

SPA SULA
AT THE WESTPORT PLAZA & CASTLECOURT HOTEL RESORT

Imagine...

Being surrounded in a cloud of mist as steam descends from above.

Inhaling the delicate scent of aromatherapy oils.

The feeling of rich, soft textures from natural fibres.

The calming flicker of a candle as it casts a soft glow.

The rich flavour from an exotic fusion of herbal tea.

Listening to the soothing sounds of water lapping over river stones.

WELCOME TO



“The light of the body is the eye; if therefore your eye be single, your whole body shall be full of light” Matthew 6: 22,23

It all begins with a warm friendly smile. Step into Spa Sula and you enter a luxurious temple of harmony for body, mind and spirit – an indulgent sanctuary created exclusively for your pleasure and well being.

Under the attentive care of our dedicated staff your experience at Spa Sula will leave your body, mind and spirit feeling revitalised, renewed and restored.



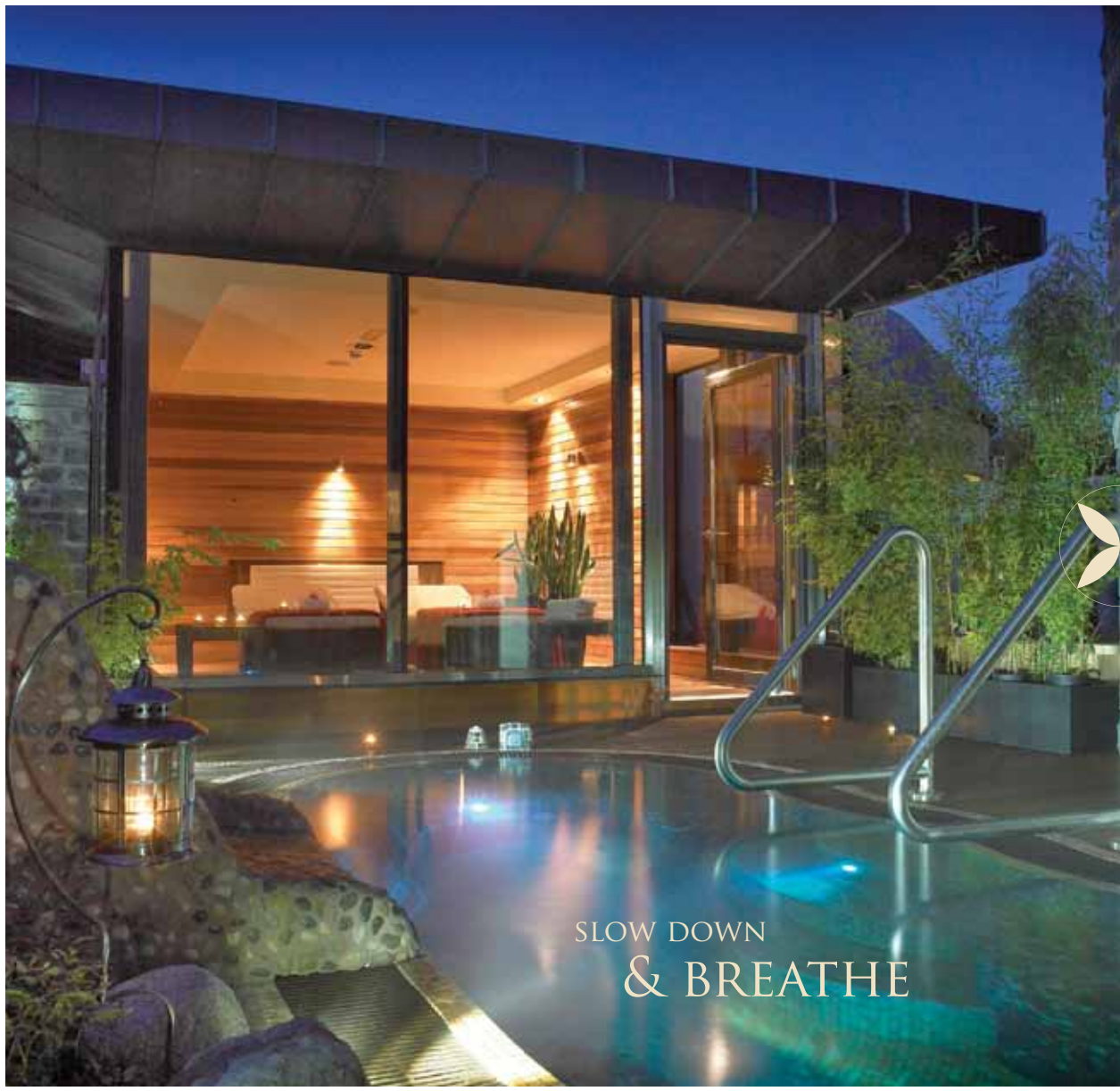
OUR PRODUCTS

SUNDĀRI

SUNDĀRI, meaning beautiful woman in Sanskrit, was created by yoga enthusiast and supermodel Christy Turlington. Her inspiration was to create a brand which defines “being well inside, reads beautiful outside”. SUNDĀRI is a distinct collection of skincare products and Ayurvedic inspired spa treatments, created from the purest ingredients and rarest essences distilled from all over the world. Modern science is blended with botanicals – known through ancient wisdom – for immediate and powerful results.

YTSARA

Drawing on centuries of Asian wisdom and inspired by an Asian blend of healing and therapeutic remedies, Ytsara™ (meaning “freedom” in Thai) is an invitation to take a fresh look at life, using traditional, natural beauty secrets. Ytsara’s 100% natural certified formulas use more than 55 organic ingredients to embark you on a journey of self discovery with numerous tropical sensations; including the **signature healing herbal poultice**.



SLOW DOWN
& BREATHE

THERMAL SUITE

This spacious, tranquil sanctuary is designed for guests to relax and luxuriate in. To enjoy the full benefit of the thermal suite it is recommended that you arrive 1 hour prior to your treatment.

Enjoy the detoxifying, soothing warmth of the specialised dry and wet heat cabins as you voyage between the rock sauna, steam room and aroma grotto before refreshing under the tropical rain showers or cool yourself with the ice fountain.

Our Thermal Suite includes the following:

FOOT SPAS

To enhance the thermal experience, feet can be warmed and soothed in two individual foot baths. A wonderful way to relax with a partner or friend.

ROCK SAUNA

A classic sauna with a temperature of 80-100 degrees having a purifying effect on the body.

STEAM ROOM

With temperatures of around 43-46 degrees plus 100% humidity, the steam room is especially beneficial for cleansing the respiratory system.

SALT GROTTTO

The salt grotto is decorated with mosaics and filled with mist containing mineral salts. The inhalation of the salts and aromas aid breathing and increase metabolism. It is especially beneficial for people with respiratory ailments such as asthma. Recapture the healing essence of the sea with each breath.

ICE FOUNTAIN

For cooling and refreshing between heat treatments.

LIFESTYLE SHOWERS

The showers simulate tropical rain or cool mist which cleanses and prepares your skin for further heat treatments.

OUTDOOR ROCK POOL

Experience our exhilarating outdoor heated rock pool with massage jets in the calming oasis of our Zen Garden.

GARDEN CONSERVATORY

Complete your journey by relaxing in our own indoor garden sanctuary. Ease tired and aching muscles while gazing out at the Zen garden. Tailored for your utmost comfort, this room will take you into a world of ultimate relaxation.

THERMAL SUITE

60mins

€15 (excludes rasul chamber)

SPA VISITORS

Complimentary use of Thermal Suite with spa treatments booked.

RASUL CHAMBER

Upgrade your Thermal Suite experience and enjoy the sensation of mud therapy in the intimate surroundings of your own private chamber with post shower and vanity area. A rasul treatment leaves your skin feeling very soft and "plumped", as you expire toxins and absorb moisturising minerals.

40 mins

min 2 people/€30 per person

FACE

The 3 Sundāri facials begin with a foot cleanse and exfoliation and includes 2 types of Ayurvedic inspired facial massage.

PURIFYING FACIAL

Benefit: balance oily/combo skin. Our purifying treatment uses specialised massage techniques to get specific results: normalising oil production, draining out impurities and also stimulating lymphatic flow, refining pores and clarifying skin – all while relaxing the mind.

60mins €85

NEEM HEALING FACIAL TREATMENT

Benefit: repair for sensitive skin. Soothe and purify even the most delicate skin by sharing the benefits of neem, known in India as the “pharmacy tree.” Heal, hydrate and firm – restoring sensitive or irritated skin and renew its youthful glow.

60mins €85

OMEGA 3 SUPPLYING FACIAL

Benefit: ultra hydration for dehydrated skin. Breathe new life into dry or stressed skin with this deeply nourishing, intensely hydrating facial. Our own omega 3+ complex uses naturally active ingredients to restore skin’s lost lipids – softening, renewing and awakening your natural glow.

60mins €85

LAWAN BEAUTIFYING ORGANIC FACIAL

Benefit: maintenance of healthy, young, problem-free skin.

A beautifying Ytsara organic facial for all complexions that need brightening and luminosity. An exotic synergy of pink lotus flower and neroli are used to hydrate, nourish and give the skin radiance leaving it purified and refined with a healthy glow.

60mins €75

TASOUAY AWAKENING EYE TREATMENT

Let your eyes be pampered and rejuvenated with this amazing treatment that combats fine lines, puffiness and dark circles. A secret blend of warm, botanical ingredients from our Asian garden will gently nourish and soothe your eyelids. The light touch of shiatsu and lymphatic drainage massage, accompanied with a quenching floral serum, will then reduce puffiness and dark circles. The treatment finishes with a cranial pressure points massage while your eyes rest under a relaxing aromatherapy eye cushion.

60mins €60

SUNDĀRI SHIRODHARA-JOURNEY TO SERENITY

A powerful therapeutic experience based on Ayurvedic healing therapy in use for thousands of years. True Shirodhara changes the balance of your life by awakening the senses, invigorating the soul and giving back a sense of total wellbeing. Your therapist directs a warm stream of oil onto the forehead, then massages it into the hair and scalp to nourish and condition, while imparting deep relaxation.

20mins (add on) €40

This treatment is only available as an add on to other treatments



A close-up, top-down view of a person lying on their back. A glass dropper is positioned above their forehead, with a thin stream of golden oil falling onto it. The person's eyes are closed, and their hair is dark. The background is softly blurred, showing a white towel or sheet. The overall mood is serene and relaxing.

REMEMBER
THIS TIME IS FOR YOU





CLOSE YOUR EYES
& LET YOUR MIND BE FREE

BODY

NUAT NAMMAN, BODY OIL CEREMONY

Experience the healing effects of Asian aromatherapy in a relaxing and restorative full body massage that combines the sense of tropical aromas with the soothing value of acupressure massage. Individually chosen to suit your personal requirements, the essential oils will rebalance your vital energies restoring harmony and calm to your body and mind.

Choose one from our four signature aromatherapy blends:

- **Relaxing:** lemongrass and orange essential oils that will allow you to embark on a journey of ultimate relaxation and wellness.
- **Contouring:** pepper and cinnamon essential oils that will help your body to drain toxic wastes and resculpt your figure.
- **Purifying:** cajeput and petitgrain essential oils that will leave your body deeply detoxified.
- **Energising:** mandarin and peppermint essential oils that will ease away tensions and aching muscles to awaken your senses with a renewed vitality.

90mins

€100

SUNDĀRI ABHYANGA MASSAGE

Profound relaxation for the overstressed using Abhyanga, or literally, "oil massage". This full body rhythmic and deeply relaxing massage rejuvenates by clearing stagnant energy and restoring the flow of "prana," the life force that stimulates your body's vital energy. As your nerves are soothed, you drift into a deep state of bliss.

60mins

€80

SUNDĀRI INDIAN HEAD MASSAGE

Stimulate the scalp and hair growth, while expelling stress. Adapted from ancient Indian head massage, the treatment targets scalp, neck and décolletage with a blend of therapeutic oils.

30mins

€55

SPA SULA SWEDISH MASSAGE

Swedish massage is used to promote overall relaxation, stimulate circulation, reduce muscle tightness and enhance muscle tone.

60mins

€70

SPA SULA FIRM PRESSURE MASSAGE

The firm pressure massage is designed to stimulate and invigorate your muscles using slow strokes and firm pressure on areas of the body suffering from chronic muscle tension or areas that simply ache.

60mins

€85

BACK, NECK & SHOULDER

This massage is perfect for taking away daily aches and pains in your back, neck and shoulder area.

30mins

€55

REFLEXOLOGY

This ancient pressure point foot treatment concentrates on a map of the body's organs and structures. This technique helps the body's natural healing process.

60mins

€70



HOT POULTICE TREATMENTS

A poultice is a muslin cloth filled with 100% natural herbs, roots and flowers, which is steamed hot and massaged onto the body.

SAMUNPRAI, THAI HERBAL HEAT ENERGISER

Ease tensions while enjoying this unforgettable traditional hot Thai massage. A steamed herbal poultice soaked with essential oils of mandarin and peppermint brings a deep medicinal heat to your muscles to release every ounce of tension and re-energise your mind.

75mins €90

MOHOM, INDIGO ART OF HEALING

Experience the ancient healing art of Hmong Shamans, used to treat muscular aches and pains. A steamed indigo herbal poultice filled with pure remedial ingredients; eucalyptus, clove and black pepper essential oils is thoroughly pounded over your body. Surrender to a deep tissue massage using palms, thumbs and elbows to loosen muscles and stimulate blood circulation.

90mins €100

ANAMAI – IMMUNE BOOSTER

This is a unique healing massage using a combination of acupressure, gentle stretching, heat therapy and oil massage. Whilst relaxing and unwinding, warm herbal cushions filled with therapeutic botanical ingredients are placed on your back infusing healing powers into your system. This treatment will help to boost your immune system, reduce stress and improve posture giving you enhanced vitality.

90mins €100

HEATED TREATMENTS

HOT STONE MASSAGE

Ease those knots away with a combination of deep heat from basalt stones, relaxing body oils and a flowing massage to heal and balance your body's needs.

75mins €100

30mins €60

BALNEOTHERAPY

This specialised bath with 252 powerful jets will massage your body from head to toe. The relaxing underwater massage jets increase circulation and strengthen muscle tone, while helping to eliminate toxins and reduce fluid retention. Aches and pains are eased making it a particularly suitable treatment for aching muscles or those with sports injuries. Choose one from the following:

- Seaweed (Detoxifying)
- Essential Oils (Relaxing)
- Cleopatra Milk Bath (Soothing)

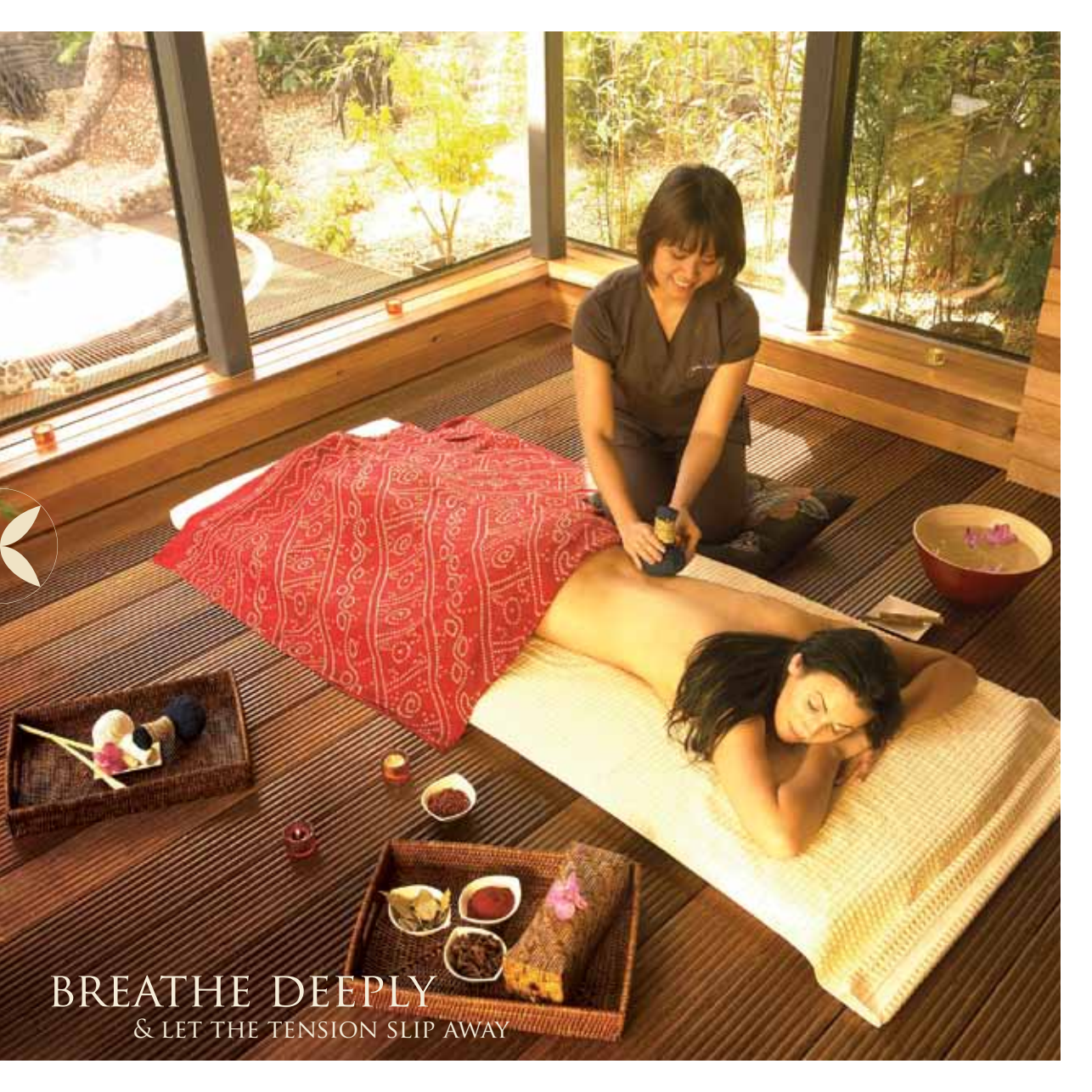
15mins €30

CANCER CARE TREATMENT

Our specialised cancer care treatment is individually tailored for every cancer care client. Our qualified staff have been trained to provide comfort and relief from the symptoms of chemotherapy, radium and related medications. Each one hour treatment may encompass a combination of light touch massage with facial, hand and foot treatments helping to alleviate symptoms, making it invaluable to cancer care patients. Consult with Spa for more information

60mins €50





BREATHE DEEPLY
& LET THE TENSION SLIP AWAY



BODY WRAPS & POLISHES

BODHIA, SHAPING BODY MASK

This treatment is ideal for improving muscle tone and reshaping the figure. Enjoy a scalp massage as the skin is enveloped in a silky contouring body mask, enriched in firming essential oils, natural spring water and the traditional Thai white clay (dinsowpong). A cooling body gel complements the treatment to tighten pores and enhance skin appearance.

60mins

€70

RASAYANA, ETERNITY BODY BOOSTER

Forget all your worries and savor the moment as a warm silky fusion of green tea, white clay and aromatic oils is massaged into your body. The wrap gently bathes your skin in active ingredients of petitgrain and cajeput, rekindling your inner youth and fighting the build up of free radicals. Meanwhile, enjoy a soothing head massage that brings you to your own piece of heaven.

90mins

€100

SPA SULA REVIVING BODY POLISH

A reviving ritual for renewed radiance - refining Natural Sea Salts gently sweep away dull cells while nourishing body cream melts into the skin to deeply hydrate. Shea butter fatty acids and vitamins stimulate cellular regeneration while Aloe Vera soothes and heals the skin. Beautiful aromas invigorate the mind to leave your body feeling revitalized. Suitable for all skin types, but especially beneficial to those who have dry or rough skin.

60mins

€70



MOTHERS TO BE

AMBA SUNDĀRI FACIAL FOR MOTHERS TO BE

This ultimate treatment will begin with a revitalising foot cleanse and scrub. Your feet will then be cocooned in a balm using omega 3 known for its intense hydrating properties. Your journey will then continue with a soothing and purifying Sundāri facial. Whilst relaxing back with your hydrating face mask your feet will receive an Ayurvedic massage.

60mins

€85

EARTH MAMA ANGEL BABY TREATMENT

This wonderful treatment encompasses a full pregnancy massage using our great Earth Mama Angel baby range of non toxic, 100% organic products. The treatment is designed to answer all the developing needs of you and your baby, to give the nurturing treatment you both deserve. Eases aches & pains.

60mins

€70

PREGNANCY BACK MASSAGE

Suitable from three months onwards. This back, neck and shoulder massage is designed to release tension and muscle fatigue on muscles responsible for supporting your pregnancy tummy.

30mins

€55

LIGHTER LEGS

Treat heavy legs to this specially designed treatment which improves circulation and reduces fluid retention. Enjoy a full leg exfoliation and massage to awaken and bring back the buoyancy of tired legs.

30mins

€45

ME & MY LITTLE V.I.P – FOR MOTHERS TO BE!

HALF DAY PACKAGE

COMPLETELY REJUVENATE – *Amba Sundari Facial*

Our specially designed facial for pregnant ladies is the ultimate pampering signature treatment.

MY BODY – *Sundari Indian Head Massage*

MY TIME

Luxury and comfort awaits you in our beautifully appointed relaxation suite. As a beautiful pregnant woman, you especially need to stay hydrated. The water you drink carries nutrients through your blood to the baby and initially it also supplies the liquid needed for the amniotic fluid in the womb. Relax your mind and enjoy a glass of water and fruit.

MY BEAUTY – *Spa Sula Luxury Manicure or Pedicure*

RETIRE *30 minutes*

The sanctuary of the relaxation suite awaits you once again and a cup of herbal tea, fruit and water.

Become cocooned in our signature Orbit Bed with memories of “This is Your Time” at Spa Sula.

Saturday	3 HOURS	€165
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Sunday - Friday	3 HOURS	€155
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We also recommend any of the following treatments for mothers to be:

- Deluxe Manicure or Pedicure
- Choose from any of our Sundāri Facials

FOR HIM

FACE

MANAO, HEAD AND FACIAL TREATMENT

Enjoy a deep exfoliation to remove impurities and help lift ingrown hairs, followed by a quenching facial mask to re-hydrate the epidermis. This advanced treatment incorporates a vital energy point massage through the application of a cranial herbal poultice over the back, neck, shoulders and head, which ease away stress and tensions.

60mins

€80

AKARSHAN FACIAL TREATMENT

A targeted treatment for the unique needs of men's skin using the healing power of neem. It keeps skin fit with enzyme exfoliation; soothes and heals shaving rash with neem and avocado based moisturisers; leaves skin cleansed, soothed and fresh.

60mins

€70

BODY

SUNDĀRI INDIAN HEAD MASSAGE

Stimulate the scalp and hair growth, while expelling stress. Adapted from ancient Indian head massage, the treatment targets scalp, neck and décolletage with a blend of therapeutic oils.

30mins

€55

NUAT NAMMAN, BODY OIL MASSAGE

Experience the healing effects of Asian aromatherapy in a relaxing and restorative full body massage that combines the sense of tropical aromas with the soothing value of acupressure massage.

Relaxing: lemongrass and orange essential oils that will allow you to embark on a journey of ultimate relaxation and wellness.

Energising: mandarin and peppermint essential oils that will ease away tensions and aching muscles to awaken your senses with a renewed vitality.

90mins

€100

MOHOM, INDIGO ART OF HEALING MASSAGE

Experience the ancient healing art of Hmong Shamans, used to treat muscular aches and pains. A steamed indigo herbal poultice filled with pure remedial ingredients; eucalyptus, clove and black pepper essential oils is thoroughly pounded over your body. Surrender to a deep tissue massage using palms, thumbs and elbows to loosen muscles and stimulate blood circulation.

90mins

€100

BACK, NECK & SHOULDER MASSAGE

This massage is perfect for taking away daily aches and pains in your back, neck and shoulder area.

30mins

€55

We also recommend the following treatments for men:

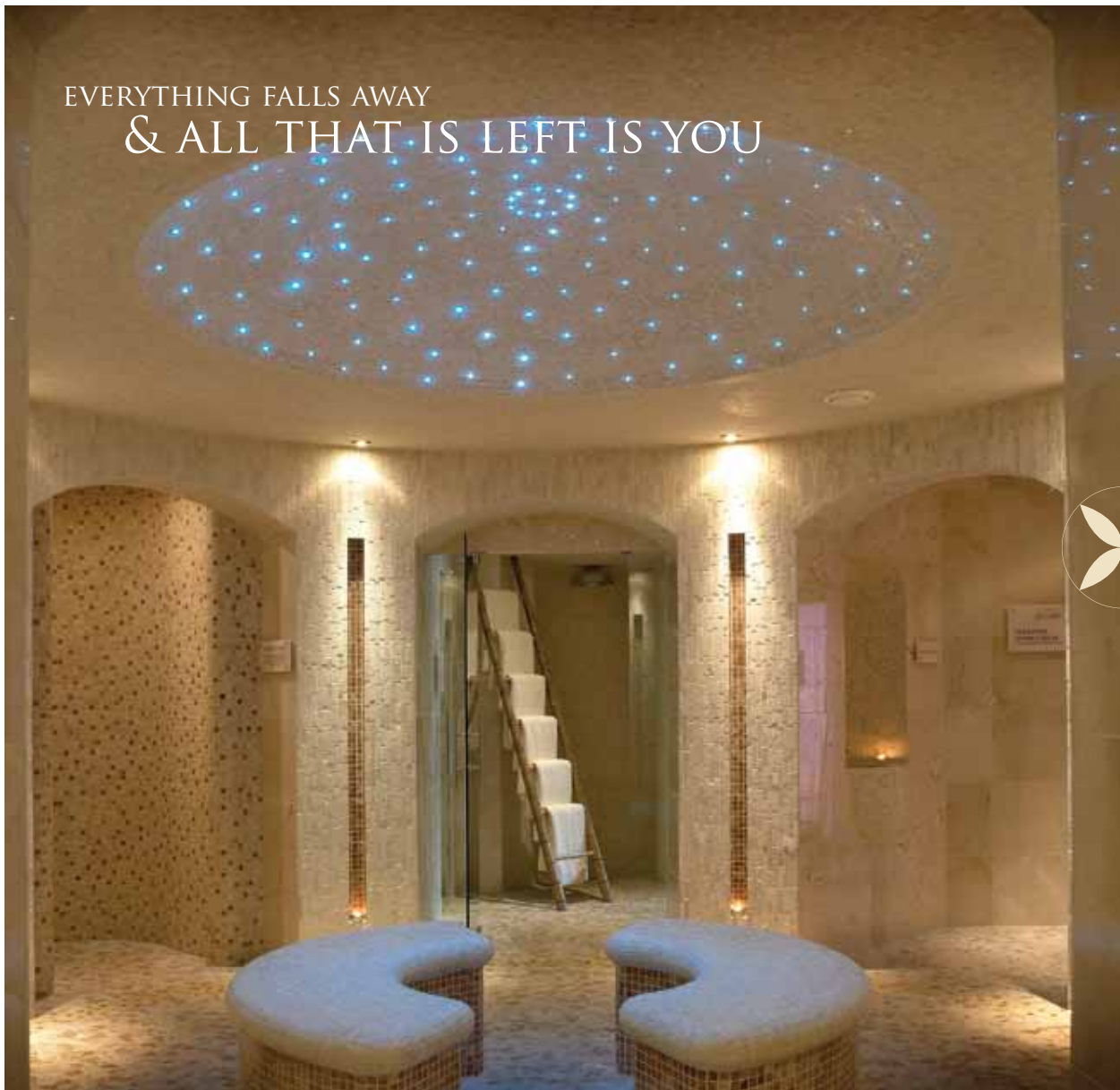
- Spa Sula Swedish Massage
- Spa Sula Deep Tissue Massage
- Hot Stone Massage





PROVIDE A PRIVATE SANCTUARY
THAT CAN TRULY BE YOUR OWN

EVERYTHING FALLS AWAY
& ALL THAT IS LEFT IS YOU



SPA SULA RITUALS

Each ritual will begin with a fabulous fruit smoothie and an introduction to Spa Sula, your haven for the day. Once robed a therapist will inform you about what to expect during your visit.

SERENITY PACKAGE

FULL DAY

YOUR TIME – *Thermal Suite*

Enjoy the detoxifying, soothing warmth of the Thermal Suite. Experience the exhilarating outdoor heated rock pool with massage jets in the calming oasis of our Zen garden.

YOUR BODY – *Nuat Namman, Body Oil Ceremony*

Choose one from our four signature aromatherapy blends:

Relaxing | Slimming | Purifying | Energising

YOUR MIND

Luxury and comfort awaits you in our beautifully appointed relaxation suite.

YOUR STRENGTH – *Balneotherapy Bath*

Choose one of the following:

Seaweed (Detoxifying) | Essential Oils (Relaxing) |
Sea Salts (Revitalizing) | Cleopatra Milk Bath (Soothing)

RE ENERGISE – *Light Lunch*

A tailored menu designed especially for Spa Sula.

YOUR RADIANCE – *Bodhia, Shaping Body Mask*

REFRESH YOUR YOUTH – *Sundari Facial*

Choose one of the following:

Purifying Facial | Neem Healing Facial Treatment |
Omega 3 Supplifying Facial

... & FINALLY BE AT ONE

Become cocooned in our signature Orbit Bed with memories of "This is Your Time" at Spa Sula and sip on a cup of traditional Thai tea.

Saturday	6 ½ HOURS	€270
Sunday - Friday	6 ½ HOURS	€255

YOUR TIME.... AS A COUPLE

COUPLES PACKAGE FULL DAY

YOUR TIME – *Thermal Suite*

Enjoy the detoxifying, soothing warmth of the Thermal Suite. Experience the exhilarating outdoor heated rock pool with massage jets in the calming oasis of our Zen garden.

ENHANCE YOUR TIME – *Rasul Chamber*

Relax in the privacy of the Rasul Chamber. Known for its healing properties the rasul mud will improve skin texture, detoxify and soothe, leaving the skin incredibly soft and renewed.

YOUR MIND

Luxury and comfort awaits you both in our beautifully appointed relaxation suite.

YOUR BODY – *Nuat Namman, Body Oil Ceremony*

This treatment will simultaneously occur in the couple's suite.

Choose one from our four signature aromatherapy blends:

Relaxing | Slimming | Purifying | Energising

RE ENERGISE – *Light Lunch*

A tailored menu designed especially for Spa Sula.

REFRESH YOUR YOUTH

This treatment will simultaneously occur in the couple's suite.

Gentlemen will receive: *Manao, Head & Facial Treatment*

Ladies will receive: *Lawan Beautifying Organic Facial*

... & FINALLY RELAX IN THE AMBIANCE

Curl up together in our Orbit Bed with a cup of traditional Thai tea and memories of "This is Your Time" at Spa Sula.

This package can also be obtained by one person.

Saturday	6 HOURS	€395 in total for 2
Sunday - Friday	6 HOURS	€375 in total for 2

UTOPIA PACKAGE

HALF DAY

YOUR TIME – *Thermal Suite*

Enjoy the detoxifying, soothing warmth of the Thermal Suite. Experience the exhilarating outdoor heated rock pool with massage jets in the calming oasis of our Zen garden.

YOUR BODY – *Spa Sula Swedish Massage*

Increase the oxygen flow in the blood and release toxins from the muscles.

YOUR MIND

Luxury and comfort awaits you in our beautifully appointed relaxation suite.

REFRESH YOUR YOUTH – *Sundari Facial*

Your Sundari Facial will include 2 types of Ayurvedic facial massage.

Please choose one of the following facials that will suit your skin type:

Purifying Facial | Neem Healing Facial Treatment |

Omega 3 Supplifying Facial

... & FINALLY BREATHE

The sanctuary of the relaxation suite awaits you once again and a cup of traditional Thai tea.

Become cocooned in our signature Orbit Bed with memories of "This is Your Time" at Spa Sula.

Saturday	3 ½ HOURS	€145
Sunday - Friday	3 ½ HOURS	€130

ROLLS ROYCE PACKAGE

FOR MEN ONLY

YOUR TIME – *Thermal Suite*

Enjoy the detoxifying, soothing warmth of the Thermal Suite. Experience the exhilarating outdoor heated rock pool with massage jets in the calming oasis of our Zen garden.

REFRESH – *Akarshan, Head & Facial Treatment*

RELAX

Luxury and comfort awaits you in our beautifully appointed relaxation suite.

Enjoy this outer space experience until you are ready for the next part of your journey.

RELEASE – *Spa Sula Deep Tissue Massage*

REFLECT

The sanctuary of the relaxation suite awaits you once again and a cup of traditional Thai tea.

Become cocooned in our signature Orbit Bed with memories of "This is Your Time" at Spa Sula.

Saturday	3 ½ HOURS	€139
Sunday - Friday	3 ½ HOURS	€130

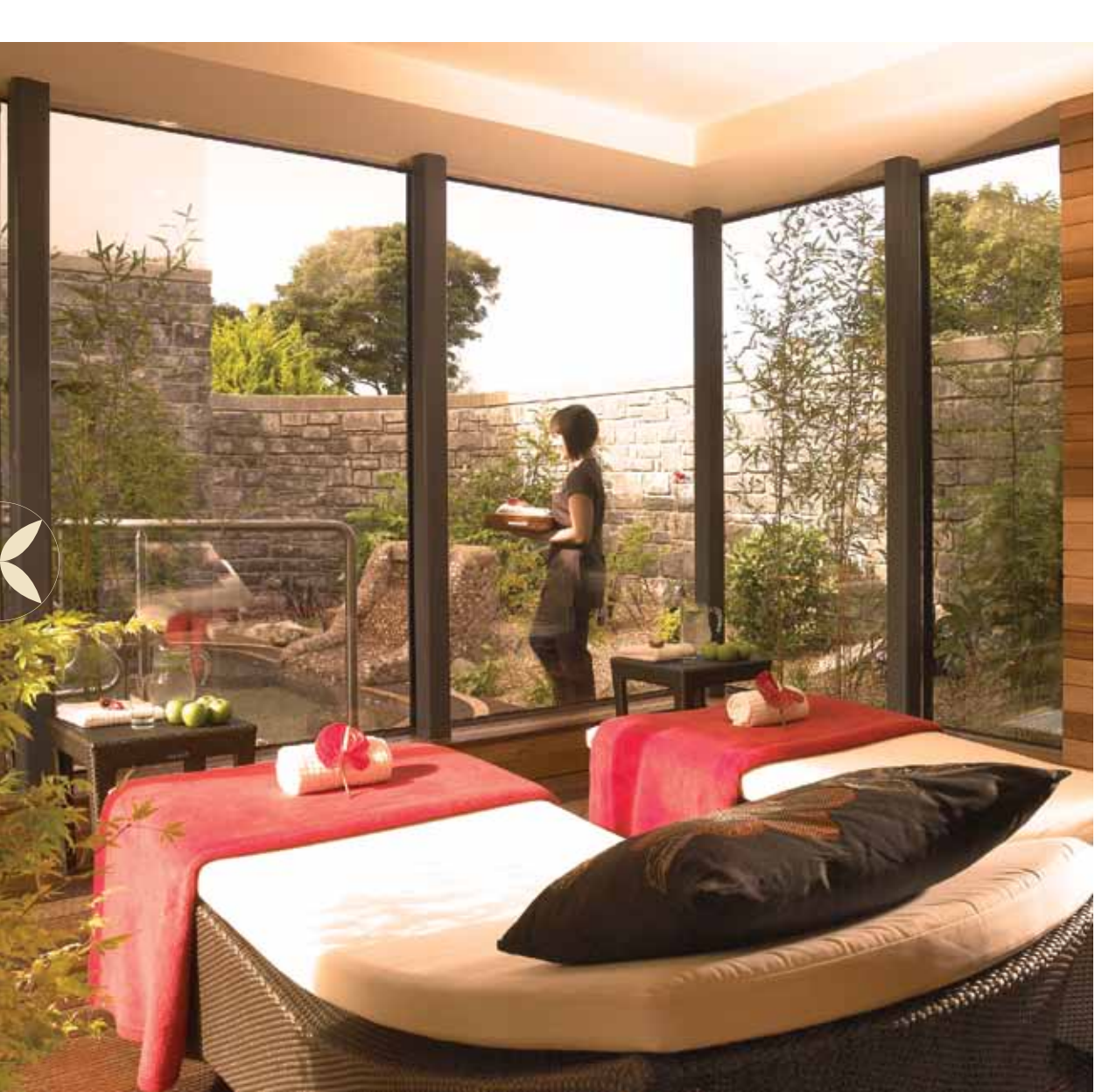
YOUR TIME

Relaxation time of 30 minutes has been added to Spa Sula Rituals.

CUSTOMISE

Any of the Spa Sula packages can be tailored to suit your own requirements. Extra charge may apply.





ELEVATE YOUR TIME

Add one of the following to a 60 minute or more spa treatment:

SUNDĀRI INDIAN HEAD MASSAGE

Stimulate the scalp and hair growth, while expelling stress. Adapted from ancient Indian head massage, the treatment targets scalp, neck and décolletage with a blend of therapeutic oils.

15mins €20

WARM OIL FOOT MASSAGE

Take a load off and let us massage and stretch your tired feet. Dry or tired feet are treated with hot oil as you melt away into bliss as we massage away your stress..

15mins €20

REVITALIZING EYE TREATMENT

Soothe the delicate eye area with this cooling and revitalizing treatment. Lymphatic and pressure point massage techniques coupled with plant and flower based formulas reduce the appearance of fine lines, puffiness and dryness whilst at the same time rejuvenating tired eyes.

15mins €20

BACK, NECK & SHOULDER MASSAGE

This massage is perfect for taking away daily aches and pains in your back, neck and shoulder area.

15mins €20

BALNEOTHERAPY

This specialised bath with 252 powerful jets will massage your body from head to toe. The relaxing underwater massage jets increase circulation and strengthen muscle tone, while helping to eliminate toxins and reduce fluid retention. Aches and pains are eased making it a particularly suitable treatment for aching muscles or those with sports injuries. Choose one from the following:

- **Seaweed** (Detoxifying)
- **Essential Oils** (Relaxing)
- **Cleopatra Milk Bath** (Soothing)

15mins €20

DETOXIFYING BODY BRUSH

Dry brushing is a fantastic way to exfoliate the skin, this stimulates skin renewal that is super soft to the touch. Also renowned for combatting cellulite, strengthening the immune system and cleansing the lymphatic system.

15mins €20



SULA EXPRESS BEAUTY

HAND & FOOT TREATMENTS

Hand file & polish	€15
Hand file & french polish	€18
Toe file & polish	€15
Toe file & french polish	€18
All nail file & polish	€25
All nail file & french polish	€30

SPA SULA LUXURY MANICURE

Precious and expressive, your hands deserve to be nourished and pampered. This deluxe antioxidant, anti-ageing treatment is just the thing.

60mins €45

SPA SULA LUXURY PEDICURE

Sit back and relax in our deluxe pedicure throne whilst we tend to your tired feet. The heated seat will massage your back as your feet are rejuvenated in the multi-jet foot spa. Feet are soaked and gently exfoliated, cuticles perfected and nails shaped, buffed and polished.

60mins €45

TWO WEEK GELISH PAINT & POLISH

Gelish is a hybrid, meaning half nail polish, half gel. The product is applied similarly to nail polish, but it is cured with a LED light giving it great flexibility and durability. It also has the incredible shine associated only with gel nails.

Hand	€30
Toe	€30
Hand & Toe	€45

SPA SULA LUXURY GELISH MANICURE OR PEDICURE

Manicure	€60
Pedicure	€60

WAXING

Full leg	€30
Half leg	€18
¾ leg	€20
Full leg & bikini	€40
Half leg & bikini	€28
Bikini wax	€14
Underarm	€14
Back/Chest (each)	€30
Eye brow/Chin/Lip (each)	€10
Eye brow & Chin & Lip	€25

EYE CARE

Eyelash tint	€12
Eyebrow tint	€10
Eyebrow shape	€10
Eyebrow & eyelash tint & shape	€25

TAN SUNFX

Upper Body	€20
Full Body	€30

MAC MAKE-UP

Day/Evening make-up	25 min	€30
Bridal/Trial make-up	40 min	€40
False Lash Application		€10



THIS IS
YOUR
TIME

WHEN VISITING SPA SULA

TIME TO SPA

Daily	9.00 a.m - 8.00 p.m
Friday	9.00 a.m - 9.00 p.m

Opening times are subject to change.
To avoid disappointment please book in advance.

ETIQUETTE

Please respect other guests attending the spa by speaking softly at all times. All mobile phones and electronic devices must be turned off. Children under the age of 18 years are not allowed into the spa at any time.

SPA WEAR

Residents and guests availing of spa treatments will be provided with bathrobes and slippers. Swimwear must be worn in the Thermal Suite.

VALUABLES

We recommend that no jewellery be worn in the spa. Please place all valuables in the locker that will be supplied to you during your stay in the spa. The management accepts no responsibility for valuables.

CANCELLATION POLICY

24 hour cancellation is required for all cancellations, otherwise a 50% cancellation fee will be charged.

PREGNANT

We have custom made treatments available for ladies waiting on their special delivery. Please view our "Mothers to Be Page".

HEALTH CONDITIONS

For your safety, you will be required to complete a medical questionnaire, which is strictly confidential. Please advise your therapist of any relevant medical history; illnesses, allergies or medication prior to any treatment.

RESERVATIONS

To avoid disappointment we recommend that you book in advance to ensure you receive your preferred time and choice of treatment.

GIFT VOUCHERS

Gift vouchers are available from all reception desks within the resort. Vouchers are valid for 12 months from the date of issue. Gift vouchers are non refundable, non transferable and non exchangeable.

DISCOUNTS

There is a 10% discount on treatments only for C Club members on production of a valid membership keyring. 10% discount on treatments only for OAP's on production of a valid ID. Discounts not valid in connection with any other offer.



THE WESTPORT PLAZA & CASTLECOURT HOTEL RESORT

Castlebar Street, Westport, Co. Mayo

Tel: 098 51999 **Email:** info@spasula.ie

www.spasula.ie