

# Seoíð

SPA

AT DUNBOYNE CASTLE HOTEL & SPA,  
DUNBOYNE, CO. MEATH

Escape time & slow down in a cocoon of peace - away from busy schedules, hectic lifestyles & demanding time constraints.





Welcome to a world of harmony, luxury & well-being. At Seoid Spa, we welcome you to enter our true spa experience. The meaning of Seoid is 'Gem' in Irish and we take pride in being the hidden 'Gem' at Dunboyne Castle Hotel. With your well-being as our primary focus, our use of Middle Eastern themes along with our superior range of products, help us to accommodate each guest's individual needs.



# SEOÍD SIGNATURE TREATMENTS

## Restorative Sleep Ritual - 85 min

This well-being focused treatment evokes instant peacefulness and nurtures inner mindfulness, calmness and serenity, offers you an incredible sense of relaxation in an unparalleled sleep encouraging experience. Be ready to have all stresses, strains and tensions melt away. Experience a relaxing full body massage using Hawaiian and Balinese massage techniques. We also incorporate a facial cleanse and massage to aid the perfect night's sleep and rejuvenate you for the day ahead. This deeply relaxing treatment incorporates sleep inducing cultural massage with meditation techniques, rose quartz crystals and the purest organic products to leave you feeling completely restored!

## Seoíd Brown Sugar Scrub and Coconut Melt Hydration - 40 min

Exclusive to Seoíd Spa, this gentle brown sugar scrub will leave your skin feeling silky smooth and hydrated. The gentle exfoliating powers of sugar blended with jojoba oil will breathe new life to dull dry skin.

## Bump and Me - 85 min

Take some well-earned time out as you await your precious arrival with Seoíd Spa's Signature Pregnancy Ritual! Begin your ritual with a warm hydrating mask applied to your growing bump to intensely hydrate and nourish. While this is working its magic, slip into a state of utter relaxation with a luxurious hand and foot massage. Next, we concentrate on brightening the skin with a refresher facial, complete with a head massage to ensure that you reach a state of total relaxation!

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TSLÁINTE NÁ  
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- HEALTH  
IS BETTER  
THAN WEALTH

# SPECIALISED SPA TREATMENTS

## Rasul Mud Chamber (max 4 people) - 30 min

Probably the most fun treatment you can share with a friend or partner! Using muds infused with essential oils and minerals, aromatic steam will fill the chamber; softening your skin and relaxing your muscles. Dry heat intensifies the muds before a tropical rain shower washes them away, leaving you feeling refreshed.

## Dry Floatation Bed - 25 min

A floatation experience where you don't get wet. Instead the treatment bed becomes a mattress filled with warm water, allowing you to enjoy the feeling of complete weightlessness. This is the ultimate treatment for tired, stressed or anxious bodies, where 25 minutes is the equivalent to 3 hours' deep sleep.

## Sabbia Med Beach Experience - 30 min

Lying on a virtual beach of heated sand, this experience will take you from sunrise to sunset in 30 minutes, stimulating production of the happy hormone and vitamin D to strengthen your immune system and alleviate the condition S.A.D.

## Balneotherapy Bath with the aid of Voya Aromatherapy Salts - 25 min

Over two hundred powerful jets massage and revive tired, weary muscles, ideal for people who need a break away from their busy lives.

## Voya Seaweed Bath - 40 min

The purest of Voya's treatments. This deeply moisturises your skin, increases circulation and opens your pores to the nutrients and detoxifying benefits of seaweed.

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# VOYA FACIALS

# VOYA

## Self-Discovery Radiance Facial - 55 min

For those who are unsure of their skin type and its specific requirements, allow VOYA to tailor your facial specifically to your skin's unique needs. In the comfort of the treatment room, we will choose facial products to target your skin concerns. This facial helps to transform your skin leaving it feeling purified.

- Purifying Facial (Oily Skin)
- Ultra Calming Facial (Sensitive Skin)
- Intensive Hydra Veil Facial (Dry Skin)

## Deluxe Facial Experience - 85 min

The ultimate VOYA facial experience, this treatment allows guests to experience the best of both worlds! The treatment starts with a relaxing 20 minute back massage to induce relaxation and gently melt away muscular pain. Followed by a dual action facial utilising the exclusive re-mineralising Mermaid's Purse face mask. The appearance of deep set wrinkles is reduced and the skin's texture is left hydrated and plumped.

## Marine Eye Treatment - 40 min

Using organic laminaria digitata eye compresses which are hand-harvested from the wild Atlantic Ocean, this is a unique treatment for refreshing and rejuvenating tired eyes. This is a firming, hydrating and results-orientated treatment that uses specific products rich in seaweed extract, green tea and vitamin C, to help reduce the appearance of fine lines and decongest the eye area.



# IMAGE SKINCARE FACIALS



## Illuminating Facial - 55 min

This treatment will leave your skin feeling hydrated, cleansed and rebalanced. Commencing with a deep cleansing facial and scalp massage. Finally, a mask is applied to balance and hydrate your skin. A relaxing hand and arm massage is performed whilst the mask is soaking into the skin.

## The MAX Stem Cell Facial - 55 min

This treatment strikes the ideal balance between a gentle peel and a therapeutic facial and is designed to really target wrinkles, elasticity concerns and combat generally lethargic and dull skin. All the latest anti-ageing stem cell technology is used to guarantee immediate and long-lasting results.

## Be Clear Purifying Facial - 55 min

An ideal teen facial or mild preventative acne-formation treatment. The treatment includes a thorough deep cleanse and exfoliation, followed by hydration to conclude. Ideal for occasional hormonal breakouts or for the individual who craves a deep cleanse at a cellular level.

## Antioxidant Anti-Ageing Facial - 55 min

The facial that does it all – even the most experienced 'facial enthusiast' will be impressed! This cleansing and invigorating vitamin-infused treatment will deliver tightening, lightening, brightening and nourishing hydration to leave you feeling fully refreshed and renewed.





# IMAGE SKINCARE AESTHETIC PEELS

In order to have an IMAGE Aesthetic Peel, it is essential that you will have had at least 2 IMAGE facials in Seoíd Spa with one of our IMAGE skincare therapists to prepare your skin prior to commencing a peel treatment. If it is your first peel, you will begin with the Signature Facelift. A course is always recommended for optimum results.

## Signature Facelift - 40 min

This revolutionary treatment performed in four layers will change the texture and tone of your skin in just one application. Quench your skin with high doses of the most sophisticated forms of Vitamin C for extreme rejuvenation. Gentle yet highly active enzymes will create a flawless complexion instantly. Dubbed the 'VIP peel', this is our core and bestselling peel as it delivers the results.

## Ormedic Lift - 40 min

This treatment recharges the youthfulness factor within the skin and increases internal hydration. Medically effective ingredients designed to rebalance stressed, dull-looking skin. This non-chemical peel naturally rebalances, restores and soothes your skin with organic ingredients.

## Lightening Lift - 40 min

Balance your complexion with this ultra-lightening treatment that gently blends kojic acid and a cocktail of lightening and brightening agents to reduce sun spots, brown spots and the redness caused by rosacea and acne scarring. The result is silky smooth and supple skin with a noticeable healthy glow.

## Wrinkle Lift - 40 min

This ultra-resurfacing glycolic and retinol treatment exfoliates dead surface skin cells and improves circulation, leaving skin firmer and healthier and visibly reducing the appearance of fine lines, age spots, open pores and rougher, tougher skin. The treatment will truly channel the most active ingredients into the lower layers of the skin with a view to measurable and long-term addictive results.

## Be Clear Purifying Peel - 55 min

Step One in the fight against acne. This active clinical peel is designed to immediately treat all forms of acne. The peel is Salicylic Acid-based yet cooling and soothing in delivery, works to effectively dissolve excess oils and superficial blemishes. You can expect clean, refreshed, healthy, beautiful oil free skin in just one treatment.

# MASSAGE

## Seoíd Full Body Massage - 55 min

Our full body massage releases tension held in every part of the body, leaving you feeling deeply relaxed and recharged. Carefully applied pressures stimulate the nervous system, Swedish and neuromuscular techniques relieve muscular tension and lymphatic drainage helps encourage healthy circulation.

## Voyager Massage Journey - 85 min

A complete top to toe relaxation journey, incorporating scalp massage, face massage, stretches and body massage that replicates the movement of the sea combining both gentle and stimulating movements.

The ultimate luxury treatment to relieve aches and pains tailored to individual needs.

Choose from one of the following oils:

- \*Uplift, Angelicus Serratus
- \*Relax, Mindful Moments
- \*Muscle, Ginger Chai

## Hot Stone Therapy - 70 min

This full body treatment focuses on balancing all seven chakras, while the heat of the smooth basalt stones work into your muscles ten times deeper than regular massage. Designed for people with tight, stressed muscles.

## Hot Lava Shell Massage - 55 min

The ultimate calming and soothing solution using real self-heating Lava Shells to ease away all muscle tension, knots and stress points, unblocking energy flow and releasing a sense of balance to the entire body and mind.

## Lomi Lomi Hawaiian Massage - 55 min

A massage with a difference, this Hawaiian treatment incorporates long, flowing Lomi Lomi techniques using the therapist's elbows and forearms for a deep tissue, yet relaxing full body massage.

## Reflexology - 55 min (By request only)

An alternative treatment, reflexology heals the body by gently applying pressure to specific points in the feet in order to release energy blockages throughout. This treatment is perfect to de-stress and balance the body.

## Signature massage - Restorative Sleep Ritual - 85 min

This well-being focused treatment evokes instant peacefulness and nurtures inner mindfulness, calmness and serenity, offers you an incredible sense of relaxation in an unparalleled sleep encouraging experience. Be ready to have all stresses, strains and tension melt away. Experience a relaxing full body massage using Hawaiian and Balinese massage techniques. We also incorporate a facial cleanse and massage to aid the perfect night's sleep and rejuvenate you for the day ahead.

This deeply relaxing treatment incorporates sleep inducing cultural massage with meditation techniques, rose quartz crystals and the purest organic products to leave you feeling completely restored!



## SCRUBS

### Hammam - 40 min

Brings the ancient bathing ritual into the 21st century. Traditionally a marble slab, this modern table is heated and designed to allow for a deeper, more invigorating full body polish. You can enjoy this treatment with a loved one, friend or simply by yourself.

### Seoíd Spa Brown Sugar Scrub - 40 min

Exclusive to Seoíd Spa, this gentle brown sugar scrub will leave your skin feeling silky smooth and hydrated. The gentle exfoliating powers of sugar blended with jojoba oil will breathe new life to dull dry skin.

### Voya Organic Peppermint & Seaweed Sugar Glow - 55 min

This refreshing all-over exfoliating treatment awakens the skin and body. Organic peppermint leaf, seaweed and sugar will exfoliate while your senses enjoy the uplifting effects. An aromatic sugar scrub to revive the senses and refresh the body.

### Voya Organic Lavender and Seaweed Sugar Glow - 55 min

This treatment uses a medley of ingredients including organic seaweed, lavender buds and sugar to invigorate, exfoliate and nourish the skin. This gentle aromatic sugar scrub will melt tired muscles, while soothing and softening the skin.

## WRAPS

### Image Cell U Lift Wrap - 55 min

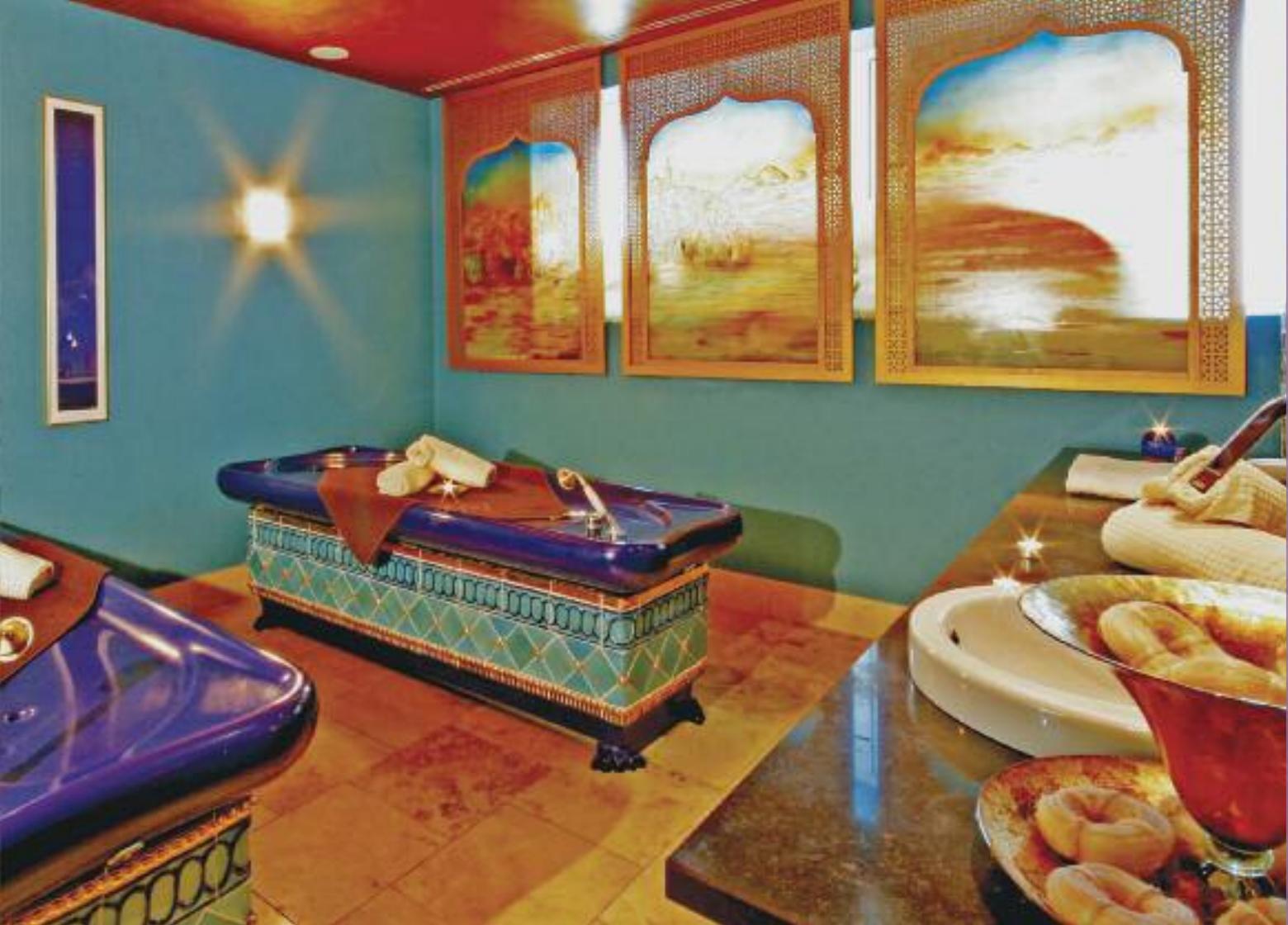
A body toning treatment to fight skin laxity on a cellular level, stimulating collagen and reducing the volume of lipid cells for a smooth, contoured body. This body contouring treatment starts with dry body brushing to stimulate circulation and to assist in the elimination of toxins, followed by an application of our revolutionary body firming crème to tighten and tone loose skin, eliminating the "orange peel" look associated with cellulite. Skin is left smooth, toned and hydrated.

### Voya Organic Seaweed Leaf Wrap - 70 min

This crème de la crème of body wraps is a signature Voya treatment. The treatment begins with an exfoliation before fresh leaves of Atlantic seaweed are applied to cocoon the body. While the seaweed's minerals, vitamins and amino acids detox, tone and hydrate the skin, you will be in a deep state of relaxation enjoying a soothing scalp massage.

### Voya Detoxifying Warm Spiced Mud Wrap - 55 min

This treatment is definitely for the results-driven client. Purifying seaweed is mixed with elements of peat and selected spices to produce a mud wrap, which has immediate and noticeable effects on the skin. A serious detoxifier, metabolism stimulator and a natural anti-ageing boost.



# PREGNANCY TREATMENTS

\*To avail of one of our pregnancy treatments, you must be 12 weeks or over

## Seoíd Full Body Pregnancy Massage - 55 min

Indulge in a full body massage using our safe and nourishing prenatal techniques to relax any muscle tension you may be holding.

## Lighten Up Relieving Leg and Foot Treatment - 25 min

A mineral-rich, exfoliation and massage for the lower legs and feet to aid circulation, alleviate water retention and relieve the tiring effects of carrying your growing bump.

## Bump and Me - 85 min

Take some well-earned time out as you await your precious arrival with Seoíd Spa's Signature Pregnancy Ritual! Begin your ritual with a warm hydrating mask applied to your growing bump to intensely hydrate and nourish. While this is working its magic, slip into a state of utter relaxation with a luxurious hand and foot massage. Next, we concentrate on brightening the skin with a refresher facial, complete with a head massage to ensure that you reach a state of total relaxation!

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# MEN'S TREATMENTS

## Intense Defence Facial for Men - 55 min

Exclusively created for men's specific skincare needs, this powerful treatment exfoliates the skin with bamboo spines allowing for a deep cleanse. The client will enjoy a beautiful face and foot massage where VOYA's seaweed masks will soothe even the most sensitive of skin, shaving rash or razor burn.

## Just for Him - 120 min

Soak in our Balneotherapy bath before having a back, neck and shoulder massage followed by an intense defence facial.

## Deep Cleansing Back Ritual - 55 min

Start off with a soothing hot towel application to open the pores, a double cleanse is performed to deep cleanse the skin, a full back exfoliation and masque application is then followed by a relaxing back, neck and shoulder massage finishing off with a hydrating moisturiser.

# PACKAGES

## Time for Two - 85 min

Enjoy your own private mud chamber experience with your loved one. Have fun applying therapeutic muds to each other; while a warm dry heat intensifies the muds to detoxify your skin. Just as the muds are activated, a tropical shower washes them away, leaving you feeling refreshed and ready for a full body muscle melt massage.

## Ultimate Ladies Day Out - 85 min

Our most popular package at Seoíd Spa; suit yourself and create your own luxurious package. Choose 3 of the following: \*Brown Sugar Scrub \*Relaxing Leg Treatment \*Voya Mini Facial \*Back, Neck and Shoulder Massage \*Seoíd Head Massage \*Maintenance Manicure \*Maintenance Pedicure.

## Afternoon Tea Package - 55 min

Why not catch up with your friends in your own private mud chamber while the exfoliating and detoxifying mineral mud takes effect. This is followed by a tailor made mini Voya facial to make your skin glow. Afterwards, relax in the Terrace Lounge with Afternoon Tea.



## TIPS & TOES

Please let a member of staff know on booking if shellac removal is required

### Maintenance Manicure - 25 min

Nail shaping and cuticle work finished with a CND Vinylux polish of your choice. Bring home a mini Solar Oil as a gift to you from us.

### Deluxe CND Manicure - 55 min

A pampering CND Almond Spa Manicure. Includes an exfoliation, nail shape, cuticle tidy and soothing hand and arm massage. Your hands are then cocooned in a hydrating mask and wrapped in our heated mittens. The treatment is finished with a Vinylux colour polish of your choice. Bring home a mini solar oil as a gift to you from us. Upgrade to Shellac application for €15.

### Shellac on Hands - 45min

*Please let a member of staff know on booking if Shellac removal is required*  
Nail shaping and cuticle work finished with a Shellac polish of your choice.

### Maintenance Pedicure - 25 min

Nail shaping and cuticle work finished with a CND Vinylux polish of your choice. Bring home a mini Solar Oil as a gift to you from us.

### Deluxe Pedicure - 55 min

A pampering CND Marine Spa Pedicure. Includes an exfoliation, hard skin file, nail shape, cuticle tidy and soothing foot and leg massage. Your feet are then cocooned in a hydrating mask. The treatment is finished with a Vinylux colour polish of your choice. Bring home a mini solar oil as a gift to you from us. Upgrade to Shellac application for €15.

### Shellac on Feet - 45 min

*Please let a member of staff know on booking if Shellac removal is required*  
Nail shaping and cuticle work finished with a Shellac polish of your choice.

### Callus Peel - 25 min

This fast and effective 4 step treatment will rid your feet from unwanted hard skin by softening, peeling and hydrating your feet.

### Medi Pedi - 40 Min

Our popular Callus Peel treatment with nail shape and cuticle tidy finishing off with a Vinylux polish of your choice.

## TINTING

Patch tests are required for all tinting treatments.

Eye Lash Tint  
Eye Brow Tint  
Eye Trio

## LYCON WAXING

Patch test are required for all waxing treatments. All our Waxing treatments are carried out using the renowned Lycon Wax.

Lip wax  
Chin Wax Underarm  
Forearm Wax  
Half Leg Wax  
Full Leg Wax  
Basic Bikini Line Wax  
Californian / Brazilian / Hollywood Wax

## TANNING & MAKE UP

Full Body Spray Tan  
Half Body Spray Tan  
Artdeco Make Up Application



## WHAT IS SEOÍD SPA CANCER CARE?

Seoíd Spa has proudly become a certified as 'Cancer Aware' by global spa directory, Spafinder Wellness 365 and standardizing body Wellness for Cancer USA. This certifies that the Seoíd Spa is highly-educated in safe holistic cancer care treatments.

Seoíd Spa Cancer Care treatments - for both men and women - are safe holistic therapies and are carried out by our expertly trained therapists. Cancer Care treatments are endorsed by the Irish Cancer Society as a beneficial complimentary therapy that go hand-in-hand with - and not a replacement for - conventional medical treatment.

These treatments are aimed at easing the pain; discomfort and stress of those who are living with the disease and they can be taken before; during or after their programme of chemotherapy or radiation treatments.

## WHAT IS SEOÍD SPA CANCER CARE?

Seoíd Spa Cancer Care offers bespoke holistic treatments that are tailored to each guest's specific needs.

Traditionally in Ireland oncology massage is offered to cancer patients in clinical settings such as hospitals; hospices and cancer care support centres.

Unlike clinical settings, guests availing of Seoíd Spa Cancer Care treatments have the opportunity to relax in our soothing spa surroundings and can spend time with family & friends who can choose from our regular treatment brochure.

Cancer Care guests can opt for an individually tailored Voya Massage or Facial.



# HOW TO SPA

## To make a booking

Please contact us directly on 01 681 6534 or by email: [seoid@dunboynecastlehotel.com](mailto:seoid@dunboynecastlehotel.com)

For latest special offers please visit

[www.dunboynecastlehotel.com](http://www.dunboynecastlehotel.com)

Please note that children under 16 years of age are not permitted in any area of Seoid Spa and thermal suite at any time.

## Bookings

To avoid disappointment at time of booking, we recommend that you have a couple of dates in mind in case your first choice is unavailable. We recommend you book at least 6 weeks in advance, particularly for Fridays or Saturdays.

## What is our cancellation policy?

We understand that appointments will need to be changed or cancelled from time to time. In order to facilitate you and other guests, we kindly ask for 48 hours' notice in these instances.

Please note our specific policies below:

- A credit card is required when making your appointment.

- 48 hours' notice is required to cancel or amend an appointment.
- If you fail to show for an appointment (without any prior notice given), a 100% cancellation charge will be applied.
- The charges will be made automatically without notification.

## What if I am pregnant or have a medical condition?

You must be 12 weeks or over to avail of one of our pregnancy treatments. Please make one of the Seoid Spa team members aware if you are pregnant or have any medical conditions when making your booking.

## What is provided on the day?

- Robes and towels.
- Water and fresh fruit in the relaxation areas.
- Unlimited access to all facilities within the thermal suite including our Hydrotherapy pool, jacuzzi, relaxation rooms and fitness suites.

## Spa Etiquette

Please bring swimwear and flip flops.

Disposable underwear will be provided to men/ladies where necessary.

Seoid Spa is strictly a mobile free zone.

Furthermore, we would ask you to respect the calm and quiet environment that we have carefully created. Any behaviour deemed inappropriate towards any member of staff or another guest will result in you being asked to leave.

## Gift Cards

Treat your loved one or friend to a gift card, which may be redeemed against any spa treatment or retail product. Gift cards are non-refundable and must be presented at time of treatment. Valid for 1 year from date of purchase.

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### Specialised Spa Treatments

Rasul Mud Chamber (min 2 people max 4 people)	€35pp
Dry Flotation Bed	€35
Sabbia Med Beach Experience	€30
Balneotherapy Bath	€35
Voya Seaweed Bath	€40

### Voya Facial Treatments

Self-Discovery Radiance Facial	€85
Deluxe Facial Experience	€110
Marine Eye Treatment	€69

### IMAGE Skincare Facials

Illuminating Facial	€90
The MAX Stem Cell Facial	€90
Be Clear Purifying Facial	€90
Antioxidant Anti-Ageing Facial	€90

### IMAGE Aesthetic Peels

Signature Facelift	€90
Ormedic Lift	€90
Lightening Lift	€90
Wrinkle Lift	€90
Be Clear Purifying Peel	€90

### Massage

Massage Voya Full Body Massage	€90
Voyager Massage Journey	€110
Hot Stone Massage	€110
Hot Lava Shell Massage	€95
Lomi Lomi Hawaiian Massage	€95
Reflexology	€80
Signature Treatment - Restorative Sleep Ritual	€115

## Scrubs

Hamмам Treatment	€55pp
Seoíd Brown Sugar Scrub	€50
Voya Organic Peppermint & Seaweed Sugar Glow	€75
Voya Organic Lavender & Seaweed Sugar Glow	€75

## Wraps

IMAGE Cell U Lift Wrap	€95
Voya Organic Seaweed Leaf Wrap	€95
Voya Detoxifying Warm Spiced Mud Wrap	€95

## Pregnancy Treatments

Seoíd Full Body Pregnancy Massage	€90
Lighten Up Relieving Leg & Foot Treatment	€50
Bump & Me	€120

## Men's treatments

Intense Defence Facial for Men	€85
Just for Him	€120
Deep Cleansing Back Treatment	€85

## Packages

Time for Two	€110pp
Ultimate Ladies Day Out	€110
Afternoon Tea Package	€99

## Tips & Toes

Seoíd Spa Maintenance Manicure	€35
Seoíd Spa Deluxe Manicure	€55
Shellac Manicure	€35
Seoíd Spa Maintenance Pedicure	€35
Seoíd Spa Deluxe Pedicure	€60
Shellac Pedicure	€35
Callus Peel	€35
Medi Pedi	€50

## Tinting & Waxing

Eye Lash Tint	€10
Eye Brow Tint	€8
Brow / Lip / Chin Wax	€10
Underarm / Forearm Wax	€15
Half Leg Wax	€25
Full Leg Wax	€35
Basic Bikini Line Wax	€35
Californian / Brazilian / Hollywood Wax	€50

## Tanning and Make Up

Full Body Spray Tan	€25
Half Body Spray Tan	€20
Artdeco Make Up Application	€35