







## north island spa menu

### WELCOME TO THE NORTH ISLAND SPA

The North Island Spa offers you an unspoiled place of extreme beauty and timelessness where our pure products and treatments will nurture, relax and rejuvenate your mind, body and soul.

Our therapists specialise in a variety of spa treatments, so should you have any preferences or wish to have a treatment personalised, please chat to your therapist who will be happy to create a unique spa experience for you.

- To book your Spa Treatments please call Guest Relations by dialling 3
- All treatments are charged at €110.00 per half hour (valid until 22 Dec 2017)
- Private yoga sessions are charged at €110.00 per hour (valid until 22 Dec 2017)

### THE BAREFOOT RITUAL

At your leisure, our spa therapists invite you to visit the spa for a complimentary Barefoot Ritual.

The Barefoot Ritual is a symbolic introduction to the island way of barefoot luxury. This traditional welcome derives its significance from washing off the dust of past travels and refreshing your feet for the journey that begins at North Island. It is also an opportunity for you to see the spa and enjoy an individual consultation with your therapist, who will then take time to explain the various treatments to you and personalise your spa experience to suit your needs.



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### FACIAL SKIN CARE - THALGO

#### THALGO PURITY RITUAL

30 minutes

A basic marine facial, includes facial cleansing, exfoliation, skin analysis and a face mask – selected by your therapist to address your specific skin concerns.

#### THALGO SPA SKIN RITUAL

60 minutes

A luxurious marine facial, includes facial cleansing, exfoliation, extractions, skin analysis, serum application and a decadent facial massage. A face mask is selected by your therapist for your specific skin concerns.

#### THALGO HYDRA-MOISTURE SOURCE FACIAL

60 minutes

The ultimate thirst quencher for dehydrated skin. This intensive hydrating treatment will restore moisture levels. Great for after-sun exposure. The cool, rubberized mask, is perfect for a hot island day, and will gently caress and soothe the skin.

#### THALGO MEN'S FACIAL TREATMENT

60 minutes

Re-energising, anti-stress treatment, will refresh and renew. The Vital Blue Algae will hydrate and care for gentlemen's skin, balance oil levels and deep cleanse the pores.

#### THALGO HYALURONIC ANTI-AGEING FACIAL

90 minutes

This unique anti-ageing facial, rich in Hyaluronic acid, will smooth and fill out lines and wrinkles.

The gel-like texture, and stimulating massage will turn back the clock. Ideal for both men and women - a younger, healthy skin is guaranteed.





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### MASSAGES

#### TENSION RELEASE BACK, SHOULDER AND NECK MASSAGE

30 or 60 minutes

This concentrated massage includes a unique blend of deep tissue massage therapy techniques designed specifically for stress reduction and relaxation.

#### FITNESS MASSAGE

90 minutes

Concentrating on localised areas of concern or general release of stress and accumulated tension in the muscles, palm pressure, firm warming strokes and hand, thumb and elbow techniques are used to exert progressively deeper pressure. Together with trigger points and acupuncture, this massage effectively loosens connective tissue and addresses tight or injured areas.

#### FREESTYLE MASSAGE

60 minutes

This one-of-a-kind massage will ease muscles to bring relaxation and restore energy in an unrivalled experience. With rhythmic firm and soft strokes, your therapist will combine techniques from various styles of massages to personalise your treatment and meet your unique needs at that precise moment in time.

#### RELAXATION MASSAGE

60 minutes

Combining the dancing flow from Hawaii, the healing touch of the Great Barrier Reef, the gentle strength of Bali and the magic of the Seychelles, these techniques from the islands of the world guarantee that this massage is truly a memorable experience.

#### THAI ORIENTAL MASSAGE

90 minutes

Thai Oriental Massage combines the traditional techniques of stretching the body and stimulating pressure points, with a full body oil massage which results in an experience that is both totally relaxing and invigorating at the same time.





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### HOLISTIC THERAPIES

#### TRADITIONAL THAI MASSAGE

90 minutes

Traditional Thai Massage is also known as Yoga Massage as the body weight of the therapist is used to apply pressure and supported stretches, similar to Yoga positions, to the client's body. This massage is performed fully clothed, generally on a soft mat on the floor and in addition to firm pressure and stretches, consists of a series of rhythmic rocking movements designed to open the flow of energy, stimulate circulation and release toxins from the body. Thai Massage is a strong and energetic treatment, which may be challenging but with excellent results.

#### TRADITIONAL BALINESE MASSAGE

60 minutes

An experience with a blend of gentle stretches, acupressure and aromatherapy oils to stimulate the blood circulation, oxygen and energy in your body and bring deep relaxation and wellness.

#### REFLEXOLOGY

60 minutes

Reflexology is a therapeutic treatment using pressure points on the feet and/or hands to stimulate energy zones throughout the body. Thumb and finger pressure releases tension, allowing energy and healing to flow to the affected reflex zone - balancing the body as a whole.

#### INDIAN HEAD, SHOULDER AND SCALP MASSAGE

60 minutes

This relaxing and revitalizing head massage leaves the mind clear and the body relaxed. Enjoy a massage focusing on the shoulders, neck, hair and specific points on the face to feel totally refreshed and energised.

#### HOT STONE MASSAGE

60 minutes

Basalt stones are heated and placed on the energy centres of the body to melt away blocked areas and balance the system. During the treatment hot stones infused with essential oils are further used to massage the whole body in long flowing strokes.





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### BODY TREATMENTS

#### THALGO POLYNESIA JOURNEY

120 minutes

The ultimate Island Journey Experience. Allow us to take you island hopping within our beautiful spa. Vanilla Island is our first stop, where a delicious body exfoliation of coconut, sea salt and vanilla will soften and smooth your skin. Lagoon Island, will provide a refreshing lagoon pebble foot bath, and scalp massage. The island of White Sand ensures total relaxation, where a full body massage, using traditional Mahana techniques and warm sand tuiponos, melt away any stress and tension. The final stop over is Sacred Island, where the body is delicately coated with Sacred Shimmer Oil - skin is left shimmery all day long.

#### NATURALS BODY TREATMENT

120 minutes

This treatment includes a body scrub made up of coffee and almond powder followed by a replenishing body wrap. Tamarind, honey and yogurt rebalance your skin and restore your vital energies. The treatment ends with a relaxing Island style massage.

#### DETOXIFYING BODY TREATMENT

120 minutes

This invigorating treatment begins with a honey, milk, clove and sesame full body exfoliation which prepares the skin for the detoxifying body wrap. Once your skin is gently exfoliated your therapist will apply the natural herbal body wrap which encourages waste products to be eliminated, reduces water retention and improves circulation. Your body treatment will end with an aromatherapy massage using aromatherapy oils blended by your therapist.



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### THALGO SALT GLOW EXFOLIATION

30 minutes

A re-mineralizing full body exfoliation, uses delicate sea salt particles, to gently remove dead skin cells.

### THALGO LIGHT LEGS TREATMENT

30 minutes

Refresh and cool, heavy, tired legs and feet. Legs are exfoliated, and a manual lymphatic drainage massage is performed. A unique algae and peppermint envelopment will improve circulation and relieve swollen ankles and legs. To conclude the treatment, Gel for feather light legs is applied to maintain this deliciously cool result.

### THALGO MARINE PRELUDE

90 minutes

Natural marine mud from the dead sea is applied to the full body. A salt preparation is then sprinkled onto the mud, moistened, and the body is enveloped. The body is uncovered after 20 minutes and an exfoliation is performed. This treatment is concluded with a relaxing 30 minute half body massage. Ideal for those suffering from arthritis, stiff muscles and joints, or wanting an irresistibly soft skin.

### SUNRISE - PRE-SUN

90 minutes

Awaken your skin and senses with this gentle exfoliating and softening treatment. With attention on preparing your body for the sun, this treatment begins with a full body brush to improve the blood circulation to the skin, followed by a natural coconut or invigorating salt scrub to remove dry layers and increase absorption qualities of the skin. After a cool shower the therapist will pamper your body from face to feet with a gentle massage and application of moisturizing cream and/or protective sun lotion.

### SUNSET - AFTER-SUN

90 minutes

Enjoy cool relief from sun exposure with this soothing and intensive moisturizing treatment. Beginning with iced Chamomile Tea compresses to calm the sting of the burn, fresh crushed cucumber mask to soak into the sun-kissed skin of the body and face and finishing with cool Aloe Vera Gel gently massaged into the whole body, this treatment is guaranteed to dissolve the damaging effects of the sun.





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### GROOMING

#### LUXURY HAND TREATMENT

60 minutes

A full manicure performed with extra care, finesse and attention to pleasure and perfection.

#### LUXURY FOOT TREATMENT

60 minutes

A pedicure completed in the comfort of your spa bed with uninterrupted sea views.

#### LADY'S FAREWELL

90 minutes

This finishing-touches treatment is to prepare you for the world again, includes a mini facial, mini manicure and mini pedicure.

#### MEN'S GROOMING FAREWELL

90 minutes

Leave the beautiful island feeling refreshed and relaxed, includes a relaxing back and neck massage, mini facial and mini manicure or pedicure

### FINISHING TOUCHES

#### WAXING