



ANGSANA  
Spa  
BUNRATTY, IRELAND

# spa menu



## Essence of Angsana

Calm your mind and draw in the serenity of your surroundings. Allow our therapist to offer you a soothing foot wipe, herbal drink and a few minutes to leave the cares of the world behind. Enjoy the difference.

### Angsana Indulgence €310

330-minute & 30-minute Refreshment and Relaxation time

#### A DAY OF PAMPERING

- 30-minute body polish
- 60-minute body massage
- 60-minute facial
- Lunch
- 90-minute hands treatment
- 90-minute foot treatment

**Spa Tip:** Give yourself a treat with this full day indulgence experience and emerge looking your best from top to toe.

### Angsana Bliss €210

150-minute & 30-minute Refreshment and Relaxation time

#### COMPLETE MAKEOVER

- 30-minute body polish
- 60-minute body massage
- 60-minute facial
- Lunch

**Spa Tip:** Reveal your new skin with an invigorating body polish to remove dead skin cells and a massage and facial to restore a glowing complexion.

### Glow €150

90-minute & 30-minute Refreshment and Relaxation time

#### LIGHTEN UP

- 30-minute body polish
- 60-minute body massage

**Spa Tip:** Tailored strokes for different body types, the body polish help to bring back the glow.



### Ayu-Reverie €150

90-minute & 30-minute Refreshment and Relaxation time

#### BACK TO TRADITIONS

- 60-minute Ayurvedic massage
- 30-minute Indian head massage

**Spa Tip:** Benefit from 5000-year-old Ayurvedic traditions with an inspiring body massage, followed by a head massage on the key pressure points of your scalp to clear your mind.

### Power Back €110

60-minute & 30-minute Refreshment and Relaxation time

#### LOOK GOOD, FEEL GOOD

- 30-minute back massage
- 30-minute back paraffin treatment

**Spa Tip:** Back tension reliever and warm paraffin to reduce muscular aches.



## Angsana for Her

Calm your mind and draw in the serenity of your surroundings. Allow our therapist to offer you a soothing foot wipe, herbal drink and a few-minutes to leave the cares of the world behind. Enjoy the difference.

**Essential** €120  
90-minute & 30-minute Refreshment and Relaxation time

### THE QUINTESSENTIAL OF SPA TREATS

- 30-minute body polish
- 60-minute facial

**Spa Tip:** Top to toe beauty treats.



## Angsana for Him

Calm your mind and draw in the serenity of your surroundings. Allow our therapist to offer you a soothing foot wipe, herbal drink and a few-minutes to leave the cares of the world behind. Enjoy the difference.

**Rest** €120  
90-minute & 30-minute Refreshment and Relaxation time

### SWITCH OFF AND BE YOURSELF

- 15-minute foot soak
- 45-minute foot massage
- 30-minute head & shoulder massage

**Spa Tip:** Take five with this stress buster that peels off fatigue with an invigorating foot ritual for complete relaxation. Feel energised after a holistic head and shoulder massage.

## Body Massages

Calm your mind and draw in the serenity of your surroundings. Allow our therapist to offer you a soothing foot wipe, herbal drink and a few-minutes to leave the cares of the world behind. Enjoy the difference.

## Signature

**Angsana** €120  
90-minute session & 30-minute Refreshment and Relaxation time

### OUR GIFT TO YOU

**Spa Tip:** A signature massage created exclusively for Angsana Spa, to work on your body's key pressure point to strengthen inner "qi" or energy

**Fusion** €90 / 120  
60-minute / 90-minute & 30-minute Refreshment and Relaxation time

### CUISINE FOR THE SOUL

**Spa Tip:** A clever blend of Thai and Swedish massage techniques to soothe all aches, unblock stiffness and enhance flexibility.

## Classic

**Ayurvedic Hot Stone** €120  
90-minute & 30-minute Refreshment and Relaxation time

### TENSION MELTS

**Spa Tips:** Ease tension and aches from your body as this Ayurvedic palm-based massage seamlessly blended with the use of heated basalt stones.

**Siam** €120  
90-minute & 30-minute Refreshment and Relaxation time

### THAI FLAVOUR

**Spa Tip:** Experience traditional Thai massage to improve blood circulation and mobility as well as relieve tensions.

**Javanese** €90 / 120  
60-minute / 90-minute & 30-minute  
Refreshment and Relaxation time

#### TAKE A NAP

**Spa Tip:** Adapted from ancient Javanese techniques, this deep tissue massage using the special Harmony Oil aids blood circulation, relieves tension and promotes better sleep patterns.

**Waves** €90 / 120  
60-minute / 90-minute & 30-minute  
Refreshment and Relaxation time

#### SMOOTH AS A HULA DANCE

**Spa Tip:** This strong massage is inspired by traditional Hawaiian techniques. The therapist delivers long flowing strokes to restore balance and harmony.

## Soothing

**Dreams** €90 / 120  
60-minute / 90-minute & 30-minute  
Refreshment and Relaxation time

#### PERFECT FOR JET LAG

**Spa Tip:** Created specially for tired and worn out bodies, this calming massage soothes tense muscles using warm sesame oil.

**Rhythmic** €90  
60-minute & 30-minute Refreshment and Relaxation time

#### MUST TRY FOR MOTHER-TO-BE

**Spa Tip:** A Nurturing massage using gentle strokes and linen pouch dipped in warm Vitamin-E enriched oil. Suitable for mothers-to-be or those who prefer to lie on their side.

**Energised Feet** €90  
60-minute & 30-minute Refreshment and Relaxation time

#### WALK IN THE CLOUDS

**Spa Tip:** The highlight of this treatment is the Hot Stone treatment that is both energising and healing. A massage infused with enlivening Sesame Oil follows to give you that elegant stride.

## On The Spot

**Back Energy** €55  
30-minute & 30-minute Refreshment and Relaxation time

#### IRON OUT TENSE MUSCLES

**Spa Tip:** The Therapist employs medium to strong pressure back massage to iron out aches and tension on the back.

**Shoulder, Face & Head** €55  
30-minute & 30-minute Refreshment and Relaxation time

#### BEEN TO CLOUD NINE LATELY?

**Spa Tip:** Banish fatigue with this deceptively simple combination of upper body massages focusing on head, face and shoulders.

**Foot Loose** €55  
30-minute & 30-minute Refreshment and Relaxation time

#### SOLE TO SOUL

**Spa Tip:** Step out with happier feet after an energising leg and foot massage.

**Indian Head Massage** €55  
30-minute & 30-minute Refreshment and Relaxation time

#### CLEAR HEADED

**Spa Tip:** After a hard day's work, clear your mind with this massage to relax and remove fatigue caused by mental stress.







## Facials

Calm your mind and draw in the serenity of your surroundings. Allow our therapist to offer you a soothing foot wipe, herbal drink and a few minutes to leave the cares of the world behind. Enjoy the difference.

### Euro Star €75

60-minute & 30-minute Refreshment and Relaxation time  
for normal/combination skin

### BEAMING STAR

**Spa Tip:** Packed with brightening and deep cleansing properties. The therapist uses European massage techniques to optimise absorption, bringing life of exceptional radiance.

### Instant Lift €75

60-minute & 30-minute Refreshment and Relaxation time  
for mature skin/ dehydrate skin

### TAKE THAT 'FRAGILE' STICKER OFF MY FACE

**Spa Tip:** A gentle facial that protects fragile tissues from Irritation, devised for sensitive and reactive skin caused by free radicals and environmental pollutants.

### Protein Perks €75

60-minute & 30-minute Refreshment and Relaxation time  
for all skin type

### PERK ME UP

**Spa Tip:** Put life back to your skin as it enjoys the revitalising benefits of trace elements, vitamins and proteins.

### Pure Radiance €75

60-minute & 30-minute Refreshment and Relaxation time  
for oily skin

### A 'MATTE-NIFICENT' TREAT!

**Spa Tip:** For pristine fresh-looking skin, opt for this purifying treatment. Clay mask contains kaolin and marine extracts to draw out impurities while regulating sebum production.

### Mini Facial €55

30-minute & 30-minute Refreshment and Relaxation time  
for all skin types

### GOOD CLEANSE

**Spa Tip:** For fresh-looking skin, a deep cleanse, face scrub and shoulder, face and head massage.

## Essential Pampering

**Heavenly Hands** €55  
60-minute treatment

### IN TIP TOE CONDITION

**Spa Tip:** An essential hand care, with a pampering hand massage included, to ensure your hands and nails are in tip-top condition, so you can flaunt that well-manicured hand.

**Boot Camp** €55  
60-minute treatment

### A FAB FOOT TREAT

**Spa Tip:** Sit back and relax as our skilled therapist carefully trims and cleans your nails. A brisk and refreshing foot massage follows before polishing or buffing your nails to a high shine.

**Hands Paraffin** €75  
90-minute treatment

### HAND ESSENCE

**Spa Tip:** All the essence of a paraffin dip complete with beautifully painted or buffed nails.

**Feet Paraffin** €75  
90-minute treatment

### GLAMOUROUS FEET

**Spa Tip:** Step out in style with a paraffin dip complete with beautifully painted or buffed nails.

**File & Polish** €25  
20-minute treatment

### BEAUTY EXPRESS



## Body Polishes

### (Part of Package)

Choose your favourite Body Polish to complete your pampering spa packages. All Body Polishes are not available individually.

**Jasmine Frangipani**  
*for oily skin*

### FLOWERY SCENT

**Spa Tip:** Smell your best and show off sparkling skin after this treatment.

**Lemon Yoghurt**  
*for all skin types*

### DELIGHTFULLY REFRESHING

**Spa Tip:** A deep cleansing recipe of grated lemon peel and yoghurt for a zesty skin treat

**Rice Soya**  
*for dry skin*

### WONDER TWIN POWERS

**Spa Tip:** This highly nutritious, rich buff of rice and soya effectively removes dead skin cells while keeping the skin moisturised.

**Oatmeal Honey Lime Aglow**  
*for normal to oily skin types*

### HEALTH NUT

**Spa Tip:** The healthy ingredients remove deep seated grime from the body.

## Treatments Recommended for Men

Calm your mind and draw in the serenity of your surroundings. Allow our therapist to offer you a soothing foot wipe, herbal drink and a few-minutes to leave the cares of the world behind. Enjoy the difference.

**Rest** €120  
90-minute & 30-minute Refreshment and Relaxation time

### SWITCH OFF AND BE YOURSELF

- 15-minute foot soak
- 45-minute foot massage
- 30-minute head & shoulder massage

**Spa Tip:** Take five with this stress buster that peels off fatigue with an invigorating foot ritual for complete relaxation. Feel energised after a holistic head and shoulder massage.

**Fusion** €90 / 120  
60-minute / 90-minute & 30-minute Refreshment and Relaxation time

### CUISINE FOR THE SOUL

**Spa Tip:** A clever blend of Thai and Swedish massage techniques to soothe all aches, unblock stiffness and enhance flexibility.

**Javanese** €90 / 120  
60-minute, 90-minute & 30-minute Refreshment and Relaxation time

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30-minute & 30-minute Refreshment and Relaxation time

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**Spa Tip:** The Therapist employs medium to strong pressure back massage to iron out aches and tension on the back.

**Foot Loose** €55  
30-minute & 30-minute Refreshment and Relaxation time

### SOLE TO SOUL

**Spa Tip:** Step out with happier feet after an energising leg and foot massage.

**Indian Head Massage** €55  
30-minute & 30-minute Refreshment and Relaxation time

### CLEAR HEADED

**Spa Tip:** After a hard day's work, clear your mind with this massage to relax and remove fatigue caused by mental stress.

**Boot Camp** €55  
60-minute treatment

### A FAB FOOT TREAT

**Spa Tip:** Sit back and relax as our skilled therapist carefully trims and cleans your nails. A brisk and refreshing foot massage follows before polishing or buffing your nails to a high shine.

## Treatment Recommended for Mother-To-Be

*(Subjected to Guest's physical condition)*

If you are pregnant, you may wish to avoid booking treatments that involve the use of essentials oils. Massage or stimulating treatments are not recommended during the first three months of pregnancy. Treatment ONLY suits during 13 weeks to 30 weeks of pregnancy.

**Rhythmic** €90  
60-minute & 30-minute Refreshment and Relaxation time

### MUST TRY FOR MOTHER-TO-BE

**Spa Tip:** A Nurturing massage using gentle strokes and linen pouch dipped in warm Vitamin-E enriched oil. Suitable for mothers-to-be or those who prefer to lie on their side.

**Instant Lift** €75  
60-minute & 30-minute Refreshment and  
Relaxation time  
*for mature skin/ dehydrate / sensitive  
skin*

### TAKE THAT 'FRAGILE' STICKER OFF MY FACE

**Spa Tip:** A gentle facial that protects  
fragile tissues from Irritation, devised for  
sensitive and reactive skin caused by free  
radicals and environmental pollutants.

**Shoulder, Face & Head** €55  
30-minute & 30-minute Refreshment and  
Relaxation time

### BEEN TO CLOUD NINE LATELY?

**Spa Tip:** Banish fatigue with this  
deceptively simple combination of  
upper body massages focusing on  
head, face and shoulders.

**Indian Head Massage** €55  
30-minute & 30-minute Refreshment and  
Relaxation time

### CLEAR HEADED

**Spa Tip:** After a hard day's work, clear  
your mind with this massage to relax  
and remove fatigue caused by mental  
stress.

**Mini Facial** €55  
30-minute & 30-minute Refreshment and  
Relaxation time  
*for all skin types*

### GOOD CLEANSE

**Spa Tip:** For fresh-looking skin, a deep  
cleanse, face scrub and shoulder, face  
and head massage.



**For reservations and enquiries,  
please contact:**

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**ANGSANA**  
Spa

### PLEASE TAKE A MOMENT TO READ THIS

**Etiquette** The Spa is a retreat for your body, mind and spirit. For the consideration of others, we request that visitors keep noise to a minimum. Children are not allowed at the Spa unless they are having a treatment, accompanied by an adult. We ask that you respect other guests' privacy by speaking softly. Cellular phones and electronic devices are discouraged.

**Attire** Please arrive at the Spa wearing comfortable, light clothing or a bathrobe. Disposable undergarments are available on request.

**Reservations** Advanced booking prior to your arrival is recommended to secure your preferred date and time of treatment. A credit card number is required at the time of booking for a confirmed appointment.

**Check-in** Please arrive at least 15-minutes prior to your scheduled treatment to avoid reduced treatment times. A late arrival will result in a shortened treatment to accommodate other guests fairly.

**Spa Treatment Hours** The Spa is open from 10am to 8pm daily. Last treatment finishes at 8pm.

**Special Consideration** If you are pregnant, you may wish to avoid booking treatments that involve the use of essential oils. Massages or stimulating treatments are not recommended during the first three months of pregnancy.

If you have high blood pressure, heart conditions, allergies, or other medical complications, we advise that you consult your doctor before signing up for any Spa services. Please inform your therapist of any medical conditions.

**Smoking and Alcohol** Smoking and the consumption of alcohol within the Spa are prohibited. It is also advisable to avoid the consumption of alcohol or heavy meals prior to, or after any Spa treatment.

**Cancellation Policy** A 24-hour cancellation notice is required to help us re-schedule your appointment, subject to space availability. Any cancellation with less than 4 hours' notice will incur a 50% cancellation fee. A full fee will be imposed for a "no-show".

**Valuables** We recommend that no jewellery be worn at the Spa. The management and staff accept no responsibility for the loss of money or valuables of any kind brought into the Spa premises.

**Gift Certificates** Treat a friend or loved one by giving them an experience they will never forget. Gift certificates are available for use against any Spa treatment, packages or retail products. Gift certificates are not refundable and must be presented at the time of treatment. Vouchers are valid for six months from date of issue.

**Refund Policy** Treatment packages are non-refundable. Unused portion of the packages are non-transferable or non-exchangeable for another time.

**Payment** We accept cash and all major credit cards. Payment may also be charged to the room. All prices are quoted in Euro inclusive of applicable government taxes and are subject to change without prior notice.

**Disclaimer** The spa treatment, services and or facilities received or utilized at Angsana Spa Bunratty Castle Hotel are intended for general purposes only and are not intended to be a substitute for professional medical treatment for any condition, medical or otherwise, that Guests may have. Guests will fully indemnify and hold harmless Angsana Spa at Bunratty Castle Hotel, its holding company (ies), affiliates, subsidiaries, representatives, agents, staff and suppliers, from and against all liabilities, claims, expenses, damages and losses, including legal fees (on an indemnity basis), arising out of or in connection with the spa treatments, services and or facilities.