

# CHILL SPA

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 ice house

## WELCOME

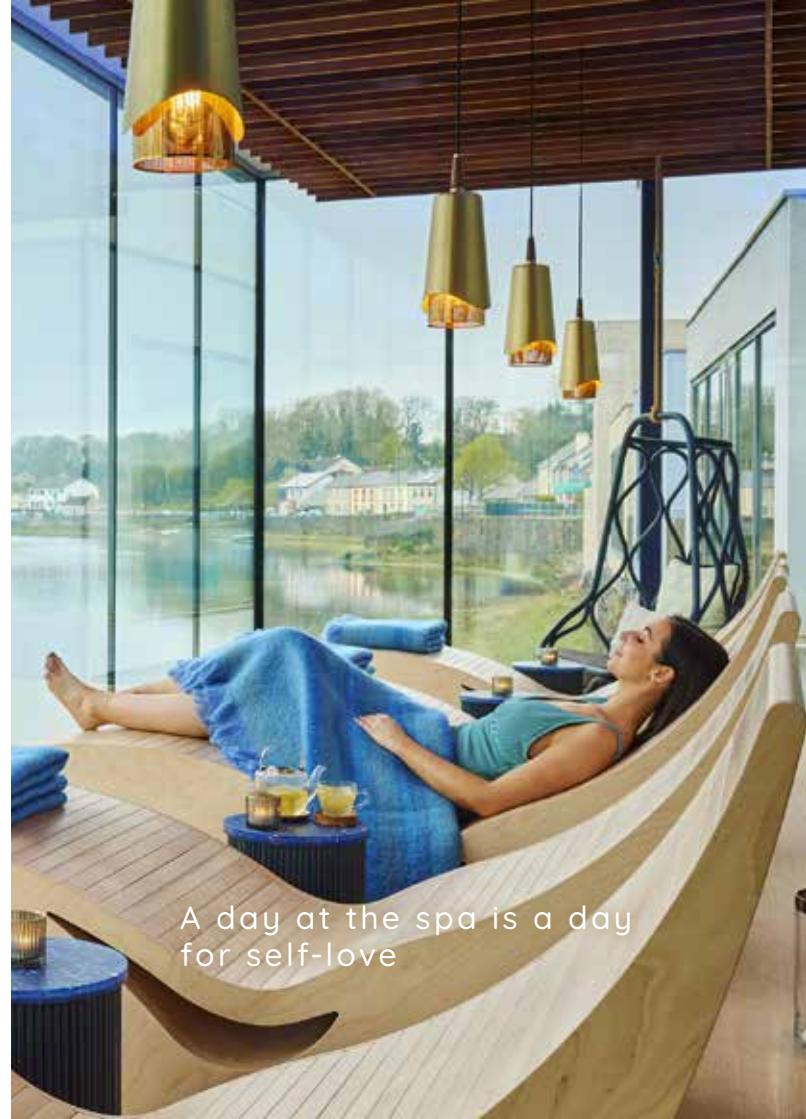
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Experience ultimate relaxation at Chill Spa. Enjoy indoor and outdoor thermal experiences, luxurious treatment suites and Gharieni Quartz crystal treatment beds. Indulge in VOYA Irish organic and Yon-Ka Paris spa treatments, expertly provided by our dedicated spa team. Indulge, restore, revitalise and relax in our serene sanctuary on the River Moy.

## THE CHILL SPA JOURNEY

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Chill Spa's state-of-the-art indoor and outdoor thermal area and spa garden is the heart of our spa. A journey through each of the thermal experiences offers you the ultimate cleansing, relaxing and rejuvenating experience. Revitalise your body with our Experience Showers and Steam Room, and relax your tired muscles in the Outdoor Sauna and Riverview Hot Tubs. Explore the benefits of hot and cold therapy with our Ice Bath. Unwind amidst nature in our Spa Garden, restore calm with a signature massage, or simply relax in our Riverview Relaxation Rooms while watching the river Moy meander by.



A day at the spa is a day  
for self-love



YON  
KA®  
PARIS

At the heart of Yon-Ka is a pure and natural aromatic composition of lavender, cypress, rosemary, thyme, and geranium essential oil blend with a wealth of plant extract from all over the world. All are designed to awaken your natural beauty with flawless, timeless and luminous skin.









## VOYA

Ireland's VOYA brings generations of sea-inspired wisdom to their organic beauty range, offering treatments designed to delight and purify body and soul. They are the world's first 100% organic certified treatments.





## CHILL SPA FACILITIES

- Five luxurious treatment suites
- Double treatment room with Gharieni Quartz crystal treatment beds and access to private outdoor hot tub
- Experience showers  
- Steam room
- Aromatherapy dry heat room  
- The River Room - Relaxation room  
- Snooze room  

Our outdoor spa garden is a haven of peace and relaxation and features:

- Riverview hot tubs
- Ice bath\*
- Outdoor bathing therapies\*
- Sauna
- Outdoor showers

\*treatments must be booked in advance.

Please ensure to follow spa etiquette in all areas of the Spa. We ask that you leave your mobile in your room or locker provided.

Please also respect fellow guests and the serenity of our spa by refraining from talking loudly in the spa areas including hot tubs and thermal suite areas.

Recommended for people healing from cancer. 

Treatments adaptable for pregnancy. 

Female treatment only. 



## SIGNATURE TREATMENTS

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### Relax, Unwind, Indulge

Warm Pebbles of Enniscrone      75 mins    €135

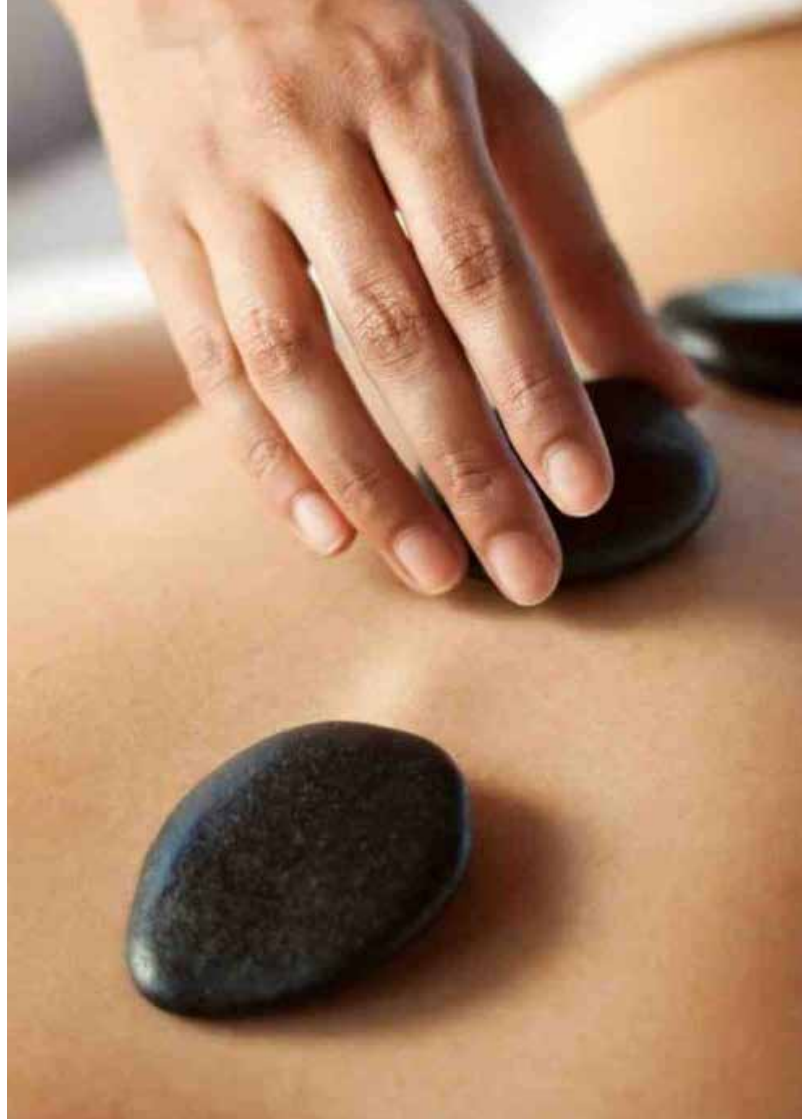
Heated smooth lava stones are massaged over your full body using VOYA organic seaweed essential oils, followed by a calming and energising pressure point face and head massage.

Chill Spa Taster                      60 mins    €120

Hot oil back, neck and shoulder massage with VOYA or Yon-Ka taster facial using a heated massage oil luxuriously smothered over the back, neck, and shoulders to melt stress and tension away, and a mini tailored facial to brighten and refresh your skin.

Chill Spa Scrub and Rub              60 mins    €115

Feel the benefits of a full body exfoliation with our signature Salt Glow Scrub made with natural ingredients including Vitamin E, a powerful antioxidant, and Omegas 3 and 6 to soften and soothe. Inhale the beautiful therapeutic scent of delicate lavender and geranium with a nourishing heated body oil and moisturisation application. Your skin will feel fresh, smooth, and hydrated.



# HOLISTIC THERAPIES

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## Release Tension and Calm your Mind

Indian Head Massage  45 mins €95

An ancient practice incorporating acupressure points and massage of the upper back, shoulders, neck, head and face. Excellent for the treatment of migraines, headaches and stress.

Reflexology 50 mins €95

By sensitively applying pressure to various points of the feet, the whole body is comforted and relaxed, encouraging the body's own healing and circulation, including lymph drainage and release of toxins.



## BODY WRAPS AND SCRUBS

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VOYA

Organic Warm Spiced Mud Wrap 60 mins €120

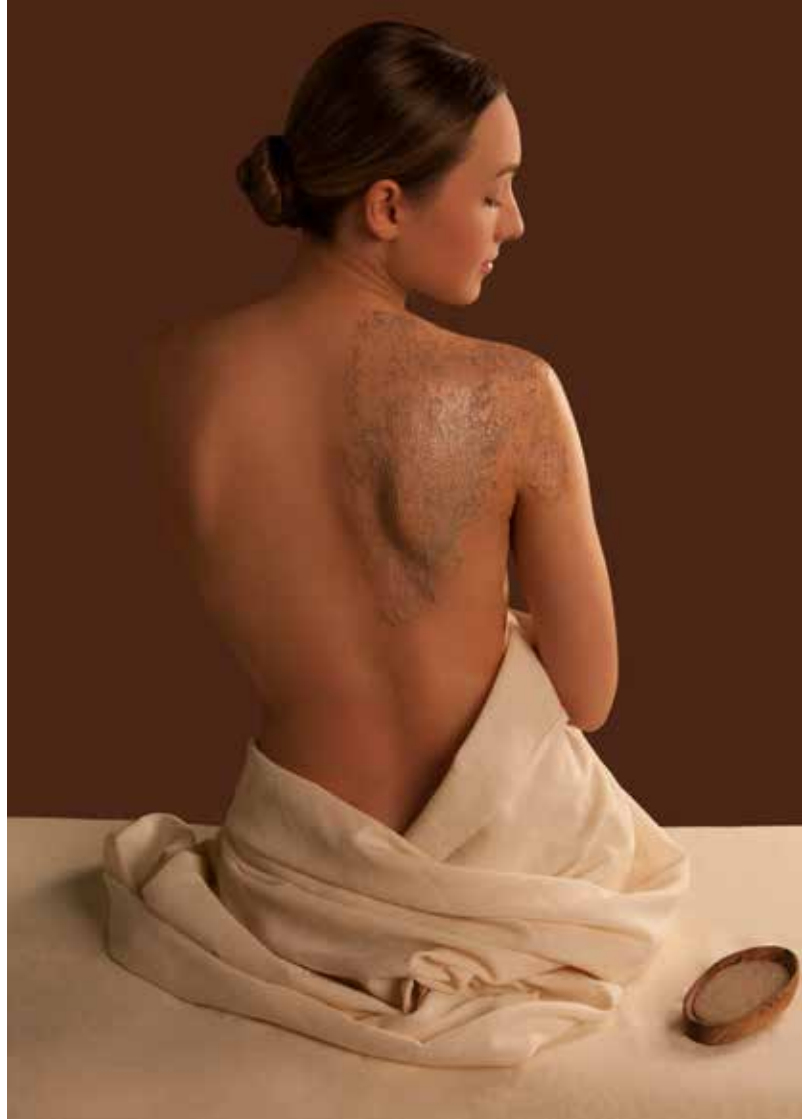
A serious detoxifier, metabolism stimulator and a natural anti-ageing boost, infused with aromatic spices of ginger and orange to revive the senses. Seaweed is taken fresh from the ocean and its purifying elements are encapsulated in the rich Warm Spiced Mud Wrap. The extract is rich in potent antioxidants and minerals, perfect for firming and toning the body.

Add Sugar Glow Scrub 30 mins €45

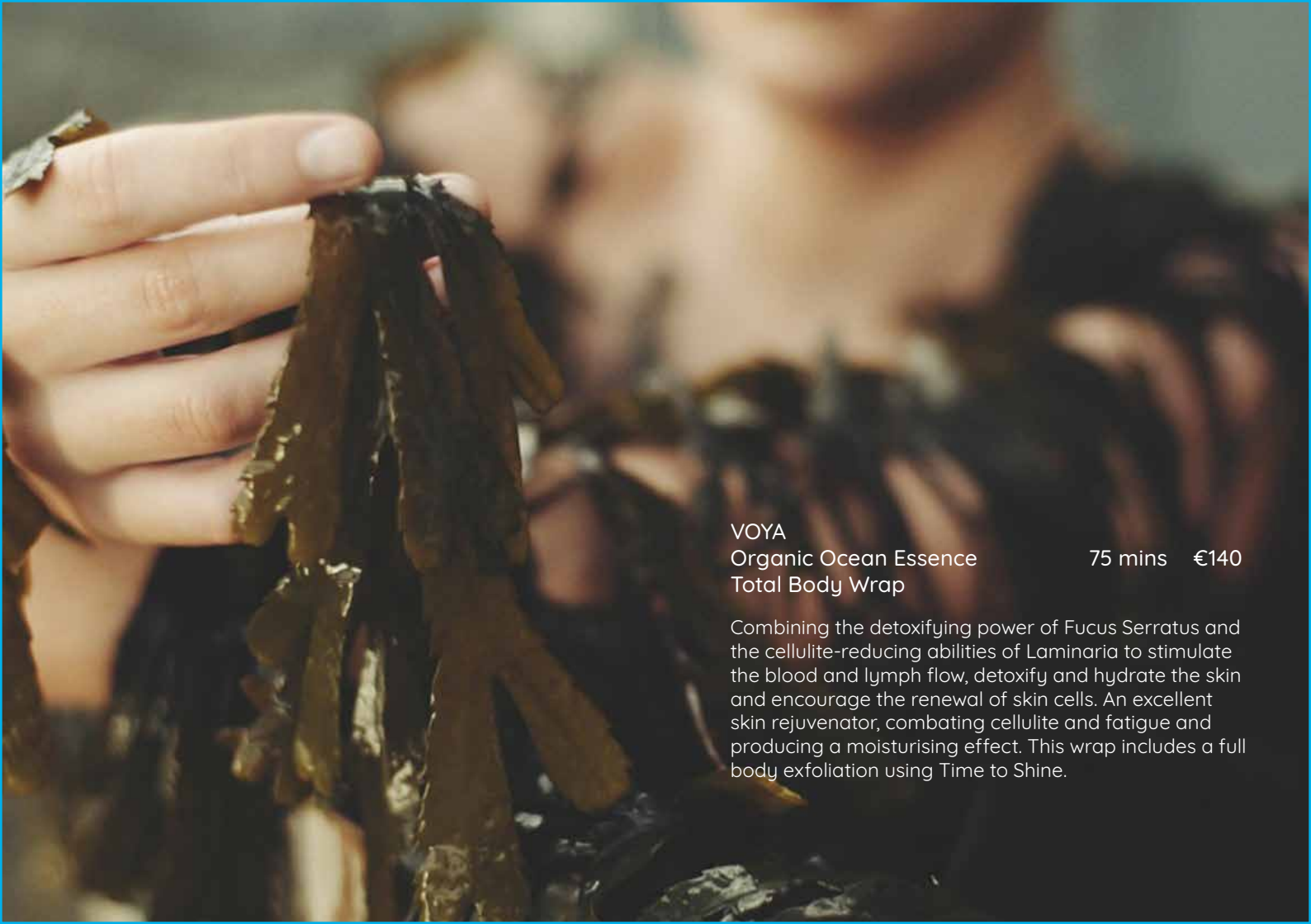
VOYA

Revitalising body wrap 60 mins €120

This beautiful wrap treatment combines hand-harvested seaweed with rice and Alpine botanicals to create a silky textured body mask to indulge the body and mind. Combining the best of the land and sea, it leaves skin toned, hydrated and noticeably brighter. A refreshing and uplifting scent of peppermint, lime and eucalyptus energises mind and body. Suitable for brightening and smoothing dull skin, improving skin texture and reducing visible signs of ageing.







VOYA

Organic Ocean Essence  
Total Body Wrap

75 mins €140

Combining the detoxifying power of Fucus Serratus and the cellulite-reducing abilities of Laminaria to stimulate the blood and lymph flow, detoxify and hydrate the skin and encourage the renewal of skin cells. An excellent skin rejuvenator, combating cellulite and fatigue and producing a moisturising effect. This wrap includes a full body exfoliation using Time to Shine.

# VOYA FACIALS

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## Relax, Refresh, Renew

Self Discovery Radiance Facial  60 mins €115

This skin type-specific, ocean-inspired organic facial is deeply detoxifying, thoroughly revitalising and helps to smooth skin tone and increase clarity. Using a combination of gentle exfoliators, serums and masks, this facial helps to transform your skin leaving it feeling purified, nourished and perfectly balanced. You will be left with a revived glowing, yet non-greasy complexion, enriched and strengthened.

Choose option to best suit your skin type:

- Purifying Facial (oily/ combination skin)
- Ultra Calming Facial (sensitive skin)
- Intensive Hydra Veil Facial (dry skin)

Anti-Ageing Restorative Facial 75 mins €140

VOYA's organic ingredients combined with antioxidant algae complexes and a restorative blend of aromatherapy oils help to stimulate collagen production and reduce the appearance of fine lines and wrinkles, instantly firming the skin with a natural and more radiant glow.

Instant Lift 60 mins €135

Experience our advanced skin-renewing facial, blending restorative organic formulas for optimal skin health. This multi-level treatment includes a purifying cleansing ritual, potent age-defying facial massage, a nourishing mask, and Gua Sha tools for instant firming and radiance. Tailored to your skin needs with VOYA's advanced serums, it targets congestion, lacklustre skin, dryness, and sensitivity, leaving your skin beautifully revitalised and hydrated.

Mini Facial with  
Relaxing Back Massage  60 mins €120

A mini VOYA facial to hydrate and brighten the skin, combined with a back, neck and shoulder massage.

Upgrade any facial with a VOYA  €40  
Seaweed Marine Eye Treatment

This firming and hydrating treatment utilises seaweed extract, green tea, and vitamin C to diminish fine lines and reduce eye area congestion. Organic Laminaria Digitata seaweed eye compresses refresh tired eyes, while specialised masks address ageing concerns.



## YON-KA FACIALS

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Le Grande Classique Facial

75 mins €130

This personalised facial targets all your skin concerns. It balances and remineralises your skin while focusing on deep pore cleansing, with extractions. Ideal for all skin types who want to maintain a healthy, radiant skin.

Hydralessence Visage Facial   60 mins €115

This intensely hydrating facial doubles your skin's hydration levels by infusing the skin layers with two types of hyaluronic acid. Essential nutrients increase the skin's defence levels and repair the skin's natural barrier function.







## Anti-Ageing Facial

75 mins €140

Using Yon-Ka anti-ageing techniques, this facial treatment optimises and maximises your skin's regeneration to reveal youth-activating, revitalising results while leaving you feeling relaxed and renewed. The ultimate well-being experience!

Choose one of these facials to best suit your skin type:

- Advance Optimiser (lifting and firming)
- Time Resist (visible wrinkle improvement/reduction)
- Excellent Code (holistic cellular rejuvenation)

## Taster Facial with Hot Oil Back, Neck and Shoulder Massage

60 mins €120

Using a heated massage oil luxuriously smothered over the back, neck and shoulders to melt stress & tension away, and a mini-tailored facial to brighten and refresh the skin.

## BODY TREATMENTS & MASSAGES

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Swedish Back, Neck and Shoulder Massage 45 mins €90

Our Swedish massage uses traditional deep massaging techniques to ease and alleviate tension and stress.

Option with Indian Head Massage 60 mins €120

Swedish Massage with Hot Stones 75 mins €145

Our Swedish massage with hot stones uses traditional deep massaging techniques with heated basalt stones, to provide energy, heat, and relaxation to tired aching muscles to ease and alleviate tension and stress.

Deep Recovery Massage 60 mins €130

A deep rhythmic pressure massage that alleviates stress, eases aching muscles and revives the senses. Your skin is energised by a deep infusion of VOYA organic seaweed oil prescribed to target individual needs and reduce stress and muscle tension.

Chill Spa Full Body Massage 60 mins €120

This full body massage is tailored to suit your needs using our nourishing massage oil with aromatic scents of lavender & geranium. Excellent for relaxation and to ease tension and stress.

Add body brushing for an additional €25 (keep the brush for your own use). Benefits include a fifteen-minute exfoliation session that detoxifies, increases circulation, and promotes smoother skin

### VOYA

Spring Tide Face and Body ♀ 75 mins €150

Experience VOYA's balancing ritual, crafted to harmonise your inner and outer self. Aromatherapy oils ease stress with a soothing back massage, while a foot reflex massage grounds you in the present moment. Gentle stomach massage promotes digestion. Hydrating skin treatment and a calming scalp massage complete your journey to stillness and calm. Ideal for life changes and stress relief.



## TREATMENTS FOR MUMS TO BE

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Suitable from 12 weeks

Full Body Maternity Massage  60 mins €120

A gentle full-body massage using targeted VOYA Mama Oil for the prevention of stretch marks, giving optimum skin elasticity.

Organic Prenatal Voyager  80 mins €165

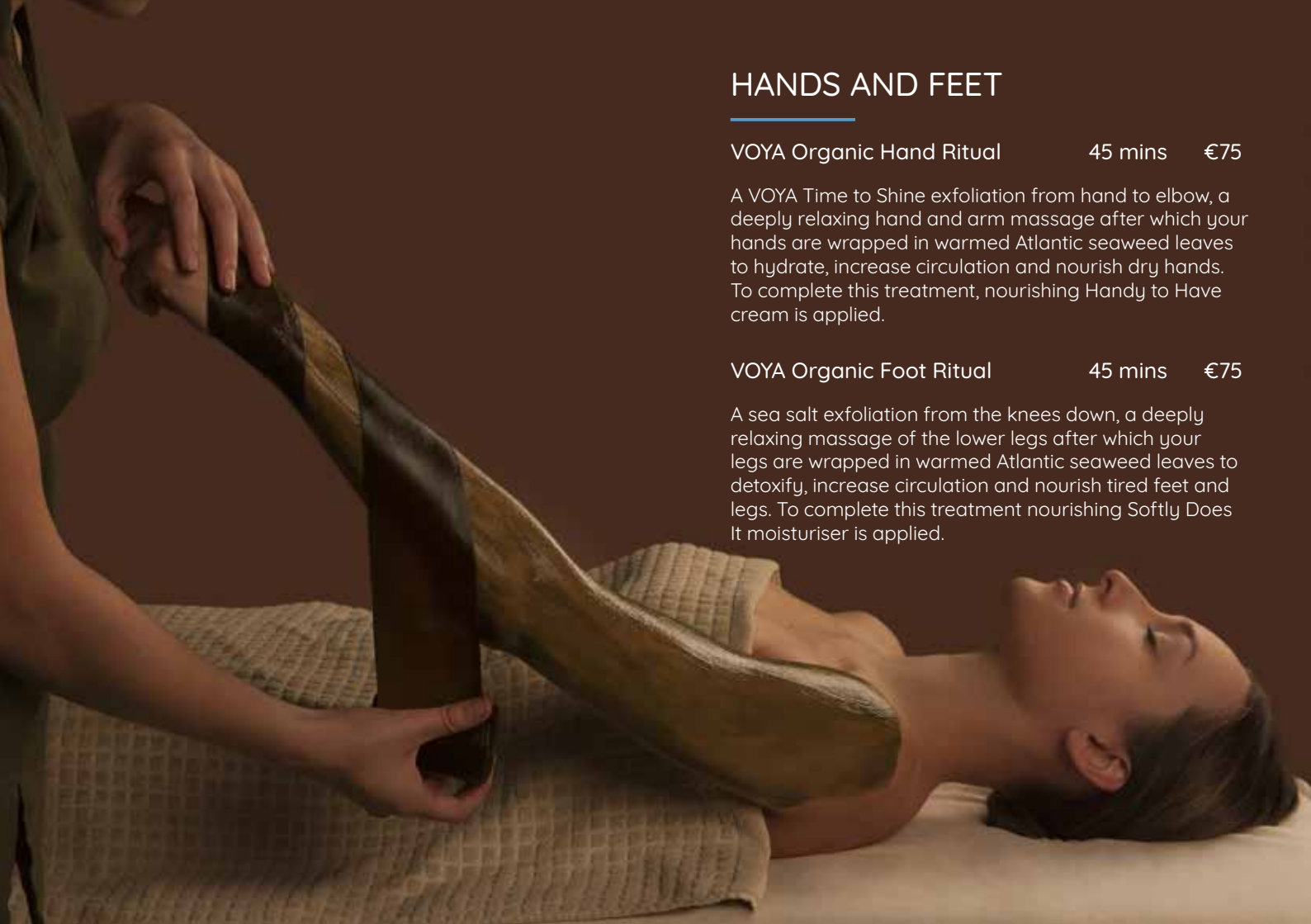
Enjoy a full body exfoliation to gently buff the skin. Then relax with a top-to-toe body, face and scalp massage to melt away any pregnancy-related aches and pains.

Organic Precious Moments  60 mins €115

VOYA's Organic Precious Moments treatment is tailored specifically for your growing bump. Enjoy a relaxing face, hand and arm massage, while your bump is enveloped in a special mask that helps prevent stretch marks and your feet wrapped in Laminaria Digitata seaweed leaves.







## HANDS AND FEET

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VOYA Organic Hand Ritual

45 mins €75

A VOYA Time to Shine exfoliation from hand to elbow, a deeply relaxing hand and arm massage after which your hands are wrapped in warmed Atlantic seaweed leaves to hydrate, increase circulation and nourish dry hands. To complete this treatment, nourishing Handy to Have cream is applied.

VOYA Organic Foot Ritual

45 mins €75

A sea salt exfoliation from the knees down, a deeply relaxing massage of the lower legs after which your legs are wrapped in warmed Atlantic seaweed leaves to detoxify, increase circulation and nourish tired feet and legs. To complete this treatment nourishing Softly Does It moisturiser is applied.

## COUPLES TREATMENTS

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Designed to restore and calm the body, mind and soul by using natural ingredients and healing massage movements.

Relax and unwind together in our luxurious indoor double treatment room for that special shared spa experience.

### COUPLES RETREAT MESSAGES FOR TWO

**Full Body Hot Oil Massage                  60 mins    €240**

A full body massage each tailored to suit your individual needs using our nourishing signature massage oil with aromatic scents of lavender and geranium. Excellent for relaxation and to ease tension and stress. Relax together and melt away any stress with this bespoke treatment.

**Full Body Massage and Mini Facial 80 mins    €300**

Experience a full-body tailored massage each, followed by a mini facial to complete your treatment.

Prices for couples' treatments are for two guests





## WELLNESS TREATMENT ROOM

Wellness on the Moy Massage 75 mins €320

Designed to restore and calm the body, mind and soul by using natural ingredients, healing massage movements and therapeutic Gharieni Quartz crystal treatment beds, our wellness therapies incorporate all this and more in our Double Therapy Room with a private hot tub and full access to all spa facilities, placed perfectly on the banks of the Moy for the ultimate serene experience.

Combined Massage & Facial 80 mins €320

Enjoy a holistic back massage blending Hawaiian and Balinese techniques with healing hot stones to release tension. Crystal healing therapy restores balance, complemented by a soothing holistic facial. Relax further with a therapeutic head, neck, and shoulder massage, and a tranquil hand and arm massage using Chill Spa oils. Includes access to our thermal suite and your own private hot tub.

Quartz Thermal Therapy Experience 30 mins €70\*

Designed for couples seeking ultimate relaxation and rejuvenation, this unique experience begins on a Gharieni Quartz crystal treatment bed. Filled with warm quartz sand and draped in soft linens, the bed moulds around your body, detoxifying and releasing muscle tension. Experience a stimulating massage with wave-like movements across your back while enveloped in warmth and comfort. Enjoy this serene atmosphere with soft music and soothing scents, offering a tranquil retreat for the mind and body.

\* per guest

## OUTDOOR BATHING RITUALS

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All bathing rituals include full access to our spa thermal area and spa garden.

Detox Seaweed Bath 45 mins €65

Submerge your body in a bath of organic, hand-harvested Atlantic seaweed (*Fucus Serratus*) to remove unwanted toxins and alleviate aches and pains. Let the natural power of organic seaweed deeply moisturise the skin, increase circulation and promote healing.

Organic Warmed Peat Mud Bath 45 mins €60

Peat Bath was traditionally used for a variety of skin and rheumatic conditions and detoxification. Infused with organic seaweed extracts, it assists in reducing the appearance of cellulite and combats the signs of ageing. This dark deep relaxing bath also soothes muscular aches and pains, relieves stress and fatigue, and energises the mind and soul.

Himalayan Salt Bath 45 mins €60

Rich in minerals and nutrients, the luxurious formula works in harmony to help balance pH levels, eliminate toxins, soothe aches and pains, and restore balance to an overworked mind. Choose from reviving or calming salts for your bathing therapy.







### Arctic Ice Bath

120 mins €55

Experience Chill Spa's Arctic Ice Bath Treatment, including use of the Thermal Suite and Relaxation Rooms. This ancient contrast therapy alternates hot and cold temperatures to stimulate blood flow and improve circulation. Benefits include reduced inflammation and muscle soreness, enhanced recovery post-exercise, boosted immune function, and increased mental alertness. Ideal for athletes and active individuals, this treatment offers a holistic approach to wellness, promoting relaxation and rejuvenation.

### In-Room Bath Butler

How about being treated to a private bathing ritual in the comfort of your own room under the guidance of our spa therapists?

### Detox Seaweed Bath

€50

Submerge your body in a bath of organic, hand-harvested Atlantic seaweed (*Fucus Serratus*) to remove unwanted toxins and alleviate aches and pains. Let the natural power of organic seaweed deeply moisturise the skin, increase circulation and promote healing.

### Himalayan Salt Bath

€45

Rich in minerals and nutrients, the luxurious formula helps balance pH levels, eliminate toxins, soothe aches and pains, and restore balance to an overworked mind. Choose from reviving or calming salts for your bathing therapy.

## MEDI SPA TREATMENTS

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Yon-Ka Mesotherapy Facial	60 mins	€150
Course of four treatments		€500

### Rejuvenate

A specialised treatment to dramatically improve dull, fatigued and ageing skin. Combining a brightening peel, 0.5mm mesotherapy needling, a vitamin and mineral infusion, botanical mask and probiotic repair treatment for maximum radiance.

### Hydra - Intense

This mesotherapy treatment restores vital hydration to the deeper layers of the skin to enhance its health and beauty. Using a powerful layering of AHAs, hyaluronic acids, antioxidants and amino acids, with 0.5mm mesotherapy needling, the skin's youth is re-activated.

### Collagen Infusion

Designed to increase collagen and glycoaminoglycan (GAGS) production within the skin while boosting skin density and firmness. This treatment utilises a synergy of advanced lipo aminoacid, formulas, peptide complexes, marine collagen and vitamin C to achieve visible, targeted results. This treatment includes light therapy. For best results, a course of four treatments fortnightly is recommended.



Genosys LED Light Therapy            30 mins    €55

GENO-LED is a low-level light therapy device which resolves skin problems with no downtime. It stimulates the production of collagen and elastin, smooths fine lines and wrinkles, and evens the overall texture of the skin. Excellent for treating acne, psoriasis, dermatitis and rosacea.

Add onto any facial for                    15 mins    €25

HydraFacial Platinum Treatment            €150  
With Booster                                    €200

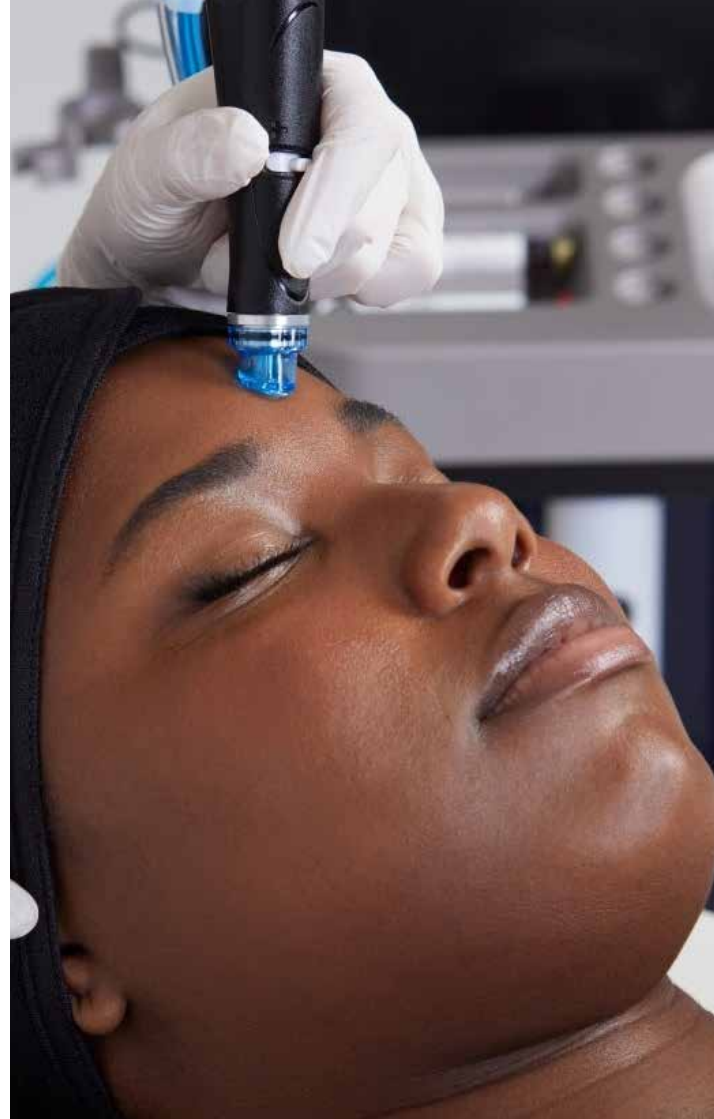
Experience the ultimate hydrafacial! Start with soothing lymphatic drainage to reduce puffiness and contour the face. Follow with a purifying cleanse, gentle peel, and painless extractions using vortex-fusion technology. Targeted boosters and LED therapy address specific skin concerns, concluding with hydration and antioxidants for a radiant glow.

**CLEANSE + PEEL** – Gentle exfoliation reveals a fresh skin layer.

**EXTRACT + HYDRATE** – Painless suction removes pore debris and moisturises intensely.

**FUSE + PROTECT** – Antioxidants and peptides saturate the skin for a lasting glow.

HydraFacial treatment is not suitable for people who are pregnant, breastfeeding or have allergies to honey, aspirin or shellfish. Other contraindications may apply. Please speak to one of our facialists to ensure this treatment is suitable for you.



# BTL LYMPHASTIM

Lymphastim	60 mins	€100
Course of 6 (recommended)		€500
Add-on to any treatment,	30 mins	€50

Lymphastim, is a non-invasive treatment that enhances lymphatic drainage and boosts circulation effectively. This therapy accelerates natural healing, aids weight loss, detoxifies, and sculpts the body. It also reduces inflammation, enhances skin tone, and helps prevent varicose veins. Ideal for relieving 'heavy legs' syndrome, Lymphastim promotes overall wellness and beauty with versatile benefits.

BTL Lymphastim operates on the pneumatic pressotherapy principle. It uses special applicator sleeves with multiple overlapping chambers to provide a gentle massage. This massage supports the natural movement of lymph throughout the body, effectively aiding lymphatic drainage and circulation improvement.

## Treatment Benefits:

- Aid weight loss.
- Reduction in appearance of cellulite.
- Faster detoxification and removal of toxins.
- Relief from muscle aches, spasms, heavy legs, fluid retention, swelling and bloatedness.
- Improved skin tone and quality.
- Relaxed muscles and fewer aches.
- Improved oxygen and blood flow.
- Stronger Immune system
- Helps prevent varicose veins







AESTHETICS



# YOUR SPA JOURNEY

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## Spa Bookings

+353 (0) 96 23511, [spa@theicehouse.ie](mailto:spa@theicehouse.ie)  
(Monday - Sunday, 09.00 - 17.00 GMT).

Chill Spa is an over 18's only spa. Demand for treatments is high. To ensure availability we strongly recommend that you book treatments well in advance.

## Residents

We recommend you arrive at spa reception at least 60 minutes before your treatment to enjoy full use of our Thermal Suite. Please arrive in your bedroom robes and slippers and shower before arrival to the spa. The spa will provide you with towels and flip flops.

## Non-Residents

We recommend you arrive at spa reception at least 60 minutes before your treatment to enjoy full use of our Thermal Suite. Please allow 15 minutes before your appointment time to complete a spa consultation form and change into your luxury spa robe and flip flops. Please be aware that late arrivals will not receive an extension to their treatment and a full charge may be incurred.

## Thermal Suite

Use of our Thermal Suite is complimentary with all full spa treatments booked. Please arrive an hour before treatment time to use these facilities.

Otherwise, use of the Thermal Suite for an hour is €30 for residents and €45 for non-residents, and is subject to availability. Pre-booking is essential.

## What to Bring

For your comfort, we provide you with a luxurious robe, towels and slippers for your spa journey. Disposable underwear is provided for your comfort during your spa treatments. A bathing suit is required in the Thermal Suite.

## Spa Etiquette

Chill Spa is a place of calm and tranquillity so we kindly ask you to turn off your mobile phone. Our Thermal Suite and Relaxation Rooms are Quiet Zones and we appreciate your cooperation with this.

## Cancellation Policy

As a courtesy to other guests, please give us at least 48 hours notice if you need to cancel your spa booking. Please note that there is a cancellation fee of 50% if the cancellation is made less than 48 hours before the booking. Failure to present or same-day cancellations will be charged at 100% of the treatment or programme price.

## Medical Conditions

Some therapies are unsuitable for clients with medical conditions so please let us know if you have any concerns or medical conditions.

## Cancer Care Treatments

We recommend these treatments for people healing from cancer. At Chill Spa we have trained our therapists in the area of providing spa treatments for cancer patients.

A specially trained massage therapist can work with any guest undergoing cancer treatment or recovering from cancer.

## Pregnancy

These treatments are adaptable for expectant mothers after 12 weeks and nursing mothers.

Allow our spa team to advise you which treatments are most suitable for you during this special time. Please note that some thermal experiences and use of hot tubs are not recommended during pregnancy. Ask a member of our staff for guidance.

## Products and Gifts

To continue your spa experience at home, all products used in your treatments are available to purchase in the spa or on our online shop. Gift vouchers are available for Chill Spa and are an ideal present for someone special.

We also accept Ireland's Blue Book vouchers and Spas.ie vouchers.

## Age Requirements

The minimum age requirement for access to Chill Spa and treatments is 18 years.

## Note

Prices are per person and correct at time of print, and are subject to alteration without prior notice. We reserve the right to raise prices and modify or discontinue treatments without prior notice to ensure that maximum standards of service and quality are met. All bookings are subject to Chill Spa's Terms and Conditions, available on request.



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