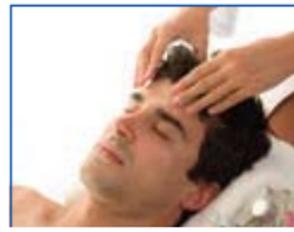


Felda Health, Fitness & Spa

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Surrender to the **Ultimate** Spa Experience



Sometimes we forget how important it is to slow down and to take a break from the stresses and strains of modern day life.

At the **Felda Spa**, we welcome you to experience a warm and peaceful oasis. A place and time to renew any flagging body and spirit, a place to maintain a healthier, radiant you.

We have designed an array of packages to help you destress, unwind, relax and revitalise.

Please feel free and comfortable to come in for advice on any of the treatments at the **Felda Spa**.

Treatments are available for men and women.

STOCKISTS OF:

Thalgo Face & Body Care **Medex** Face & Body Care **Karaja** Make-up **Jessica GEL**eleration

St. Tropez Tan **he-shi** Tan **Australian Gold** Sunbed Products.

Surrender to the Ultimate Spa Experience



FELDA SPA PACKAGES

All our day programmes include the use of our Caldarium Suite, Tranquility room and light lunch. Herbal teas and water are available throughout the day. Personalised Packages available for 'Mums To Be' & 'Wedding Day'.

Gift Vouchers Available For All Those Special Occasions.

PLEASE NOTE:

- Advice and consultations on all treatments are free.
- Personal attention to each client with privacy and comfort always a priority.
- First time tint and wax clients are required to have a patch test prior to treatment.
- Treatments available for men and women.
- If you have any specific requests that will make your visit more enjoyable, please be at liberty to ask.
- Appointments for any of our day packages will require a 50% deposit or credit card number for security.
- Prices are subject to change.

CANCELLATION OF TREATMENTS 24 HOURS IN ADVANCE IS REQUIRED, OTHERWISE A 50% CANCELLATION CHARGE APPLIES. 100% CHARGE WILL APPLY FOR NO SHOWS.



FELDA MEN'S TREATMENT MENU

Men's Express Facial

This facial will brighten soothe and revitalize dull, tired skin in just 30 minutes.

..... €35

Men's Face & Body Treatment

Incorporating a relaxing facial routine and a back and Leg Massage. Excellent for fatigued muscles, skin is left glowing and muscles relaxed as tension is released from body and mind.

1 and a quarter hours €75

Felda Man's Manicure

Provides complete nail and cuticle care along with a hand and arm massage, leaving hands with a smart, clean appearance.

half hour €30

Felda Sports Pedicure

An essential treatment offering complete foot care, including the removal of hard skin and an invigorating foot and leg massage.

three quarters of an hour €40

Waxing

Chest Wax €30

Back Wax €35

CHECK OUR FULL RANGE OF MASSAGE AND FACIAL TREATMENTS WHICH ARE ALSO SUITABLE FOR MEN & WOMEN.

FELDA health, fitness & spa

Felda Pamper Day

Let us help personalise your day with your favourite choice of treatments.

Prices start from..... €140

Felda Stress Recovery

The perfect way to un-wind & drift away. Float away on our Dry Float & experience a Luxurious Swedish Body Massage & Revive your skin with our Medex Prescriptive Facial.

..... €190



Felda Oriental Spa Package

Enter a unique world of sensorial pleasure combining treatments from across the seas and oceans to bring you the relaxing powers of the Orient. The Ultimate Spa Experience.

Sweet & Savoury Body Scrub. Precious Milk Balneo Bath. Full Body Sculpting Relaxing Massage. Sublime Cream Body Wrap.

..... €200

Felda Feel Good Day

Laze in our soothing Balneo-bath. Unwind with our therapeutic Full-body Massage & Personally Prescribed Facial Skin Care Treatment, Revitalising Spa Manicure & Luxurious refreshing Spa Pedicure.

..... €265

Check out our seasonal and monthly specials running throughout the year. Please call or see our facebook page for details.

Surrender to the **Ultimate Spa Experience**

Balneotherapy

A bath containing 252 jets arranged accordingly to the reflex zones of the body giving tremendous therapeutic benefits. Choose from our seaweed or aromatherapy oils to: Relieve muscular aches and pains. Reduce cellulite, rheumatism and arthritis. Improve blood circulation. Stimulate lymphatic system. Detoxify and re-mineralise.

€35

Dry Float Experience

Let your troubles float away by experiencing the ultimate in relaxation, benefits include: Very deep relaxation, Pain and stress relief, Decreased muscle tension, blood pressure and heart rate. A profound feeling of well being. (1 hour is the equivalent to 6 hours sleep). Indulge yourself with a specialised Body Wrap while you relax in the float. Check with Therapist for details.

Prices start from €30

Hamam Experience

A beautifully mosaiced heated marble like massage table acts as a comfortable medium for a wide range of body treatments. Ergonomically designed with intergrated shower. Experience an array of treatments.

Prices start from €40



Solar Manicure

A conditioning treatment for the nails & cuticles that penetrates deeply and quickly. Includes paint.

30 minutes €30

Spa Manicure

A revitalizing, intensive treatment for nails, cuticles and skin. Our essential manicure includes cuticle work soft scrub, heated mask and hand & arm massage.

1 hour €45

File and Paint €15

Nail Art (per nail) €3

False Nail Express €25

Make Up Application

Cleanse, Tone, Moisturise & Make-Up ... €30

Stand Up Sunbed Tanning Available

Waxing Treatments

Full Leg Wax.....€35

Half Leg Wax€20

Bikini Wax €15

Underarm Wax €15

Lip or Chin Wax..... €10

Waxing Extras

Californian - Ultra Tidy.....€20

Brazilian - Landing Strip€30

Hollywood - All Off €40

Eye Care

Eye Lash Tint.....€15

Eye Brow Tint€10

Eye Brow Shape €10

False Lashes Available

HD Brows

A unique seven-step brow shaping treatment.. €15

Spray Tanning StTropéz

Full Body & Scrub.....€60

Full Body.....€40

Half Body.....€25

Spa Pedicure

A unique and luxurious spa treatment that awakens the senses. Feet are hydrated and softened with a special blend of natural aroma, therapeutic herbs and essential oils. Including a stimulating mask and relaxing foot massage, you can experience this on our specialised pedicure couch.

1 hour€50



Deluxe Parrafin Pedicure

Enjoy all the benefits of our spa pedicure enhanced with the deep moisturising and therapeutic properties of parrafin wax, benefiting arthritic joints.

1 1/4 hour €60

Solar Pedicure

A conditioning treatment for the nails, cuticle and feet that penetrates deeply and quickly. Includes paint.

30 mins €35



Jessica GELeration 2 week Manicure

Long lasting high gloss shine. Gentle on the nail and protects the nails as they grow underneath.

Available in wide range of colours.

30 mins€30

Only €10 extra with solar or spa manicure.

Only €10 extra with solar or spa pedicure.



MEDEX BODY MENU

Silk Skin

Relaxing on the Hamam, your body is covered with a blend of oil infused salt. As the salt is gently massaged on the skin, removing any traces of dead cells the oils are released leaving the skin glowing and feeling like silk as never before

..... €45

Body Exfoliation

Medex body peel revitalises and revives skin texture as it thoroughly exfoliates dead skin cells leaving a velvety smooth skin.

..... €45

Sublime Body Wrap

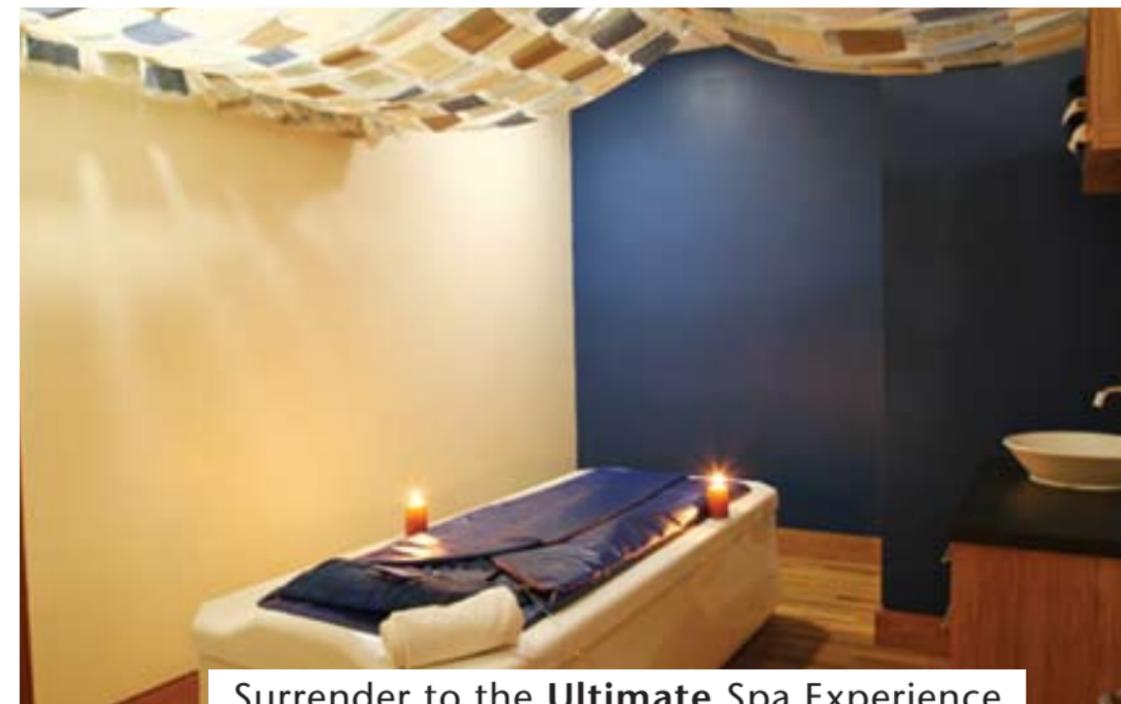
Experience pure relaxation of body and mind with our Sublime Body Wrap on our Dry Float. During this blissful treatment your skin is intensely nourished while sacred lotus flower extract and Qi marine calms your mind.

45 minutes - €50

Medex Spa Body Polish & Wrap

Relaxing on the Hamam a blend of oil infused salts will remove all dry dead skin cells preparing your body for a detoxifying and nourishing body wrap on our floatation experience.

1 & half hours €90



Surrender to the **Ultimate Spa Experience**

Universal Contour Slimming Wrap

The universal Contour Wrap Exfoliates and Cleanses your skin, Detoxifies your body, Tightens loose tissue and guarantees you exceptional and lasting Inch loss.

2 hours €75 (per wrap) €200 (course of 3) & Free Balneotherapy Treatment

Micronized Marine Algae Wrap

A deeply relaxing body treatment providing intensive re-mineralisation and de-toxification. Recommended as a preliminary treatment to all slimming courses. Ideal for general well-being, as a pick me up, to relieve muscular aches and pains also psoriasis and eczema. Includes relaxing scalp and face massage

1 hour and a quarter €75

Frigi-Thalgo Body Wrap Cold Marine Treatment

An intensive anti-cellulite treatment encouraging the elimination of waste and excess fluid. Highly effective for the treatment of tired, heavy legs.

1 hour €60

FELDA health, fitness & spa

Thalgo Bootcamp

For Bums, Thighs and Tummies. This treatment is ideal for: firming, reducing cellulite, targeting stubborn fatty deposits and eliminating waste. Treatment includes Exfoliation and a deep invigorating massage

1 hour 1 treatment €75
..... course of 3 €200



Surrender to the Ultimate Spa Experience

Thalgo Non-Surgical Facelift Facials

Collagen Smooth Facial

Smooth out fine lines and wrinkles while deeply hydrating the skin. 4 in 1 mask includes face, eyes, lips and neck. Includes unique stimulating Dermastim massage techniques. Instant results.
1 and quarter hour.....€80

Silicium Superlift Antiage Facial

Smooth and fill fine lines and deeper wrinkles while lifting and sculpting the neck contours and jawline. Restores firmness lifts and redefines facial contours. Includes unique stimulating Dermastim massage techniques.
1 and quarter hour.....€90

Oxygen 3 Facial

An intensive, revitalising antioxidant treatment for dull and sluggish skins. It forms a protective shield against 3 different types of free radicals and increases oxygen absorption leaving a healthier, radiant glow. Suitable for all skin types.
1 hour..... €66

Absolute Rehydration Facial

This luxurious re-hydrating treatment incorporates marine collagen and serums which deeply replenish, revive and soften dry skin helping to alleviate fine lines and wrinkles.
1 and quarter hour..... €80

Thalgo Refresher Facial

A customised treatment for all skin types. An excellent mini facial giving a radiant glow.
Half Hour..... €35

MEDEX MENU

Medex Prescription Facial

Transform your skin with this personally prescribed facial treatment. This tailored facial offers a thorough cleansing treatment followed with the application of specific creams and oils, leaving your skin restored, rejuvenated and radiant. Suitable for all skin types.

1 hour €66

Eye Contour Treatment

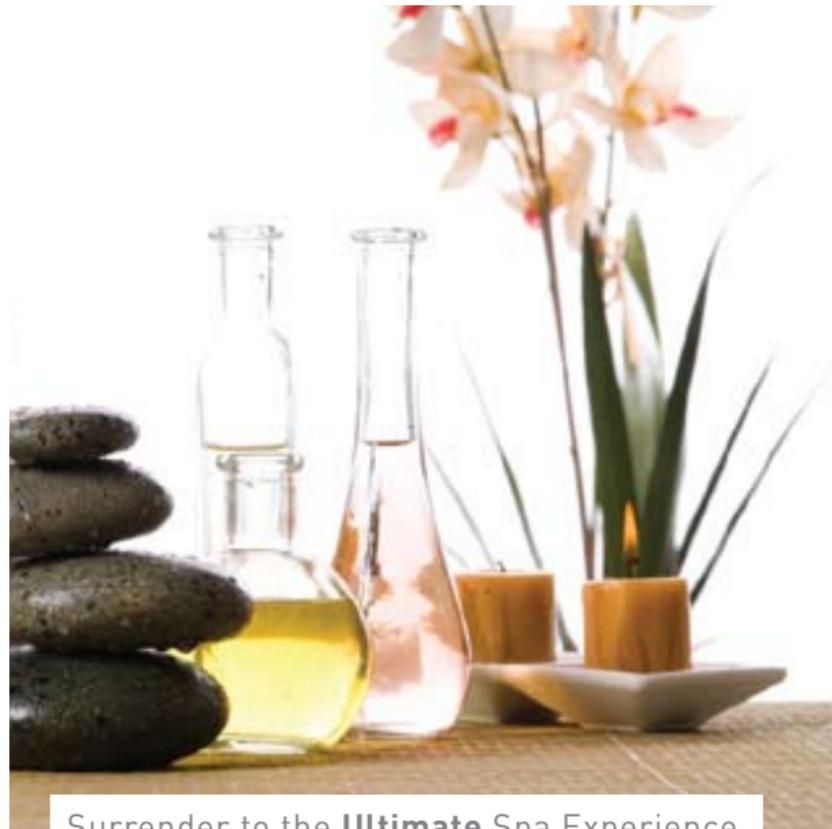
A gentle and relaxing treatment aiding dehydration, fine lines, puffiness and dark circles.

three quarters of an hour €45

Medex Back Cleansing Treatment

An intensive deep cleansing and purifying treatment promoting a clearer skin surface.

three quarters of an hour €45



Surrender to the **Ultimate** Spa Experience

Thalgomince Pregnancy Pamper Treatment

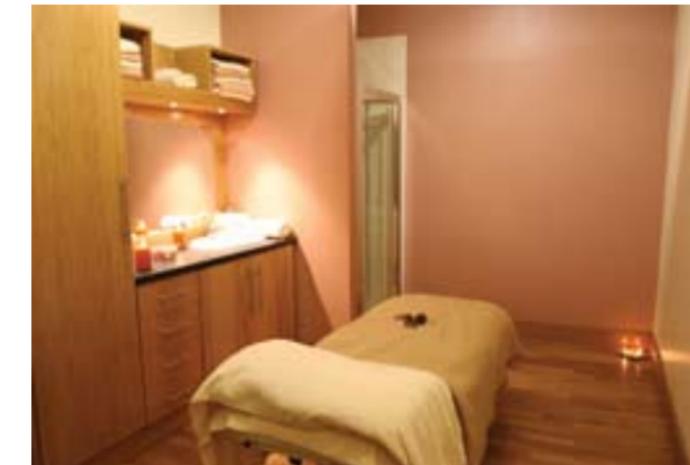
An intensive skin conditioning treatment to help prepare for pregnancy by enriching the skin with marine extracts and Vitamin E. This treatment can be used during pregnancy (after 3 months) to improve the skins natural elasticity and lessen the appearance of stretch marks. Includes facial massage.

1 and quarter hour €75

Felda Aromatherapy Pregnancy Massage

Full body massage using suitable safe oils to relax and soothe the mind whilst improving the elasticity of the skin.

1 hour €66





Mer & Sens Hot Stone Body Massage

More than a massage method, Mer & Sens is a complete purifying, remineralising and relaxing treatment. The sculpting techniques are carried out with hot volcanic and marine stones. This treatment helps bring about a sense of total relaxation and well-being.

1 hour 15 minutes €80

Reiki

Reiki is a universal healing energy treatment. It works on spiritual, mental, emotional and physical levels and is a deeply relaxing holistic treatment that heals the body and soul. **By appointment only.**

1 hour €65.00

Reflexology

Treatments work on the theory that there is a reflex point on the foot relative to every part, organ and gland in our bodies. By treating the feet, a healing effect on the whole body can be achieved.

The overall sensation is soothing and relaxing.

By appointment only €45

Surrender to the **Ultimate** Spa Experience

Swedish Massage

An invigorating massage which releases muscle stiffness and tension, improves circulation. Promotes general well-being.

(1 hour) €66

(half hour) €35

Aromatherapy Massage

A luxurious massage of sheer relaxation using specifically selected essential oils, blended together. Your treatment will be tailored to suit all your individual needs.

(1 hour) €66

Indian Head Massage

An old Indian ritual used to alleviate symptoms of stress and tension. Ideal for those prone to headaches, sinus or ear infections. Promotes feeling of relaxation and well-being.

30 mins..... €35

