

# TREATMENT MENU

A RANGE OF NATURAL THERAPIES



CLIFF  
AT LYONS

## MASSAGES

Body massages at Cliff at Lyons are targeted to your specific needs, whether you are seeking to galvanise a sluggish circulation, relieve stress and tension or simply relax

### VOYA - BACK, NECK & SHOULDER MASSAGE

This express massage is exceptionally beneficial in releasing muscle tension and encouraging relaxation and concentrates on the back, neck and shoulders.

30 MINUTES €45.00

### VOYA - FULL BODY MASSAGE

Treat your spirit, mind and body to a reviving, de-stressing and relaxing experience. The Lyons signature full body massage can be adapted to suit pressure for each individual. This treatment will leave you feeling recharged and rebalanced.

55 MINUTES €75.00

### VOYA - TOTAL MASSAGE JOURNEY

This Top to Toe treatment incorporates body brushing, exfoliation, body massage and scalp massage.

85 MINUTES €120.00

### VOYA - PRE-NATAL MASSAGE (Suitable for pregnancies over 12 weeks)

Massage during pregnancy is a wonderful healthy way to reduce stress and promote overall wellness. This massage relieves backaches, leg cramps, fatigue, headaches and oedema.

75 MINUTES €125.00

## FACIALS

### INTENSE DEFENCE FOR MEN FACIAL

Exclusively created for men's specific skincare needs.

55 MINUTES €75.00

### SELF DISCOVERY RADIANCE FACIAL

This incredible skin specific organic facial is deeply detoxifying, thoroughly revitalising and helps to even skin tone and increase clarity.

55 MINUTES €75.00

### ANTI-AGING RESTORATIVE FACIAL

This treatment is suitable for all skin types, particularly for those in search of anti-aging results.

70 MINUTES €90.00

### DELUXE FACIAL EXPERIENCE

The ultimate VOYA facial experience. The treatment includes a back massage and deluxe facial.

90 MINUTES €120.00

## SCRUBS

Scrubs make use of natural ingredients, including Irish seaweed, with the marine ingredients helping to detoxify at a deeper level.

### VOYA - ORGANIC HYDRATING BODY SCRUB

This dual-action lathering "time to shine" body buff exfoliates with finely ground walnut shells and nourishes your skin with a blend of almond oil, seaweed and ginger extracts. This gentle yet effective formula removes rough and listless-looking skin cells, to reveal silky smooth skin.

55 MINUTES €65.00

## HAIR RITUALS

### VOYA - REVITALISING HAIR RITUAL

Indulge in an application of VOYA warm oil to the hair to revitalise the hair cuticle and scalp, whilst it works its magic enjoy a relaxing upper back, hand, lower leg and foot massage finishing with a scalp massage.

55 MINUTES €60.00

*We also provide treatment services to those who have experienced or who are currently living with cancer.*

## MANICURES

For an extra boost of pampering, we offer professional nail treatments.

Express Manicure	€25.00
Luxury Manicure	€50.00
Two Week Manicure - Full Colour	€35.00
Two Week Manicure - French	€40.00

## CANCELLATION POLICY

As a courtesy to other spa clients please give us at least 48 hours notice if you need to cancel. Please note there is a cancellation fee of 50% if the cancellation is made less than 48 hours prior to the booking.

No shows and on the day cancellations will be charged 100% of treatment costs.

Please note: Prices are per person and correct at time of print. They are subject to alteration.

## MEDICAL CONDITIONS

We want to take care of your entire well-being and so all treatments are booked subject to medical status, which must be disclosed on booking. If you have a medical condition and would like to discuss your treatment options, our staff are happy to discuss in confidence with you. All medical conditions must be disclosed to staff.

**SUPERIOR SKIN CARE RANGE AVAILABLE**  
VOYA products are created by blending wild seaweed with the finest organic ingredients. Speak to your therapist about our retail range.

Cliff at Lyons, is now open everyday for all day dining in the cosy Canal Cafe. Guests can also enjoy the gourmet menu in The Orangery Restaurant and stay over in our individually designed rooms and cottages.

The newest member of CLIFF, delivers an Irish country experience to complement the Cliff House Hotel on the shores of the Atlantic in County Waterford, and Cliff Townhouse, a restaurant with events space on St Stephen's Green in Dublin.

## **NEW SPA IN 2017**

Our luxury spa at Cliff at Lyons will open in the historic Carriage House building in 2017.

Until then, this selection of spa treatments are available in the Dovecot Treatment rooms, using the Voya range of products.



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