THE SPA

AT THE HEIGHTS

★★★★★

SPA TREATMENT MENU

VOYA seafaring voyage incl. complementary Voya Body brush

75minutes €145

A complete head to toe VOYA experience incorporating our opening foot ritual, scalp massage, stretches and movements of the sea. Your journey begins with revitalizing body brushing to improve blood and lymph flow. The world's first organic seaweed oil is then massaged deep into any stiff, tight or aching muscles followed by an aromatic organic body cream to seal in the essential oils.

Back Neck and Shoulder Massage

45minutes €95

It is a relaxing and rejuvenating treatment which has physical and psychological benefits. Soothing massage on the back, neck & shoulders, arms and scalp, provides a de-stress for the entire body. The treatment also involves balancing of the top three chakras or energy centres bringing forth a feeling of inner peace and well-being.

Rejuvenating Leg Ritual

45minutes €95

For the all of us who feel uncomfortable from swelling in the legs and general dehydration this is the treatment for you. Begin with a relaxing foot soak and revitalizing scrub to help increase the circulation to your lower limb. Float away and enjoy a lower limb draining massage to help with any fluid retention you might have. Unwind your mind while your legs are wrapped in our seaweed nourishing compress to help detox and reduce any fluid retention.

Reflexology

45minutes €85

A specialised treatment of the feet. Reflexology can enhance the release of tension and stress while relaxing the entire body. Gentle pressure is applied to specific points on the feet to stimulate energy lines within the body encouraging your own natural healing system. It is beautifully relaxing, calming and beneficial to your entire system.

VOYA sea mineral exfoliation

45minutes €80

The ultimate treat for tired and dull skin. This invigorating all-over body exfoliation refines skin texture and increases luster. Ground down seaweed combined with a melody of botanicals works to firm skin tone while removing dead skin cells helping to encourage cell regeneration and even skin tone. To finish, an all-over massage application of organic body cream is applied. Leave feeling awakened and re-energized with smooth silky polished skin.

VOYA deep-sea nourishment

45 minutes €85

Inspired by the sea this body wrap draws on the detoxifying and natural anti-aging properties of Laminaria seaweed combined with stimulating body exfoliating, to deeply nourish and relax tired and lethargic muscles. To ensure full absorption, the body is wrapped securely in muslin whilst you receive a heavenly foot massage allowing any strains or stresses to drift away.

#LoveAghadoeHeights

Aghadoe Heights
HOTEL AND SPA
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SIGNATURE TREATMENTS AND DAY PACKAGES

Just for two half day €305 per couple

Begin your day by relaxing in the warmth of the Thermal Suite. The real pampering then commences with an intimate body scrub. Seize the opportunity to release any stress or tension with a deep tissue back massage targeted to soothe muscular tension and tightness in the shoulders. Enjoy this treatment side by side with your partner, followed by a two-course lunch in the Heights Lounge

Rebalance

140minutes €175

Begin your journey in our precious stone cabin (as explained above) where crystals, aromatherapy oils, light and sound therapies will rebalance body and mind. Finally sink into total relaxation while the nurturing hands of your therapist treats you to a bespoke massage. To ensure total relaxation, a stimulating scalp massage is performed to send you into total bliss and harmony. This ritual will rebalance the mind body and soul and was created specially to neutralize those times of high stress.

Voya yew time ritual

120minutes €185

Rich elements of the surrounding land and sea are combined in this exclusive VOYA ritual. Step into a cocoon of relaxation and commence your journey with an initial touch to awaken your senses. An all over body exfoliation will then help to renew and refresh the body, leaving your skin silky soft. Next, drift away as we envelop you in our warm spiced mud wrap, complete with pressure point scalp massage, integrating the skin rejuvenating properties of Kerry peat and the detoxifying, hydrating properties of Irish seaweed, infused with the essence of ginger and mandarin. Complete your journey with a muscle relaxing massage using an oil infused with a light and fresh combination of elements from Killarney National Park and an application of the softly does it body moisturizer.

SPECIAL OFFERS

Voya Back and Bath ritual – Sunday to Friday
Hot oil back neck and shoulder massage
Detoxifying sea salts bath
45minutes €89

Recovery Time – Monday to Sunday
Hot oil back neck and shoulder massage
Recovery foot massage
45minutes €99

Awaken your senses – Sunday to Friday
Full body scrub
Hot oil back neck and shoulder massage
45minutes €89

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REST, RELAX, RENEW