers an extensive menu of treatments and exclusive day packages.

All guests reserving spa treatments have complimentary access to the hydrotherapy suite and the acacia thermal suite.

We recommend that you utilise these facilities prior to having your treatment, to enhance your experience.



THE JOURNEY

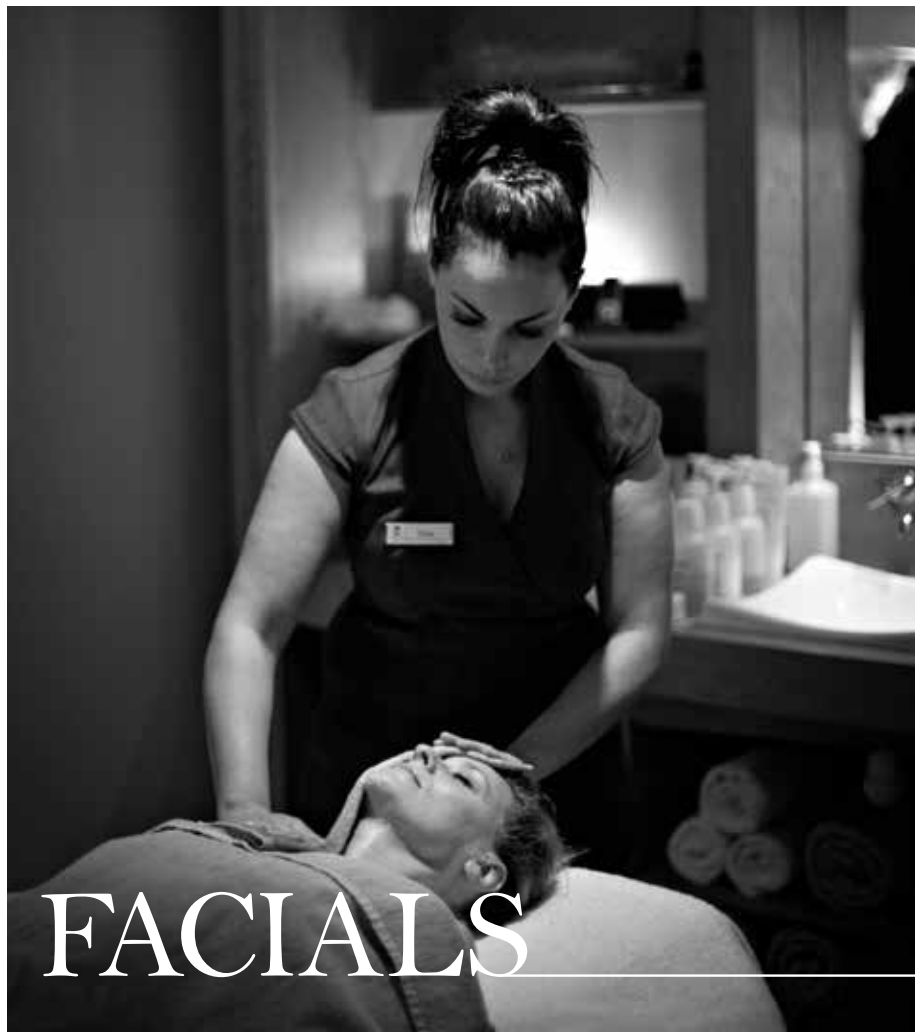


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WELCOME TO *TOTAL RELAXATION*



Each [Comfort Zone] facial treatment begins with a deep cleanse and exfoliation of the skin to brighten dull and tired skin. This is followed by a Face, Neck and Shoulder massage. Your therapist will then consult with you to determine the [Comfort Zone] Mask and finishing product to best suit the condition of your skin.

[Comfort Zone]
Hydramemory
50 mins | €85

To moisturise, protect and hydrate dry and dehydrated skin.

[Comfort Zone]
Skin Resonance
50 mins | €85

To calm and treat hypersensitive skin and high coloured skin.

[Comfort Zone]
Absolute Pearl
50 mins | €85

A treatment for hyper-pigmented areas to improve skin luminosity.

[Comfort Zone]
Active Pureness Rebalancing
50 mins | €85

An ultra effective purification treatment for all skins, particularly for rebalancing oily and acne prone skin types.

[Comfort Zone]
Glorious Skin
50 mins | €95

The ultimate lifting and firming treatment to smooth and firm the skin, with instant results.

[Comfort Zone]
Chrono Reverser
Anti-Age & Firm
50 mins | €95

An anti-ageing facial which effectively improves the appearance of lines and wrinkles, pigmentation and superficial acne scars.

For the more mature skin upgrade to the
Chrono Reverser Collagen
60 mins | €105

[Comfort Zone]
Taster Facial
25 mins | €55

Cleanse, Tone, Exfoliation and Mask.

[Comfort Zone]
Harmony Facial
50 mins | €85

A treatment that combines Hot Stone Therapy and a Taster Facial from [Comfort Zone]. The treatment will be opened with a Hot Stone massage of the Back, Neck and Shoulders and followed by a [Comfort Zone] Taster Facial designed specifically to suit every skin type.

Suitable for both men and women.

Sacred Nature Organic Facial,
Full Body Polish & Massage
80 mins | €150

A ritual treatment for face and body to protect, nourish and tone the skin. The Sacred Nature Ritual is one that brings us back to a natural state of being. An anti-ageing treatment which is nourishing and protective using organic products. The skin is immediately soft and more radiant.

MEN'S FACIALS

[Comfort Zone]
Hydra Performance
50 mins | €85

This is an active restoring treatment for dry and dehydrated skin. Dryness can be caused by biological or environmental stress, frequent flying or exposure to extreme weather conditions.

[Comfort Zone]
Pure Performance
50 mins | €85

This is an active and purifying treatment to deep cleanse impure skins. The treatment removes excessive oil and rebalances the skin's surface, leaving a clean and matt finish.

[Comfort Zone]
Age Performance
50 mins | €85

This is an active rejuvenating treatment to prevent lines and expression signs. The product used in this facial stimulates cellular renewal and helps to slow down maturing skin.

KERSTIN FLORIAN FACIALS

Treatment Upgrades available from €10

Refresher Facial

30 mins | €55

A deep cleansing introductory facial based on mineral-rich Hungarian Moor Mud, which refines and remineralises dull, lifeless skin.

European Deep Cleansing Facial

60 mins | €80

A deep cleansing purifying treatment for all skin types. Includes a customised exfoliating peel to renew skin, a deep cleansing massage to promote circulation and a masque to balance and nourish the skin.

Oxygenating Vitamin Facial

60 mins | €90

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 to combat premature ageing and provide skin with a healthy glow. Vitamin C Ampoule included.

Deluxe Aromatherapy Facial

90 mins | €120

The Deluxe Aromatherapy facial is a relaxing treatment which includes a natural enzyme peel, an acupressure point and aculift facial massage with aromatherapy oils chosen according to skin type, a hand and arm massage, a luxurious foot bath and a scalp massage. Includes a Couperouse Ampoule.

Signature Caviar Facial

90 mins | €140

The ultimate in anti-ageing treatments. This luxurious facial will hydrate and firm skin with protein rich Caviar and powerful Chinese botanical anti-oxidants. These exclusive products together with our aculift massage will visibly renew the skin and smooth fine lines while the innovative Marine Biomatrix Sheet infuses skin with age-defying moisturisers to dramatically calm skin and promote an even skin tone.

Lavender Dreams Ultimate

90 mins | €140

Dreams of lavender fields kissed by the French sun envelop your senses as you drift on waves of blue. Breathe deep; inhale the calming and balancing benefits of wild lavender in this completely balancing and rejuvenating spa experience. To begin, earthly minerals are combined with lavender's healing properties in an invigorating full body exfoliation. Following is a pampering back, neck and shoulder massage with organic lavender oil and warm healing stones. As an added treat warm lavender oil will be applied to the full body. Next nourish and relax inside a warm cocoon, while a luxurious foot and pressure point scalp massage completes this head to toe service.

Gentlemen's Facial

60 mins | €80

A deep cleansing and nourishing facial designed specifically for the special skin care needs of men. Soothes the skin as it refines pores. Includes an uplifting massage and deep cleansing masque.

The Tranquil Touch

90 mins | €150

Our signature treatment, The Tranquil Touch, is a deeply soothing treatment for the face, scalp and large muscle groups of the body. A Welcome Foot Ritual followed by a calming back of body massage, which eases muscular tension and a personalised facial combined with Diem Chan pressure point massage and specialised eye treatment, which leaves the skin refreshed, toned and luminous. The skin will feel soft, hydrated and toned, the body will feel warmer, lighter and regenerated and the mind will be clear and balanced with an overall sensation of well being.

Harmony Full Body Massage

50 mins | €90

This is a massage of the full body combining both Hot Stone massage therapy and Swedish massage. The basalt lava stones are used in conjunction with classic massage movements to ensure a truly complete massage experience.

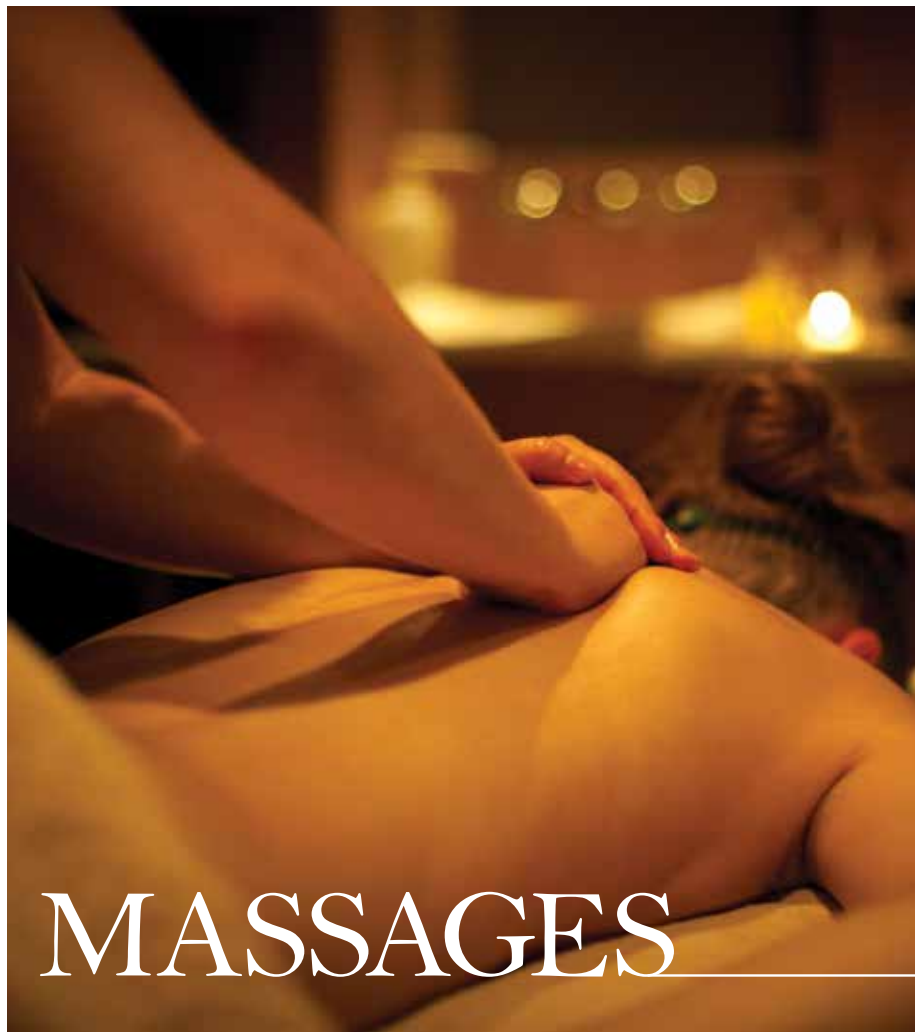
[Comfort Zone] Aroma Touch Body Massage

50 mins | €100

The ultimate in aromatherapy massage. This full body massage will relax your body and rejuvenate the skin. During this massage your therapist will help you choose a blend of essential oils to suit your own needs whether you want to de-stress, calm down, relax or be invigorated.



SIGNATURE TREATMENTS



Indian Head Massage

45 mins | €75

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

Thai Foot Massage

45 mins | €75

An acupressure massage concentrating on the soles of the feet, combined with massage of the toes, ankles & calves. All this with the use of an Oriental Blend 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 Green Tea, which will aid the removal of toxins after your treatment. Please note: This treatment is suitable for pregnant clients who are past the first trimester of pregnancy.

Bamboo Full Body Massage

80 mins / €150

Using Bamboo whisks, smooth warm Bamboo sticks massage techniques, this massage will promote well-being, relieve stress, tension and stimulate blood circulation. It promotes a perfect balance of the gentle heat with the healing properties of Bamboo. Recommended for fatigue, chronic stress and lack of energy, it is customised to suit each client's needs. It is also beneficial for back pain resulting from muscle tension.

Swedish Back, Neck & Shoulder Massage

25 mins | €55

Swedish Full Body Massage

50 mins | €90

The classical European massage using a technique to manipulate muscles with a variety of strokes. This massage will stimulate circulation, ease muscle tension, improve flexibility and promote relaxation.

Reflexology

45 mins | €75

Reflexology is a complimentary therapy which works points on the feet to heal the person as a whole. Can treat physical and emotional symptoms.

Harmony Back, Neck & Shoulder Massage

25 mins | €55

Harmony Full Body Massage

50 mins | €90

A massage of the full body combining both Hot Stone massage therapy and Swedish massage. Basalt lava stones are used in conjunction with classic massage movements to ensure a truly complete massage experience.

Specific Sports Massage

45 mins | €90

A massage technique for athletes aimed at either preparing the muscle and joints for athletic activity or to help recover from stress and strain associated with exercise.

Lymphatic Drainage

Available on request.

Ear Candling

40 mins | €70

A treatment of head & ear related problems using a hollow beeswax candle to draw out impurities. It brings relief to blocked ears, headaches, sinus problems and stress.

[Comfort Zone] Hot Stones Back, Neck & Shoulder Massage

25 mins | €60

[Comfort Zone] Hot Stones Full Body Massage

50 mins | €100

The therapeutic smooth thermal stones used create deep relaxation. The hot stones massage combines therapist and hot stones working in synergy to give the ultimate massage experience. The stones enable a deeper massage to soothe tension, the warmth generated calms the mind and soul.

[Comfort Zone] Aroma Touch Body Massage

50 mins | €100

The ultimate in aromatherapy massage. This full body massage will relax your body and rejuvenate the skin. Your therapist will help you choose a blend of essential oils to suit your own needs whether you want to se-stress, calm down, relax or be invigorated.



MATERNITY

MAMA MIO MATERNITY TREATMENTS

There is no other time in a woman's life when she more deserves to be luxuriously pampered than when she is pregnant. Mama Mio Mama Touch is a special program of skin-salvation, indulgent maternity treatments designed to relax, comfort and nourish – all specifically designed to be totally safe and effective.

MAMA MIO PRE-NATAL TREATMENTS

Free Your Mind

30 mins | €65

A treatment designed to ease you of the stresses associated with pregnancy. A gentle face and head massage will release cranial and jaw tension followed by a neck and shoulder massage.

Free Loader

30 mins | €65

A wonderful back massage specially designed to release tensions and muscle fatigue. This treatment focuses on the specific muscles that are responsible for supporting the pregnant tummy.

Yummy Tummy

40 mins | €75

This treatment begins with an application of Gravida Pulse Point Oil and gentle skin exfoliation to increase circulation, gently exfoliate and improve the tonicity of the skin. A concentrated serum and deep treatment mask will be applied to soothe and moisturise the abdomen. Enjoy a relaxing face & scalp massage as the Intensive Tummy Rub Stretch Mark Serum and mask take effect.

Mellow Mama

60 mins | €100

A complete body massage using specific pre-natal techniques to help relax, increase circulation, alleviate tired muscles and reduce excess water retention, focusing on the specific muscles that are responsible for supporting the pregnant tummy.

Lighten Up

25 mins | €55

A cool, fragrant mineral salt foot wrap to energise, reduce swelling and stimulate circulation. Includes a gentle hand, lower leg and foot massage. This really helps with circulation for the foot and lower leg.

The Smoothie

75 mins | €140

Rejuvenate your skin and clear your mind in preparation for your impending arrival. Mama Mio Smoothie will exfoliate your skin oh so gently (but effectively) followed by Omega Super Rich Body Cream to hydrate and elasticise your skin. A luxurious scalp massage will sweep away your stress leaving you with skin to rival your baby's bottom.

High Protein Facial

75 mins | €120

This High Protein Facial is a personalised, interactive, amazingly anti-aging, deep cleansing treatment that is perfect for all skin types and age ranges. This is no ordinary facial. This is a reprogramming, a re-modelling, a total release of tense tiny muscles and a re-energiser to restore skin's youthful bloom and bounce. This treatment will leave your skin feeling super-charged; double cleansed, massaged, vibrant and glowing with health and vitality.

MAMA MIO POST NATAL TREATMENTS

4th Trimester

50 mins | €95

Up to four months after delivery, your body still behaves as though it is pregnant. The 4th Trimester Healing hour is a relaxing top to toe massage to help realign and restore your body as it naturally adapts and returns to being one person again. This is your healing hour – and you've earned it. A perfect present from your loved ones or even from yourself.

Shrink to Fit

75 mins | €130

Honey, I Shrank my Hips! Whether it is a result of the pregnancy years, ageing or weight loss, we all welcome this specifically designed treatment to help reclaim your contours. Developed to reduce water retention, reverse spongy slack skin and the appearance of cellulite by enhancing micro-circulation and restoring the elasticity of the skin's connective tissue. This rejuvenation treatment will leave your skin almost as soft as your baby. Shrink to Fit Cream is applied to the body followed by an alginate mask which helps tone, firm and hydrate your skin. A full application

of our Super Rich Body Cream is then applied, which leaves the skin completely nourished. The Stretch Mark and Boob Tube Creams are then applied to areas which suit each client's individual needs.

Please see our Mama Mio Body treatments section on Page 15 for other post natal treatment options.

FULL DAY MATERNITY PACKAGES

Unwind

€175

Your treatment will commence with a welcome ritual which consists of a cool, fragrant mineral salt foot wrap to energise, reduce swelling and stimulate circulation. It includes a gentle hand, lower leg and foot massage. You will then enjoy our pampering **YUMMY TUMMY** treatment which is described on the previous page. After your healthy options lunch you will finish your day with a finger and toe tip treatment.

Calm

€195

Your treatment will commence with a welcome ritual which consists of a cool, fragrant mineral salt foot wrap to energise, reduce swelling and stimulate circulation. It includes a gentle hand, lower leg and foot massage. You will then enjoy our fabulous **MELLOW MAMA** treatment which is described on the previous page. After your healthy options lunch you will finish your day with a finger and toe tip treatment.

Rejuvenate

€230

Your treatment will commence with a welcome ritual which consists of a cool, fragrant mineral salt foot wrap to energise, reduce swelling and stimulate circulation. It includes a gentle hand, lower leg and foot massage you will then enjoy our sumptuous **SMOOTHIE** treatment which is described in the previous page. After your healthy options lunch you will finish your day with a finger and toe tip treatment.



BODY TREATMENTS

BODY EXFOLIATION

Kerstin Florian Turkish Body Scrub

50 mins | €85

An exhilarating thermal salt exfoliation is applied in a two-step treatment utilizing salt rich in mineral and trace elements mixed with essential oil, followed by a loofah scrub with thermal mineral shower/bath gel. This treatment is the most invigorating of our scrubs. Stimulates circulation and leaves the skin smooth and soft. Complete your journey with an application of crème or lavender body spray.

Kerstin Florian Chamomile Body Scrub

50 mins | €85

A gentle body scrub recommended for normal to delicate skin types. This scrub is based on finely granulated pumice in a crème base and chamomile oil, which work together to exfoliate and soften the skin. Chamomile Body Scrub is applied to the body first, and then the body receives an invigorating loofah scrub with chamomile shower/bath gel. Complete your journey with an application of chamomile body lotion.

Les Luneïdes Marine Body Polish

€50

A marine body scrub to exfoliate and help cell renewal, leaving the skin looking refreshed and revitalised.

ENVELOPMENTS

€60

Les Luneïdes Body Wrap

Become weightless and indulge in a floating experience combining relaxation with the absorption of an ingredient chosen from the following menu:

Classical Algae

Laminaria digitata seaweed to stimulate and balance your metabolism.

Slimming Algae

Fucus seaweed to refine your silhouette.

Regenerating Grape

To rejuvenate and improve skin tone.

Sensual Chocolate

To relax and promote well being.

Detox Green Tea

To eliminate toxins and re-energise.

Milk and Honey Wrap

To nourish and hydrate the skin.

Specific Pain Relief Algae

Lithothamnium seaweed to relieve pain.

ENVELOPMENT RITUALS

75 mins | €100

Luxuriate in a full body three-in-one treatment. Begin with a full body exfoliation, followed by a dry flotation envelopment and finally a luxurious oil will be massaged into the whole body. Make it personal to you by indulging in your choice of the following body wraps:

Les Luneïdes Chocolate Sensuality

A feel-good chocolate body polish followed by a chocolate body wrap and completed by a gentle massage to relax totally.

Les Luneïdes Grape Regeneration

A rejuvenating grape body polish followed by a grape body wrap and completed by a gentle massage to relax totally.

Les Luneïdes Green Tea Silhouette

A slimming green tea body polish followed by a green tea body wrap and completed by a gentle massage to relax totally.

Les Luneïdes Gold Ritual

€120

A diamond body polish is applied to the body which is a rich exfoliating paste containing diamond, glycerine oil and marine salt, helping to gently remove dead skin cells. A milk and honey wrap is applied to regenerate and have an anti-oxidant effect to nourish and hydrate the skin. To complete this amazing ritual an application of luxurious gold cream is applied to your body. The tremendous energy of 24 carat gold will leave the skin magnificently supple, silky and luminous, gleaming discreetly with golden essences.

Paradise Ritual

75 mins | €100

This is a ritual of pure sensory delight and deeply relaxing for the whole body and mind. It will invigorate and revitalise the skin thanks to the 100% Natural Vanilla, Coconut as well as the rare and powerful Sandalwood, Neroli and Jasmine essential oils. A revitalizing coconut body polish followed by coconut body wrap and completed with precious body oil massaged into the body.

MAMA MIO BODY TREATMENTS

Bootcamp for Tummies

60 mins | €100

Whether your baby is brand new or already at college, this intensive treatment combines exfoliation with potent cell regenerating concentrates to re-texturise, tone slack crepey skin, reduce pigmentation, fade and heal imperfections such as stretch marks.

Bootcamp for Butts

60 mins | €100

An intense superior posterior treatment of double exfoliation, Shrink to Fit Cream, Alginate Mask and deep tissue massage. This is serious bootcamp for bulges designed to improve skin texture, stimulate collagen production, increase cell regeneration, tighten slack spongy skin, reduce cellulite and ease water retention whilst improving skin elasticity.

Bootcamp for Boobs

60 mins | €100

This treatment is a must have for ladies concerned with crepey necks and bingo wings! Gentle exfoliation combined with an omega-rich mask plumps up tired skin, boosting collagen, restoring elasticity and smoothing, for visibly toned bust and arms.

[Comfort Zone] BODY TREATMENTS

All [Comfort Zone] body treatments begin with the **Tranquility Welcome Ritual**, to relax and soothe the senses in preparation for treatment, and incorporate a comfort touch body massage.

ENVELOPMENTS

[Comfort Zone] Detoxifying Mud Therapy

50 mins | €85

Using marine sediment and essential oils this treatment produces a deep purification, which stimulates the lymphatic system and re-mineralises the skin. The mud contains extracts of burdock, sage and birch to deeply drain and stimulate the flow of the lymphatic system.

[Comfort Zone] D-Age

50 mins | €85

Designed to improve skin tone and lack of firmness by preventing the formation of free radicals and working against the adverse effects of atmospheric pollution. The products used in this treatment are enriched with nourishing Kamani oil. The body is cocooned in the rich and sumptuous D-Age serum.

[Comfort Zone] Vital Leg

40 mins | €75

This treatment is designed to stimulate legs that are subject to circulatory problems. The legs are exfoliated and active products containing extracts of cold pressed mint juice and mafura butter are applied to the skin. The treatment is perfect for anyone suffering from fluid retention or puffy ankles.





WATER TREATMENTS

Hydrotherapy Bath

20 mins | €50

Multi massage bath incorporating colour light therapy to relax the mind and the body. To be enjoyed in different ways:

Sea Weed Bath

An immersion in a multi massage bath with micronised laminaria seaweed to revitalise the body.

Sea Crystal Bath

Unwind with Dead Sea crystals to remineralise and ease aching muscles.

Grape Bath

Rejuvenate and prevent free radicals with the anti-ageing properties of the grape extract.

Chocolate Bath

Relax and combat mental fatigue through the active ingredients of the cocoa bean to experience total well being.

Green Tea Bath

Detox in a green tea infusion to stimulate the elimination of toxins and refine your silhouette.

Tranquility Bath

Nourishing tranquility oil to deeply hydrate and moisturise the skin.

Milky Bath

Our milky bath will leave you feeling cleansed and relaxed. By using the milk bath powder it will help to soften, nourish and hydrate the skin.

Thalaxion Suite

20 mins | €40

Hot and cold water jets which help to battle cellulite areas. Excellent for tired legs after a vigorous workout, improving circulation and fluid retention.

Book a course of four for €100.

Hydrotherapy Suite

€25

Our expansive hydrotherapy suite includes a **hydro pool**, with nine specifically designed areas to massage the entire body, and the **walking river**. The unique walking river utilises different temperatures to reduce muscle fatigue associated with golfing, jet lag and other physical activity. Begin your journey in warm water with invigorating foot jets, small pebbles and counter current massage streams. The second half of your journey is spent in cooler water with larger pebbles and micro bubbles to finally relax tired limbs.



[Comfort Zone] CELLULITE TREATMENTS

[Comfort Zone] Body Strategist Remodeller Cellulite

50 mins | €85

This is a double action cellulite treatment. It improves micro circulation and reduces adiposity. It tones and remodels the body. It has a very stimulating effect on the skin and it also has a hot and cold effect. The skin does become quite red in the areas worked on due to the increased circulation in the body.

[Comfort Zone] Body Strategist Nutritional

50 mins | €85

This treatment is an organic vegetable body wrap. It has a toning, firming and hydrating effect on the body. Your skin is left feeling fresh and smooth. This treatment is ideal for very dry skin. It combats cellulite by having an anti-oxidant effect. It also removes the dull lifeless dead skin of the body.

Thalaxion Suite

20 mins | €40

Hot and cold water jets which help to battle cellulite areas. Excellent for tired legs after a vigorous workout, improving circulation and fluid retention.

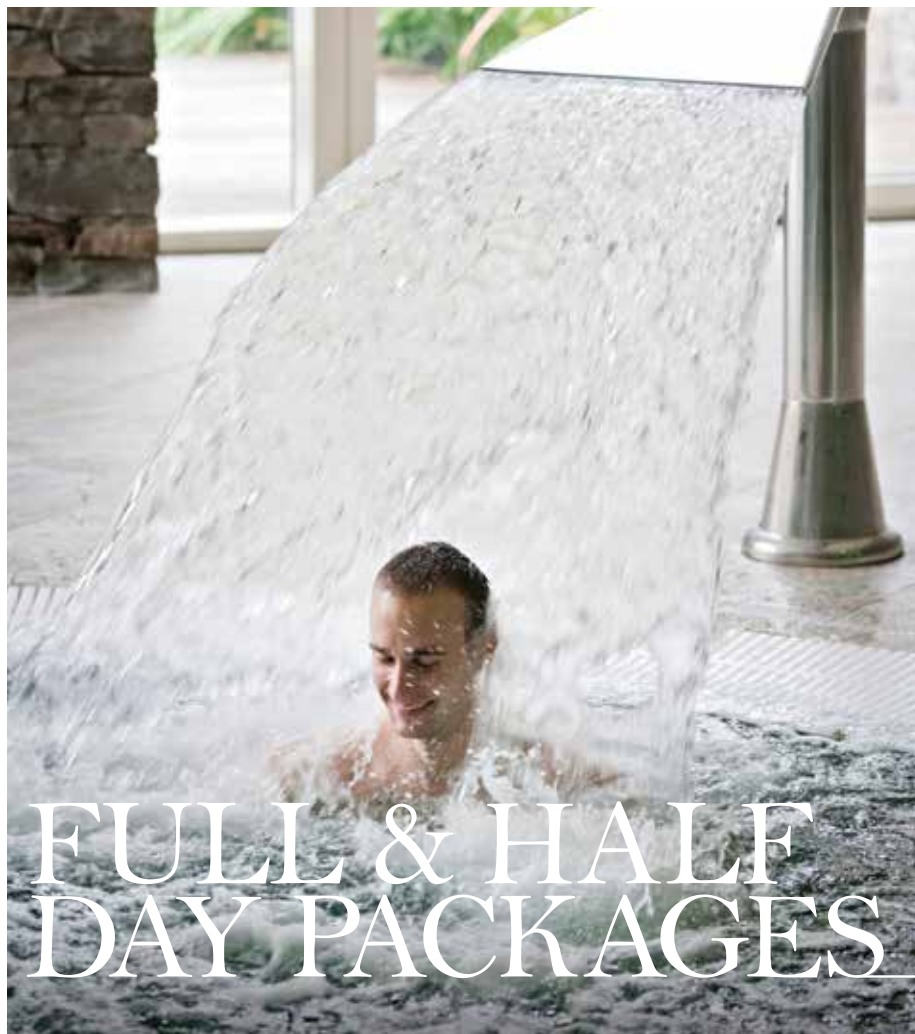
Book a course of four for €100.

Speak to one of our therapists about getting a course of these treatments. Prices available on request.



CELLULITE





FULL DAY PACKAGES

These packages include lunch, chosen from our healthy options menu, and the use of our Thermal Suite and Hydrotherapy Suite.

Radiance Day

Sea Crystal Bath, Algae Envelopment & Facial

€195pp

Lie back and indulge in our sea crystal multi massage hydrotherapy bath. The water stimulates the circulation and eases aching muscles while special dead sea crystals remineralise the skin. Move to our dry flotation tank and cocoon yourself in a classical algae wrap. Micronised sea weed is applied to the body to stimulate and balance your metabolism. Feel your body become weightless and relax your mind with the sensation of warm water in the ultimate floating experience. For your face we recommend an absolute pearl facial. It uses the extracts of pearl powder and lemon to brighten skin tone leaving your skin looking even in tone and reduced in pigmentation.

Relaxation Day

Sea Weed Bath, Algae Envelopment & Full Body Massage €195pp

A rejuvenating experience; relax and soak in our sea weed multi massage hydrotherapy bath filled with micronised sea weed containing nutrients to revitalise the body. Move to our dry flotation tank and cocoon yourself in a classical algae wrap. Micronised sea weed is applied to the body to stimulate and balance your metabolism. Feel your body become weightless and relax your mind with the sensation of warm water in the ultimate experience. Finish your day with a relaxing Full Body Swedish massage.

Tranquility Day

Tranquility Bath & Tranquil Touch Signature Treatment €195pp

Relax and enjoy our therapeutic multi massage hydrotherapy bath with nourishing tranquility oil to deeply hydrate and moisturise the skin. Follow this with our Signature Tranquil Touch treatment, a Polynesian Floral Foot Ritual followed by a calming back massage to ease muscular tension. Complete the treatment with a personalised facial combined with Diem Chan pressure point massage and

specialised eye treatment which leaves skin refreshed, toned and luminous. The skin will feel soft, hydrated and toned; the body will feel warmer, lighter and regenerated; and the mind will be clear and balanced, with an overall sensation of well-being.

Cleopatra Day

Milky Bath & Golden Glow Ritual €175pp

Our Cleopatra Milky Bath will leave you feeling cleansed and prepared for our gold ritual. By using the milk bath powder it will help to soften, nourish and hydrate the skin. A Diamond Body Polish is then applied to the body. This is rich exfoliating paste containing diamond, glycerine oil and marine salt helping to gently remove dead skin cells. A Milk and Honey Wrap is applied to regenerate and have an anti-oxidant effect to nourish and hydrate the skin. To finish, an application of Luxurious Gold Cream is applied to the body. The tremendous energy of 24 carat gold will leave the skin magnificently supple, silky and luminous, gleaming discreetly with golden essences.

HALF DAY PACKAGES

Glowing Getaway €125pp

Enjoy a [Comfort Zone] Recover Touch Anti-Oxidant Facial, which will leave the skin smooth, velvety and nourished. Finish your day with a choice of either a Luxury Manicure or Luxury Pedicure.
Please note: A supplement of €10 applies for French Polish.

Total Unwind €125pp

Choose a Dry Flotation Envelopment:

Regenerating Grape

To rejuvenate and improve skin tone.

Sensual Chocolate

To relax and promote well being.

Detox Green Tea

To eliminate toxins and re-energise.

Indulge yourself with a Harmony massage of the full body combining both Hot Stone therapy and Swedish massage. The Basalt Lava Stones are used in conjunction with classic massage movements to ensure a truly complete massage experience.



TREATS FOR TWO

Couples Massage

45 mins | €75pp

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 | €80pp

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.

Please Note: A supplement of €10pp for the Chrono Reverser Facial and €20pp for the Chrono Reverser Collagen applies.

Couples Luxury Manicure & Pedicure

100 mins | €100pp

A complete pampering to leave your hands and feet looking and feeling fabulous.

Please Note: A supplement of €10pp for a French Polish applies.

HANDS & FEET

[Comfort Zone] Lushly Polynesian Hand Ritual

30 mins | €60pp

Inspired by ancient shiatsu massage, the hands are cleansed in cocooning mud. And a sumptuous balm is massaged into the skin through a shiatsu inspired pressure point massage. The balm used in this truly luxurious treatment is enriched with Polynesian tiare flowers for an uplifting experience.

Luxury Manicure

50 mins | €55

Luxury Manicure with French Polish

60 mins | €65

Luxury Pedicure

50 mins | €55

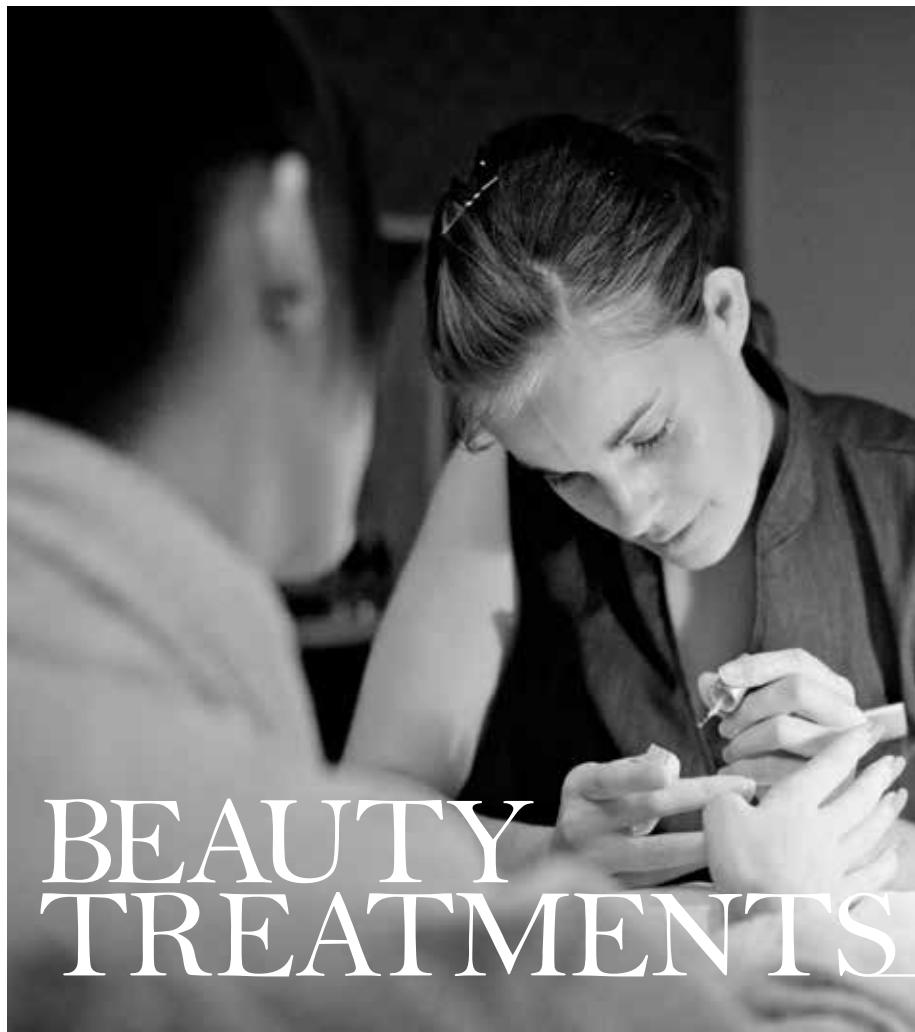
Luxury Pedicure with French Polish

60 mins | €65

[Comfort Zone] Lushly Polynesian Foot Ritual

30 mins | €60pp

Inspired by ancient shiatsu massage, the feet are cleansed, exfoliated and treated to a relieving oil. And a sumptuous balm is massaged into the skin through a shiatsu inspired pressure point massage. The balm used in this truly luxurious treatment is enriched with Polynesian tiare flowers for an uplifting experience.



Hands & Feet Treatments

Luxury Manicure	€55
Luxury Manicure including French Polish	€65
Luxury Pedicure	€55
Luxury Pedicure including French Polish	€65

Everlasting Nails

A nail polish that looks and lasts like gel nails. It's applied to your own natural nail and lasts for two to three weeks with no chipping or peeling.

Colour Finish	€40
French Polish Finish	€50

Express Nail Treatments

Fingertip treatment	€20
Toe tip treatment	€20



Female Waxing Treatments

Bikini	€16
Californian (<i>extended bikini and partial bum</i>)	€23
G-String (<i>further extended bikini and bum</i>)	€30
Brazilian (<i>a small strip/triangle remains</i>)	€38
Hollywood (<i>totally bare</i>)	€43
Lower/Upper Leg	€20
¾ Leg	€25
Full Leg	€30
Underarm	€15
Arm	€20
½ Arm	€15
Lip	€10
Chin	€10
Eyebrows	€14
Eyebrow Wax & Brow Tint	€19
Eyebrow Wax & Tint & Eyelash Tint	€30
Sides of Face	€10
Abdomen	€13
Navel Line	€6
Lower/Upper Back	€15

Hot wax system used for all bikini, facial and underarm treatments.

Add a ½ leg to any bikini waxing for €15 or add a full leg to any bikini waxing for €25.

Male Waxing Treatments

½ Back	€20
Full Back	€35
Shoulders	€15
Full Back & Shoulders	€45
Chest	€25
Abdomen	€15
Chest & Abdomen	€35
Lower Leg/Upper Leg	€30
Full Leg	€40
Arms	€25
Hands & Arms	€30
Underarm	€18
Eyebrows	€16
Eyebrow Wax & Tint	€21
Eyebrow Wax & Tint & Eyelash Tint	€32

Tinting

A patch test is essential 24 hours prior to having a tinting treatment.

Eyebrow tint	€10
Eyelash tint	€15

Instant Tan Application

Half Body	€23
Full Body	€35
Instant Tan Ritual (includes full body buff and full body tan)	€60

Spray Tan Application

Full Body	€35
Instant Tan Ritual (includes full body buff and full body tan)	€60

Please Note: Spray Tan is not an instant tan and requires developing over night.

FITNESS

At Fota Island Resort we offer a wide range of classes for both adult and children, ranging from swimming lessons to outdoor fitness boot camps, 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 Spa fitness team have the expertise and passion to design a personalised fitness programme for every individual.

PERSONAL TRAINING

Our High Performance Gym will provide you with a wide range of free weights and also host Personal Training Programmes under the supervision of our highly skilled and experienced Personal Trainers. Each Personal Training Programme will be specifically customised to cater for your needs and personal goals. Your Personal Trainer will be with you every step of the way to push you and ensure that you enjoy reaching your fitness goals. We will also provide weekly body composition analysis and nutritional advice to ensure that you get the results that will make all your friends jealous!

One-to-One Personal Training 6 x 60 mins or 8 x 45 mins | €270pp

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. As a bonus, for your very first six sessions you will also receive complimentary passes to five fitness classes.

Buddy Training 6 x 60 mins | €180pp

Train with your friend, motivate each other and just have fun together! 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. As a bonus, you will also receive complimentary passes to five fitness classes.

Boot Camp Classes 8 x 60 mins | €65pp

Our professionally trained instructors create an informal mixture of fun, team spirit and a bit of hard work to improve fitness and forge new friendships, all set against the stunning backdrop and scenic landscape of Fota Island Resort. With personal instruction, participants benefit from increased cardio-vascular fitness, increased lean muscle endurance, decreased body mass index, decreased waistline and improved physique.

Upper Body & Core Circuits Training 45 mins | €8pp

With a range of fitness equipment, your training regime will get off to a flying start while at the same time providing you with an enjoyable experience. This is a 45 minute circuit style class focusing on toning and strengthening your arms, chest, core and abs.

Strength & Power Circuits

45 mins | €8pp

This 45 minute total body workout uses Barbells, TRX, Kettlebells, cable machine and free weights to strengthen and build muscle, mixed with a high intensity cardio to keep the heart rate up. The perfect way to improve strength and muscle tone!

TotalTone Classes

45 mins | €8pp

This 45 minute class concentrates on toning all major muscle groups using bodyweight, barbells & dumbbells in a Circuit set up. Great music and your choice of weight, inspire you to get the results you came for - and fast! The benefits of TotalTone include improving your strength, shaping and toning your muscles.

Spinning & Running Classes

45 mins / 60 mins | €8pp

Spinning - Classes focus on strength, endurance, intervals, higher intensity and recovery. The workout increases heart and lung capacity and lower body endurance and strength.

Run/Spin/Run - This is the ultimate cardio session with a 20 minute steady fast spin between two 20 minute runs.

Swimming Lessons

5 x 30 mins | €135pp

The Fota Island Spa's 18 metre pool is the perfect location to learn to swim or improve your stroke. We offer private one-to-one sessions for both children and adults, all taught by our experienced professionals.

FACILITIES

Tennis Courts

The Fota Island Tennis Courts are located in the midst of the peaceful setting of Fota Island Resort and comprise two floodlit astroturf courts. Whether you are a recreational tennis player or competitive enthusiast, the newly established Fota Island Tennis Club provides you with the ultimate platform to improve your game, boost your fitness levels, and meet others who share your passion for the sport.

Swimming Pool

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

Gymnasium

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

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.

Spin Academy

The Spin Academy is located adjacent to the Fota Island Training Facility and features twenty of the highest standard spinning bikes. We offer a wide range of spinning classes all taught by our experience Personal Trainers.

SPA MEMBERSHIP & OPENING HOURS

Opening Hours

Treatment Times

Monday to Friday 9.00am – 8.00pm
Saturday & Sunday 9.00am – 7.00pm

Fota Island Fitness

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

Off Peak Fitness Times

Monday to Friday 7.00am – 3.00pm
Saturday 1.00pm – 9.00pm
Sunday & Bank Holidays
8.00am – 8.00pm

Children's Pool Times

Access to the pool area for children is restricted: Monday to Sunday
9.00am – 11.00am & 4.00pm – 6.00pm
Extended during school holidays.

The swimming pool and fitness suite are not included for non-residents.

Make a Booking

To make an appointment or to discuss the perfect treatment for you, call the Fota Island Spa on +353 (0) 21 4673131. Bookings cannot be confirmed or secured without a credit card. Please note that all treatments are hands-on time.

Fota Island Spa Membership

An exclusive membership is available at Fota Island Spa, offering many different options. 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 suite and thermal suite. Your membership is complimented by the vast array of amenities and facilities the resort has to offer. Enjoy this tranquil retreat daily; an elegant and relaxed place where life seems to run at an altogether more leisurely pace.

If you are interested in more information regarding our spa membership, please email us on spa@fotaisland.ie or call us directly on **021 4673131**, where one of our qualified fitness enthusiasts will be happy to discuss the membership that best suits your needs.



Gift Vouchers

An ideal present. Treat yourself or that someone special to a gift voucher for any treatment, half and full day spa programmes or our vast array of retail products. Gift vouchers are non-refundable and must be presented at time of treatment or purchase.

Reservations

Advance booking prior to your intended treatment time is recommended. Please call Fota Island Spa on **+353 (0) 21 467 3131**, should you wish to discuss your personalised treatment.

Late Arrivals

In the event that you are running late, we will endeavour to conduct your full treatment. However, please note that the treatment may need to be shortened should there be another booking immediately afterwards.

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, except for the allocated children's times.

Cancellation

A 50% cancellation charge will be incurred for any treatment or spa programme not cancelled at least 24 hours prior to appointment. Cancellation within 12 hours will incur a 100% charge.

Meeting your Needs

Upon your arrival at Fota Island Spa, your receptionist will conduct a brief consultation to ensure that you experience treatments best suited to your needs. Our receptionists are experienced in all treatments and would be delighted to assist you in planning a spa programme. We would encourage all our spa guests to arrive at least thirty minutes prior to their appointment to enjoy the exclusive facilities at Fota Island Spa. However, if you have more time, please feel free to come earlier again.

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 them to guide you through the best and most suitable options available for you.

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.

TERMS & CONDITIONS

