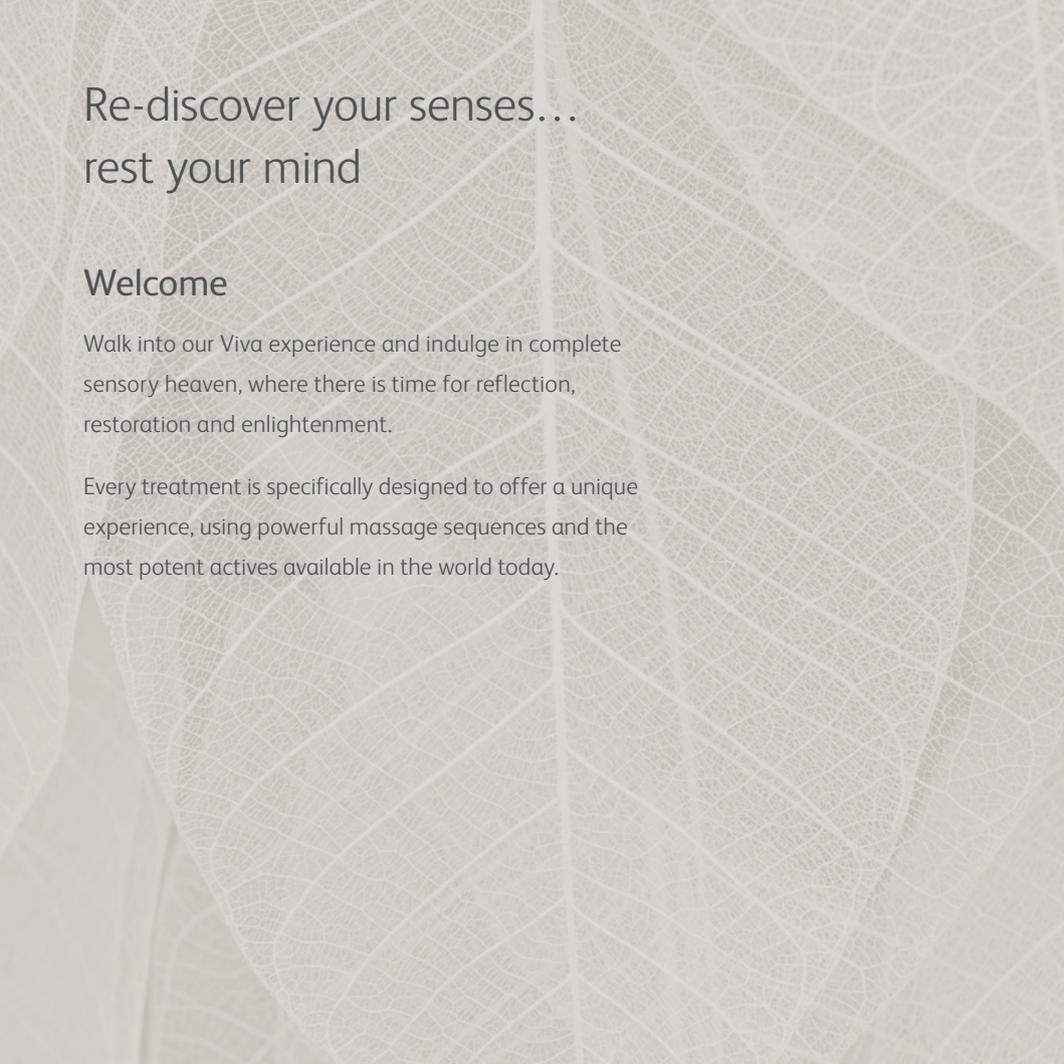


The logo features the word "VIVA" in a bold, dark grey, sans-serif font. The letter "A" is stylized with a thin, dark grey line that curves from the top right of the letter and extends to the right. Below "VIVA" is the phrase "FOR YOU" in a smaller, dark grey, sans-serif font.

VIVA
FOR YOU

Viva Spa Therapy



Re-discover your senses... rest your mind

Welcome

Walk into our Viva experience and indulge in complete sensory heaven, where there is time for reflection, restoration and enlightenment.

Every treatment is specifically designed to offer a unique experience, using powerful massage sequences and the most potent actives available in the world today.

ELEMIS Touch Expert Facials

The hands of a highly trained ELEMIS therapist are profoundly effective tools. Using a combination of massage techniques from around the world, this is where intuition meets expertise with clinically proven results.

ELEMIS Pro-Collagen Age Defy

Tackle fine lines and wrinkles with the clinically proven age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

1hr €90

ELEMIS Dynamic Resurfacing Precision Peel

Clinically proven to target the signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin.

1hr €85

ELEMIS Superfood Pro-Radiance

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven to leave skin plumper, radiant and lit up with good health.

1hr €85

ELEMIS Sensitive Skin Soother

Fragile skin needs special attention. A soothing massage technique helps reduce the appearance of redness and protect against daily stresses. Texture and moisture levels are dramatically restored. Skin is left supremely soothed, comfortable and calm.

1hr €85

ELEMIS Anti-Blemish Mattify and Calm

A revelation for oily, congested or hormonal skin. This mattifying facial helps combat oil and shine, while intuitive massage helps restore micro-circulation. A deeply detoxifying treatment for clear, brighter skin.

1hr €85

ELEMIS Touch Expert Facial for Men

Men's skin behaves differently to women's. Shaving, sports and lifestyle all make their own demands. ELEMIS responds with high performance facial therapies designed to restore energy, dynamism and lustre to male skin.

ELEMIS High Performance Skin Energiser

The hard-working facial for ageing, dehydrated skin and tired eyes. It maximises cell regeneration whilst multi-dynamic facial massage sequences boost circulation.

1hr €85

Face and Body Combinations

Choose your own combination of facial and body massage, or let your ELEMIS therapist personally prescribe the perfect treatment to work with your skin, your mood and your needs.

ELEMIS Couture Touch

Condition your skin and muscles with this all embracing experience. Combine any TOUCH Expert facial with your personalised Freestyle Deep Tissue Massage or Deeper than Deep Hot Stone Massage. Choose between two express 30 minute treatments or indulge in the full 2 hour treat.

1hr €80 / 2hr €140

Scrubs and Wraps

ELEMIS Intensely Cleansing Salt & Ginger Salt Glow

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

45 mins €60

ELEMIS Body Nectar Nourishing Frangipani Wrap

The velvety texture of the Monoi Oil offers super hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

1hr €75

ELEMIS Ocean Spa Wrap

Choose between the deeply muscle warming Musclease wrap and intensely detoxifying Cellutox Wrap and let the power of aromatherapy work to ease arthritis, fatigue and muscle spasm. A heated seaweed mask containing a warming blend of Pine and Rosemary Essential Oils is applied to your body before you are cocooned in a comforting foil wrap. Let your thoughts drift away, whilst you have a soothing face and scalp massage.

1hr €75

ELEMIS Thousand Flower Detox Wrap

Omega-rich Green Tea seed oil is massaged into the skin followed by the thousand flower, vitamin-packed, super nutritious earth wrap encouraging the body to surrender its toxins. A nourishing Green Tea balm, rich in minerals, proteins and Omegas - the superfoods of the skin - is the final touch, leaving you feeling completely reinvigorated and the body firing on all cylinders.

1hr €75

Massage

ELEMIS Freestyle Deep Tissue Massage

Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation.

30 mins €42 / 60 mins €70

ELEMIS Deeper Than Deep Hot Stone Massage

Balinese stones bathed in the Frangipani Monoi Body Oil are worked deep into the muscles, getting into areas of tension. The result is sparkling vitality with the added bonus of intensely hydrated skin.

30 mins €42 / 60 mins €70

Leg and Foot Revitalizer

A specialised leg and foot treatment that focuses on the key areas of Skiing tension. This treatment includes a leg and foot scrub, sports massage and foot massage.

45 mins €50

Sports Massage

Sports massage is a deep tissue massage for pre and post sporting events to enhance your sporting performance and rehabilitate existing injuries, focusing on any area to relieve tension and aching muscles. The fundamental elements of the sports massage are experienced and tailored to your request.

30 mins €42 / 60 mins €70

Holistic Therapies

HOPI Ear Candles

This relaxing treatment originates from a Native American Indian tribe called the Hopis. A candle made from cotton, impregnated with beeswax, honey and therapeutic oils, is painlessly inserted into the ear to draw out impurities, relieve pressure in the head and sinuses, and aid hearing problems.

45 mins €40

Indian Head Massage

Indian Head Massage is truly holistic treatment which leaves the client feeling revitalised and stress free. The relaxing massage of head, neck, shoulders and face promotes balance in mind, body and spirit.

45 mins €48

Viva Beauty

Tinting

Eyelash tint* €18

Eyebrow tint* €16

*24 hr patch test required

Waxing

Full leg €30

1/2 leg €25

Underarm €15

Bikini €18

Lip/Chin €15

Eyebrow €12

Back Wax €25

Chest Wax €25

Hands & Feet

OPI Manicure

This deep penetrating treatment exfoliates, revitalises, renews and protects your hands, treating them to the age-defying benefits of AHA's and anti-oxidant vitamins. Finishing with a luxurious deep moisturising massage and polish.

1hr €40

OPI Pedicure

The ultimate spa experience includes customised callus reducing AHA treatment, exfoliation, hydrating foot mask and a feature length massage. A full hour of pure rejuvenating pleasure, with a nail polish.

1hr €45

OPI GelColor

OPI Gel Colour looks like polish but dries instantly with a flawless finish. Perfect for anyone who likes to have manicured nails all the time, OPI's shine-intense GelColor shades cure in 30 seconds under a LED light and last for weeks.

File & Paint €30

OPI Pedicure with GelColor finish €65

OPI Manicure with GelColor finish €60