



## Treatment Menu

### THE PIG- at Harlyn Bay

#### Treatments are £115

##### **BESPOKE MASSAGE**

We tailor this massage to make it truly unique and personal to you. Using blended natural oils, this treatment can help relieve any aches and pains and totally relax the body and mind. *(Suitable for both men & women).*

##### **MUM TO BE**

This treatment is tailored to suit the specific needs of a mum to be, this massage treatment provides a peaceful and uplifting experience for mother and bump that also relieves fatigue and aches at the same time. *(Suitable for those in their second and third trimester of pregnancy)*

##### **HOT STONE MASSAGE**

A deeply indulgent body massage, using aromatherapy oils and volcanic stones to help simply melt away any tension you may be holding on too. Helping to ease stress and improve blood circulation at the same time. It is said that one stone movement is the equivalent to 10 hand movements.

##### **FULL BODY SUGAR SCRUB**

This refreshing and all-over exfoliation treatment awakens the skin and body using uplifting mix of organic peppermint leaf, seaweed and sugar to invigorate, exfoliate and nourish the skin. Afterwards you enjoy a light cleansing shower, finished off with all over deeply nourishing body cream.

##### **ORGANIC OCEAN ESSENCE TOTAL BODY WRAP**

Combining the detoxifying power of Fucus Serratus and the cellulite reducing abilities of Laminaria Digitata Seaweed, this treatment stimulates the blood and lymph flow, detoxifies and hydrates the skin and encourages the renewal of skin cells. This wrap is an excellent skin rejuvenator, combating the appearance of cellulite and fatigue, whilst producing a deeply moisturising effect.

##### **ORGANIC WARM SPICED MUD WRAP**

Seaweed, taken fresh from the ocean on Ireland's north coast, is combined with purifying elements of peat to produce a mud wrap rich in potent anti-oxidants and minerals infused with aromatic spices of ginger and orange to revive the senses, this wrap has immediate and noticeable effects on the skin, including firming and toning, it is also a serious detoxifier, metabolism stimulator and a natural anti-aging boost. This treatment is a must for the results-conscious guest.

## Our Products

### VOYA

VOYA are focused on creating genuinely organic, seaweed-based products and results-driven spa treatments using the highest-quality botanical ingredients and aromatherapy oils, all using ancient traditions, methods and sustainable processes.

Inspired by the breath-taking natural beauty and long-standing traditions of Ireland's northwest coast, three generations of the Walton family have scientifically harnessed the healing properties of seaweed and created VOYA, organic beauty products and treatments from the sea.

With sustainability at its heart, this revolutionary range of Soil Association certified organic products and treatments just shows how science can release nature's most powerful resources and still protect the earth.

All of VOYA's unique products blend wild hand harvested seaweed with some of the finest elements from nature. Packed with minerals, vitamins and strong antioxidant properties, seaweed has proven to be hugely beneficial as a natural detoxifying and skin conditioning agent, quickly removing toxins whilst transferring nutrients.

### Bamford

(For anyone that has any **fish based allergies on the skin**, we are able to use Bamford as an alternative product for you. Massages only.)

Bamford was founded by Carole Bamford on the belief that we need to be mindful of our connection to the earth – to live consciously, respect nature's resources and the land that provides for us. Bamford uses award-winning organic and natural products specially created for use in the Bamford Wellness Spa at Daylesford.

These products cleanse, protect and rejuvenate the body with natural and organic ingredients accredited to the highest standards by the Soil Association. Their naturally luxurious products combine modern cosmetic science with natural essential oil blends and perform beautifully while balancing both mind and body. Bamford Body source all their own natural ingredients responsibly and make all their products in England. They are free from GMO, parabens, SLS and mineral oils. Each treatment, using holistic therapies, is specifically focused to relax, restore or rejuvenate the body.